

# Usui Reiki

## Level 1

Love Inspiration



Hands On Healing Practices:  
Dr. Mikao Usui and  
Hawayo Takata Lineages



*Love Inspiration*

*Learn • Heal • Awaken*

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FOR THE INFINITE BENEFIT OF ALL

May all beings be liberated from suffering.

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**USUI REIKI**  
LEVEL 1 - HANDS ON HEALING PRACTICES

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Welcome!

There are no prerequisites for this course, however please ensure that before you begin this Level One Usui Reiki course you have activated (unlocked) the Usui Reiki Level One energies and attunement using the activation code & instructions on the next page.

***Once you have unlocked the energies, you are ready to begin.***

***With love, we wish you well on your Usui Reiki journey!***

If you have not already done so, please feel free to [sign up for free Ascension Healing](#) to help you on your Usui Reiki journey.



# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

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### ACTIVATING (UNLOCKING) THE USUI REIKI LEVEL ONE ENERGIES:

Before opening up to these beautiful Usui Reiki Level 1 energies, it is very important that you firstly activate or 'unlock' the energies and attunement in this ebook. Once this is completed, you will then be ready to begin Usui Reiki!

The activation is a very simple process, done by yourself, using a specially embedded activation code to 'unlock' the energies in this ebook. The four step process is outlined below and should only take you around five minutes or so to complete.

(For more information about the activation codes or the activation process - please visit our [Activation Codes FAQ's](#)).



#### 1) Preparation:

Please sit or lie down, whichever is more comfortable for you, and ensure that you will not be disturbed for at least 5 minutes or so. Perhaps you wish to play some soothing or relaxing music, light some candles or burn some incense to create a nice ambience.

#### 2) Invocation:

Invoke the activation ('unlocking') by placing your hands together, fingertips touching in prayer position and saying the following:



**"With infinite grace, I ask humbly and clearly to activate the energies and attunement for Usui Reiki Level One. With the unique activation code 718424 may this be so. May this activation benefit all beings. Thankyou, thankyou, thankyou."**

#### 3) Receiving:

If you wish to, you can now just sit for a few minutes as the energies are unlocked for you. After this period of time, as you feel ready, you may wish to give thanks. The activation is now complete!

#### 4) Understanding:

Once you have completed your activation, we ask that you now read through - "[Activation Codes and Suggested Timeframes](#)". This will only take around a minute or so and will help you to receive the maximum benefits from all of these healing energies, attunements and practices. After this, you are now ready to begin opening up and receiving these beautiful Usui Reiki Level One energies! May you enjoy these with much love & light and with an intention to benefit all beings.



# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

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### FOREWORD:

It is with much love & light that we welcome you to Usui Reiki. For those of you who are just starting out on your healing or spiritual pathway or are new to Reiki, let us start here by saying that Reiki is a truly precious gift of love, healing & divine light.

The Reiki energies can help you to open up to more healing, love & happiness in your life as you connect with a very beautiful series of 'Higher Consciousness' energies. Reiki is a practice which helps to uplift your energetic vibration and by doing so, you are helping to bring more health, wellbeing and energetic balance into your life.

Reiki heals at a physical level, a mental level, an emotional level *and* a spiritual level and is therefore able to help us heal the root causes for particular ailments or issues we are dealing with in our life. The Reiki healing practices are all very simple & easy to learn and they are perfect for anyone interested to heal themselves or others.

Reiki is not a religion and can be learnt by anyone, regardless of age, background, culture, gender, religion or race. As a result of this, we feel that Reiki can truly be a wonderful gift for *anyone* to help them find more love, balance & harmony within themselves.



It is therefore with a sense of love, hope and peace, and with an intention to share these Reiki energies for the benefit of all, that we are delighted to offer you this series of free ebooks and Reiki courses.

All of our Reiki courses and ebooks include everything that you would normally learn through an 'in-person' Reiki workshop and we have very carefully designed each ebook so that the learning processes are made as simple and as straightforward as possible at each step of the way.

As part of this, we will be referring you to a series of additional 'video tutorials' which we feel help to explain and demonstrate the healing practices and meditations more thoroughly where necessary.

