



APPENDIX C

HAYASHI HEALING PLAN

The Hayashi Reiki Manual
The Spirit of Reiki

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HAYASHI RYOHO SHISHIN (HAYASHI HEALING PLAN)

(Aside from minor formatting and grammatical changes, the information presented here remains the same as in the referenced sources. My notes are found in bold and in parentheses. Throughout, Hayashi indicates the prognosis for cancer is “not very good”; however, since the time he compiled his treatment guide, advances have been made in cancer research and treatment that indicate otherwise. I recommend that you do not give this prognosis to a client, whose cancer may actually be in remission.)

Chapter 1: Head in General

Notes: Include the head positions when treating any disease.

Head

Conditions: brain diseases, headache.

Treatment: 1) forehead, 2) temples, 3) back of the head, 4) tendons in the back of the neck, 5) top of the head.

Notes: Include the head positions as a part of any disease treatment. For headaches, treat thoroughly the area of pain. **(Wherever this guide states to treat the “head area”, it refers to the above listed five hand positions.)**

Eyes

Conditions: all kinds of eye diseases – conjunctivitis, trachoma, leucoma, nearsightedness, trichiasis, ptosis, cataract, glaucoma, etc.

Treatment: 1) eye balls, 2) inside corners of eyes, 3) outside corners of eyes, 4) back of the head.

Notes: Always treat both eyes even if only one eye is affected. You also treat the kidneys, liver, uterus, and ovaries.

Ears

Conditions: all kinds of ear diseases – tympanitis, external otitis (outer ear infection), ringing ear, hard of hearing, etc.



Treatment: 1) auditory canal, 2) depression just below the ears, 3) high bone behind the ears, 4) back of the head.

Notes: Treat both ears even if only one ear is affected. In the case of diseases that follow influenza, such as tympanitis and parotitis, you must treat the bronchi and the hilar lymph. Also pay attention to the kidneys, uterus, and ovaries.

Teeth

Treatment: In the case of a toothache, treat the root of the tooth from the outside. Pay attention to the area around the shoulders.

Oral Cavity

Treatment: Keep the mouth closed, and then treat the lips by holding the hands over them.

Notes: Cf. Diseases of Digestive Organs.

Tongue

Treatment: 1) press on or pinch the diseased part of the tongue, 2) treat the root of the tongue from outside the mouth.

Notes: If you find the tongue technique difficult, then press both arches of the feet forward.

Chapter 2: Diseases of Digestive Organs

Stomatitis

Explanation: canker sores, infection of the inside of the mouth.

Treatment: 1) mouth, 2) esophagus, 3) stomach, 4) intestines, 5) liver

Thrush

Explanation: candidiasis, an oral yeast infection occurring from a strand of Candida.

Treatment: 1) mouth, 2) tongue, 3) esophagus, 4) stomach, 5) intestines, 6) liver, 7) heart, 8) kidneys.



Notes: To heal the tongue, treat the arches of the feet.

Saliva

Conditions: excess salivating, Xerostomia (**a dry mouth due to a lack of saliva**), Sialolithiasis (**salivary duct stones, crystallized minerals in the ducts that drain the salivary glands**), Parotitis (**inflammation of one or both parotid (salivary) glands, a common form is mumps**).

Treatment: 1) mouth, 2) root of the tongue, 3) stomach, 4) intestines, 5) head.

Esophagus Diseases

Conditions: stricture of the esophagus, dilation of the esophagus, esophagitis (**inflammation of the esophagus**).

Treatment: 1) esophagus, 2) cardia (**cardia is the narrow part and entrance to stomach**, solar plexus area), 3) stomach, 4) intestines, 5) liver, 6) pancreas, 7) kidneys, 8) ketsueki kokan.

Notes: In the case of esophagus cancer, the prognosis is most likely not very good.

Stomach Diseases

Conditions: acute and chronic gastritis (**inflammation of the stomach**), gastric atony, gastric dilation, gastric ulcer, stomach cancer, gastroparesis (**abnormal downward displacement of the stomach**), neurologic stomach ache, neurologic dyspepsia (**specific type of indigestion**), gastrospasm (**spasmodic contractions in the stomach wall**).

