

Usui-do



We offer Reiki courses from beginner to teacher, in the traditional Japanese style of the founder Mikao Usui. We have researched the traditional teachings of Usui-sensei and ensured our courses are as close as we can get to the original teachings. This style of Reiki is known as Usui Reiki Ryoho, which literally translated from Japanese means 'Usui Method for Spiritual Healing'. As such, we do not teach any of the modern Western add-ons on our courses. In addition to the traditional teachings, our level 2 course teaches the practical aspects of practicing Reiki professionally and our level 4 course teaches the practical aspects of teaching Reiki.

Our Reiki treatments take place at The Klinik and at StillPoint Centre London, both at Liverpool Street (Devonshire Row EC2M 4RH). Our Reiki courses are held at the prestigious Radisson Edwardian Leicester Square Hotel. Located in Central London (St. Martins Street, Leicester Square, London WC2H 7HL) this wonderful venue provides easy accessibility in the heart of Central London.

Our Reiki courses offer you a wonderfully unique, inspirational and enlightening journey of self discovery that will change your life forever! We combine a traditional, spiritual, holistic and simultaneously clinical and professional approach to our Reiki teaching and treatments. In addition we use Reiki 'actively.' This differentiates us dramatically from other Reiki practitioners and teachers in the world today.

About Reiki ►

What is Reiki?

Reiki is a natural healing system that uses naturally occurring variable frequency energy to work on physical, emotional and spiritual conditions.

What we term today as Reiki was traditionally known as 'Usui Reiki Ryoho' or the 'Usui System of Spiritual Healing', discovered by Usui-sensei in the 1900s but today is used to encompass a whole range of energy healing systems. Reiki is a Japanese term actually consisting of two words with varying interpretations:

Rei- Lit. Japanese spiritual or sacred.

Ki- Lit. Japanese energy.

Reiki works directly to treat conditions through the application of channelled energy to areas of need.. Reiki can be used on any condition and is also a path to spiritual growth and enlightenment if you choose to develop yourself in that way.

Reiki is passed on by the Reiki Master to the student by means of attunements or empowerments. This enables the student to access and use the energy. Reiki is non intrusive hands on healing, and is both effective and pleasant.

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How does Reiki work?

Reiki is simple in its theory and in its practice, yet it is limitless in its potential. The energy used in Reiki is made up of Universe energy and Ki energy (or Chi in Chinese). Symbols are used to allow varying frequencies of energy to be applied.

Reiki can be used either as a **passive** or an **active** form of healing.

Passive Reiki

When used passively, the practitioner acts purely as a channel for the energy, allowing the energy to be channelled with no input into the frequency or amplitude or effect of the energy.

The idea of this is to allow the body to heal itself slowly and balance the body over a period of time. This form of passive healing does not treat specific conditions. If you would just like some relaxation then it is fine but it is not using Reiki in the most effective way.

Active Reiki

When used actively, the practitioner uses intention and visualization to direct the frequency and effect of the energy to work directly on the condition being treated. This is the method we use and the method we teach on our courses. It allows us to treat conditions more effectively because we deal with what the immediate issues are, whether they are emotional or physical and work on those directly. We work on healing the other problems once the ones of immediate importance are dealt with.

What Are The Benefits Of Reiki?

Every one that comes to Reiki will have their own reasons, and their own journey to travel. Reiki can be just a search for direction, or a form of self-healing, or a means to heal family and friends, or a new career perhaps. For many who feel that they have taken a lot out of life and given very little back Reiki is a way of offering unconditional love to all those who need their help.

Reiki can be used to improve any condition physical or otherwise. Or Reiki can be a way of life, the start of a very beautiful and fulfilling spiritual journey leading to understanding and enlightenment and happiness, and ultimately completeness and oneness.

Every one that starts on the Reiki path can choose how far and how fast they travel towards the ultimate goal.

Whatever Reiki means to you, to receive Reiki healing or to learn Reiki is to change your life for the better - to begin the journey!

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History of Reiki ▶

There are many theories about the history of Reiki, but the only documentary evidence we have is from the writings and teachings of Usui-sensei.

Our knowledge of the history of Reiki is therefore limited to these, and to the knowledge handed down from Usui-sensei to his students.

Our book 'The Essence Of Reiki' gives more in-depth information on the subject of Usui Reiki Ryoho.

Reiki was discovered by Usui-sensei in the early 1900's. There are various dates given for this (1914, 1921, 1922), with 1922 being the most likely. It is said by some (incorrectly) that Usui-sensei merely re-discovered Reiki, that Reiki was a lost ancient art.

In his writings, Usui-sensei states: "The Usui Reiki Therapy is something no-one before has discovered, and bears comparison with no other treatment in the world"

Usui-sensei practiced Reiki from his clinic in Tokyo, and held workshops and classes to spread Reiki knowledge. His fame spread throughout Japan, and he was invited to many parts of Japan to give healing. He spent his remaining years in caring for people through healing and teaching.

Usui-sensei integrated Reiki into the way of living, introducing the Reiki ideals.

The ultimate purpose being to understand the ancient secret method of gaining happiness - Reiki, the Art of Inviting Happiness.

Today, Reiki is practiced by many millions of people around the world

Reiki Treatments ▶

We offer Reiki treatments at The Klinik and at StillPoint Centre for Meditation, Liverpool Street, London. The treatments cost £60 each and last for one hour. The treatment is non intrusive and the patient remains fully clothed.