It is our aim to help you connect more deeply to these Reiki healing practices in the easiest and most effective way possible so that you can become a more effective Reiki healing channel as you become more familiar with the beautiful healing techniques of Reiki.



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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In addition to offering these Usui Reiki energies, attunements & healing practices, Love Inspiration has also received a series of 'blessings' from Higher Consciousness to offer the Advanced Usui Reiki healing system and the Usui Reiki Gold healing system which help to extend and expand on the Usui Reiki energies for the infinite benefit of all.

These new levels will be introduced in more detail as we continue to move through these Usui Reiki courses however for now, please know that once you complete your 'Usui Reiki' training, the Advanced Usui Reiki healing system and the Usui Reiki Gold healing systems will also become available to you as part of the Love Inspiration 'free online' Reiki courses.

Having now received these healing systems directly from Higher Consciousness, we are delighted that Love Inspiration has accordingly received the necessary blessings from Dr Mikao Usui and 'Higher Consciousness' to offer all of these Usui Reiki teachings in 'distance' format. This is a very important blessing and we therefore share this information with you here at the start of your journey with much love.

For now though, at this early stage of your Reiki journey, we do not want to create any confusion by talking about the more advanced levels so in simple terms, let us just reassure you here that the Love inspiration Usui Reiki ebooks and courses will be offering you a very real and genuine connection to the Usui Reiki teachings.

Finally, let us share here that Usui Reiki is indeed one of our favourite healing systems. These beautiful Reiki energies can really help to bring much healing, purification & transformation into one's life and it is truly a precious gem that will help you to learn many beautiful healing & meditation techniques for your pathway forwards.



We do sincerely hope that you will enjoy the Usui Reiki Level One course and may these energies help you to bring more healing, love, happiness & health into your life!



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### GET THE MOST CURRENT VERSION OF THE USUI REIKI LEVEL 1 EBOOK!

Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout this ebook if you wish, please [visit our website](http://www.loveinspiration.org.nz) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on the website will always be the most current.

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# USUI REIKI

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# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

### AN OVERVIEW OF USUI REIKI:

Please find below an overview of the Usui Reiki, Advanced Usui Reiki & Usui Reiki Gold Healing Systems. We trust this will help you to understand the outline of the Reiki courses offered by Love Inspiration.

## The Love Inspiration Usui Reiki Healing System

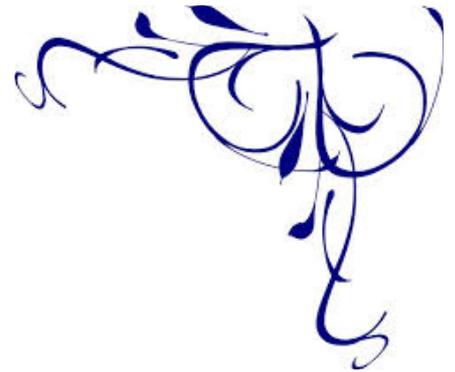
Ebook	Level	Information	Completion Timeframe
Usui Reiki	Level 1	Hands on Healing Practices	21 days * Suggested min practice 21 days
	Level 2	Advanced Healing	3 months * Suggested min practice 21 days
	Level 3a	Master Healer	21 days * Suggested min practice 21 days
N/A	Level	Master Teacher	Not offered by Love Inspiration
Advanced Usui Reiki	Level 4	<u>Ishyo</u> : Consolidation & Expansion of Usui Reiki Energies	14 weeks * Suggested min practice 21 days
	Level 5	<u>Kotoko</u> : Energies To Help Ease 'The Healing Crisis'	4 weeks * Suggested min practice 14 days
	Level 6	<u>Rokaito</u> : An Influx Of New Light & Healing	8 weeks * Suggested min practice 3 days
Advanced Usui Reiki Master	Level 7	<u>Usui Blue Thunder</u> : Significant Expansion in Consciousness	3 months * Suggested min practice 3 - 5
	Level 8	<u>Usui Golden Dome</u> : The Flowering Of Pure Consciousness	3 - 6 months * Suggested min practice 3 days
Advanced Usui Reiki Master Teacher	Level 9	<u>Kohito</u> : Expansion & Consolidation Of All Reiki Practices (Including How To Give Attunements)	1 - 3 months * Suggested min practice 30 days
Usui Reiki Gold	Level 10	<u>Diamond Reiki Gold</u> : The Diamond Layer Of Usui Reiki	15 months
	Level 11	<u>Diamond Reiki Gold Infinity</u> : The Ascended Diamond Layer Of Usui Reiki	6 months
	Level 12	<u>Usui Reiki Gold Master+</u> : The Master Plus Level Of Usui Reiki Gold	11 months

