



Reiki Class Descriptions

Reiki I and II - \$125.

Reiki I and II are taught as separate intensives. 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
- Using Reiki for specific conditions
- The Reiki II symbols - how to use the with practice time
- Using Reiki to clear unwanted habits
- Distance Healing

The class is a combination of lecture, discussing 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 distance healing, and practice using all of 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.

Reiki III Classes / Master - \$350.

This class is a powerful healing experience which includes:

- The complete Reiki III Usui/Tibetan Master Attunement
- Instruction on how to give Reiki attunements for Reiki I and II and full Reiki Master
- The Healing attunement as describes by Dr. Usui
- The Usui system of attunements is taught as well as the Usui/Tibetan system
- The class is taught in 2 parts - Part A is for practitioner, Part B is for those who wish to teach.
- 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. The class time is used for practice so that the student becomes confident in administering Reiki attunements. Students practice giving attunements on each other so that each student received many attunements. The Healing attunement is given and received by all students. A class manual is included that gives detailed steps for giving all the attunements.

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