

Reiki Master Development Program

Class 2

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)

Reiju

(Spiritual Blessing)

I am sending energy blessing to all students in class for
5 minutes.

Gasshô

Please center yourself, close your eyes, breathe deeply.
When finished Gasshô and give thanks!

Dr. Usui- A glimpse into his world

- It is generally agreed that Mikao Usui lived from 8/5/1865-3/9/1926
- According to some Japanese students of Usui, he was an intelligent and deep thinker. He devoted his life to learning and seeking ways of improving himself.

- ❖ *He entered Tendai Buddhist monastery near Mt. Kurama as a young child.*

- ❖ *He studied many personal and spiritual development modalities including Qi- Gong, martial arts, Samurai swordsmanship and other ancient martial arts.*

- Original Usui Teaching revealed :
 - ❖ *Based on Japanese students who taught Canadian teacher David King and a colleague Melissa in the 90s' and they both made trips to Japan and met some of the Usui students and people who had connections with Usui:*
 - *They have learned that the original Usui method for spiritual awakening was the basis for hands-on healing techniques being developed.*

Notes:

Stories or discovery about Dr. Usui and his method of healing from other Japanese students?

Dr. Usui- A glimpse into his world

• Notes:

- ❖ *In the 90's both Frank Petter and his wife Chetna were living in Japan and were researching Reiki in Japan, that is when Usui tomb stone was introduced to the world.*
- ❖ *In 1999, a member of Usui Reiki Ryôhō Gakkai, Hiroshi Doi was featured at the first Usui Reiki Ryôhō International conference in Vancouver, Canada and he published Gendai Reiki Ho (modern Reiki method for healing)*
- ❖ *In 2000, Englishman Chris Marsh was introduced to a Buddhist nun who was 106 years old and she learned directly from Dr. Usui and then the following year, he was introduced to 11 more students who learned directly from Dr. Usui.*
- ❖ *Thanks to those who made devoted efforts to research the life of Usui and his original teaching, we have developed a clearer picture of this healing art taught by him.*

Dr. Usui – A glimpse into his world

- *The development Usui Reiki Ryôhō Gakkai (Usui Reiki Healing Method Society)*
 - ❖ *It was told by members of the Gakkai that the Gakkai was established in 1922 by Dr. Usui*
 - ❖ *Some of the Usui's students told the Gakkai was created by a few Usui's students (these students were naval officer's) after Usui death in 1926 and the Gakkai might have been created to honor Usui teaching and his healing work.*
 - ❖ *It was told that Usui started his teaching in 1922 and he used a small manual. The manual consists Reiki precepts, meditation and waka (native poem). Hand position's, to heal others were not taught.*
 - ❖ *More information about the Usui Reiki Ryôhō Gakkai will be discussed in our next class.*
- Notes:

What is true healing? Dr. Usui views

- Mikao Usui is a renowned healer and studied other spiritual practices and methodologies for self-improvement.
- His focus was not primarily on hands on healing as we know Reiki in the west.
- Dr. Usui had great compassion for others, and it was said that he became well known after providing healing for many people after a large earthquake in Kanto in 1923. This may be why he was given the honorary title of Doctor.
- People came to him for healing from all over, Usui believed that healing was only a secondary result of achieving personal perfection.
- When someone asked him for healing, he provided energetic empowerment and Reiju (means giving spiritual blessing)
- Reiju is a primary step to initiate one's spiritual awakening and connection to source.
- Usui was known to perform Reiju each time a person returned to see him for healing and that continued each time if they decided to learn from him about achieving personal perfection.
- Notes:

What is true healing? Dr. Usui views

- Mikao Usui : Reiki is both a spiritual healing technique and an energy healing technique.
 - Spiritual healing works at the fundamental level and affects consciousness. Energy healing works on removing symptoms from individual mind and body.
 - Symptoms are important messages to show imbalance of our being.
 - True healing occurs only when there is a change in consciousness on the spirit level.
 - To maintain a good balance of health, toxins in our body (whether it is physical, mental, emotional or spiritual) must be released from our being.
 - The releasing process (release feeling of anger, anxiety, sadness etc. or a physical symptom) will result in a change in consciousness.
 - Reiki is a way of connecting to the universal life force to aid in the releasing process. For it to work effectively, one must be willing to let go, make no effort to control the results, setting aside of desires and allow the energy to flow freely.
- Notes:

Takeaway from Dr. Usui viewpoint on true healing

- Reiki channels spiritual (high vibration) energy through a person's energetic body to cleanse, rebalance and repair damage to the recipient. All conditions can be treated but not all people.
- Some people are more receptive than others for numerous reasons.
- Japanese Reiki healing perspective:
 - What is Byôsen? (Imbalance/Toxin)
 - What is Byôsen Riekan Hô (sensing imbalances)
 - Detoxing using Reiki.
- Note:
 - We briefly covered this in the fundamental level.

