



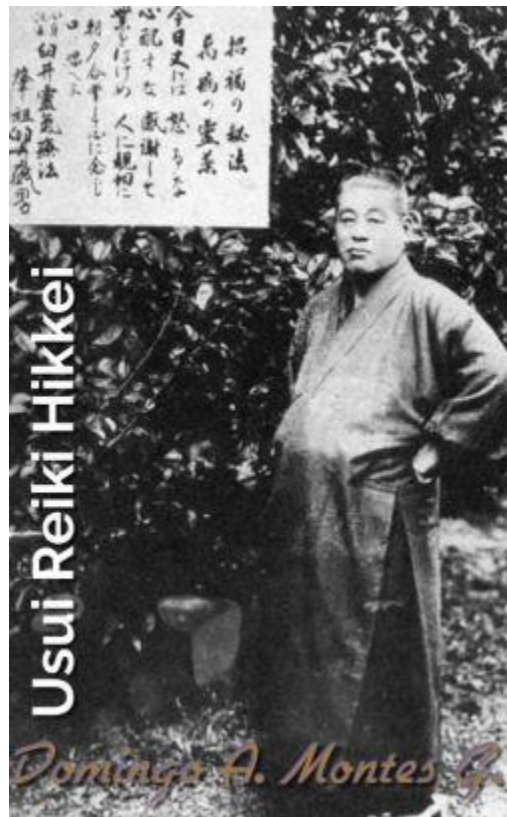
Earth Angel Crystal

Earthangelcrystal.com



Reiki First Degree

Designed for beginners, Reiki Level I is the foundation of Usui Shiki Ryoho-The Usui System of Natural Healing.



By the end of this Class you will:

- Develop your natural intuitive powers
- Apply Reiki energy to yourself and others and sense the energy as it flows through your hands.

- Feel the energy of the person receiving treatment and perceive areas of reduced vitality.
- Appreciate that attitudes can create dis-ease in the mind and how that can affect the physical body.
- Learn how to feel a client's energy and understand the messages you receive.
- Apply the Reiki Precepts in their daily self treatment practice.

The course covers:

- Initiation
- Sensing Reiki
- The Usui Reiki history
- What is healing?
- What is energy?
- Understanding Aura
- The Chakra system
- Energy cleansing techniques
- The 21-day clearing process
- The 12 hand positions
- How to conduct a Reiki self attunement
- Simple steps to meditate
- Gasho Breathing
- Usui Reiki Principles
- Practical applications of Reiki

Reiki

Reiki is a simple method of hands-on healing developed by Mikao Usui of Kyoto, Japan. After this training, You will know how to allow Reiki energy to flow through your body (the practitioner) and allow this life force energy to flow out of your hands and into the life force that you are treating (Human, Animals, Plants, Objects etc).

This loving and gentle life force energy allows to balance and harmonize the physical, emotional, mental and physical planes so that balance, harmony and alignment is restored and blockages are removed. Reiki is different from other healing methods in that a specific initiation process is used to prepare students for the flow of healing energy. This protects the student from using their own vital energy and from absorbing any unwanted energies or energetic patterns from those they are treating.

Shoden is a Japanese word meaning 'first teachings' and The First Degree is a future practitioner's initiation into Usui Reiki and is open to anyone. At this level we focus on activating the energy channels, locating them on the physical level and guiding the

practitioner to bond and attune to the Universal Life Force Energy. We learn about main Energy Centers called Chakras, and focus on self attunements.

Many Usui Reiki Masters, myself included, emphasize self-attunements as the goal of Shoden and you will be encouraged to focus on practicing Usui Reiki on yourself, thereby working through your own obstacles.

Commitment and Homework

The time commitment for Reiki Level I is approximately 3-6 hours. Sessions will take place over 1 month, to allow for the integration of the learning and concepts covered. Since teachings are according to divine timing and guidance and also based upon the student's own level of integration, there is no hard and fast rule as to how "long" or "short" the class is. But in general, we will aim for 1 ½-2 hour virtual courses. The course will also include the opportunity to have in house Reiki Circles so that you can further develop and incorporate your hands on training.

Homework after Reiki level I consists of **21 days** of practicing on one's own body. Passage onto Reiki Level II **cannot occur prior to 21 days** (unless due to travel constraints etc and permission must be granted prior to booking Reiki Level II). The importance of this is that the student learn how to feel one's own energy, learn how to use the proper hand placements and develop a level of comfortability before passage onto Level II.

I ask that you keep a diary during the 21 days of self attunements and clearing. At the end of this, you are required to write a short essay about what Reiki means to you and the changes you have noticed on yourself.

At the end of the 21 days, you will receive your Certificate of Completion.



Reiki Second Degree

The second degree is the next giant step towards understanding and becoming fully attuned to Reiki.

Most second degree students no longer fear or harbor skepticism towards Reiki. They are normally enthusiastic and excited about the prospect of enhancing their skills and understanding. It is often recommended that the student/practitioner take time after the first degree workshop to assimilate; and incorporate the teachings of Dr. Usui into their practice and daily life, before attending a second degree workshop. Make sure you are attending the second degree workshop for the right reasons.

By the end of this Class you will:

- Learn, understand and apply Gassho the First Pillar of Reiki
- Learn, understand and apply Reiji-Ho the Second Pillar of Reiki
- Learn, understand and apply Chiryō the Third Pillar of Reiki
- Appreciate and apply the concept of Namaste
- Develop and discover the new possibilities with Reiki 2
- Learn how to perform a distance Reiki Session
- Learn and apply the Sacred Symbols (You will learn 3 Sacred symbols)
- Learn how to incorporate and put together the practices from Reiki First and Second degree.

The course covers:

- Attunements
- Chanting
- Meditations
- The Sacred Symbols
- Distance Healing practices
- House clearing and protection
- Putting it all together (Reiki First & Second Degree)

The Second Degree

Everyone who wants to study and master the second degree must first have already completed the first degree either in a workshop or a home study course. Reiki 1 is of course included within our Reiki Master Home Study Course.

Students need to have been given the first degree attunements and the knowledge required to skilfully work with Reiki. Unlike the first degree, students normally would have obtained experience, skill and a level of intuitive understanding towards the unlimited power of Reiki.

Like the first degree, most people feel they are drawn at the appropriate time to the next level of Reiki. Often an event or strong feeling can direct you towards this new path. The main criteria for attending the workshop is that you personally feel ready to go forward with Reiki.

Commitment and Homework

The time commitment for Reiki Level II is approximately 2-6 hours. The Session will be broken up into multiple days. Since teachings are according to divine timing and guidance and also based upon the student's own level of comfort, there is no hard and fast rule as to how "long" or "short" the class will be or how many classes are required to fully understand the second degree. With that being said however, we will split up the segments into the following bite sized chunks:

Level II session 1: Second Degree Teachings, symbols and attunement.

Level II Session 2: Distance Healing Practice (virtually)

Level II Session 3: Virtual & (if needed) hands on Training incorporating chanting & Symbols

Homework after Reiki level II consists of **continuing to practice Reiki on yourself and on friends and loved ones.** Reiki doesn't end after the sessions are over, but rather is learned to be a part of one's journey here on earth.

Passage onto Reiki Second degree will be addressed with each individual student and is based on each student's development and progress.

1:1 sessions will take place to ensure that you are fully integrated and ready for graduation.

I Look forward to guiding you through your Reiki healing journey.

In Love, Light and gratitude,

Daisy

Founder and Owner

Earth Angel Crystal

Earth Angel Crystal
5-48 50th Ave, 2nd Floor
Long Island city, NY 11101
Earthangelcrystal.com
631-966-7977