Treatment: 1) stomach, 2) liver, 3) pancreas, 4) intestines, 5) kidneys, 6) spinal cord, 7) ketsueki kokan.

Notes: The prognosis is most likely not very good, if the diagnosis is cancer.

Intestinal Diseases

Conditions: intestinal catarrh (**inflammation of the mucous membrane of the intestines**), constipation, appendicitis, vermiform process (**this is the appendix**), ileus (**obstruction of the bowel**), invagination (**folding inward**), intestinal volvulus (**twisted intestines**), intestinal bleeding, diarrhea.



Treatment: 1) stomach, 2) intestines, 3) liver, 4) pancreas, 5) kidneys, 6) heart, 7) ketsueki kokan, 8) lumbar vertebrae, 9) sacrum.

Liver Diseases

Conditions: liver congestion, hyperemia (**congestion of blood**), abscess, sclerosis (**pathological hardening of tissue, especially from overgrowth of fibrous tissue or interstitial tissue**), hypertrophy (**enlarged organ**), atrophy (**shrinking of organ**), jaundice (**yellow pigmentation of tissue caused by deposition of bile pigments**), gallstone, etc.

Treatment: 1) liver, 2) pancreas, 3) stomach, 4) intestines, 5) heart, 6) kidneys, 7) ketsueki kokan.

Notes: A few days after the treatment, gallstones will break into pieces by themselves and will be eliminated from the body. In the case of liver cancer, prognosis is most likely not very good.

Pancreatic Diseases

Conditions: liver cyst, ptosis (**sagging or prolapse of an organ, drooping**), hypertrophy, etc.

Treatment: 1) pancreas, 2) liver, 3) stomach, 4) intestines, 5) heart, 6) kidneys, 7) ketsueki kokan.

Notes: In the case of pancreatic cancer, prognosis is most likely not very good.

Peritoneum Diseases

Treatment: 1) liver, 2) pancreas, 3) stomach, 4) intestines, 5) peritoneum area (**cavity lining of the abdomen**), 6) bladder, 7) heart, 8) kidneys, 9) ketsueki kokan.

Notes: In the case of tuberculosis, treat the lung area.

Anal Diseases

Conditions: hemorrhoid, inflammation of anus area, open sores of anus area, bleeding piles, anal fistula (**abnormal passage**), prolapse of the anus.

Treatment: 1) the affected part of anus, 2) coccyx (**tailbone**), 3) stomach, 4) intestines.



Notes: In the case of anal fistula, treat as you would for intestinal and pulmonary tuberculosis.

Chapter 3: Respiratory Diseases

Nasal Diseases

Conditions: acute and chronic nasal catarrh, hypertrophic and atrophic nasal catarrh.

Treatment: 1) nose, 2) pharynx (throat), 3) bronchi.

Maxillary Empyema

(Explanation: formation of pus in the maxilla cavities, primarily the nose area.)

Treatment: 1) nose, 2) depression of upper forehead, 3) chest, 4) pharynx (throat), 5) kidneys, 6) stomach, 7) intestines, 8) ketsueki kokan.

Epistaxis (Nosebleeds)

Treatment: 1) nasal bones, 2) back of the head.

Notes: If menstruation is late and nosebleed occurs, treat the uterus and ovaries.

Pharyngitis (Sore Throat) and Tonsillitis

Treatment: 1) pharynx (throat), 2) tonsil, 3) bronchi, 4) kidneys, 5) lungs, 6) stomach, 7) intestines, 8) head.

Notes: In the case of tonsillitis, treat the kidneys well.

Tracheitis and Bronchitis

Treatment: 1) trachea and bronchi, 2) lungs, 3) stomach, 4) intestines, 5) heart, 6) kidneys, 7) head.

Pneumonia

Treatment: 1) lungs, 2) bronchi, 3) heart, 4) liver, 5) pancreas, 6) stomach, 7) intestines, 8) kidneys, 9) ketsueki kokan.



