

REIKI Training courses.

Reiki Level 1 Training (one day class from 10:00am to 5:00pm) \$

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In Reiki level 1, you will receive the Reiki level one attunement giving you the ability to do Reiki on yourself and others. The history of Reiki will be reviewed. We will discuss the 21 day cleanse, the Chakras and their purpose and meanings.

You will learn the proper hand positions to do Reiki on yourself and others, and you will perform a reiki session on another student. You will learn scanning techniques and how to balance the charkas at the end of a session.

In this class you will receive a Reiki manual that includes illustrations of the hand positions and the Hayashi Healing Guide, various handouts, your Reiki level 1 certificate.

Reiki Level 2 Training (one day class from 10:00am to 5:00pm) \$

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In Reiki level 2, you will receive the Reiki level 2 attunement. You will receive the Usui level 2 symbols along with three extra symbols. You will learn how to integrate these new symbols into your Reiki sessions. You will be taught an emotional-mental healing technique to use on yourself and with others. You will learn and practice different techniques to send distant Reiki to people and events in different places.

In this class you will receive a Reiki manual that includes illustrations of the hand positions and the Hayashi healing guide, various handouts, your Reiki level 2 certificate.

Reiki Level 3 training (one day class from 10:00am to 5:00pm) \$

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In Reiki level 3 training you will receive the Reiki level 3 attunement. You will be taught the Usui level 3 symbols along with one extra symbol. You will practice drawing the symbols and integrate them with a Reiki session. You will learn how to do Aura surgery and you will learn a meditation that will help you to manifest goals. You will also learn how to build and use a Reiki crystal grid.

In this class you will receive a Reiki manual including all topics covered in the class, your own Reiki crystal grid, and your level 3 certificate.

Reiki Master Training (two day class 10:00am to 4:00pm each day) \$

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This is a two-day course, held on a Saturday and Sunday . Following introductions we will begin with a short meditation to prepare you for the Reiki Master level attunement.

You will receive two additional symbols and we will practice the Reiki Master Meditation. You will learn the Reiki breath and the Hui Yin, a contraction used to prevent chi from escaping while doing attunements. You will learn and practice Reiki level 1,2,3,and the master attunements, and also do healing, distant and selfattunements. You will receive you Reiki Master Manual, and additional handouts .We will be discussing the running of a Reiki practice as a business including professional and ethical practices to follow. You will receive here your Master level Reiki certification.

Reiki

The word Reiki means universal life force or universal energy.

Different cultures have their own ways of describing the universal life force or energy, in Japan where Reiki was said to reemerge again it is called Reiki. In china, the word chi is used to describe the energy field. Hindu traditions call it prana. The shamans of Hawaii call it mana.

Although different cultures and traditions have various ways of working with and describing the universal force, they all have a common thread and source from which the energy is drawn. This life force is everywhere and in everything both animate and inanimate alike. This force sustains all living things both plant and animal, it nourishes us, cleanses and rejuvenates us. It can be greatly enhanced when used properly and attuned to it. Because Reiki as a source of healing is drawn from and comes from the universe itself, it is limitless and ever abundant. It is not to be drawn from our own source of energy, which can and will be dangerous to our entire health over time.

Without this universal energy we would not be able to sustain life. Prayers, rituals, meditation, visualizations etc. whether aware of it or not are ways to connect to this abundant life energy and supply. Most of us who recognize and practice or receive Reiki know it as a specific system of healing, originally called the Usui System of Natural Healing, by its modern founder Dr. Mikao Usui.

The system uses specific hand positions and symbols and techniques for balancing and channeling the universal energy for healing and well being. Reiki as system is a tradition, passed on through very specific methods during the initiation process, passed down from one master to another.

Although the life force is available to all and the natural gifts to channel healing energy may vary for each individual, the full potential, safeguards and benefits would not be fully available to the untrained or uninitiated, in fact if used by the untrained it can be dangerous not only to ourselves but to others as well. Reiki is just one of many models of healing available to us, it is by no means the only one.

When receiving a Reiki session, it is safe and relaxing for both the client and Reiki practitioner. Reiki like other great healing modalities works for the highest good of all, the only discomfort that may occur from time to time would be the surfacing of past or present pain, traumas and such, we call it transient discomfort, or in some cases a healing crisis may occur, if so it is important to recognize that it is for the highest good, and should be honored and allowed to naturally surface and be released without expectation or force, nor should it be suppressed either, as long as one is surrounded in a container of safety and comfort provided by the practitioner, the release or healing crisis is a welcomed one. Because Reiki is so gentle, and the energy of Reiki is inherently designed to do no harm, we can only receive as much as is deemed necessary and within our adaptive capacity by and from the source.