

# The Atmosphere

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**Course Title:** Usui Reiki Ryoho-Level One Shoden 2018

**Course Instructor:** Teresa Aubertine

**Course Location:** Google Classroom, The Atmosphere & Mill Pond Landing 4<sup>th</sup> floor conference room

## Course description

Welcome to Usui Reiki Ryoho training! Coursework in Usui Reiki honors the traditions and teachings of the Japanese founder of Reiki, Mikao Usui while providing a strong scientific foundation for clinical practice. Coursework will be taught via Google Classroom and YouTube video lectures. Course work will be a combination of traditional Reiki training and additional coursework on topics such as traditional Chinese medical (TCM) theology, the anatomy of the bio-magnetic energy field, the chakra system, past and current Japanese culture, past and current culture of Reiki in the West, and scientific research. Clinical practice hours provide for a hands-on learning experience in addition to classroom teaching.

## What is “Usui Reiki Ryoho”?

Reiki is a non-invasive form of bio field energy healing based on Traditional Chinese Medical (TCM) theology that was developed in Japan. Reiki provides an avenue for one to achieve holistic, physical, spiritual, intuitive growth and healing.

## Course objectives

Students will be able to:

- \*Be proficient in the history, geology, and culture of Japan.
- \*Understand the difference between Therapeutic Touch and Reiki.
- \*Verbalize the history of Reiki from both Japanese and Western cultural perspectives.
- \*Recite the Reiki Principles and understand the way the principles are meant to shape their lives.
- \*Become familiar with the biographies of those that are important to the history of Reiki and one’s lineage.
- \*Understand Reiki as a word or kanji.
- \*Become proficient in the anatomy of the bio magnetic energy field.
- \*Be able to perform a reiki session of self, on another person, and in a group setting.
- \*Learn to scan the energy field and develop sensations in the hands.
- \*Be able to practice all traditional Japanese Reiki techniques.
- \*Understand Reiki ethics, laws, professionalism, and community engagement.
- \*Understand what is required for the attunement process. Make an informed decision on whether or not to receive the attunement.
- \*Perform a Reiki treatment on themselves and instructor.
- \*Be familiar with and be able to utilize the tools associated with Reiki practice.

## Prerequisites

Prerequisites to becoming a Reiki student are traditionally few. However, I like to require my students take their time and use patience in regards to evolving through this course. I request that you meditate on the information given and become proficient in each assignment’s material before you move forward. Learning to become a Reiki practitioner is not a race against time.

You are required to have a Gmail account, access to a computer or smart phone, an open mind, and the conclusion of at least one Reiki session in your lifetime before your attunement ceremony. Three hours of Reiki in your lifetime is preferred prior to attunement. The more exposure you have to Reiki prior to your attunement the better. However, it is not required to have a great deal of experience as a patient prior to the class or attunement. One hour of clinical Reiki will be provided to each student prior to the attunement process as part of this course.

For current Reiki students please contact the instructor with your lineage and any certificates to prove you have went through previous training. The instructor will want to get a brief idea of what you are hoping to gain from reviewing your Reiki Level One course material.

### **Reading, Materials, Resources**

Class materials within Google Classroom will be provided to you in the form of PDF reading materials, YouTube lectures, informative videos and audio, worksheets, and tests. There will be help provided on navigating Google Classroom, information on your instructor, a suggested reading and reference list, glossary of Japanese terms, a history time line, a list of people you should know by name and many manuals and documents written by myself and other instructors.

Some materials will have been created as early as the 1980s and will run until our current year. I want you to value your course material that is older just as much as anything provided to you that is current. Documents provided to you will be laid out in Google Drive within a folder under our google classroom name. There is no need to transfer documents to a USB drive or save them to your computer. All materials are safe and secure to be accessed anytime within Google Drive. Your course content will stay accessible in the order in which it is learned within Google Classroom.

It is highly encouraged to keep a journal about your experiences as a Reiki student. Keeping track of personal conclusions about your Reiki practice during your study of course content, notes on your attunement, notes on after the attunement, notes on treatments on yourself and others and notes on clinical practice hours will be a great way to view your growth and keep your opinions and memories available for the future. My Mother encouraged me to keep a journal just like I am describing. If I had done so, I would have an even more personal account of my experiences to provide to you. Listen to my Mom and I will provide you with your journal if you like.

### **Testing**

One will be administered tests to ensure the student is advancing in the knowledge needed to succeed and that the student is in fact engaging in the reading and educational material provided. The instructor will make it very clear as to the information that is required to be retained for testing and clinical purposes. We will work together until all necessary information is understood. Some tests may be graded and all will be returned to you with the instructor's comments and additional information attached to each question.

### **Worksheets**

One will be provided with worksheets that will guide you through the materials you will study. Worksheets keep you on track and ensure we are meeting objectives and retaining information as we progress through the course content.