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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Like all of our energy based healing courses, this Usui Reiki training is commenced with a full overview of the Usui Reiki Healing System. As you have just seen in the above overview table, Love Inspiration offers free Usui Reiki courses and ebooks for:



- ▶ a) The Usui Reiki Healing System,
- ▶ b) The Advanced Usui Reiki Healing System, and
- ▶ c) The Usui Reiki Gold Healing System.

Collectively, we refer to these energies, teachings and attunements as the Love inspiration Usui Reiki Healing System and again, we offer this healing system with much love in our hearts and with the hope that these beautiful healing energies can help bring much love, light and happiness into your life.

Traditionally, the Usui Reiki Healing System is taught over three main levels, with the third Master Level often being offered over two sub-levels; Level 3a - Master Healing and Level 3b - Master Teacher.

Once you complete the traditional levels (1 - 3) of Usui Reiki healing, Love Inspiration warmly invites you to start moving into The Advanced Usui Reiki levels and then onto the Usui Reiki Gold levels, as you feel guided to.

In this way, you can see that the traditional Usui Reiki levels become the energetic platform from which you can springboard as you are guided towards raising and uplifting your energetic vibration further through the Advanced Usui Reiki levels and finally, through the Usui Reiki Gold levels. Wonderful!

Within the traditional Usui Reiki Healing System, Love Inspiration offers all of it's teachings in accordance and alignment with the various Usui Reiki lineages around the world. This means that you will be receiving the exact same teachings as those that you would normally receive through a traditional Usui Reiki class or workshop.

As Reiki Master Teachers themselves, Marty and Gerry have taught these traditional Reiki levels many times in person and for each level of learning, they have been very careful to design the ebooks and courses in such a way that helps to promote understanding in both the theoretical aspects and the practical aspects of Usui Reiki. To this end, each of the ebooks (for the traditional Reiki levels) are split into two main sections:

- **Theoretical Foundations**
- **Practical Aspects of Reiki**

By designing the courses in this way, it helps to ensure that the theory as well as the practical aspects of Reiki are covered for each level of learning. And of course, both of these are vital for becoming a well rounded Usui Reiki practitioner.



### Level 1

For example, during the level 1 training, the theoretical foundations include information such as 'Defining Reiki', 'Reiki History & Origins' as well as 'Reiki Uses & Benefits'. And for the practical aspects of the course, the Level 1 training focuses mainly on giving 'Hands On Healing', from a self healing perspective and also a healing others perspective.

During the level 1 course, we also like to provide a range of additional healing techniques, meditation practices and other guidance too so that you will feel more comfortable with all the material being presented. We feel that this also helps you to gain a more well rounded understanding of the Reiki practices.

### Level 2

In the Level 2 Reiki course, you will learn about how to access the Reiki energies in a slightly different way as you are guided towards working with a variety of 'healing symbols'. These very special healing symbols will help to magnify and intensify the Reiki experience and can also help you to bring Reiki into many different areas of your life.

The Level 2 training also helps you to become a far more effective healing channel as you learn a series of new 'Advanced Healing Techniques' which include distance healing, sending Reiki to goals / situations and sending Reiki into the past & future.

The Level two energies are normally felt as a very beautiful awakening as you start to understand the true possibilities & potential of Reiki.



At the third level of Reiki then, as we've already mentioned above, these Master Level teachings are typically taught over two parts: a) Reiki Master Healer and b) Reiki Master Teacher.

Inevitably, there will be some students who will not wish to teach Reiki to others. And in these cases, the Level 3a Master Healer Level will be more than enough as it provides all of the necessary information and energies for becoming a Reiki Master Healer.

## Level 3a

As part of this Usui Reiki Master Healer Level (3a), you will be guided towards a deepening in your understanding of Usui Reiki, both from a theoretical perspective and from a practical perspective as you open up to receiving the all-important Reiki Master symbols.

