

The *White Rose* School of Healing

Reiki Syllabus

The courses I teach here at White Rose are continually improving so as to adapt to future needs of health and wellbeing. A certificate from White Rose is a symbol of achievement and is a measure of your own success within the field of Holistic Therapy, whatever level you have accomplished. The courses I teach not only prepare you for practice of a therapy, they also teach motivation, confidence and purpose. This gives every student the love and compassion the world needs now and in the times ahead.

“The greatest gift we have to give, is that of healing”

Reiki (pronounced Ray-Key) is an ancient hands-on healing technique discovered and brought to the world in the late nineteenth century. It is a technique which has been around for millennia, though lost in time. Dr Usui spent much time trying to find this system and when he did, he brought it to Japan, and then finally to the world. It has helped millions of people worldwide in one way or another and is a wonderful and inspiring energy much needed in the world today.

There are three levels taught today in Western Reiki. Level one is healing family, friends and (more importantly) you. Level two is practitioner level and level three is that of the Reiki Master Teacher. Each level is taught over a weekend though case studies are required before a practitioner certificate will be awarded at level two.

Level One

Level one is about learning to use the energy of Reiki and allows you to practice with the energy on family and friends. It also asks that you carry out a period of self-healing using Reiki energy, just as Dr Usui did many years ago. This allows you time to get used to the energy and also to heal any issues you may have yourself so that you can become a more balanced person.

Level Two

If you decide to continue to level two then you will progress to becoming a practitioner of Reiki healing who can practice Reiki on members of the public (subject to adequate insurance). This is quite a responsibility and not one to be taken lightly. You will learn how to take Reiki another step forward in your life, using it now not only to heal yourself and those whom you know, but those who trust you as a healer. Because of this I have decided to take the step of asking that anyone completing Reiki training with the White Rose School, complete at least six case studies before they can receive their certificate.

Level Three ~ Reiki Master/Teacher

Becoming a Reiki Master/Teacher is both an honour and a responsibility. Not only are you healing others but you can now teach others to use the energy of Reiki. I take teaching this level very seriously and expect my students to do the same; we don't want to be sending unprepared healers out there now do we!

Level One

- ***What is Reiki and the story of how it came to be***

I believe knowing the origins of any healing system are very important. It helps you to understand where the system came from and how it came about. This provides a better understanding of the system itself and how you can apply and use it.

- ***The Five Reiki Principles***

Dr Usui developed the five principles during his practice of Reiki. They are important to everyone who practices Reiki, whatever level they are, and can help you in everyday life as well as in the practice of your therapy.

- ***Meditation and the benefits of its practice***

Meditation is a vital skill in the field of holistic therapy. It can help to bring balance to your life, enabling you to be a better practitioner and more balanced person in general.

- ***Self-development using Reiki energy***

Progressing forward on your path in life is essential to anyone, but helping yourself to heal past and present issues speeds you along the way. This is a necessary part of learning any healing system, Reiki provides a great opportunity for this at level one as one of the requirements is a period of self-healing, just as Dr Usui completed during his journey.

- ***The Seven Major Chakras and the Aura***

You cannot be a holistic practitioner without knowledge of the major energy centres within the physical body which you will be working on. Some schools do not teach anything about the aura (otherwise known as the energy field) but I feel this is also a vital aspect of Reiki. The aura is part of every person you will treat and without being able to treat the aura as well as other aspects; you will not be completing a full healing. Knowing how the chakras and the aura work and associate with physical aspects will help you to diagnose during a healing.

- ***The Light Invocation***

I use this to connect to the energy of Reiki; it is a way of focusing attention on the task at hand and is capable of helping you to bring forward a much purer energy.

- ***Contra-indications - when not to use Reiki***

There are times when Reiki should not be given and it is important that you know when this is so as not to cause undue problems.

- ***Giving a healing (includes practical)***

Learn how to give a Reiki healing, I give a demonstration on a volunteer so that you can see what a treatment should look like and then you will get a chance to practice for yourself.

