

Usui Do Reiki Courses with Bath Reiki

Welcome to Bath Reiki. We teach the original Usui Do Reiki.

We hold Live Courses every month at Jay's home in Neston, near Bath.

Our certificated courses include all the levels necessary to take you from a complete Reiki novice, to becoming a professional Reiki Practitioner, and then on to becoming a Reiki Master Teacher.

There are many people and organisations teaching Reiki in this country. Some teach the modern 'Western' Reiki and some teach what they call 'Traditional' Reiki.

At Bath Reiki we teach the 'Original' Japanese form of Reiki (or Usui Do), which is very different from the evolved form being taught and practised here in the West. The Original Usui Reiki is simple, elegant, powerful and uncluttered.

Reiki was originally all about taking yourself on a self-healing and spiritual journey. It has ended up being taught as a Complementary Therapy. We teach you both styles, giving you a strong foundation for your Reiki journey. These include personal meditations, the proper use of symbols & kotodama, how to treat yourself, how to treat others, and ultimately how to teach others.

We believe in a simple, no-nonsense approach to Reiki, offering training in a supportive & tranquil environment.

After reading this brochure, if you'd like any more information, or to book a course, please call or email Jay or visit our web site.



Shoden (First Degree)

Shoden (Reiki I Degree) is for your own benefit and can be practised on yourself, family and friends.

Course Details

You spend at least one day working through your multimedia study pack, consisting of a comprehensive manual and an audio CD, and then you spend another day at the specially created teaching space in Neston, Wiltshire, going through the practical energy work with Jay and a few other students.

Home Study Tutor Support

You are able to email Jay any questions you have at any stage during and after the course. This can be about the coursework, or about experiences you are having, or even about things you have heard from other Reiki people. All emails are answered on the same day, where possible, and only by Jay.

The Study Pack

You will have a chance to go through your study pack for a few weeks before the course, and this gives you a good grounding in the basics of Reiki. The study pack consists of the Reiki I manual and two specially produced audio CD's. The study pack covers the following:

- What Reiki is.
- Where it comes from (the History, Background and Development)
- The Reiki principles
- What it is like to give and receive Reiki
- How to do a self-treatment
- How to treat other people
- The effects of Reiki treatments and Reiki 'empowerments'
- How to make your Reiki strong

The Course Manual

Each course is accompanied by a comprehensive manual that covers everything we teach on the day, and more besides, so there is no need to take notes. Note taking is so unsatisfactory: you frantically scribble, desperate not to miss what is being said and when you get home you can't read your writing!

On our courses you can relax, safe in the knowledge that everything we do is there in the manual for you to take home with you. As well as dealing with all the various topics covered on the course, the Part One manual also contains the transcript of an interview with Mikao Usui, a selection of 'Gyosei' (thought-provoking poetry that is used in Mikao Usui's Reiki association in Japan as a focus for contemplation) and Mikao Usui's principles to live by: the Reiki precepts that derive from edicts of the Meiji Emperor.

The Audio CDs

Our Reiki I course is accompanied by two audio CDs that contain commentary from the course and two guided meditations. By having on CD the main things that are said to you on the day course, you really are able to 'take your course home with you'. You won't forget what you were told on the course because you can hear it all again at home! The guided meditations take you through Hatsu Rei Ho (energy exercises) and the Usui self-treatment meditation. So instead of fumbling around trying to read the instructions in your manual while trying to keep in the flow of it, you can simply flip on the CD, close your eyes, and follow the instructions. Your meditation will flow all the more easily because of this, and you'll learn how to do it without having to try too hard!

What happens on the Live Course day?

We will review the home study information briefly on the day of the course, but most of the training day concentrates on hands-on practice rather than theory.

You will go through three simple and powerful 'empowerment' rituals, called 'Reiju' empowerments. These traditional Japanese empowerments open up the channels through which Reiki flows, enabling you to give Reiki treatments to both yourself and to those around you. This ability will stay with you for life, and works for everyone!

You will start to work with your energy. You will feel your own energy and you will practice feeling other people's energy, and we will run through and practice some Japanese energy exercises that you can use every day to make yourself a stronger and clearer channel for Reiki. These energy exercises come from Japanese Tendai Buddhism and have connections with Tibetan Buddhism, Taoist massage and energy-cultivation techniques like QiGong, and its Japanese counterpart 'kiko'. These exercises have been missing from Western Reiki for 50 years. The exercise sequence is called 'Hatsu Rei Ho' and consists of four important components called 'Ken'yoku', 'Joshin Kokkyu Ho', 'Gassho' and 'Seishin Toitsu'.