Reiki Courses ▶

Levels and costs are as below. The gap between each course should you wish to move onto the next level is dependent on the circumstances of each individual. All courses are certificated and include a comprehensive manual and post course support.

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Reiki I Beginner Level- 1 day course. Cost £175

This course is aimed at those that want to learn how to heal themselves, those that are looking for a way to move forward with their own self development and spiritual advancement, and anyone interested in exploring their spirituality.

Entry Requirements: No prior knowledge or experience is required

Course Syllabus:

- Reiki
- The Core Philosophy Of Reiki
- Scientific explanation of Reiki
- Attunements / Reiju Empowerments
- 21 Day Cleansing Process
- History of Reiki
- Reiki Lineage
- Reiki ideals (Mrs Takata/ Dr Usui)
- What Reiki Can Be Used For
- Seven Levels of Reiki
- Reiki hand positions
- Kanji hand positions
- Signs Of Release
- Healing Safely
- Developing Reiki Focus
- Contra-Indications
- Biofeedback
- Byosen Reikan-Ho
- 'Rei' method for healing

There are 4 attunements with this course

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Reiki II Practitioner Level- 1 day course. Cost £175

This course qualifies the student to practise Reiki professionally and to join 'The Reiki Healers and Teachers Society.'

This course is aimed at those who would like to learn to heal themselves and perhaps others, those who want to practise Reiki professionally and those that are seeking to further their own self-development and enlightenment.

Entry requirements: Must have completed Level 1 Course

Course Syllabus:

- Laws - Most Common
- Professionalism And Treating Clients
- Interview Form
- Treatment Form
- Working As A Reiki Practitioner
- The Key Concepts Of Reiki
- Shirushi - The Reiki Symbols
- Jumon
- Kotodama
- Active healing / Passive healing
- Giving Reiki Treatments
- Hands On Reiki
- Distant Reiki
- Hatsu Rei-Ho
- Koki Ho
- Gyoshi Ho

There is one attunement and 3 Reiki symbols with this course.

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Reiki Level I & II Course 2 day course. Cost £350

This course includes the combined syllabuses of Reiki levels I & II and is for those who wish to practise Reiki professionally, on themselves and/or others and for those interested in spiritual development.

Entry requirements: No prior knowledge or experience is required.

Course Syllabus:

- Reiki
- The Core Philosophy Of Reiki
- Scientific explanation of Reiki
- Attunements / Reiju Empowerments
- 21 Day Cleansing Process
- History of Reiki
- Reiki Lineage
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- Laws - Most Common
- Professionalism And Treating Clients
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- Koki Ho
- Gyoshi Ho

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Reiki Level III- 2 day course. Cost £350.

This level qualifies the student to Reiki Healing Mastership (N.B. This does not qualify to teach, see level IV for this).

This course is aimed at professional healers who are aiming to enhancing their healing ability and knowledge and for those seeking greater self-development.

Entry requirements: Must have completed Reiki Level I & II. Should have varied experience in practising Reiki.

Course Syllabus:

- Rainbow Reiki
- Intention & Visualisation
- Emotions vortex
- Breathing
- Stress
- Treating emotional traumas
- Depression
- Bereavement
- Cancer
- Allergies
- Healing addictions
- Occasional headaches
- Migraines
- Injured bones
- ME and low energy
- Treating causes of physical illnesses
- Clients with more than one illness
- Moving pains
- Negative entity
- Spirit Rescue
- Psychic Attack
- Schizophrenia
- Insomnia
- Goal setting
- Problem Solving
- Golden Frame Therapy
- The Reiki crystal grid
- Japanese Reiki techniques: Gassho meditation/ Reiji-ho/ Chiryō
- Ryoho Shishon (guide to method of healing)

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Reiki Level IV- 2 day course. Cost £450.

This course qualifies the student to teach Reiki up to level IV (Teaching Mastership).

This course is aimed at professional healers who are aiming to enhance their healing ability and knowledge, for those that want to teach Reiki and for those seeking greater self-development.

Entry Requirements: Must have completed Reiki level I & II. Must have varied experience in practising Reiki. Preferably to have completed level III. Need to be at the appropriate stage in self-development. Please contact us to discuss your application for the course.

Course Syllabus:

- The Gokai (presented by Usui Sensei, Takata and Doi-sensei)
- Usui-do Lineage
- The responsibilities of being a Reiki Master Teacher
- Using the Reiki symbols correctly
- The Usui Master Symbol
- The Final Stage of the Spiritual Journey
- Reiki healing crisis/ 21 day cleansing process
- Reiju empowerments
- Attunement bio feedback
- Reiki attunements- theory
- Giving Reiki attunements- theory
- Attunement methods
- Usui Attunements- theory and practice
- Negative energy removal
- Japanese Meditations (Hado Kokyu Ho/ Hado Meisho Ho/ Jika Joka Ho/ Nentatsu Ho/ SHK Chiryō Ho/ Reiki Mawashi/ Gedoku Ho/ Heso Chiryō Ho/ Reiki Undo/ Saibo Kassei Kokyu Ho)
- Reiki Ryoho Hikkei
- Explanation of Instruction for the public
- Meiji Renno Gyosei
- Teaching Reiki
- Reiki 1, 2, 3 and 4 syllabuses

There is one attunement and one Reiki symbol with this course.

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Contact us ►

If you would like to book a treatment/course or make an enquiry about our services please contact us using the details below. We work weekdays and weekends. Please call us between 8am and 9pm.

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We look forward to seeing you on one of our courses!