Asthma (Chronic and Acute Asthma)

Treatment: 1) bronchi, 2) lungs, 3) liver, 4) pancreas, 5) diaphragm, 6) stomach, 7) intestines, 8) kidneys, 9) head, 10) nose, 11) heart.

Notes: In the case of an acute attack, you may treat while the patient is sitting up.

Lung Diseases

Conditions: pulmonary edema (**excess fluid, also called dropsy**), abscess, pulmonary tuberculosis, emphysema of lungs (**a condition characterized by air-filled expansions of body tissues**).

Treatment: 1) lung area, 2) heart, 3) liver, 4) pancreas, 5) stomach, 6) intestines, 7) bladder, 8) kidneys, 9) spinal cord, 10) head.

Notes: In the case of women, regardless of their age, always treat the uterus and the ovaries. You can also treat using ketsueki kokan. Do not use this technique with very weak and sick patients.

Pleurisy (Dry and Moist)

(Explanation: pleuritis, inflammation of the pleura (lining of the cavity around the lungs))

Treatment: 1) chest area in general, 2) heart, 3) liver, 4) pancreas, 5) stomach, 6) intestines, 7) kidneys, 8) ketsueki kokan.

Chapter 4: Cardiovascular Diseases

Heart Diseases

Conditions: endocardium (heart valve) diseases, endocarditis, various symptoms of pericardium, various symptoms of the heart itself, palpitation, angina pectoris, etc.

Treatment: 1) heart, 2) liver, 3) stomach, 4) intestines, 5) pancreas, 6) kidneys, 7) spinal cord, 8) ketsueki kokan.

Arteriosclerosis

(Explanation: hardening of the artery)



Conditions: aneurysms (**bulges in the arteries and/or aorta, which may burst**), cardiac asthma, etc.

Treatment: 1) same as treating heart problems, 2) bronchi and chest area.

Chapter 5: Urinary Organ Diseases

Kidney Diseases

Conditions: kidney congestion, nephrogenic anemia, atrophy, sclerosis, hypertrophy, abscess, wandering kidney, pyelitis (**inflammation of the renal pelvis, the central part of the kidney where urine accumulates before discharge**), kidney stone, uremia (**condition in which urea is retained in the blood due to renal failure**), filariasis (**infestation of filariae, a parasite**).

Treatment: 1) kidneys, 2) liver, 3) pancreas, 4) heart, 5) stomach, 6) intestines, 7) bladder, 8) head, 9) ketsueki kokan.

Cystitis

(Explanation: inflammation of the bladder)

Conditions: urinary retention, uremia, urgency, pain when urinating.

Treatment: 1) kidneys, 2) bladder, 3) urethra, 4) prostate gland, 5) uterus, 6) same as treating kidney diseases.

Enuresis (Bed Wetting)

Treatment: 1) bladder, 2) intestines, 3) stomach, 4) kidneys, 5) spinal cord, 6) head, 7) ketsueki kokan.

Chapter 6: Neurological Diseases

Cerebral Anemia, Cerebral Hyperemia

(Explanation: cerebral anemia – insufficient amount of blood in the brain capillaries; cerebral hyperemia – abnormal amount of blood in the brain capillaries)

Treatment: 1) head, 2) heart.



Hysteria

Treatment: 1) uterus, 2) ovaries, 3) stomach, 4) intestines, 5) liver, 6) kidneys, 7) head, 8) eyes, 9) ketsueki kokan.

Nervous Breakdown, Insomnia

Treatment: 1) stomach, 2) intestines, 3) liver, 4) pancreas, 5) kidneys, 6) eyes, 7) head, 8) ketsueki kokan.

Notes: Be careful with maxillary empyema.

Meningitis

(Explanation: inflammation of the membranes (meninges) covering the brain and the spinal cord (meninges).)

Treatment: head, mainly back of the head and tendons in the back of the neck.

Notes: Mainly treat the head (nose, forehead) and inflammation of the head in order to heal the cause of the disease, and to heal remote organs' diseases (e.g., gastritis, pneumonia caused by erysipelas). Use the same treatment as for tuberculosis.