As part of the Level 3a Reiki course, Love Inspiration will also be providing you with a wide range of additional Master healing techniques & meditative practices that can help you to gain a deeper connection with the Reiki energies at this Master Healer Level.

Continuing on from Level 3a, most Reiki Teachers will also offer Level 3b - Reiki Master Teacher, which focuses on all of the teaching aspects of Reiki. Most importantly it teaches how to give the Usui Reiki attunements to people as well as some of the other more logistical aspects of teaching Reiki.

Please note that the Level 3b Master Teacher training does not introduce any *new* healing techniques and as such, this is a level which is normally offered to those who specifically want to *teach* Reiki as part of their pathway forwards.

## Level 3b

As part of the Love Inspiration training courses, and especially for those of you who may be interested in teaching Usui Reiki to others, Love Inspiration provides you with this opportunity as part of the Level 9 Advanced Usui Reiki Master Teacher Level (Level 3b is not offered by Love Inspiration).

As an Advanced Usui Reiki Master Teacher (Level 9), you will be able to teach *all levels of Usui Reiki* as well as *all levels of Advanced Usui Reiki* and you will have learnt a number of different attunement techniques as well as everything you need to know about teaching Reiki to others.

As you finish the Level 3a training then, we humbly suggest that you continue onwards by moving into the Advanced Usui Reiki Levels. And by doing so, you will also be able to open up & receive a very beautiful & transformational set of healing energies that will help to take your Reiki practice to a much higher level!

## Advanced Levels

The Advanced Usui Reiki Levels are split up into three ebooks:

- **Advanced Usui Reiki (Levels 4,5 & 6)**
- **Advanced Usui Reiki Master (Levels 7 & 8)**
- **Advanced Usui Reiki Master Teacher (Level 9)**

The Advanced Usui Reiki levels have all been 'divinely designed' by Higher Consciousness and will help you to become a wider and more effective healing channel. During the Advanced Usui Reiki levels, you will be opening up to a wide range of new & advanced healing techniques and you will also be opening up to receiving a very significant amount of healing & purification from within as you move closer towards more love, light, happiness, inner peace, health and overall wellbeing in your life.

For those who are interested to learn the Advanced Usui Reiki Healing System, you may have noticed from our website that there are a few prerequisites for these courses (in order to help enhance and enrich the flow of energy within you). And to help make things a little easier for you, we have prepared a full Usui Reiki Learning Pathway diagram on the next two pages which shows you the quickest way to learn Usui Reiki & Advanced Usui Reiki (choosing to move through The Unified Pathway To Light rather than The Pathway To Light).

## Usui Reiki Gold

The Usui Reiki Gold levels are a deeply profound and wonderfully vast series of energies that become available to you upon completion of the Advanced Usui Reiki Master Teacher training (Level 9). These beautiful energies are also offered over three main levels:

- **Diamond Reiki Gold (Level 10)**
- **Diamond Reiki Gold Infinity (Level 11)**
- **Usui Reiki Gold Master+ (Level 12)**

These final three levels of Usui Reiki are of a very high and profound energetic vibration and will be helping you to become a very powerful and effective healing channel for the infinite benefit of all.

Having reached this very significant vibration, you will then truly be an 'Ascended' being. You will be someone who vibrates with unconditional love, compassion and unity and we bow down to your immense healing work and love which will radiate beautifully and naturally for the benefit of all beings.

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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For now, at this early stage of learning, please don't worry if any of this sounds a little complicated. Like all learning, the teaching being done at each of the Reiki levels will always build on top of one another and through each level and each ebook, you will be introduced to the Reiki teachings and practices in a way that is very simple and easy to understand.

We will be talking about all of these concepts in more detail about as we continue to progress through each of the individual levels of learning. Above all, Reiki should always be a pleasant and divinely uplifting process of learning how to move towards more love and light!

