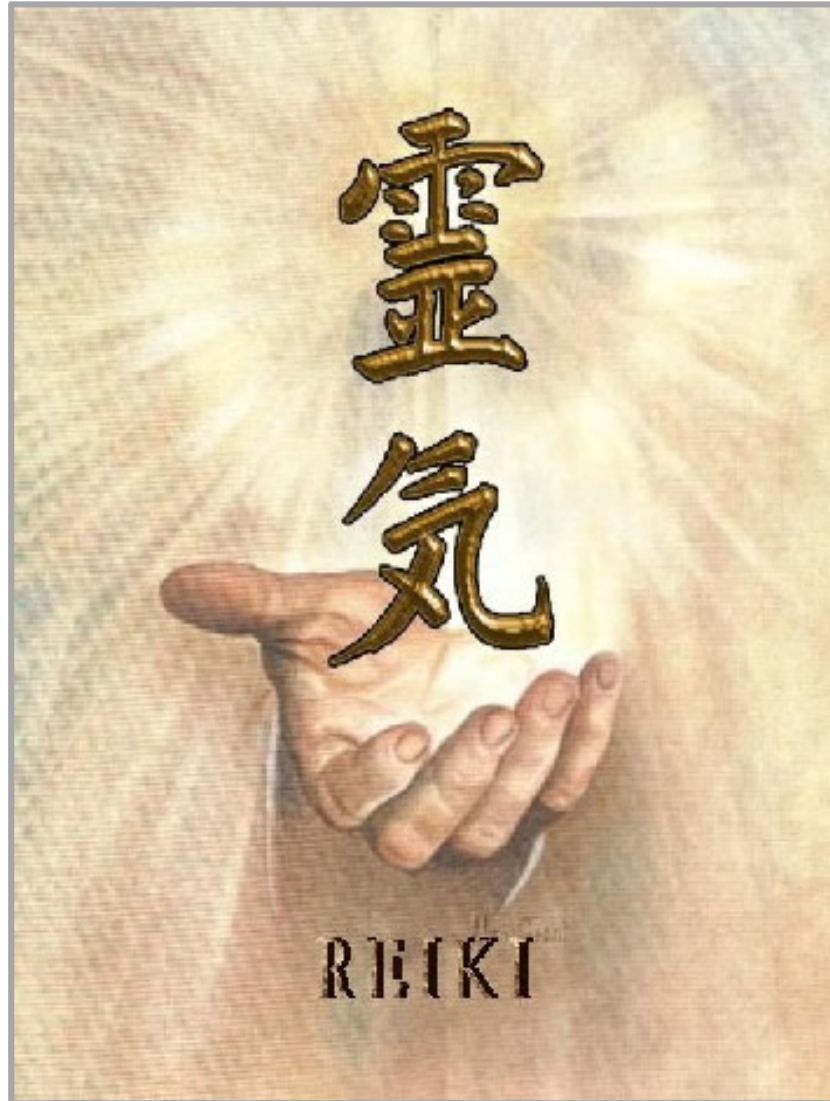


USUI REIKI

Master Level Materials Outline



**Karen Taks, Reiki Master
Instructor**

**Penny Coté Kearns, Reiki Master, Metaphysical Healing Master
Program Designer**

**Creator and Inspiration
Mikao Usui, Grand Master**

<p>REIKI APPRENTICESHIP – LEVEL FOUR</p>	<p>CONTENT</p> <p>Additional Chakras</p> <p>Thymus activation</p> <p>Master symbol</p> <p>Master symbol alternatives</p> <p>Attunement exercise</p> <p>Kundalini</p> <p>Reiki Stones</p>
<p>Level four is the Master Level and is not necessary for a healing practice, and so is offered as a separate course. Master Level is required for teaching and is intended primarily for that purpose.</p>	

Dr. Usui taught his Reiki system based on three pillars, Gassho, Reiji-Ho, and Chiryō.

Gassho literally means two hands coming together and this hand position is used in a meditation at the beginning of each Reiki process – meditation, class, or treatment.

Reiji means indication of Reiki power. **Ho** means methods. *Reiji-ho* consists of three short rituals that are carried out before each treatment.

Chiryō represents the crown chakra and means treatment.

Chiryō builds upon *Reiji* and *Gassho*. Only when a practitioner is devoted without prejudice by our thoughts and feelings, will we become an instrument for the universal life energy.

The next most important element is breathing. It is the bridge between the body and consciousness. **Joshin Kakyuu-Ho** is the breathing technique Dr. Usui taught his students. It is the breathing method for cleansing the soul.

This information is given to assist the Master apprentice gain some insight into the depths of the original Reiki process, and to understand that there is much to be learned even after the Master status has been attained.