



Usui Reiki Ryoho

Traditional Japanese Reiki

A spiritual practice for personal transformation and healing

Welcome to the Path of Reiki

Thank you for your interest in studying Usui Reiki Ryoho, the traditional Japanese spiritual practice founded by Mikao Usui in the early 1920s. This booklet will introduce you to the authentic teachings I offer and help you understand why this lineage offers something unique and profound.

In a world filled with complexity and constant demands on our attention, Usui Reiki Ryoho offers a refreshingly simple yet deeply transformative path. This is not merely a healing technique to be learned, but a spiritual practice to be lived, one that naturally brings healing abilities as we cleanse and purify our own energy.

What is Usui Reiki Ryoho?

Usui Reiki Ryoho translates to "Usui Spiritual Energy Healing Method." It is fundamentally a spiritual practice designed to help practitioners achieve personal peace, spiritual growth, and a deeper connection to universal life energy. The healing that emerges from this practice is a natural consequence of one's own spiritual development and energy purification.

Unlike many contemporary approaches to Reiki that focus primarily on healing techniques, traditional Japanese Reiki emphasises personal spiritual cultivation. When we dedicate ourselves to this practice with sincerity and consistency, healing abilities develop organically as our energy becomes clearer and more refined.

"The secret of inviting happiness through many blessings, the spiritual medicine for all illness."

— Mikao Usui

The Five Precepts

At the heart of Usui Reiki Ryoho are the Five Precepts, or Gokai, which Usui considered the foundation of the practice:

Just for today:

Do not anger

Do not worry

Be grateful

Work diligently

Be kind to others

These simple guidelines serve as daily reminders for living a conscious, peaceful life. They are not commandments but gentle invitations to cultivate specific qualities that support both personal wellbeing and spiritual growth.

An Authentic Lineage

Your Lineage

- ◆ **Mikao Usui** (1865-1926)
Founder of Usui Reiki Ryoho
- ↓ **Chujiro Hayashi** (1880-1940)
Naval officer and dedicated student of Usui
- ↓ **Chiyoko Yamaguchi** (1921-2003)
Keeper of traditional Japanese practice
- ↓ **Hyakuten Inamoto**
Founder of Komyo Reiki Do
- ↓ **Bruce Taylor**
Dedicated practitioner and teacher
- ↓ **Leanne Northwood**
Your teacher

This lineage represents an unbroken chain of authentic teaching, passed down through practitioners who dedicated their lives to preserving the original spirit and methods of Usui Reiki Ryoho.

Why Study Traditional Japanese Reiki?

Simplicity and Authenticity

My teaching philosophy centres on keeping the practice simple and true to its Japanese roots. In removing unnecessary complexity and modern additions, we can

focus on what Usui himself taught: a straightforward spiritual practice accessible to anyone willing to commit to their own growth.

Spiritual Foundation

Unlike approaches that treat Reiki primarily as a healing modality, traditional Japanese Reiki emphasises spiritual development first. Healing abilities emerge naturally as a by-product of your own energy becoming clearer and more refined through regular practice.

Energy Cleansing

Central to this approach is the understanding that we must first cleanse our own energy before we can effectively channel Reiki for others. Through dedicated practice of the techniques and precepts, you naturally purify your energy system, allowing healing to flow more freely.

What You Will Learn

The training I offer is structured around the traditional levels of Usui Reiki Ryoho, each building naturally upon the previous one:

Shoden (First Level)

At this foundational level, you will receive your first attunement and learn the basic hand positions, the Five Precepts, the Three Pillars, the history and philosophy of Reiki, and techniques for developing your sensitivity to energy. The emphasis is on establishing a daily self-practice and beginning your journey of personal energy cleansing.

Okuden (Second Level)

Once you have established a strong foundation through regular practice, Okuden deepens your connection to Reiki energy. You will receive additional attunements, learn the traditional symbols and their applications, practice distance healing

techniques, and continue your personal spiritual development with more advanced energy work.

Shinpiden (Third Level/Teacher Training)

For those called to teach, this level prepares you to pass on these teachings to others with integrity and understanding. This is not simply a matter of learning techniques but requires a deep commitment to the practice and a genuine desire to serve others on their spiritual path.

Why Study With Me?

Authentic Teachings

You will learn from someone committed to preserving the original teachings of Usui Reiki Ryoho, free from unnecessary modern additions or commercialisation.

Focus on Simplicity

I believe that the power of this practice lies in its simplicity. My teaching strips away complexity to reveal the accessible core of what Usui taught.

Spiritual Emphasis

Rather than treating Reiki as merely a healing technique, I honour it as the spiritual practice it was intended to be. Healing abilities develop naturally as you cultivate your own spiritual growth.

Personal Transformation

My approach emphasises your own energy cleansing and spiritual development as the foundation of this practice. As you transform yourself, you naturally become a clearer channel for reiki.

