

Welcome to Reiki Intro Script

Hello, welcome to the Introduction to Reiki Class. I am glad you are here!

My name is Jen Cline, I have worked with energy healing for over ten years and became a Reiki Master Teacher about 5 years ago. Over the last ten years I have worked with 100s of individuals to help them through the healing process.

What does reiki mean?

Reiki (pronounced RAY KEY) is a combination of two Japanese words rei and ki meaning universal life energy.

Reiki is an ancient healing technique that uses the life force energy to heal, while balancing the energies within our bodies.

Reiki addresses physical, emotional, mental and spiritual imbalances.

Reiki is safe healing art.

As a Reiki practitioner, you will serve as a vessel that supplies healing energies where they are most needed by the recipient.

The goal of this course is to guide you through the basics of reiki and prepare you for Reiki Level 1 training and Attunement.

During this class, you will learn...

- what Reiki is
- what Reiki is not
- Reiki and healing Herbs, they work together
- The 5 reiki principles, and how to incorporate them into your daily life
- What you need to do to prepare for and what to expect during your Level 1 training and attunement
- And lastly, how to prepare for 21 Day Reiki Cleanse that happens after your first attunement

Please be sure to download all the training materials, complete the Level 1 Training Checklist, read through all the modules, and answer the questions at the end of each section.

Please note, there are no Prerequisite for this class. We ask that you have a willingness to learn and have an open mind.

So, with that let's get started.