



Reiki Master Development Program

Instructors: William Coryer, Senior RMT

Welcome

**“WE FAIL TO REALIZE THAT MASTERY IS NOT ABOUT
PERFECTION. IT’S ABOUT A PROCESS, A JOURNEY.**

**THE MASTER IS THE ONE WHO STAYS ON THE PATH
DAY AFTER DAY, YEAR AFTER YEAR.**

**THE MASTER IS THE ONE WHO IS WILLING TO TRY,
AND FAIL, AND TRY AGAIN, FOR AS LONG AS HE OR
SHE LIVES.”**

GEORGE LEONARD

Let's Prepare

- Protect Your space!
- Protect yourself!
- Reiki Mawashi
 - Set Intentions that all member of the class are energetically in a circle together.
 - Three Pillars
 - Allow the energy to flow. (10 minutes)

Program Focus

- Developing the essence of a true Reiki Master
 - Technical Training
 - Spiritual Development
- Notes:

Program Notes

- RERI Student Handbook
 - Requirements to complete the Master program
 - Attend all 9 classes
 - Classes will be recorded in case someone misses a class; you may make up a missed class using recordings only two times.
 - Self Reiki sessions = 20 hours
 - Distance healing work = 5 hours
 - Mentoring Sessions = 5 one-hour sessions included if desired more sessions are available at extra charge.
 - During training
 - We expect our Master students to take an active role in our community programs.
 - You each have a free membership to our Basic Member practice, please take advantage of it.
 - You are required to get involved in group discussions.
 - After completion of the Master program:
 - We hope that our Master students understand the importance of supporting the growth of our Reiki community and are involved in some way to support its growth.
 - For those interested in further training:
 - Teacher Certification Program
 - Professional Practitioner Program
 - Reiki Master Certificate vs RERI Licensed Reiki Master Teacher Certificate or Professional Practitioner Certificate issued by RERI
 - What we hope to improve by separating the Reiki Master and the Teaching and Professional Practitioner Training.
- Notes:

Reiki Master

Class I

Life of a Reiki Master

- Our journey to become a Reiki Master:
 - Why?
 - When?
 - How?
- Notes:
- What motivates us?
- How do we motivate ourselves to continue this journey?
- Our tips for you?

Dr. Usui- A glimpse into his world (quick introduction)

- Dr. Usui was a highly committed individual who focused on self improvement and spiritual development.
- He was a spiritual master with high merit and great virtue
- *Like other spiritual masters, he was deeply Influenced by his friends, mentors and teachers. One was Jigoro Kano, Founder of Judo. Judo was designed to provide physical, mental and moral education. It was a DO (meaning a way of life) based on principles of gentleness and flexibility, with aim of self-improvement (Reiki the true story written by Don Beckett)*
- It is possible that Dr. Usui's views on Reiki were influenced by him – a Reiki DO (Reiki way of life: a way of improving oneself)
- Dr. Usui described the precepts as “The secret method of inviting blessings” and the “Spiritual medicine to cure many diseases.” It shows his viewpoint. It shows that he was a spiritual oriented person.
- Lack of structure and more spiritual practice in it's nature.
 - No attunements or initiations as we know them, intention based called Reiju (Spiritual Blessing) given often and not associated with levels
 - No specific hand positions
 - Chanting, meditation and affirmations were often used in his practice and teaching.

Notes:

Western teaching

- Hayashi created the structure.
 - Attunement process
 - Standard hand positions
 - Physically oriented but change is occurring
 - Titles based on western thought. Levels I and II, Master, Grand Master*
 - This tends to introduce ego into the hierarchy.
- Notes:

Our View of a Master

- Define the term master:
 - A worker qualified to do any of the work in that field.
 - To be or become completely proficient or skilled in a specific subject.
 - Someone who by long study has gained mastery in one or more disciplines.
- Notes:

Our View of a Reiki Master

- Reiki Master
 - An individual who has become skilled in all respects regarding the knowledge of and practice of Reiki.
 - An individual who acknowledges his or her own need to heal on all levels and is well along the path of this process.
 - An individual who is committed to continuing his/her spiritual journey by continued learning, studying and healing to attain higher levels of spiritual awareness and enlightenment.
 - One who has received enough Reiki healing sessions from a Master to grasp the healing experience and its potential.
- Notes:

Our View of a Reiki Master

- Qualities of a Reiki Master: commitment, consistent, positive attitude, appropriate behavior that exemplifies professionalism, humility, respect, sincerity and service.
- If one decides to become a teacher, they must be willing to take on the responsibility of assisting and mentoring others professionally, ethically and appropriately on their healing journey. (learn more about RERI teacher/professional practitioner training)
- One who is aware of their ego-based behavior and is managing it well.
- Notes:

Spiritual Development

- Meditation
 - Attunement
 - Sharing of experience
 - Your own journey!
- Notes:

Spiritual Development

- This is a self-directed exercise. The purpose is to help with your personal growth and healing from a spiritual perspective.
- “Seven Spiritual Laws of Success” by Deepak Chopra
 - Obtain and read the complete book.
 - Each day thereafter reread the first chapter daily until the next class.
 - Journal your thoughts.
 - Starting in class 2, we will discuss one of the spiritual laws in this book. Your preparedness indicates commitment.
- Notes:

Technical - Reiki Meditation

- Meditation using Reiki to increase sensitivity and connection to the source.
 - Shinpiden (Level 3) technique
 - Introduced to Reiki by Hiroshi Doi (in our lineage) and practiced in Gendai Reiki Hô.
 - There are many variations below is our version. You may modify it to fit your personal style.
- Notes:

Technical - Reiki Meditation

- Notes:

- Gasshô and become centered.
- While seated siting straight close your eyes. Reach hands above your head palms facing together in funnel form. Intend the energy to flow via your funnel into your crown and spread throughout your body.
- Bring hands down in front of face in Gasshô position. Feel the energy flowing through your body.
- Use your non-dominate hand to hold the space while using your dominate hand to channel energy to any imbalances you feel in various areas of the body.

Technical - Reiki Meditation

- When feeling balanced bring both hands to your lap and settle into the energy. Spend a few minutes here (10minutes recommended)
- Bring both hands to heart and while channeling Reiki to your higher self say an affirmation.
- Bring one hand to the forehead and other to the back of the head and repeat the affirmation.
- Now both hands back to lap and focus on the affirmation. (2-3 minutes)
- Gasshô and give thanks.
- Notes:
- I am
 - Successful
 - Healthy

Practice and Journaling

- By now you know there is work to be done. It is your responsibility to begin!
- Self-work and other requirements have been and will be mentioned during class the rest is up to you.
- You are asked ongoing to read the next chapter to become familiar with the material prior to the next class.
- Notes: