

Courses/Workshops in ***Reiki Usui Shiki Ryoho***

Reiki is a powerful natural system that unlocks the inner flow of vital energy.

It stimulates the bodies own healing processes, promoting relaxation and enhanced well-being. Reiki is a truly holistic system, treating the physical, mental, emotional and spiritual aspects of our being.

Reiki is taught in 'levels', each building upon the previous one. For most students, levels I and II are generally sufficient, and details of those courses are outlines here. For advanced students, energy/body-workers of other disciplines etc there is a level III, and for those who wish to make a long-term commitment the final level is that of becoming a Master-Teacher. Each level involves classroom tuition, a series of 'attunements' where the students body is re-aligned to let the Reiki energy flow, and practical activities.

Much has been added to Reiki systems over recent years, some good, some not so good. However the style I teach is that of Reiki Usui Shiki Ryoho, the style developed by the rediscoverer of the ancient healing art, Dr Mikao Usui. It was his work at the end of the 19<sup>th</sup> century that brought this system back into the public domain. My lineage to Dr Usui is shown at the back of this leaflet.

I aim to keep class sizes fairly small, to enable plenty of time for personal tuition and discussion, and although there is some 'studying' to be done, the emphasis is on making the workshop a relaxing and enjoyable experience.

Reiki Level I and II workshops are separate 2-day courses, generally weekends, but mid-week courses can be arranged.

All students receive a workbook/manual, Certificate , a Reiki-music CD and with on-going support.

## First Degree Reiki Class

### Class Preparation:

Try to avoid/cut-down nicotine, alcohol and caffeine both the day prior to and the day of the class. These are full day classes, so don't skip breakfast!

Give yourself plenty of time to get to the class. Don't be rushed. Wear comfortable clothing made of natural fibres (cotton, wool, silk, etc.) Do not wear anything tight or restrictive.

Bring two small cushions/pillows and a blanket/travel-rug. If you have a portable treatment table of your own, please bring that with you if at all possible.

### Day 1

#### Introduction

Meet your instructor and fellow students. Get comfortable with the classroom environment, while chatting with your classmates.

#### Brief Discussion

Why are you taking this class? What are your expectations? Do you have any experience of Reiki or other energy work?

Workbook is handed out to students.

Definition of Reiki: Universal Life Energy - what is it?

History of Reiki: Who are Drs. Usui and Hayashi, and Mrs. Hawayo Takata?

Pre-Reiki hands-on experience: Notice your hands, is there any energy flow?

Limits and Contra-indications

The five Reiki Ideals

Receive attunement 1

Share attunement experience with class.

Post-attunement hands-on experience.

Lunch break.

Preparedness – Breathing and Relaxation

Receive attunement 2

Learn self-treatment hand positions.

Give yourself a full self treatment.

Time for discussion, questions, sharing experience of day

Close

### Day 2

Review Day 1, share any thoughts, experiences

Receive attunement 3

Give yourself a full self treatment.

Learn hand positions to give a Reiki treatment to others.

Balancing and smoothing the energy field/aura

Instructions on treating others, environment, hygiene etc

Lunch

Receive attunement 4

Hatsurei-ho

Group Reiki - Everyone takes turns receiving a Reiki treatment.

Level I Assessment

Presentation of Certificates

## Second Degree Reiki Class

### Class Preparation:

Try to avoid/cut-down nicotine, alcohol and caffeine both the day prior to and the day of the class. These are full day classes, so don't skip breakfast!

Give yourself plenty of time to get to the class. Don't be rushed. Wear comfortable clothing made of natural fibres (cotton, wool, silk, etc.) Do not wear anything tight or restrictive.

Bring two small cushions/pillows and a blanket/travel-rug. If you have a portable treatment table of your own, please bring that with you if at all possible.

### Day 1

#### Introduction

Meet your instructor and fellow students. Get comfortable with the classroom environment, while chatting with your classmates.

#### Brief Discussion

Why are you taking this class? What are your expectations? What has been your experience of Reiki I?

Workbook is handed out to students.

Brief Review of some Reiki basics - Definition of Reiki & The Five Ideals

Reiki hands-on experience: Notice your hands, 'quality' of the energy flow.

Ethics and Reiki II

Receive first attunement; Share attunement experience with class.

Post-attunement hands-on experience.

The Reiki Symbols - Cho ku rei

The Reiki Symbols - Sei He Ki

Lunch break.

The Reiki Symbols - Hon Sha Ze Sho Nen

Exercise - Learning the symbols

Preparedness – Breathing and Relaxation

Receive attunement 2

Give yourself a full self treatment.

Time for discussion, questions, sharing experience of day

Close

### Day 2

Review Day 1, share any thoughts, experiences

Give yourself a full self treatment.

Review hand positions to give a Reiki treatment to others.

Emotional Healing Meditation

Distance Healing – Theory & Exercises

Lunch

Beaming & Scanning

Sending Reiki 'Lists'

Working in a Group

Review of Hatsurei-ho

Group Reiki - Everyone takes turns receiving a Reiki treatment.

Treatments Assignments

Level II Assessment

*Note - Certification is after successful completion of assignment work*

**My Lineage in *Reiki Usui Shiki Ryoho* is as follows:**

Dr Mikao Usui  
Dr Chujiro Hayashi  
Mrs Hawayo Takata  
Barbara Weber Ray  
Arthur Cataldo  
Soshamma Rodgers  
Richard Paterson  
Molly McCombes  
*Derek Williamson*

Graduated as a Reiki Master/Teacher in August 1998

I also hold the following additional qualifications:

Massage Therapy Diploma 1994  
Stress Management Diploma 2001  
Registered Instructor status awarded TCUGB 2001

I have taught Yang/CMC-style Tai Chi Ch'uan since 1998 and Sun Style since 2001

For further information, please contact

Derek Williamson  
Viewfield Cottage  
48 Moss Road  
Tillicoultry  
Clackmannanshire  
Scotland FK13 6NS

Telephone (m)           07973 684182  
Telephone/Fax           01259 750828  
Email enquiries@risingmoontaichi.com  
Website <http://www.risingmoontaichi.com>