



The Exeter Reiki Centre's courses are based on the original Japanese system of Reiki. We use traditional Japanese 'Reiju' empowerments to connect students to the source of Reiki energy and to open up the channels through which Reiki flows, and we teach students to follow the original Reiki teachings, and, eventually, to learn to use Reiki intuitively.

Each of our courses involves an element of home study prior to attending the course itself, and students are sent the relevant manual and CDs for the course they have enrolled on as soon as they pay their deposit. For Reiki First Degree, the manual focuses on the history, background and development of Reiki; the original Reiki teachings and how we can incorporate these into our daily lives; the Reiki Precepts and mindfulness; the use of Reiju empowerments; the daily energy exercises and self-treatment methods taught by the founder of Reiki, Mikao Usui, and how to use Reiki on other people. At Second Degree level, the manual introduces the Reiki symbols and their mantras, and how to use them and their particular energies when treating others; intuitive treatment methods; ways of directing Reiki using intent; how to benefit from the energies of earth ki and heavenly ki through meditation; distant healing, and prepares students for practitioner status. Then, at Third Degree, or Master-Teacher level, the manual includes a number of new symbols and their uses; full instructions on how to give both Japanese Reiju empowerments and Western-style attunements to Reiki; distant connections and self-empowerments; the use of the Reiki Kotodama or sacred Shinto mantras used by Usui before the introduction of symbols into Reiki; more energy exercises and meditations from the original system; the power of intent and intuition, and prepares Reiki students to become Master Teachers in their own right.

The 'live' parts of the courses concentrate on the practical things to be learnt at each level, and on experiencing the Reiju empowerments.

Reiki First Degree includes 3 Reiju empowerments, given at different stages of the morning, interspersed between learning to feel and work with Reiki energy both on yourself and on others; various energy exercises to clear and balance yourself, including the Japanese Hasurei Ho technique, and, since Reiki is first and foremost about you and your own self-healing and spiritual development, different methods of self-treating with Reiki. The afternoon covers the treating of other people, and involves both giving and receiving at least one full Reiki treatment.

Reiki Second Degree offers 3 further empowerments, each corresponding with the energy of one of the 3 Reiki symbols taught at this level. We explore energy exercises to experience the energies of earth ki and heavenly ki and to differentiate between the 2, using the symbols to represent these energies; we practise using these two energies on each other and ourselves, and discuss their use in a treatment context; we learn and practise various distant healing techniques. In the afternoon we try out different methods of directing energy using visualisation and intent; we learn the 'Reiji ho' method of treating intuitively with Reiki, and have a long practice session of moving beyond hand positions in treatments, allowing the energy to guide your hands and working with the Reiki symbols.

Reiki Third Degree is taught over a longer period of time and involves 2 days of live training in addition to the revision of all the materials on the previous courses. There is a vast amount covered, including Reiju Master-level empowerments; new symbols and their uses, including the Usui and the Tibetan Master symbols; the Reiki Kotodama and how to experience and use their energies for self-healing and self-development plus during treatments; how to give Western-style Reiki attunements to others at First-Degree, Second-Degree and Master-Degree levels; how to give Reiju empowerments at each of the different levels; distant empowerments and how to empower yourself, and various advanced ways of using and directing Reiki energy through intent and visualisation.

If you have any questions about any of our courses, please get in touch.