Reiki is all about working on yourself as well as treating others, so the morning will end by talking you through a traditional Japanese self-treatment 'meditation'. You can find out how relaxing an experience it is! The Western approach to carrying out self-treatments will also be explained.

In the afternoon, will spend some time talking about how to give treatments to other people, and will demonstrate some 'standard' hand positions. Although it is good practice to work intuitively, and that will come with time, it is reassuring to begin with to have some basic guidelines to follow! With time and practice, you should be able to leave the standard hand positions behind you and let the energy guide you (we cover this on the Reiki II course).

We will also talk about balancing and energising the aura, and 'scanning' with your hands. You will practice these techniques on each other, and we will give you feedback about what you can feel.

Once we have been through the basics, you will pair up with another student and now it is your chance to carry out your first full Reiki treatment - from head to foot. We will review what you have felt, and what your 'client' has felt! You will then swap over, and receive a full Reiki treatment from your partner, so you can know what it feels like to be on the receiving end! Again, we will review what you both experienced.

Finally... for the remainder of the afternoon, we will talk in general terms about Distant Healing - usually taught at Second Degree level but perfectly possible at First Degree - and we will also touch on treating animals and plants.

The Certificate

All courses are accompanied by a certificate, in this case confirming that you have received training up to Shoden Level and have achieved the Reiki 'First Degree'.

Course Fees

The fee for Reiki 'First Degree' Live Course is **£140**.

Ongoing Support and Advice

Once you have completed your Reiki I Degree you are not then just left alone. Jay is on hand to help and support you at all times in your practice of Reiki. To do this we offer the following free benefits:

- Free membership of an internet discussion group for all our students who have an e-mail address. You can contact over 1000 other Reiki people (Reiki 1's, Reiki 2's and Masters). You will find people always willing to respond to your queries and requests for distant healings
- Usui used to give his students Reiju Empowerments on a weekly basis and so to mirror this training Jay sends out a distant Reiju empowerment each week on a Monday. You can 'tune yourself in' to this empowerment and it gives you a real boost and reminds you of your connection to Reiki
- We don't want any of our students to feel isolated or confused so you can call or email Jay at anytime if you have a question about Reiki
- We offer a free monthly Reiki Share meeting. These are informal evenings where Jay gets together with his students to discuss how things have been going, answer any questions, carry out empowerments and carry out healing as necessary

- Free updates to your manuals
- Free self-help guides
- Free quarterly newsletters

Okuden (Second Degree)

Okuden (Reiki II Degree) is taken at least 2 months after Shoden. This enables you to deepen and intensify your experience of Reiki, taking it to a new level. This is the 'Practitioner Course' where, after you have completed the course, you can start a Reiki practice if you wish.

Conversion packs are available for those people who have not previously studied with Reiki Training UK.

Course Details

You spend at least one day working through your multimedia study pack, consisting of a comprehensive manual and an audio CD, and then you spend another day at the specially created teaching space in Neston, Wiltshire, to go through the practical energy work with Jay and a few other students.

Home Study Tutor Support

You are able to email Jay any questions you have at any stage during and after the course. This can be about the coursework, or about experiences you are having, or even about things you have heard from other Reiki people. All emails are answered on the same day, where possible, and only by Jay.

The Study Pack

The study pack consists of the Reiki II manual and a specially produced audio CD, and we will point you towards sections that deal with the following:

- Reiki symbols and how to draw them
- Detailed information about each symbol and their uses
- How to use the symbols when giving Reiki treatments
- How to carry out Distant Healing
- Pronunciation guide to the symbols' names

The Course Manual

Each course is accompanied by a comprehensive manual that covers everything we teach on the day, and more besides, so there is no need to take notes. Note taking is so unsatisfactory: you frantically scribble, desperate not to miss what is being said and when you get home you can't read your writing! On our courses you can relax, safe in the knowledge that everything we do is there in the manual for you to take home with you.

The Audio CD

Our Reiki II course is accompanied by an audio CD that contains commentary from the course. By having on CD the main things that are said to you on the day course, you really are able to 'take your course home with you'. You won't forget what you were told on the course because you can hear it all again at home!

The guided meditations are on the CD that accompanies the Reiki I course. They take you through a Distant Healing session and some special symbol meditations. So instead of fumbling around trying to read the instructions in your manual while trying to keep in the flow of it, you can simply flip on the CD, close your eyes, and follow the instructions. Your meditation will flow all the more easily because of this, and you'll learn how to do it without having to try too hard!

What happens on the Live Course day?

We will review this information briefly on the day of the course, but most of the training day concentrates on hands-on practice rather than theory.

