

The College of Usui Reiki Healing



The Reiki Stages of Training – Professional Assessment Criteria

Approved by The Complementary Therapy Association (Embod)

Reikiarty International & The UK Reiki Federation

Time required between Attunements with an outline of
Continuous Professional Development Assignments

Reiki First Degree – The Course

Prepare yourself by learning through pre-course study the theory and practice of Reiki contained in your 77 page course manual with one Tutorial CD, one distant Reiki 1st degree Attunement DVD and one how to give Reiki healing treatments tutorial DVD which will be sent to you at least 3 weeks before your course start date.

Theoretical Subjects learnt: What is Reiki, what can Reiki do for you; the Reiki degrees; basic Reiki principles; the five principles of Reiki; your Reiki lineage; Reiki history – Mikao Usui and his life, Usui associates, Dr Hayashi, Hawayo Takata, Reiki in Japan; how Reiki supports health and well-being; caution and guidelines for your safety with Reiki; an overview of the Chakra system; the natural world, the law of pure potentiality.

Practical experience and skills learnt: How to give a healing treatment on a couch; how to give a healing treatment on a chair; how to scan the aura.

Attend a one or two day training course to learn, apply and practice the Reiki energy experience & receive three Reiki Attunements.

Practical experience and skills learnt: Learning to feel your aura; how to tune into your energy field; aura scanning; the basic Reiki hand positions, how to give yourself and others a Reiki treatment on a couch and on a chair; treating plants and animals; treating food, water, medicines and inanimate objects; keeping a 21 day journal; the practice of respect; strengthening your life force; Reiki breathing meditation exercise; affirmations in relation to strengthening each chakra to function positively; Reiki exercise for enhancing well-being; additional deepening meditations.

Continuous development assignments recommended to progress to Reiki second degree:

Start a Reiki portfolio of activities and experiences; carry out daily self-treatments, a minimum of 30 treatments; carry out Reiki healing treatments on at least seven members of family or friends; complete your 21 day journal. Allow a minimum period of a three months period before training for second degree Reiki; attend as many Reiki sharing circles as possible; the study of the specially created companion home study course, Love and Relationships. This course has been created to centre you emotionally in Unconditional Love.

Reiki Second Degree – The Practitioner Course

Pre course interview to assess: your development; to share your Reiki portfolio hopes, fears and expectations of the second degree Reiki.

Prepare yourself by learning through pre-course study the theory of Reiki second degree contained in your 119 page course manual with three tutorial CDs and one distant Reiki 2nd degree Attunement DVD which is sent to you at least 3 weeks before your course date.

Theoretical Subjects learnt: Review and deepening of the Reiki principles; two Reiki precepts – asking for permission before giving healing & the energy exchange; start a new 21 day journal; observing your relationships – developing loving kindness to yourself and others; radiating beauty; the three second degree sacred symbols – functions and familiarity; looking at emotions from the highest perspective; manifesting; a deeper investigation of the chakras – how to identify positive and negative aspects; Ayurveda – the three basic mind-body types, a helpful tool to understanding stress and why there is an imbalance; creating a positive practice – your relationship with money, practicing Reiki professionally, keeping client records, promoting your practice.

Attend a two day training course to learn, apply and practice the Reiki second degree symbols and advanced healing techniques & receive three Reiki Attunements.

Practical experience and skills learnt: Physical symbol; emotional/mental symbol; distant symbol; using mantra to deepen the energy experience; practice of different methods of distant healing; beaming; scanning; chakra balancing; the practice of gratitude; sixteen meditations and self development methods to assist you with your personal growth.

Additional Practitioner recommended requirements: To obtain a first aid certificate. This may be arranged through a specialist provider such as St John Ambulance, British Red Cross or Health & Safety Executive etc.

- 1) To carry out supervised Reiki treatments with your Reiki Master Teacher.
- 2) Present a minimum of three case studies to your Reiki Master Teacher
- 3) Present your detailed Reiki Portfolio (*not required if presented at your pre course interview*)
- 4) Show knowledge of professional ethics and business awareness. Business Link and similar organisations can provide help and advice in this area. Some students may be exempt from this section if they have overlapping skills from other qualifications or relevant life experience.

Reiki Second Degree – The Practitioner cont...

