

Reiki I and II

Reiki I and II are taught together during a weekend intensive. Both attunements are given. All the information and techniques are covered including:

- The Reiki hand positions.
- Giving a complete Reiki treatment for self and others.
- Japanese Reiki Techniques, as taught by Dr. Usui including: **Gassho** meditation, **Reiji-ho** - developing your intuition, **Byosen Scanning** - detecting where Reiki is needed, **Gyoshi ho** - sending Reiki with the eyes, **Koki ho** - using the breath to send Reiki, **Kenyoku** - dry bathing or clearing ones energy field, **Jacki-kiri Joka-ho**, clearing objects of negative energy.
- Hayashi Healing Guide
- Using Reiki for specific conditions.
- The Reiki II symbols, how to use them with practice time..
- Using Reiki to heal unwanted habits.
- Distant healing.

The class is a combination of lecture, discussion and experience. Practice time includes giving and receiving a complete Reiki treatment using all the hand positions, the self - treatment, practice using all the level II symbols including distant healing, and practice using all the Japanese Reiki Techniques mentioned above.

While practice takes place during the class, it is expected that you will set aside additional time to practice after the class is over. Please commit to this additional time which should be one evening a week for several weeks, or its equivalent, to practice Reiki with one, or more, people from your Reiki class or with members of your family or friends. This additional practice is necessary to gain the experience and confidence you need to fully utilize the Reiki training.

Advanced Reiki Training

This is a one day intensive. It includes:

- The Usui Master attunement which increases the strength of your Reiki energy.
- The Usui Master symbol which increases the effectiveness of the Reiki II symbols and can be used for healing.
- Reiki meditation that strengthens the mind and expands consciousness.
- Advanced techniques for using Reiki to solve problems and achieve goals.
- The use of crystals and stones with Reiki.
- How to make a Reiki grid that will continue to send Reiki to yourself and others after it is charged.
- Reiki psychic surgery that allows you to remove negative psychic energy from yourself and others and send it to the light.
- A guided meditation

- Finally, an exercise will be given for those planning to take Reiki III/Master training.

You must take ART if you want to take Reiki III/Master. This class is often taught with Reiki III as a three day intensive.

Reiki III/Master

This is a two day intensive. It includes:

- The complete Reiki III Usui/Tibetan Master attunement.
- Instruction on how to give Reiki attunements for Reiki I&II and ART and full Reiki Master.
- The Healing attunement
- The Usui system of attunements is taught as well as the Usui/Tibetan system
- Two Tibetan symbols are given for a total of six.
- Lots of practice time doing attunements.
- How to give yourself attunements.
- Advanced Reiki meditation that harmonizes the energy of the chakras.
- The values and spiritual orientation of a true Reiki Master.

Instruction is given on the Usui system of attunements as well as the Tibetan system. Other variations are also outlined in the class manual. Over half the class time is used for practice so the student becomes confident in administering Reiki attunements. Students practice giving attunements on each other so that each student receives many attunements. The Healing attunement is given and received by all students. This class is a powerful healing experience. A class manual is included that gives detailed steps for giving all the attunements.

Further training is available, please ask for details.