



# COURSE PROGRAM LEVEL ONE

## USUI REIKI RYOHO SHODEN

I had the honour of studying and practising under the guidance of three Reiki masters online and in person. I am grateful for each of them.

Reiki Master Teacher Joanna Osuch (UK)  
Reiki Master Teacher Paweł Włodarczyk (Poland)  
Reiki Master Teacher Janey Lavelle (Ireland)

## **1. Introduction to the Level One course**

- Purpose and Meaning of Level One
- What does Shoden mean
- What are the benefits of practising Level One teachings
- Meaning of the Level One course

## **2. What is Reiki Ryoho**

- Meaning of the word Reiki
- Meaning of the name Usui Reiki Ryoho

## **3. Discussion of the Usui Reiki method: degrees, "initiations", etc.**

## **4. History of Reiki Ryoho/Usui Mikao**

## **5. Three Pillars of Reiki Practice**

## **6. Five Points of Reiki Practice**

## **7. Energy System in Usui Reiki - Meaning of Seika Tanden**

## **8. The Importance of Correct Breathing in Reiki Ryoho Practice**

## **9. Mindfulness in Reiki Practice**

## **10. Reiju "spiritual gift" so-called "attunement",**

- Definition, Application, Results of Reiju Reception
- Myth of 21 Days of Purification after Reiju Reception

## **11. Practice individual**

- Kenyoku – cleansing practice
- Haragei breathing
- Joshin Kokyu Ho - cleansing breath
- Seishin Toitsu - Gassho breathing
- Gassho practice and meaning
- Developing hand sensitivity
- Gokai “Five Precepts” – the foundation of Usui Reiki practice

## **12. Healing methods**

### Tenohira - using hands in Usui Reiki

- The role of touch in Reiki healing
- Three ways of using hands in Reiki
- 10 principles of using hands in Reiki
- using fingers in Reiki
- Basic types of sensations appearing in the hands during Reiki treatment
- feelings of the person receiving Reiki treatment

## **13. Key principle of healing in Reiki - “we do not transmit anything and we do not receive anything”**

- The importance of being a “Reiki channel”, Reiki undo
- How it works Reiki treatment
- The basis of healing
- The source of healing
- The result of healing

- Why do we not use protection in Reiki
- The safety of the treatment
- Factors weakening the effect of the treatment
- primary deterioration syndrome as a positive reaction of the body to the treatment
- Duration of the treatment
- How often can Reiki treatments be performed
- How to properly perform a Reiki treatment
- Basic activities in healing using the Usui Reiki method
- Preparing yourself, the place and the person receiving the treatment
- Basic tips for healing according to the Usui Reiki method
- Causes of diseases according to Reiki
- Five hand systems - the foundation of Reiki treatments

#### **14. Four basic ways of approaching healing in Reiki:**

- a method based on Japanese Byosen scanning
- a symptomatic method
- An intuitive method
- According to the scheme assigned to a specific disease

#### **15. Byosen reikan ho - a scanning method, the so-called "diagnosis", in order to determine places that require harmonisation.**

- The importance of "diagnosis" in Reiki practice
- How to perform a "diagnosis" using the Reiki method
- Interpretation of signals sent by a sick body
- practical application of information obtained using byosen

**16. Byogen - a treatment that heals the source of diseases**

- Hanshin ketsueki ho - a short method of purifying blood/energy
- meaning, application, benefits

**17. Tanden Chiryō ho - a method that detoxifies the body, mind and spirit**

- meaning, application, benefits

**18. Nentastu ho - a method of purifying bad habits, etc.**

- The influence of beliefs, attitudes, habits, etc., on mental and physical health
- The importance of healing habits, harmful tendencies, etc., in Reiki therapy
- individual practice
- application of Nentastu Ho on another person

**19. Principles of combining different Reiki techniques**

**20. Original basic hand and finger arrangements for individual body parts. According to the Usui Reiki Hikkei manual.**

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## **21. Jaki kiri joka ho – basic technique for purifying objects**

- purifying and energising objects, food, medicines, etc.

## **22. Healing animals**

## **23. Healing plants**

## **24. Shudan Reiki – “concentrated Reiki”, the so-called group Reiki treatment.**

- The purpose and significance of group healing
- Principles of group healing in Reiki
- Shuchu Reiki and Renzoku Reiki, two basic forms of group Reiki treatment

## **25. Self-healing in Reiki**

- Principles of self-healing
- difficulties in practising self-healing

## **26. Why can some people not be healed**

## **27. When not to do Reiki treatments**

## **28. Daily exercise routine**

- Individual practice
- Practical application of acquired skills

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**MKJ Inner Coaching**



**Margaret  
K-Jerczynska**

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**Transformational Life coach**

**Hypnotherapist**

**Holistic Therapist**

**Usui Reiki Ryoho Master Teacher**

## **A b o u t   M e**

My name is Margaret, I am a certified hypnotherapist and professional transformational life coach specialising in coaching individuals and groups in self-leadership development, emotional intelligence, and personal growth.

I am also a Usui Reiki Ryoho Master Teacher, energy healer and holistic therapist. I use a variety of coaching models to help my clients achieve their goals and improve their overall well-being.

I focus on helping clients tap into their inner wisdom and resources to find solutions to their challenges and achieve their goals.

I believe that my thoughts create my reality. My life story is proof of this. I would not like to be anyone else but my true self. Just as I am. This is my motto.

**MKJ Inner Coaching**

"ALWAYS  
REMEMBER  
YOU ARE ENOUGH  
JUST AS YOU ARE"

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**L a n g u a g e**

- Polish
- English