

# Reiki Workshop Information

Reiki workshops are approved by the UK Reiki Federation and comply with the National Occupational Standards (NOS) for Reiki and the Reiki Core Curriculum of the Reiki Council. Verification no: 2012-1016P.

The attunements and style of teaching are those of Usui Ryoho Reiki Jin-Kei-Do, also known as Usui-Shin-Kai (Core Teachings of Usui) – Traditional Usui Reiki in the lineage of Venerable Seiji Takamori and do not include any 'New Age' additions.

## Reiki 1<sup>st</sup> Degree

The 1<sup>st</sup> Degree Reiki Workshop takes place over two days and is given the Japanese name of Shoden, (meaning "Elementary/Entry Teachings"). You will learn the basic theories and procedures. Attunements are given to the student by the teacher which allows you to treat yourself and others.

### Training includes:-

- First Degree Reiki attunements
- Exploration of Reiki history
- How Reiki works and its many uses
- Study of the traditional Reiki hand positions
- Instructions for treatments of yourself, others and animals
- Guided visualisations and meditation
- Reiki practice
- Comprehensive notes accompany this workshop

Whilst the training is given intensively over two days, you are encouraged to devote time daily for the following three weeks for self-practice. This instigates a personal growth process through experience and the development of understanding/awareness. By applying the training for yourself and others, personal insight develops, thus fully utilising the connection to the energy made during the initial training. Keeping a personal journal of thoughts/impressions can be helpful in this self-exploration and practice.

A feedback report (worksheet/homework) is requested from you and when returned to your tutor your certificate is issued. After your supervised training, I am happy to offer support in your practice, to keep in touch by phone, email, letter or personal meeting and will endeavour to answer your questions in the months following your 1<sup>st</sup> Degree workshop.

Workshop Fee/Personal Investment    £110.00                      Deposit £25 (non-refundable)

Balance due at least two weeks prior to the workshop date by cheque, BACS or cash on the first day of training also accepted.

## Reiki 2<sup>nd</sup> Degree

The 2<sup>nd</sup> Degree Reiki workshop is given the Japanese name of Okuden (meaning "Inner Teachings"). You will learn about the symbols that enhance the strength and distance over which Reiki can be exerted.

Symbols are used to form a temporary connection between the practitioner and the recipient, regardless of location and time Reiki energy can then be sent. Another attunement is given, which further increases the capacity for Reiki to flow through the student, as well as empowering the use of the symbols. Once you have completed this level, you can work without being physically present with the recipient - a practise known as "distant healing".

### Prerequisites:

- The applicant has been at Reiki 1<sup>st</sup> Degree for a minimum of three months.

### Training includes:-

- Second Degree Reiki attunement
- Exploration of the second degree Reiki symbols, their deeper meanings and functions
- Use of the symbols: how to empower oneself, spiritual development, self healing and use in the treatments for others
- Guided meditations
- Methods of absent/distant healing
- Comprehensive course notes accompany this workshop

The training is given intensively over two days, you are encouraged to devote time daily for the following three weeks for self-practice. This instigates a personal growth process through experience and the development of understanding/awareness. By applying the training for yourself and others, personal insight develops, thus fully utilising the connection to the energy made during the initial training. Keeping a personal journal of thoughts/impressions can be helpful in this self-exploration and practice.

As in the Reiki 1<sup>st</sup> Degree workshop, a feedback report (worksheet/homework) is requested from you and when returned to your tutor your certificate is issued. Students are expected to take their course work into their daily lives, keeping a journal of treatments, distant treatments, personal thoughts and changes in your life etc. Public liability insurance is also required as a practitioner of Reiki Therapeutics, for a student to be added to a Reiki Therapist Register.

Workshop Fee/Personal Investment    £210.00                      Deposit £50 (non-refundable)

Balance due at least two weeks prior to the workshop date by cheque, BACS or cash on the first day of training also accepted.

