



Reiki I & II



During Reiki I you receive a full overview of the history of Reiki. You will feel the richness of its heritage and come to understand the full benefits of the transfer of healing energy from one to another. Be that to each other or your animal companions.

This will allow you to fully embrace the honor, respect and gift you are studying - to a channel for spirit- with healing of others through the energy of Reiki. You will learn chakras, hand positions and symbols for administering Reiki. You will also learn how to scan and feel where Reiki is needed and how to pull off negative energy help with illness.

Dr. Mikao Usui Principles:

Today I will not get upset.

Today I will not worry.

Today I will be grateful.

Today I will work hard (in my meditation practice).

Today I will love and respect all living beings.

reiki-rays.com

Reiki I & II are taught together during a weekend intensive. Both attunements are given. All the information and techniques for both levels are thoroughly covered.

Practice time include giving and receiving a complete Reiki treatment using hand positions and practicing Reiki II symbols including distance healing.

Each participant receives the “Reiki the healing touch handbook” which is an excellent course manual, most students feel like they learn more efficiently when having a manual to refer to during, and after Reiki I and II everyone appreciates having this manual.

This book has diagrams of hand positions, both for self-treatment and the treatment of others, useful articles on how to develop your own Reiki practice, updates on the history of Reiki, and a chapter on how to use the symbols (very few books show the actual symbols as this is an oral tradition not to be written), and good general information about Reiki.

- Learning the History of Reiki
- The Reiki hand positions
- Detecting where Reiki is needed
- Technique for sending Reiki
- In Person & Distance Healing
- Reiki II Symbols –how to use them
- Practicing Reiki yourself & others
- Clearing ones energy field

Certification Course

Class is combination of lecture, discussion and hands on experience



CLASS DATES TO BE ANOUNCED QUARTERLY

Web page: InTheLightofOne.com

Under: events tab

Facebook page: In the Light of ONE

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