*We hope that you enjoy this Reiki course once again and may these new energies help you to feel more healthy, happy & peaceful!*

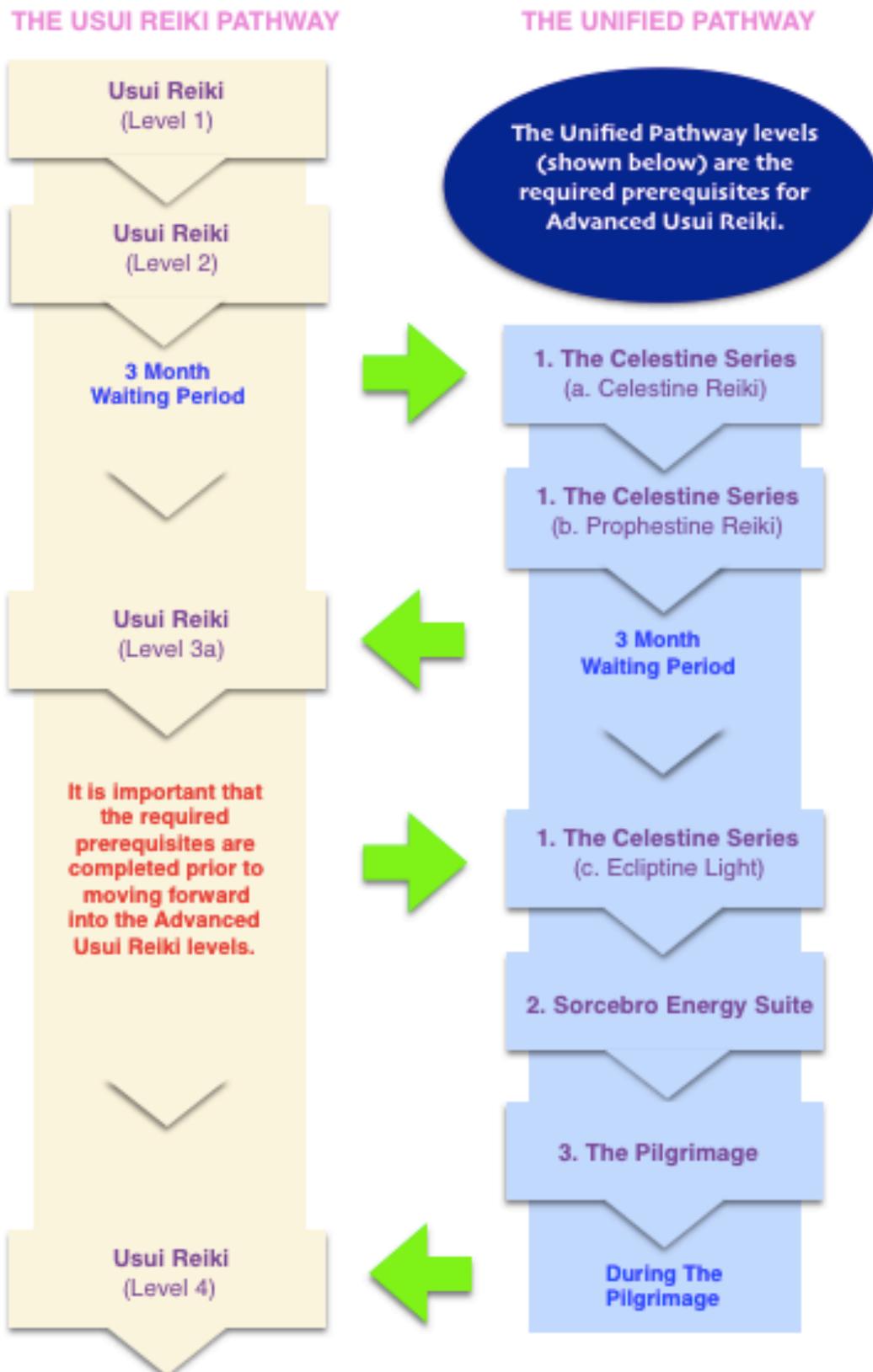


# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

### THE QUICKEST USUI REIKI LEARNING PATHWAY

(SHOWING THE UNIFIED PATHWAY AS THE CHOSEN PREREQUISITES)

