**Reiki: A Powerful Journey into Energy Healing**

Reiki offers a wonderful and transformative way to learn and practice energy healing. Through this method, you'll gain the ability to perform healing sessions for yourself and others. In our classes, the Reiki energy is upgraded to align with the higher frequencies currently present on Earth. Each attunement you receive will connect you with the highest available Reiki energy, supporting you in accessing your highest self, intuition, and unique gifts.

**Reiki Level I Certification Class**

This certification course is led by experienced Reiki Master and Teacher Sonja Kabell, who will guide you through a deep understanding and hands-on experience of Reiki. You'll gain the confidence to work with Reiki energy on yourself and others, enhancing both your intuition and energy awareness. Reiki Level I is a powerful introduction to accessing and using energy for healing. Sonja will be teaching the traditional Reiki techniques of Dr. Mikao Usui, considered the founder of Reiki.

**What You’ll Learn and Experience:**

* How to use Reiki for healing on physical, mental, emotional, and spiritual levels.
* Techniques for scanning and releasing energy blocks.
* How to use Reiki to manifest your goals and amplify your desires.
* Cleansing exercises to protect and clear your own energy.
* How to listen to and trust your internal guidance system.
* How to perform a powerful Reiki session for yourself, others, animals, and plants.
* An introduction to the Chakra system.
* An introduction to using crystals in healing.

**Course Details:**

* **Cost:** $195.00 (Includes comprehensive manual, resource materials, certification, and attunements to the upgraded Reiki frequency.)
* **Payment Options:**
  + Venmo: @Skabell OR Zelle: 972-935-6484

**Registration Information:**

* **Registration Deadline:** September 20,2025
* Prework is required, so please register as soon as possible to secure your spot.
* Visit [www.transcendentredhead.com](http://www.transcendentredhead.com/) for more information.