



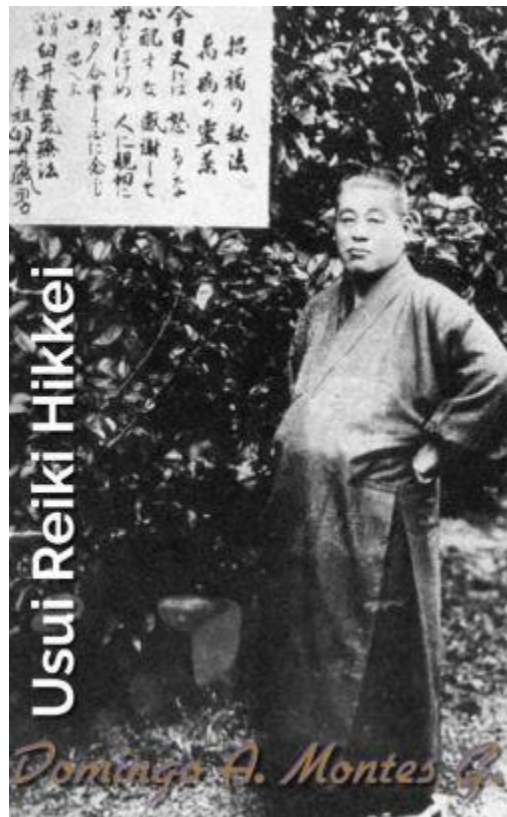
Earth Angel Crystal

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.

You will also learn about the history of Usui Reiki and will receive your Shoden Initiation into the practice.

## Commitment and Homework

The time commitment and exchange for Reiki Level I is approximately 3-6 hours and is \$222. Session can be broken up into 2 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 is.

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.

I Look forward to guiding you through your Journey.

In Love, Light and gratitude,

Daisy

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