We start the Part Two course by reviewing what has happened to the students since their Part One course, which would have been taken a month or two before: what have they noticed when they have been treating people, what feedback have they had from those they have been working on, and what changes have they noticed within themselves?

To introduce the symbols, we go over the information that you read in the study pack and deal with any questions you might have. We explain a range of different ways that the symbols can be used in practice.

Once we have done this, the morning is split into three sessions, each one preceded by an empowerment. We introduce you to each energy/state in turn and talk you through a variety of exercises that help you to get to grips with, and fully experience, the characteristic qualities of each energy. You split into pairs and start using the symbols on each other, to feel their effects, and we explain the different ways that the symbols can be used to treat others. We end the morning by talking about distant healing, and we practice sending Reiki at a distance. Please note that we teach the symbols to be used in the way that Usui Sensei taught his students to work with the energies. This is not the way that most Reiki people are taught. We take the original simple approach. This course blends the Western presentation of Reiki with approaches from its original form.

The afternoon session focuses on learning and practising a technique called 'Reiji Ho', which allows you to open yourself to the energy so that it guides your hands to the right places to treat. Now instead of using 'standard' hand positions, you move beyond that to gear your treatment towards the recipient's individual energy needs. You will learn to send Reiki in a focused intense way, you will find out how to beam and radiate Reiki, and how to send Reiki using your eyes or breath.

Reiki 'Second Degree' provides you with ways of deepening and intensifying your experience of Reiki and allows you to move your Reiki on to a new level. There is so much more to Reiki than you can experience at First Degree! You are missing a wonderful experience if you decide not to complete Part Two of the course, and that is why most people nowadays do both parts of their training.

'Second Degree' brings the student up to 'practitioner' level, and the three Japanese empowerments that we give you enable you to 'hold' and channel more energy than was possible at First Degree. The empowerments also connect you strongly to aspects of the energy that are represented by the Reiki symbols. You will learn how to use the three Reiki symbols and mantras, which can be used as a basis for self-treatment, and which help to make your treatments stronger and more effective, as well as some other simple and inspiring approaches from Japan.

The Certificate

All courses are accompanied by a certificate, in this case confirming that you have received training up to Okuden Level and have achieved the Reiki 'Second Degree'.

Conversion Packs

If you have studied Reiki 1 with a different teacher you can still take Reiki 2 with us as you can receive the Reiki 1 conversion pack for an extra fee of only £10. This will bring you up to speed with our teachings.

Course Fees

The fee for Reiki 'Second Degree' Live Course is **£170**.

Ongoing Support and Advice

Once you have completed your Reiki II Degree you are not then just left alone. I am on hand to help and support you at all times in your practice of Reiki. To do this I offer the following free benefits:

- Free membership of an internet discussion group for all our students who have an e-mail address. You can contact over 1000 other Reiki people (Reiki 1's, Reiki 2's and Masters). You will find people always willing to respond to your queries and requests for distant healings

- Usui used to give his students Reiju Empowerments on a weekly basis and so to mirror this training Jay sends out a distant Reiju empowerment each week on a Monday. You can 'tune yourself in' to this empowerment and it gives you a real boost and reminds you of your connection to Reiki
- We don't want any of our students to feel isolated or confused so you can call or email Jay at anytime if you have a question about Reiki
- We offer a free monthly Reiki Share meeting. These are informal evenings where Jay gets together with his students to discuss how things have been going, answer any questions, carry out empowerments and carry out healing as necessary
- Free updates to your manuals
- Free self-help guides
- Free quarterly newsletters

Shinpiden (Master/Teacher Course)

Shinpiden (Reiki Master/Teacher Degree) is taken at least 6 months after Okuden. This is for those who wish to continue their Reiki development to its natural conclusion. Reiki Mastership represents the end of one journey and the commencement of another. This course gives you everything you need to be able to teach Reiki.

Conversion packs are available for those people who have not previously studied with Reiki Training UK.

Course Details

You spend at least three day working through your multimedia study pack, consisting of a comprehensive manual and an audio CD, and then you spend two days at the specially created teaching space in Neston, Wiltshire, to go through the practical energy work with Jay and a few other students.

Home Study Tutor Support

You are able to email Jay any questions you have at any stage during and after the course. This can be about the coursework, or about experiences you are having, or even about things you have heard from other Reiki people. All emails are answered on the same day, where possible, and only by Jay.