The Practice: Simple Yet Profound

What makes traditional Japanese Reiki so powerful is its elegant simplicity. The daily practice consists of:

Meditation and Mindfulness: Beginning with techniques to calm the mind and centre yourself in the present moment.

Working with the Precepts: Reflecting on and embodying the Five Precepts as a way of life, not just as words to recite.

Self-Healing: Regular practice of hands-on healing for yourself, understanding that this is where true healing begins.

Energy Awareness: Developing sensitivity to the flow of energy within yourself and your environment.

This simple daily practice, done with sincerity and consistency, creates profound transformation over time. There are no complicated rituals, no expensive tools required, and no need for elaborate ceremonies. Just you, your commitment, and the gentle flow of Reiki energy.

What Makes This Approach Different?

In the decades since Reiki travelled from Japan to the West, many changes and additions have been made to the original practice. While some of these adaptations may have value, they often obscure the simple elegance of what Usui taught.

My commitment to traditional Japanese Reiki means you will learn the practice as it was originally taught, with an emphasis on spiritual development rather than

technique collection. This approach recognises that Reiki is not something we do, but something we become through dedicated practice and personal transformation.

You will not find complicated systems, lengthy attunement procedures, or claims of "new and improved" methods here. Instead, you will discover the quiet power of authentic practice, supported by a lineage that extends directly back to the founder himself.

Your Journey Begins With Self-Healing

Perhaps the most important teaching I can share is this: Reiki practice begins with yourself. Before we can effectively support others, we must first commit to our own healing and spiritual growth.

Through regular self-practice, you will experience the cleansing of your energy system. Patterns that no longer serve you will begin to dissolve. You may notice shifts in your emotional responses, your mental clarity, and your sense of connection to something greater than yourself. These changes are not forced or manufactured; they emerge naturally as your energy becomes clearer and more aligned.

This is why I emphasise daily practice so strongly. The transformation that Reiki offers is not instant, but gradual and deep. With patience and consistency, you will discover abilities and awareness you may never have imagined possible.

Is This Practice Right For You?

Usui Reiki Ryoho is suitable for anyone genuinely interested in spiritual development and willing to commit to regular practice. You do not need any special abilities, prior experience, or particular beliefs. All that is required is an open mind, a sincere heart, and the willingness to show up for yourself each day.

This practice may particularly resonate with you if:

You are drawn to simple, authentic spiritual practices rooted in tradition rather than modern innovation.

You understand that true healing begins with yourself and are ready to commit to your own spiritual growth.

You appreciate approaches that honour the wisdom of the past while remaining relevant to contemporary life.

You are seeking a practice that integrates seamlessly into daily life rather than requiring withdrawal from the world.

You value direct experience over theoretical knowledge and are willing to discover the truth of this practice through your own sincere effort.

Beginning Your Practice

If you feel called to study Usui Reiki Ryoho, I welcome your enquiry. Learning Reiki is not merely attending a class but entering into a relationship with a practice that can support you throughout your life.

Training is offered in small groups or individually to ensure personal attention and authentic transmission of the teachings. Each student receives the time and support needed to establish a strong foundation for their practice.

Your training includes comprehensive ongoing support to help you develop confidence and deepen your practice. This includes in-person support sessions, phone support, and email support, ensuring you have guidance whenever you need it as you integrate Reiki into your life.

"Just for today, I will live the attitude of gratitude."

— From the Five Precepts

A Practice For Life

What you learn in Reiki training is not meant to be mastered and set aside, but practiced and refined throughout your lifetime. The simplicity of traditional Japanese Reiki is one of its greatest strengths ~ you can practice anywhere, at any time, without special equipment or circumstances.

Many students find that their Reiki practice becomes a cherished part of their daily routine, a time to reconnect with themselves and with the healing energy that flows through all things. Over months and years of practice, the transformation that occurs is often profound, touching every aspect of life.

As your teacher, I am committed to supporting you not just during your initial training but throughout your Reiki journey. The relationship between teacher and student in this tradition extends beyond the classroom, creating a supportive community of practitioners dedicated to their own growth and to serving others.

Next Steps

If you feel drawn to this path, I encourage you to trust that intuition. The fact that you are still reading this suggests that something within you recognises the value of what Usui Reiki Ryoho offers.

I invite you to reach out with any questions you may have. Whether you are curious about specific aspects of the training, wondering if this practice is right for you, or simply want to learn more, I am here to support your exploration.

Studying Reiki is a significant commitment, and it is important that you feel confident in your choice of teacher and approach. I am happy to speak with you about your interests, goals, and any concerns you may have.

May your journey toward greater peace, healing, and spiritual awareness be blessed. I look forward to the possibility of walking this path together.

With gratitude for the teachers who came before

And those who will follow

Contact Information

Leanne Northwood

E: hello@whitesagewellbeing.com

T: 0410 736 864

W: whitesagewellbeing.com

Traditional Usui Reiki Ryoho

In the lineage of Mikao Usui