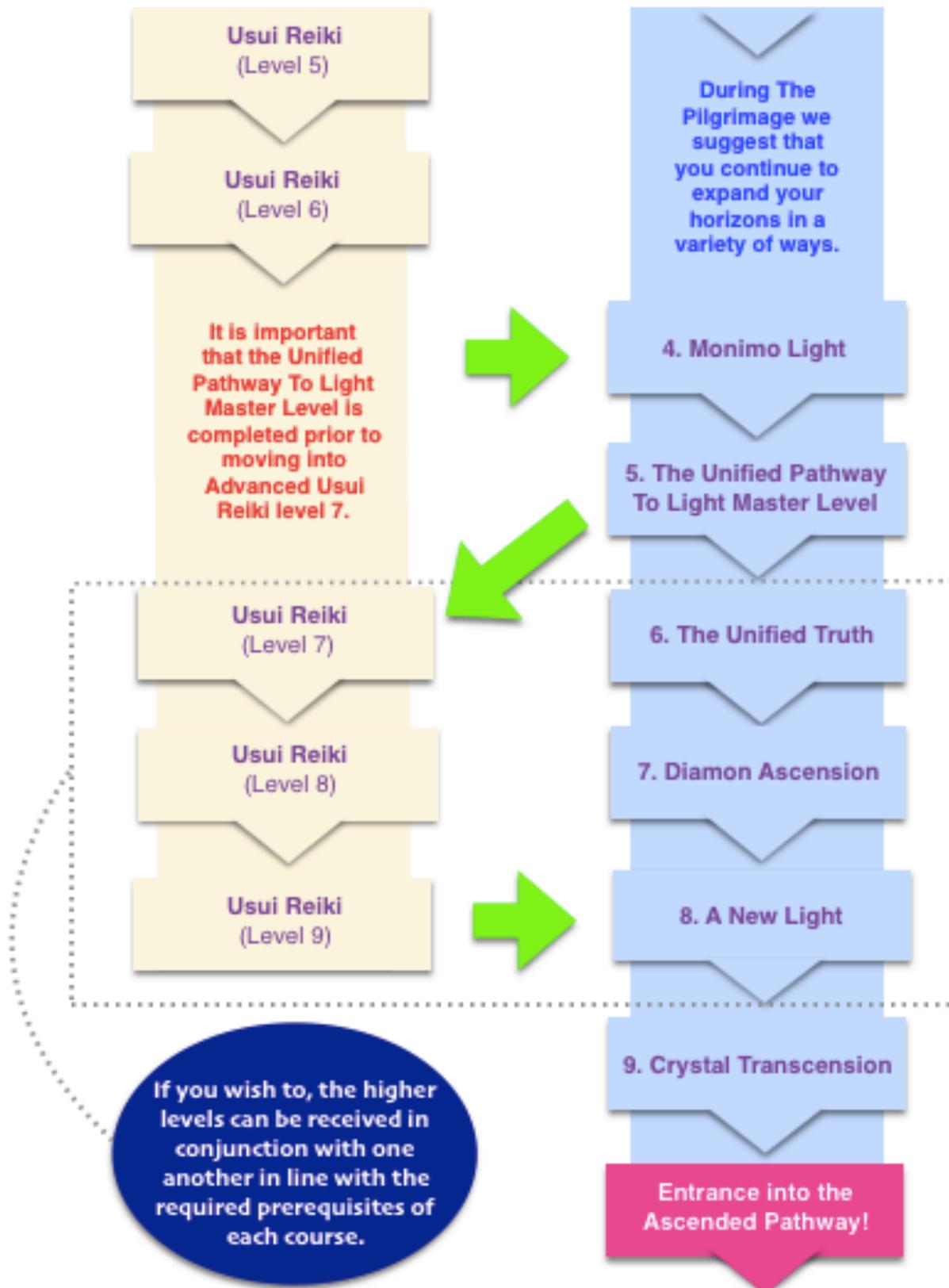


# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

### THE QUICKEST USUI REIKI LEARNING PATHWAY

(CONTINUED)