The Study Pack

The study pack consists of the Master Teacher manual and specially produced audio CD's and a DVD, and we will point you towards sections that deal with the following:

- More Symbols - soul healing, dealing with karma, balancing the chakras
- Kotodama - sound meditations
- Freestyle practice techniques
- How to carry out Western Attunements & Japanese Empowerments
- Various Master meditations including distant connections and self-empowerments
- Psychic surgery, Reiki & crystals, pendulum dowsing
- Full details on how to run Reiki Courses

The Course Manual

Each course is accompanied by a comprehensive manual that covers everything we teach on the day, and more besides, so there is no need to take notes. Note taking is so unsatisfactory: you frantically scribble, desperate not to miss what is being said and when you get home you can't read your writing!

On our courses you can relax, safe in the knowledge that everything we do is there in the manual for you to take home with you.

The Audio CD's and DVD

Our Reiki Master/Teacher course is accompanied by two audio CD's that contain commentary from the course. By having on CD the main things that are said to you on the day course, you really are able to 'take your course home with you'. You won't forget what you were told on the course because you can hear it all again at home!

There are also guided meditations that take you through the Frequency Scale Meditation and Reiji Ho. So instead of fumbling around trying to read the instructions in your manual while trying to keep in the flow of it, you can simply flip on the CD, close your eyes, and follow the instructions. Your meditation will flow all the more easily because of this, and you'll learn how to do it without having to try too hard!

The DVD takes you through, step by step, both Western Attunements and Japanese Reiju Empowerment.

What happens on the Live Course day?

The **two** practical days are all about empowerments and energy work. They are carried out over a weekend. There will be a maximum of 4 students only. We keep the day light hearted, fun and enlightening. I learn just as much from you as you do from me!

During the two days you will be given two 'Reiju' empowerments, which are the original Japanese Empowerments, and one modern Western Attunement.

We review what has happened since Reiki II. I introduce the overview of Usui Sensei's original system and how we can echo his approaches. You learn new symbols and we practice playing with the different symbols energies. You learn the Reiki Kotodama and explore these sacred sounds.

You are given practice sessions on performing the three (Reiki I, II & Master) Western attunements and Japanese empowerments.

You learn how to use Reiju at the Second Degree and Master levels, and you are taught how to give distant empowerments and how to empower yourself.

The Certificate

All courses are accompanied by a certificate, in this case confirming that you have received training up to Shinpiden Level and have achieved the Reiki Master & Teacher Degree.

Conversion Packs

If you have studied Reiki 1 & 2 with a different teacher you can still take Reiki Master Teacher Degree with us as you can receive the Reiki 1 & 2 conversion pack for an extra fee of only £30. This will bring you up to speed with our teachings.

Course Fees

The fees for Reiki 'Master/Teacher Degree' are **£450**. If you have studied Reiki I or II with a different teacher you can still take Reiki Master/Teacher with me as you can receive the Reiki I & II conversion pack for a fee of £30. This will bring you up to speed with our teachings. The fee for Reiki Master/Teacher' Home Study Course is from **£325**. If you have studied Reiki I & II with a different teacher the Reiki I & II conversion pack is included in the above price. This will bring you up to speed with our teachings.

Ongoing Support and Advice

Once you have completed your Reiki Master/Teacher Degree you are not then just left alone. I am on hand to help and support you at all times in your practice of Reiki. To do this I offer the following free benefits:

- Free membership of two internet discussion groups for all our Master students who have an e-mail address. You can contact over 1000 other Reiki people (Reiki 1's, Reiki 2's and Masters). You will find people always willing to respond to your queries and requests for distant healings.

Your students will also be able to join these discussion groups once they have completed a course with you.

- Usui used to give his students Reiju Empowerments on a weekly basis and so to mirror this training Jay sends out a distant Reiju empowerment each week on a Monday. You can 'tune yourself in' to this empowerment and it gives you a real boost and reminds you of your connection to Reiki
- We don't want any of our students to feel isolated or confused so you can call or email Jay at anytime if you have a question about Reiki
- We offer a free monthly Reiki Share meeting. These are informal evenings where Jay gets together with his students to discuss how things have been going, answer any questions, carry out empowerments and carry out healing as necessary
- Free quarterly newsletters
- Free access to all Reiki 1, Reiki 2 and Master Manuals, for you to download and print off for your students
- Discounted prices for purchasing the CD's (and professionally bound manuals if you want) to give to your students
- Gifts you can purchase to give to your students
- Free updates to your manuals
- Free self-help guides

Booking a Course

Live Courses are held on weekends. All available courses are shown on our web site. We have a maximum of 4 people per course (6 for the Deepening course) and you can book online or by post.

To book any of the above courses simply call or email Jay or visit our web site:

01225 810208 jay@bathreiki.co.uk www.bathreiki.co.uk