To book, please call: 07990 753300    email: [reikiriver@aol.com](mailto:reikiriver@aol.com)    web: [www.reikiriver.co.uk](http://www.reikiriver.co.uk)

Julie Rennie    Reiki Master Practitioner and Teacher  
UK Reiki Federation Teacher Member and Area Representative  
Qualified Teacher Member of the Society for Education and Training

# Reiki 3<sup>rd</sup> Degree – Reiki Master Training

The attunements and style of teaching are those of Usui Ryoho Reiki Jin-Kei-Do, also known as Usui-Shin-Kai (Core Teachings of Usui) – Traditional Usui Reiki in the lineage of Venerable Seiji Takamori and do not include any 'New Age' additions.

The third degree, or "master training", is given the Japanese name of Shinpiden (meaning "Mystery Teachings"). A further attunement is carried out and you learn another symbol. Please find further information below.

Reiki 3, Master training is divided into three modules; 3a, 3b and 3c. At Reiki 3a Foundation level, you are not making a commitment to teach Reiki.

## Prerequisites:

- The applicant has been a Reiki 2<sup>nd</sup> Degree Practitioner for a minimum of 12 months.
- Completion of a written application with your personal reasons for wishing to take this training together with a résumé of your experience of Reiki practise in your life.
- The applicant signs an agreement, which includes the assurance that they intend not to teach Reiki Jin Kei Do alongside modified forms of Reiki, such as channelled teaching, and that they aim to uphold the purity of the lineage.
- It is expected that Masters will act with integrity and at all times maintain the purity of transmission via the late Venerable Seiji Takamori. To honour this teaching by presenting Reiki as a spiritual and self-growth path and not solely as a complementary medical discipline (as in accordance with Dr. Usui's own Reiki philosophy).
- The applicant will present copies of their teaching/course materials during the training so that any modifications can be discussed, and hence updated manuals can be produced by the trainee.

Applications for Reiki Master training should be made in writing and applicants should include copies of their Reiki certificate(s) (other lineages only). Also include copies of symbols from any previous Reiki training, if applicable.

## Module 1

### Reiki 3a - Foundation:

#### Prerequisites

A minimum of 12 months practice at Reiki 2<sup>nd</sup> Degree. Completion of a written application stating your personal reasons for wishing to take this training together with a résumé of your experience of Reiki practise in your life.

#### Training includes:-

- Development of the individual through meditation, energy awareness, supported by the energy activation of the Master Attunement.
- Study and practice of meditation, energy systems and receiving of the Reiki 3 attunement and symbol.
- Review of the practices of Reiki 1<sup>st</sup> and 2<sup>nd</sup> Degree.
- Study of energy points and pathways.
- Meditation and self Reiki practice to enhance energy flow and awareness of energy.
- Deeper study of the distant symbol.
- Study of the 3<sup>rd</sup> degree symbol.
- Third Degree Reiki attunement.
- Study of Reiki Ryoho and Japanese Reiki Techniques.
- Comprehensive course notes accompany this workshop.

You will also study some of the Reiki Ryoho and Reiki Teate (pronounced tee-are-tay) material recently emerging from Japan to help deepen your understanding of Reiki.

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Reiki treatment is essentially a practice that utilises the training and material of Reiki 1<sup>st</sup> and 2<sup>nd</sup> Degrees. The material of Reiki 3<sup>rd</sup> Degree and its attunement does not necessarily enhance the way Reiki is given to others in treatments.

Personal commitment to the practices of Reiki 3a, should enhance the understanding of Reiki and support the personal growth path through both the material and the additional empowerment/attunement. The attunement does assist in meditation development but you still have to tread the path by your own effort! The Reiki 3<sup>rd</sup> Degree attunement and symbol activates all chakras and energy channels helping to develop a high degree of awareness for energy. It enables utilisation of energy through all of the Chakras/Nadis, enhancing the flow of energy with the breathing methods and meditation. From a spiritual point of view, this is a most significant step towards enlightenment, which is the ultimate healing (mind and body, mental and physical suffering). The Reiki 3<sup>rd</sup> Degree symbol also connects to energy/healing forces of positive spiritual beings/qualities that may be inclined to help in the healing work.

