

First Degree Reiki Class

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The Background of Reiki

- Reiki Kanji
- Reiki Symbols
- The History of Reiki and the Grand Masters – The Reiki Story
- Reiki Principles – Just for Today
- About the Reiki Attunements
- Benefits and Uses of Reiki

The Nature of Disease and of Healing

- Causal Factors of Sickness and Pain
- Energy Balancing and Healing
- Our Physical-Etheric, Emotional, Mental and Spiritual Aspects
- Chakras / Endocrine System / Neuro-vascular Holding Points

Hands-On Practice

- Hand positions: working with self
- Hand positions: working with others.
- Introducing Polarity to Reiki Hand Positions
- Removing Energy Blocks/ Protection Techniques

Receive Four First Degree Reiki Attunements

Hands-on practice

Additional Material

- 21 Day Cleanse / 21 Day Effect
- After your attunements / Who can I work with?
- Guidelines and tips for giving a full session
- Treatment Guide
- Applications to foods, animals, plants, oils....
- Animal Reiki
- Exchange for your Reiki sessions
- Legal Issues—disclaimer, paperwork
- Your Reiki Lineage
- How to explain Reiki to others

Bibliography
Reading List

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Reiki