**Tendai Buddhist Teachings**

It is said that Usui studied Tendai Buddhism from childhood on. It is believed that he may have been ordained. Tendai (or T'ien T'ai in Chinese) is a school of Buddhism.

Tendai Buddhism originated in China and original teachings come from the Lotus Sutra as expounded by Chih-i. Tendai was brought to Japan by Dengyo Daishi who incorporated elements of meditation and Mikkyo (esoteric teachings).

Tendai was a middle path between the Hinyana and Mahayana schools of Buddhism. The two paths in Tendai were study of the Lotus Sutra Teachings and Meditation.

The practice of Tendai consisted of Buddhist Precepts, Lotus Sutra Teachings, Mikkyo (esoteric teachings), and Meditative Disciplines.

It is my strong suspicion that part of what is reiki comes from the Tendai Mikkyo tradition.

It is said that Usui was performing Tendai Meditative practices on Mt. Kurama when he developed reiki. There are others that are claiming that the Tendai Lotus Repentance Meditation is the actual practice that he was using at the time of his satori. (This practice is also known as Samantabhadra Repentance Meditation or Ritual.)

In Tendai there are 4 main meditations that Tendai Priests and followers follow. (These descriptions are by no means thorough and are just summations.)

A 90 day sitting meditation contemplating the buddha nature. This is to bring about a one pointed mind or insight.

A 90 day walking meditation where one chants the name of Amida Nyorai.

A Sitting and Walking meditation. Part of this involves chanting in a spiritual place for 7 days. The other part, and the one that interests me as someone involved in reiki is where the student spends 21 days doing the Lotus Repentance Meditation. This is what some sources are now claiming Usui was doing on Mt. Kuryama.

The final meditation is a Tendai here and now mediation.

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**Tendai and other Links**

For more information on Tendai Buddhism and meditations, please explore the links below:

- [Lotus Sutra Translation](#)
- [Lotus Sutra](#) (short version)
Tendai Teachings

Tendai-US.org

Tendai Ceasing and Contemplation Meditation - Zazen Shikan Taza

Tien T'ai Buddhist Coffeehouse Links

Tendai Buddhist Open Teachings

Nichiren's Coffeehouse and Gohonzon Gallery

The Virtual Enryakuji

Tendai History and western Psychology

The Lotus in China and photos of the Lotus Repentance Practice

The Vow of Samantabhadra

Vajrasattva's 100-Syllable Mantra

The Candle of the Latter Dharma - Attributed to Dengyo Daishi, Founder of the Japanese Tendai School of Buddhism

Buddha Shakyamuni - Repentance Meditation

Bodhi Web

Explaining Buddhist Repentance Meditation

Lotus Visual Meditation (fun)