The training is separated into three parts as not everyone wishes to teach Reiki but do want to study these systems to their logical conclusion for personal growth and obtain the most from their years of training and practice. Reiki 3a, the Foundation Level, also acts as a preparatory phase for those considering the complete Reiki Master training at a future date and provides a gradual progress through the course work leading to teacher status at a pace to suit the individual.

Completion of all levels of Reiki 3 is at the discretion of the teacher and acceptance of the Foundation Level (RJKD 3a) does not imply a contractual agreement by either the teacher or student to complete all three modules. The training does not have extra levels or extra costs, the costs are shown for each level below. As you did at Reiki 1<sup>st</sup> and 2<sup>nd</sup> Degree, a feedback report (worksheet/homework) is requested from you and when returned to your tutor your certificate is issued.

#### Course Duration

Two days intensive training plus on-going personal study.

Workshop Fee/Personal Investment    £400.00                      Deposit £80 (non-refundable)

Balance due at least two weeks prior to the workshop date by cheque, BACS or cash on the first day of training also accepted.

## Module 2 Reiki Master (3b)

#### Prerequisites

A minimum of 12 months practice at Reiki 3a level. Completion of a written application stating your personal reasons for wishing to take this training together with a résumé of your experience of Reiki practise in your life.

#### Training includes:-

- Study of the attunements, analysis of the Reiki teachings and preparation to teach Reiki 1<sup>st</sup> and 2<sup>nd</sup> Degrees.
- Analysis of Reiki development.
- Reiki 1<sup>st</sup> and 2<sup>nd</sup> Degree attunement instruction and training.
- Personal study of course work and preparation of training material, talks/lecture, course manuals, case studies and literature reviews.
- Practise and proficiency examination.
- Certification on satisfactory completion.

#### Course Duration

Two days intensive training plus several months of personal work/study.

Workshop Fee/Personal Investment    £500.00                      Deposit £80 (non-refundable)

Balance due at least two weeks prior to the workshop date by cheque, BACS or cash on the first day of training also accepted.

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## Module 3

### Reiki Master Teacher (3c)

#### Prerequisites

A minimum of 12 months practice of teaching Reiki 1<sup>st</sup> and 2<sup>nd</sup> Degrees. Completion of a written application stating your personal reasons for wishing to take this training together with a résumé of your experience of Reiki practise in your life.

#### Training includes:-

- Completion of your training.
- Study and practice of the Reiki Master Attunement.
- Review of your teaching practice and experiences.
- Practise and proficiency examination.
- Certification on satisfactory completion.

#### Course Duration

1 day intensive training plus further personal study.

Workshop Fee/Personal Investment      POA

### Students of other Lineages

If you have already studied Reiki 1<sup>st</sup> and 2<sup>nd</sup> Degrees with another teacher and wish to study Reiki 3<sup>rd</sup> Degree in this lineage (Reiki Jin-Kei-Do), you should receive the attunements for Reiki 1<sup>st</sup> and 2<sup>nd</sup> Degree in Reiki Jin Kei Do©. Please contact me for more information.

#### **NB**

The term Reiki Master is given after successful completion of parts 3a and 3b. This will be shown on the certificate and as such the master will be authorised to teach Reiki 1<sup>st</sup> and Reiki 2<sup>nd</sup> Degree under the guidance of the initiating master. After successful completion of 3c, the certificate will then state the title of Reiki Master Teacher. Thus authorisation to transmit all three stages of Reiki and your Reiki training is completed.

The above ensures that when future Reiki students apply and receive Reiki training, the empowerment given is the full energy transmission of the lineage of Takamori and the initiate is fully empowered for life.

### Completion and Certification of Reiki Workshops

After you have completed your Reiki training, you are encouraged to practice Reiki on yourself and share it with others. A feedback report (worksheet/homework) is requested from you and when returned to your tutor your certificate is issued.

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