Epidemic Cerebrospinal Meningitis

Treatment: 1) spinal cord, 2) back of the head and tendons in the back of the neck, 3) heart, 4) stomach, 5) intestines, 6) liver, 7) kidneys, 8) bladder.

Notes: Mainly treat the spinal cord, back of the head and back of the neck.

Myelitis

(Explanation: swelling of the spinal cord)

Treatment: 1) spinal cord in general, 2) stomach, 3) intestines, 4) liver, 5) bladder, 6) kidneys, 7) head, 8) ketsueki kokan.

Cerebral Hemorrhage

Conditions: intracerebral bleeding, cerebral thrombosis (**clot formation**), etc.



Treatment: 1) head, 2) heart, 3) kidneys, 4) stomach, 5) intestines, 6) liver, 7) spinal cord, 8) paralyzed area.

Poliomyelitis (“polio”)

(Explanation: viral paralytic disease caused by poliovirus (PV), which severely affects the brain and spinal cord)

Treatment: 1) spinal cord, 2) stomach, 3) intestines, 4) kidneys, 5) sacrum, 6) paralyzed area, 7) head, 8) ketsueki kokan.

Neuralgia; Palsy, Neural Spasticity, Migraine

(Explanation: neuralgia - painful disorder of the nerves in the brain; palsy - paralysis of a body part often accompanied by loss of feeling and uncontrolled body movements such as shaking)

Treatment: 1) affected area, 2) liver, 3) pancreas, 4) stomach, 5) intestines, 6) kidneys, 7) head, 8) spinal cord, 9) ketsueki kokan.

Notes: Pay attention to the uterus and ovaries.

Beriberi

(Explanation: inflammatory or degenerative changes of the nerves, digestive system, and heart caused by vitamin B1 (thiamine) deficiency)

Treatment: 1) stomach, 2) intestines, 3) heart, 4) liver, 5) pancreas, 6) kidneys, 7) paralyzed or edematous area, 8) ketsueki kokan.

Graves' Disease (Basedow's Disease)

(Explanation: immune system disorder often associated with hyperthyroidism)

Treatment: 1) uterus, 2) ovaries, 3) stomach, 4) intestines, 5) liver, 6) pancreas, 7) heart, 8) thyroid, 9) eyes, 10) kidneys, 11) spinal cord, 12) ketsueki kokan.

Epilepsy

Treatment: 1) liver, 2) pancreas, 3) head, 4) stomach, 5) intestines, 6) kidneys, 7) spinal cord, 8) ketsueki kokan.



Convulsion

Treatment: 1) liver, 2) stomach, 3) intestines, 4) kidneys, 5) spinal cord, 6) shoulders, 7) arms, 8) elbow joint area, 9) wrist, 10) head.

Chorea (St. Vitus Dance)

(Explanation: abnormal voluntary movement disorder; chorea is a feature of the hereditary Huntington's Disease)

Treatment: 1) liver, 2) stomach, 3) intestines, 4) kidneys, 5) spinal cord, 6) spastic area at the legs, feet, arms, and hands, 7) head, 8) ketsueki kokan.

Sea Sickness

Treatment: 1) stomach, 2) solar plexus, 3) head.

Food Poisoning, Poisoning, Addictions

Treatment: 1) stomach, 2) solar plexus, 3) liver, 4) pancreas, 5) intestines, 6) heart, 7) kidneys, 8) head, 9) ketsueki kokan.

Chapter 7: Infectious Diseases

Typhoid; Paratyphoid

(Explanation: illnesses caused by salmonella)

Treatment: 1) liver, 2) pancreas (spleen), 3) stomach, 4) intestines, 5) heart, 6) kidneys, 7) spinal cord, 8) head.

Dysentery, Cholera, Children's Dysentery, and Others

(Explanation: illnesses caused by ingesting bacteria contaminated food or water)

Treatment: 1) stomach, 2) intestines, 3) liver, 4) pancreas, 5) kidneys, 6) heart, 7) head, 8) ketsueki kokan.