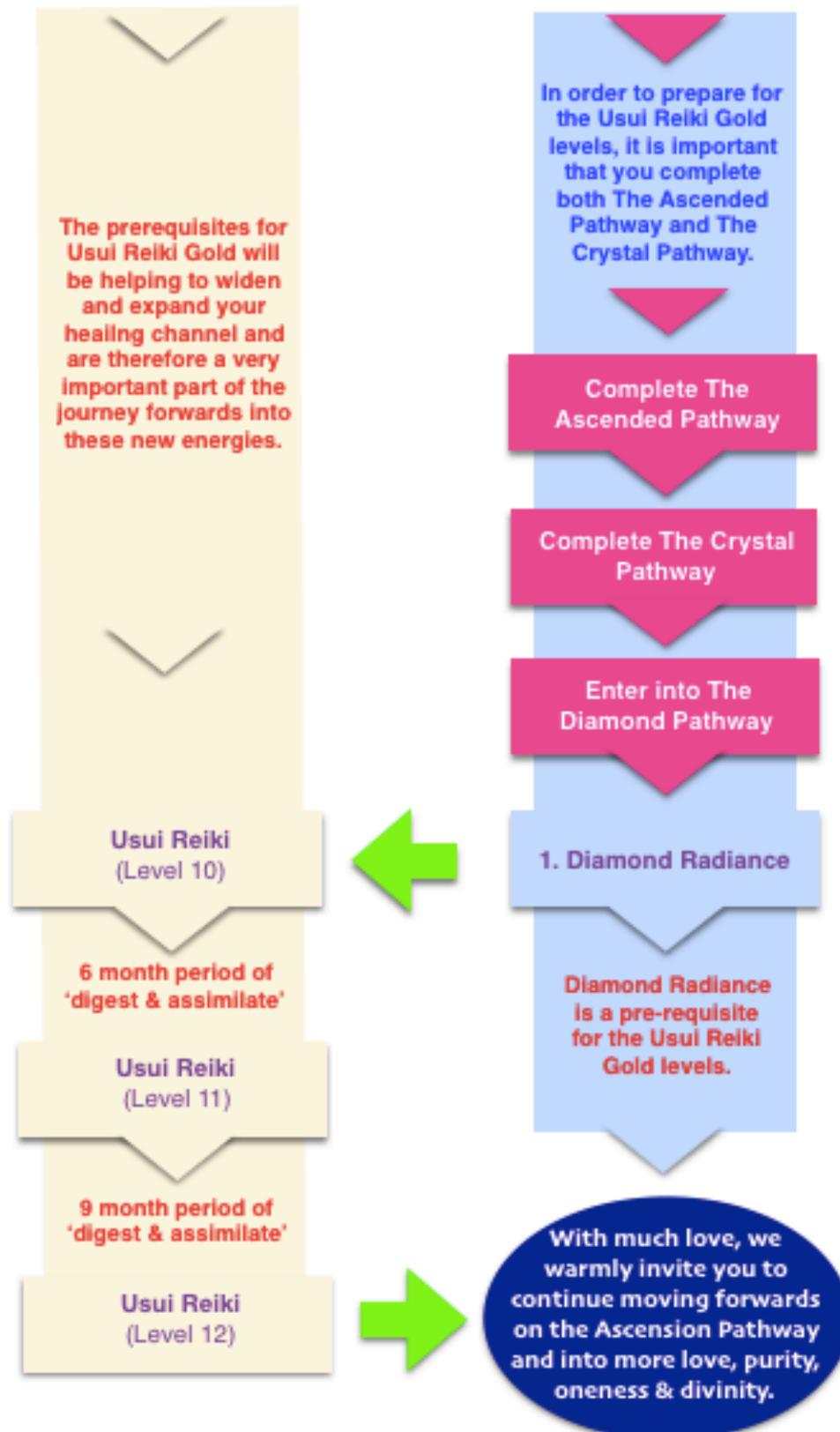


# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

### THE QUICKEST USUI REIKI LEARNING PATHWAY

(CONTINUED)



## Learning Level One In Five Easy Steps!



### Step 1

Download and start reading your Level 1 ebook

### Step 2

Activate / unlock the Usui Reiki Level One energies  
(See Page IV)

### Step 3

Receive your Level 1 attunement  
(See Chapter 2 'Receiving Your Attunement' - Page 37)

### Step 4

Learn 'Self Healing' & then complete 21 days of self healing practice  
(See Chapter 3 'The Self Healing Practices For Level 1' - Page 72)

### Step 5

Learn how to give Reiki to others and then begin healing others!  
(See Chapter 3 'Giving Healing Sessions For Others' - Page 81)



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