



COURSE PROGRAM LEVEL ONE

USUI REIKI RYOH 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 Chiryo 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.

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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<https://mkjinnercoaching.com/usui-reiki-ryoho-training/>



Margaret K-Jerczynska

Transformational Life coach

Hypnotherapist

Holistic Therapist

Usui Reiki Ryoho Master Teacher

About Me

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.

"ALWAYS
REMEMBER
YOU ARE ENOUGH
JUST AS YOU ARE"

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Language

- Polish
- English