Measles

Treatment: 1) pharynx (throat), 2) trachea, 3) bronchi, 4) stomach, 5) intestines, 6) heart, 7) kidneys, 8) spinal cord, 9) head.



Scarlet Fever

Treatment: 1) pharynx (throat), 2) chest, 3) kidneys, 4) stomach, 5) intestines, 6) bladder, 7) head, 8) ketsueki kokan.

Varicella (Chicken Pox) and Herpes Zoster (Shingles)

Treatment: 1) stomach, 2) intestines, 3) kidneys, 4) ketsueki kokan, 5) affected area, 6) head.

Influenza

Treatment: 1) nose, 2) pharynx (throat), 3) trachea, 4) bronchi, 5) lungs, 6) liver, 7) pancreas, 8) stomach, 9) intestines, 10) kidneys, 11) head, 12) ketsueki kokan.

Whooping Cough (Pertussis)

Treatment: 1) nose, 2) pharynx (throat), 3) bronchi, 4) apex of the lungs, 5) stomach, 6) intestines, 7) kidneys, 8) ketsueki kokan.

Diphtheria

Treatment: 1) pharynx (throat), 2) trachea, 3) nose, 4) lungs, 5) heart, 6) liver, 7) stomach, 8) intestines, 9) kidneys, 10) head; 11) ketsueki kokan.

Weil's Disease (Leptospirosis)

Treatment: 1) liver, 2) pancreas (spleen), 3) stomach, 4) intestines, 5) bladder, 6) kidneys, 7) spinal cord, 8) head, 9) ketsueki kokan.

Malaria

Treatment: 1) pancreas (spleen), 2) liver, 3) heart, 4) stomach, 5) intestines, 6) kidneys, 7) spinal cord, 8) ketsueki kokan.

Tetanus

(Explanation: lockjaw is a first sign of tetanus)

Treatment: 1) jawbone, 2) back of head, 3) throat, 4) lungs, 5) affected area, 6) stomach, 7) intestines, 8) kidneys, 9) spinal cord.



Notes: In the case of puerperal tetanus, treat the womb. In the case of primary child, treat the navel.

Articular Rheumatism, Muscular Rheumatism

(Explanation: rheumatism is a non-specific term for medical problems affecting the heart, bones, joints, kidney, skin and lung – it is hardly used)

Treatment: 1) affected area, 2) heart, 3) chest, 4) liver, 5) pancreas, 6) stomach, 7) intestines, 8) kidneys, 9) spinal cord, 10) head.

Rabies

Treatment: 1) affected area, 2) heart, 3) liver, 4) kidneys, 5) stomach, 6) intestines, 7) spinal cord, 8) pharynx (throat), 9) head, 10) ketsueki kokan.

Chapter 8: Whole Body Diseases

Anemia, Leukemia, Scorbutus (Scurvy)

Treatment: 1) heart, 2) liver, 3) pancreas, 4) stomach, 5) intestines, 6) kidneys, 7) spinal cord, 8) ketsueki kokan.

Diabetes

Treatment: 1) liver, 2) pancreas, 3) heart, 4) stomach, 5) intestines, 6) bladder, 7) kidneys, 8) head, 9) spinal cord, 10) ketsueki kokan.

Dermatological Diseases

Treatment: 1) stomach, 2) intestines, 3) liver, 4) kidneys, 5) affected area, 6) ketsueki kokan.

Adiposis (Obesity)

The same as diabetes.



Scrofula (Struma, King's Evil), Goiter

(Explanation: scrofula (aka struma, King's Evil, is a form of tuberculosis affecting the lymph nodes in the neck; goiter is a swelling in the neck due to enlarged thyroid gland)

Treatment: 1) affected area, 2) stomach, 3) intestines, 4) liver, 5) heart, 6) chest, 7) kidneys, 8) spinal cord, 9) ketsueki kokan.

