

## Certified Reiki Training - Monthly Classes

Anyone can learn to become a Reiki Practitioner, as the ability is within all of us. You do not need any previous experience, and it is quite easy to learn. Certificates of completion and course handouts are issued for all levels. Attunements for each level are given, as well as 1-2 meditations and reiki treatment included in each class. Training manual and ongoing support are given as well.

### Reiki Level I – First Degree (one day)

- Learn the history and benefits of Reiki
- Learn the hand positions for self treatment, & full treatment for others
- Practice sessions, personal healing, emotional release
- Reiki for plants and animals
- Explanation of chakra system, grounding, centering, and personal growth
- Meditation

### Reiki Level II – Second Degree (one day)

- Description and uses of Reiki symbols
- Long distance Reiki (absentee healing)
- Mental and Emotional healing
- Chakra balancing and emotional release
- Scanning the energy field, beaming energy
- Cleansing and protection of the personal energy field
- Meditation

### Reiki Level III - ART (one day) Advanced Reiki Training\*\* also known as Personal Mastery Level

- Personal Mastery tools and symbols
- Energy enhancement exercises and meditations
- Healing attunements, aura clearing
- Japanese techniques reviewed
- How to use crystals and crystal healing grids
- Emotional healing and emotional release
- Meditation - Healing the shadow self
- Discussion on Reiki Master Level

### Reiki Master/Teacher Level (two days)

- Master/Teacher tools and symbols
- Initiatory Attunement instruction and practice
- Reiki Master Attunement
- Self-attunement; Distance attunements
- Reiki Master meditation & emotional release
- Reiki values for success on all levels
- Instruction and material provided for teaching Reiki Levels I, II, and III
- Overview of other schools of Reiki
- Comprehensive manual provided

### \*\*Advanced Reiki Training (Personal Mastery Level)

Advanced Reiki Training (ART) is also offered separate from the Master/Teacher Level, for those who do not want to, or are not ready to, go on to the Teacher's Training. A certificate is issued for ART.

### Group Reiki / Reiki Shares - Please call or email to reserve your space

Group Reiki sessions, also known as Reiki Shares, are available to Reiki practitioners at all levels. Group Reiki provides incredible healing synergy. Reiki Shares also provide an opportunity for companionship, networking and the exchange of healing information with other Reiki practitioners. Please call for details on these sessions.