- ***Grounding***

This is an important aspect of healing as the energy you will use can make your client, and yourself, lose the connection with the Earth. This has implications for health and is a vital aspect of your learning.

- ***Attunements to the Reiki energy***

Attunement to the Reiki energy is needed so that you can carry out a Reiki healing. Attunements open up the channels within you that allow you to access the Universal Energy which is Reiki. At level one there are three attunements carried out throughout the weekend at various stages.

Level Two

• **Learn the Reiki Symbols and their uses**

The symbols you learn at this level add extra dimension to your healing as you progress to practitioner level. They were discovered by Dr Usui while on the mountain as were there uses and the ways we can activate them. You will learn about them both on a practical level and through meditation over the weekend.

• **More in depth information on Chakra centres**

At level one, you learn about the seven major centres which are known by most people with some knowledge about healing, whatever their method. I teach about other centres on and off the body at level two as applying healing can have a huge effect on any healing.

• **Subtle bodies within the aura**

A more in depth look at the aura, which is covered in general at level one. This will help you further in diagnosis of your patients.

• **Distance Healing**

This is taught at level two as you become a practitioner of Reiki because there will be some times when someone needs a healing but cannot get to see you for some reason. Distance healing is used in these instances to send energy to the person in need of help.

• **The Universal Laws**

There are not many Master/Teachers who teach about the Universal Laws, and although it is not an essential part of Reiki practice, I believe that knowing about how they affect life and the people that travel along its path every day, can help change someone's outlook for the better. Learn about what they are and how you can apply them to your life and to helping others you meet.

• **The practicalities of becoming a practitioner**

There are aspects of actually becoming a practitioner which you may need help with. From insurance to marketing yourself, I can help you along the way with this part of the weekend.

• **Record keeping**

This is an essential aspect of being a practitioner who sells their services to the public. All insurance companies and membership bodies have their own rules on record keeping but this section will give you a good basis of what sort of records you will need to keep.

• **Attunements for level two Reiki**

Attunements to the Reiki energy for use with the symbols you have learnt this weekend. There is just one attunement on this weekend.

• **Case studies**

I have included this recently in the syllabus for Reiki level two. I have seen an increasing number of practitioners who haven't practiced healing before going out there to heal the public. Because of this and my commitment to preparing my students adequately for practice, I decided to introduce the requirement of case studies before you may be given your certificate. This is to ensure you will have practised your skills and gained experience before taking them out to the world. The case studies must be handed in within two months of your level two weekend to ensure you get your certificate.

Level Three Master/Teacher

• *Recap of the symbols from Reiki level two*

This is to ensure that you have a good working knowledge of the symbols you were taught at level two. Comprehension of the symbols is vital to be able to attune and teach others.

• *The Great Invocation*

A powerful mantram, The Great Invocation is a healing tool on a grand scale. In the interests of the good of all, I teach this to you during level three as I believe at this level you are spiritually able to understand and use this invocation effectively.

• *The Heart Symbol and Heart Attunement*

The Heart Symbol and Heart Attunement are for attuning someone to Reiki temporarily. You can do this for many reasons, but it should not be taken lightly.

• *Preparing for attunements*

Learn how to prepare yourself properly for giving attunements to your students.

• *The Master Symbol*

The last symbol you will learn during your Reiki training. It is the key to attunements and opening others up to the Reiki energy.

• *Carrying out group and distance attunements*

Learn how to attune groups or over distance.

• *Practice of attunements*

Just like giving a healing, it is essential you practice carrying out attunements before you do one for real. You will practice attunements for all levels, as well as the Heart Attunement.

Each level of Reiki is taught over a weekend with your certificate being awarded at the end of it, with the exception being level two which needs case studies to be completed before award. Everything you need for the weekend is supplied except for lunch, which you should bring with you. Refreshments are available all day.

I believe that Reiki is not only a healing system, but a means of spiritual practice. I teach Reiki from a spiritual aspect and expect that my students take this seriously with regular meditation and integration of the Reiki principles into their lives. Apart from this serious note, I hope you will enjoy your training with me and look forward to meeting you.

Love and light

Sarah.