Our takeaway from Dr. Usui viewpoint on true healing

- Notes:
- Steps:
 - Take responsibility
 - Be willing to heal
 - Be willing to change
 - Commit to process
 - Self healing
 - Healing by others
 - Combination
- Results:
 - It produces healing on many levels and differently for each person.
 - There is always a benefit. It may be subtle and each person's awareness level determines if they see that benefit.
 - The symptoms often dissipate but the energy primarily addresses underlying causes.

Takeaway from Dr. Usui viewpoint on true healing

- Some will be healed totally others may learn to accept and live a fuller life with their challenge.
 - Reiki seldom produces instant healing although it has been known to on occasion.
 - Usually, one's awareness level increases.
- Notes:

Technical – Kenyoku Hô

- Kenyoku: Means dry bath
 - Ho: Means method
 - It is a Shoden technique that is practiced and taught by Usui Reiki Ryôhō Gakkai.
 - Purpose is purification or cleansing of the body.
 - Used after doing any energy work.
- Notes:

Technical – Kenyoku Ho

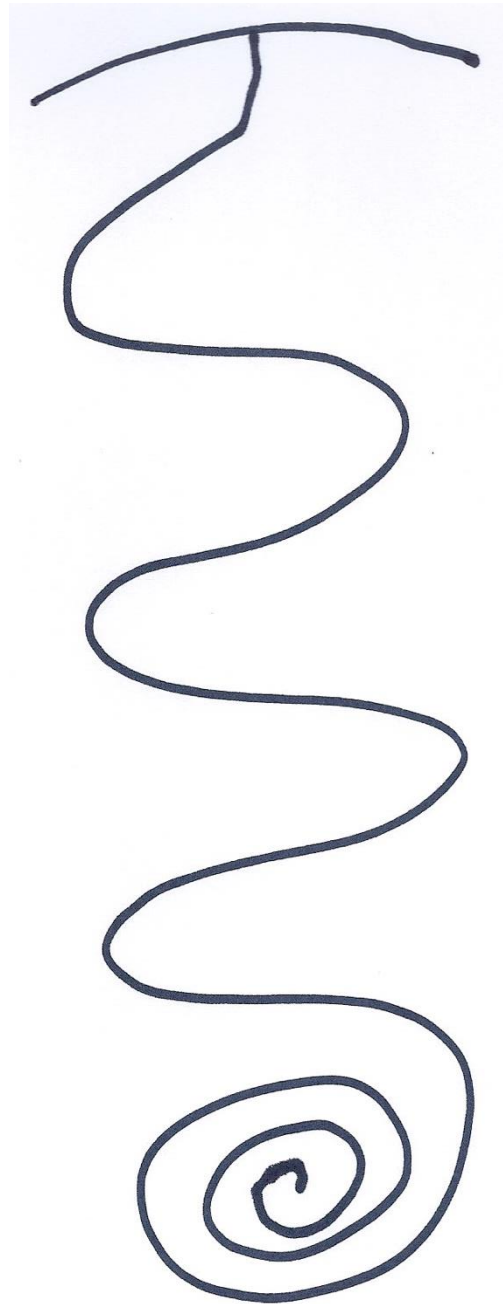
- Gasshō
 - Place right hand on left shoulder with hand flat on chest. Breathe in.
 - On out-breath sweep hand down across body to right hip.
 - Repeat from right shoulder to left hip.
 - Repeat again from left shoulder to right hip.
- Notes:

Technical – Kenyoku Hô

- With left elbow against your side and forearm parallel to ground palm up.
 - Move right hand to elbow and on out-breath sweep across forearm past the fingertips.
 - Repeat with right arm then again with left arm.
 - All sweeping movements are made on out-breath.
 - Gasshō - to give thanks.
- Notes:

Technical: Tibetan Reiki Symbols

- You have learned three symbols in Level II and a fourth in Advanced
 - You will now be learning two more they can be used for many purposes.
 - They are said to be Tibetan in origin and brought into use by Arthur Robertson and popularized by William Rand
- Notes:



Tibetan Fire Serpent

Technical: Tibetan Fire Serpent

- This symbol is used for attunements and for healing.
 - In healing it is used to connect all chakra points for better or more even flow of energy to all areas of the client.
 - Draw arc over crown and then balance down body with coil at the root chakra.
 - Can also be used in specific locations.
 - Can also be drawn with other symbols into the hands before or healing sessions.
- Notes:

Tibetan Dai Kô Myô



Technical: Tibetan Dai Kô Myô

- Similar not identical to Usui Dai Kô Myô. Experience will give you your own interpretations.
 - This is used for attunements and for healing. Again, it is similar but has some different aspects. (some claim connects to new or current energy)
 - Can be drawn into the hands before healing sessions.
 - Can also be used in specific locations.
- Notes:

Spiritual Development

- Notes:

- The Seven Spiritual Laws of Success - Chapter one.
- Pure Potentiality.