Continuous development assignments recommended to progress to Reiki Master:

Continue your Reiki portfolio; attend as many Reiki sharing circles as possible; practice using the second degree Reiki symbols and advanced healing methods for a minimum period of one year. To prepare the physical body and energy field to receive and transmit the Third Degree; carrying out regular yoga, tai chi, Chi Gong or a similar energy practice is helpful. To prepare the Heart Centre: Loving Kindness and Radiating Love Meditation; lots of Distant Healing to prepare for the Reiki Master Attunement. General Practice: daily self-Reiki treatments; keep a Reiki Journal and records of treatments; write notes about giving a half hour to one hour talk on Reiki. To study the specially created companion home study course, The Excellent You. This course has been created to: maximise the effectiveness of your business and professional practice; teach you how to structure positive suggestions and create meditations; how to create your destiny and make personal changes effortlessly; the rules and workings of the mind.

Reiki Master Third Degree – The Course

Pre-course interview to assess: your development; to share your Reiki portfolio hopes, fears and expectations of the Reiki Master Third degree.

Prepare yourself by learning through pre-course study the theory of Reiki Master Third degree contained in your 32 page course manual with a tutorial CD and distant Reiki Master Attunement DVD, which is sent to you at least 3 weeks before your course date. You will also receive The Gateway to Enlightenment 105 page course manual with three tutorial CDs.

The course is held in two parts: Pre study the wisdom philosophy course followed by attending a one day energy deepening course in preparation for receiving the Reiki Master Attunement.

Theoretical Subjects learnt: Mikao Usui Buddhist philosophy and wisdom sutra; the definition of Religion, Spirituality and Mysticism; the Universal Mind; the field of infinite possibilities; the law of cause and effect; synchronicity; unity consciousness; the Vedantic Hindu Yogic philosophy; the Buddhist view of ten life conditions and how life works through and from those different conditions; memory is holographic; the oneness of life; a scientific explanation of this quantum mechanical universe; the spiritual laws of success.

Practical experience and skills learnt: How to use the Master's symbol; how to practice the wisdom body sutra; the practice to achieve enlightenment; eleven deepening meditations; how to transform intuition into spiritual wisdom.

Reiki Master Third Degree cont.....

Continuous development assignments recommended to progress to Reiki Master Teacher:

Continue your Reiki portfolio; attend as many Reiki sharing circles as possible; continue writing case histories & your personal journal; practice using the Master Reiki symbol for a minimum period of one year.

Upon attainment of The College of Usui Reiki Healing Master Teacher certificate a career opportunity also becomes available to you:

Become a Reikiparty International Ambassador

Benefits of training at the Usui College of Reiki Healing:

1. All the courses have been approved to the standard that meets the new proposed Government legislation.
2. Your students will be provided with free membership to Reikiparty International which provides a student course support forum and professional insurance.
3. All our approved Reiki Master Teachers will receive ongoing support in their practice.
4. The provision of new and original comprehensive illustrated multimedia learning material with companion courses for each Reiki stage of learning at wholesale discounts of 40%.
5. As a Reikiparty International Reiki Master Teacher you will be promoted on their website plus benefiting from their marketing.
6. If you choose to become a Reikiparty Ambassador as a career option this training automatically qualifies you. 'The College of Usui Reiki Healing' is the training college for Reikiparty International's Reiki Master Teachers.
7. Most importantly all of these benefits will enhance your earnings capability.

Reiki Master Teacher – The Course

Pre course interview to assess: your development; to share your Reiki portfolio hopes, fears and expectations of a Reiki Master Teacher. (Minimum of one year experience as a Reiki Practitioner)

This course provides a comprehensive manual containing: how to prepare before the Attunement; how to transfer the Attunement, broken down into easily learnt sequences; how to create a lesson plan. A tutorial DVD is provided that teaches how to pass all the Reiki Attunements.

Theoretical & Practical Subjects learnt: The training is carried out over two days in four parts.

Part One of the training: Teacher training course to learn how to pass the Attunements to others, create lesson plans and teach Usui Reiki as demonstrated on our exclusive tutorial DVD.

Part Two of the training: Training to learn how to teach Reiki 1st degree. The student will review their knowledge of the basic Reiki hand positions and all methods of self-healing.

Part Three of the training: Training to learn how to teach Reiki 2nd degree. The student will review their knowledge about the symbols, mantras, advanced Reiki healing methods, setting-up and running a professional Reiki practice.

Part Four of the training: Training to learn how to teach Reiki Master 3rd degree. The student will review their knowledge about Dr Usui's Master Wisdom practice.

Additional proposed optional requirement: to hold a recognised teaching qualification equivalent to Cert Ed or City & Guilds 7307 parts 1 & 2.

Continuous support and learning experience is offered for all Reiki Master Teachers

Regular advanced training workshops and master classes are held for Usui College of Reiki Healing Reiki Master Teachers. Your future students will benefit from the online student support course forum provided by Reikiarty International at www.reikiarty.com