Chapter 9: Other Diseases and Symptoms

Infantile Convulsion

Treatment: 1) heart, 2) head, 3) stomach, 4) intestines

Child Congenital Syphilis

Treatment: 1) affected area, 2) antidote (doku kudashi)

Wrong Position of Fetus

Treat the womb.

Pregnancy

If you treat the womb continually, the growth of fetus is healthy.

Delivery

Treatment: 1) sacrum, 2) lumbar vertebrae.

Notes: If you treat these areas, after twelve labor pains the baby will be born very easily. If you keep on treating these areas, the afterbirth will be easy as well.

Death of Fetus

If you treat the womb, the dead fetus will naturally come out on the same day or the next day.



Cessation of Mother's Milk

If you treat around the breast and mammary gland, the mother will soon start having milk.

Morning Sickness

Treatment: 1) womb, 2) stomach, 3) solar plexus, 4) intestines, 5) kidneys, 6) head, 7) spinal cord.

Erysipelas (Streptococcal Infection)

Treatment: 1) affected area, 2) stomach, 3) intestines, 4) liver, 5) heart, 6) kidneys, 7) spinal cord, 8) ketsueki kokan.

Hyperhidrosis (excess perspiration)

(Explanation: abnormal excess perspiration)

Treatment: 1) kidneys, 2) affected area, 3) ketsueki kokan.

Burn

Put hand(s) one or two inches away from the affected area. When the pain is gone, put the hand(s) on the area.

Cut by a Sword and Other Cuts

Treat as you press the cut with a thumb or a palm to prevent bleeding. **(Note that larger, deeper cuts require more pressure than smaller, superficial cuts.)**

Unconsciousness (by Falling, Electric Shock, etc.)

Treatment: 1) kuatsu **(a martial arts resuscitation or revival technique, see my notes below)**, 2) heart, 3) head.

(Notes: According to

<http://www.threshold.ca/AndrewBowling/HayashiManual.html>, kuatsu comes from jiu-jitsu. Uses for kuatsu include drowning, groin injuries, choking, strangulation, and severe blows – all of which may cause a person to fall unconscious. While kuatsu is a highly effective skill, I do not recommend using this technique unless



you are trained. If someone is unconscious, call 911 IMMEDIATELY. If you know first aid, give first aid while you wait for emergency medical care to arrive.)

Drowning

Treatment: 1) help the patient throw up water, 2) kuatsu (**see my notes above**), 3) heart, 4) head.

Menopause, Period Pains

Treatment: 1) uterus, 2) ovaries, 3) sacrum.

Hiccup

Treatment: 1) diaphragm, 2) liver, 3) pancreas, 4) kidneys, 5) stomach, 6) intestines, 7) spinal cord, 8) head.

Stuttering

Treatment: 1) pharynx (throat), 2) head, 3) singing practice (**see practice songs below**).

Practice Songs:

1. "Mukou no Koike ni 'Dojo' ga sanbiki nyoro-nyoro to." (Translation: "Three loaches wiggling in the pond over there.")
2. "Oya ga Kahyo nara ko ga Kahyo. Ko-Kahyo ni Mago-Kahyo." ("The parent is Kahyo, his child is Kahyo. Son, Kahyo and grandson, Kahyo.")

Notes: Those who can sing these songs can be healed.

Pain at the Tip of Fingers

Treat the affected area.

Vomiting

Treatment: 1) stomach, 2) solar plexus, 3) liver, 4) spinal cord at the back of stomach, 5) head, 6) kidneys.



Splinter

Treat the affected area.

Notes: When the pain leaves, the splinter withdraws. You pull the splinter out at this moment.

Gonorrhea

Treatment: 1) urethra, 2) Hui-Yin (**perineum**), 3) bladder, 4) uterus.

Notes: If it is orchitis, apply your hand lightly on the testicles.

(Note that if you treat the perineum you are treating the genitalia area.)

Spasm of Pain, Stomach Cramps

Treatment: 1) stomach, 2) on the back at the stomach, 3) liver, 4) kidneys, 5) intestines, 6) head.

Hernia

As you touch the affected area lightly, it will contract by itself. Treat stomach and intestines.