

## What you receive when you learn Reiki I with us..

- ☛ 20 hours of tuition for Reiki I\* - Not a short course, or incomplete course. A full course which includes everything Mrs Takata (who brought Reiki from Japan to the West), passed on to the Rev. Beth Gray, and then to Barbara McGregor (founder of the Usui Rei-ki Network International), and her associates - Keven Duff and Sue Lake-Harris.
  - ☛ Training that meets and/or exceeds the standards developed by the Council of Australian Reiki Organisations Ltd (CARO). Training that is recognised by all Reiki professional associations such as the Australian Reiki Connection Inc., the Association of Reiki Professionals (which is important for those who go on to train in order to practice professionally).
  - ☛ Teachers who are fully trained and experienced - Our teachers complete a minimum of 5 years in apprenticeship, initially observing seminars, then presenting sections, co-teaching seminars, learning to do attunements correctly, and all this under direct supervision. This level of experience provides insight and understanding of the mind/body connection from a Reiki perspective, until eventually, the student teacher is deemed ready to teach.
  - ☛ Experienced Co-ordinators - In each major Australian Centre and overseas, these people support you pre- and post-seminar. This includes responding to your questions about Reiki, organising access to Reiki groups, sending regular e-mails with news, organising regular local social events, retreats & residentials, and absent healing should you need it. For those in towns without a Co-ordinator, the International Co-ordinator is available to provide help.
  - ☛ The Usui Rei-ki Network is an organisation that has been operating continuously in this country since 1983 (parent organisation), and since 1990 under its present name. This makes the Network the oldest and largest Australian Reiki training organisation with over 20 000 graduates (and approximately a further 20 000 overseas).
  - ☛ All the above and much more is yours when you pay your one-off fee for Reiki I. Your fee isn't just for the seminar, it's for your lifetime membership\*\* with this wonderful organisation and access to all it offers you - no hidden extras to pay for, no additional costs.
- \* Optional additional training is available in Reiki II and Professional Practice.  
\*\* Conditions apply to "lifetime membership" - Network members are held to high standards of ethics and conduct, as outlined in our Code of Conduct provided to all graduates.  
\*\*\* Retreats, additional training, and residentials attract a fee. Some local events operate on a cost-recovery basis.

## What we cover in our Reiki I seminars...

- What Reiki is (and what it isn't). Drawing the distinctions between Reiki and other forms of energy work. We teach the systems and procedures as founded by Mikao Usui. Reiki is an energy modality, but not all energy modalities are Reiki.
- Procedures for treating yourself, offered in context to ensure understanding of the holistic approach to healing that Reiki offers.
- Procedures for treating others, again offered in context.
- Practise sessions, on yourself and others, to gain experience and confidence.
- 4 energy transfers (also known as attunements), at different stages of the seminar - you will go home on the first night already accessing the energy and will have learnt enough to trial a partial self-treatment session.
- Meditation and Reiki - self-practise and the link to Mikao Usui's precepts/ideals.
- The application of Reiki in relation to body systems (whole body health), and how Reiki can affect your emotional, mental, and spiritual health.
- First aid and emergency applications - sudden bleeding, burns, wounds, infection etc.
- Reiki for chronic and acute conditions - arthritis, ME/CFS, back pain, migraine etc.
- Using Reiki with plants and animals.
- The link between mind/body/emotions/spirit and physical health from a Reiki perspective.
- Reiki history - how it came to the west and its Japanese roots.
- Individual question and answer/feedback sessions with the teacher.

*Biographies of each Network teacher may be found at [www.reiki.com.au](http://www.reiki.com.au)*