### **Attunement**

If the student decides that an attunement ceremony is right for them the instructor will administer one ensuring the passing on of the ability to perform in person Reiki on oneself and others. The attunement is a quick but memorable experience. This will be done privately versus a large group attunement. It is recommended to continue Reiki sessions or if you have not received any yet; to begin as soon as possible upon entering the course. It is also important to start acknowledging any dehydration issues you may be facing chronically. Anything you can do that is detoxifying to the body will be a great addition to your studying Reiki. Following the attunement the instructor will help the student navigate their new skills and the 21 day cleanse or detox that will follow.

## **Clinical Hours**

Clinical training is a very important part of Reiki training. Students will feel confident in their new skill after learning first hand with the instructor in a safe working environment. Students learn how to engage in group clinical Reiki sessions, develop sensations in their hands needed to perform Reiki, learn to scan the energy field, practice how to use a pendulum and are able to address questions and concerns while providing Reiki in a controlled and supervised setting. Opportunities with community involvement will be provided so that the student may begin to build the confidence to work with the public.

### **Module One: Class Introduction**

- Reiki Course overview
- Class materials review and syllabus
- Introduction to Google Classroom
- Introduction to instructor

### **Module Two: History & Culture of Japan**

- Samurai Culture
- Japanese History, Culture, Geography
- Meiji Emperor and Restoration
- Japan at war

### **Module Three: History of Laying on of the Hands and Therapeutic Touch**

- History of laying on of the hands
- Creation and use of therapeutic touch or healing touch

### **Module Four: History of Reiki**

- Reiki History-oral story
- Mt. Kurama
- Biography and contributions of Mikoa Usui
- Usui's Memorial
- Reiki Society in Japan
- Three pillars of Reiki
- Reiki precepts
- Reiki Kanji
- Reiki Levels
- Reiki and religion
- Reiki lineage, Master to student

### **Module Five: Reiki comes to the West**

- Biography and contributions of Chuijo Hayashi
- Biography and contributions of Mrs. Takata
- Reiki culture past to present, throughout the generations
- How Independent practitioners split off
- Reiki becomes global

### **Module Six: Lineage**

- Meet the rest of your lineage, their biographies and pictures. Your lineage if you choose this class is remarkably short and something you will take great pride in.

### Module Seven: Reiki is

- Reiki as energy
- Reiki as a way of life
- Benefits of Reiki
- Effects of Treatment
- What Reiki is and is not

### Module Eight: Japanese Reiki techniques

- Japanese Reiki techniques
- Hibiki
- Reiji-Ho
- Koki-ho
- Byosen-Ho
- Kenyoko-ho
- Hatsuei-ho
- Giho
- Gassho

### Module Nine: Treatments

- You as a channel
- Intention and Reiki
- Western hand positions
- Japanese treatment techniques
- Blockages
- Reiki self-treatment
- Developing Intuition
- Developing sensation in the hands
- Meditation & Breathing
- Reiki and Spirits, animals, plants
- Restrictions

### Module Ten: Anatomy of the Energetic Body

- Anatomy of the Energetic Body
- Chi, Ki, Prana
- Meridians
- Nadis
- Auric bodies
- Low and High vibrational Energies

### Module Eleven: Chakras

- Chakras
- Anatomy of
- Psychology of
- Assessment of
- Dysfunction of
- Treatment of

### Module Twelve: Science of Reiki

- Traditional Chinese Medical Theology

- Phantom Leaf Effect
- Kirlian Photography
- Grounding

#### Module Thirteen: Scientific & Medical Research

- Multiple documents of medical and scientific research

#### Module Fourteen: Reiki and Western Medicine

- Documenting Reiki sessions
- Reiki in the Hospital setting
- Reiki and medical insurance
- Reiki Ethics and Laws
- Reiki as part of Integrative medicine
  
- Private Attunement Ceremony

#### Module Fifteen:

- Clinical Practice(s)
- Western hand positions application
- Locating the boundary of the energy field
- Performing Reiki treatments on self and others
- Reiki performed as a group, hand positions
- Removing the Ego
- Opening and closing a session
- Detaching from the client
- Intuitive insight
- Scanning, developing sensations in the hands
- Sensing blocked energy, Moving energy, restoring energy
- Chakra assessment and balancing
- Sensing Spirit attachment
- Documenting Reiki sessions application
- Therapeutic communication
- Grounding to the Earth
- Personal protection
- Use of Pendulums
- Use of Tuning Forks
- Use of Singing bowls
- Use of crystals
- How to face your fears in practice
- How to deal with new and emerging information and progression of skill

#### Performance of Japanese Reiki techniques

- Japanese Reiki techniques application
- Hibiki
- Reiji-Ho
- Koki-ho
- Byosen-Ho
- Kenyoko-ho
- Hatsuei-ho

- Giho
- Gassho