

# Reiki I

## The Initiation Degree

### Reiki I Course Outline

Once attuned by a Reiki Master, Reiki is like a form of first aid in your hands that will never leave you. Energy will flow through your hands whenever you touch with intent. Following a series of attunements, Reiki 1 will enable you to treat:

- Yourself
- Others (adults and children)
- Animals, plants and trees
- Food and water

Reiki can safely be used in combination with medical advice and treatment as well as other complementary therapies.

The Reiki 1 course is a one-day course which covers the following:

- What Reiki is
- The uses and benefits of Reiki
- The Reiki Principles
- The History of Reiki
- Introduction to Chakras
- Feeling energy
- Three Reiki Attunements
- Hand Positions for self treatment
- Hand Positions for treatment of others
- How to conduct a Reiki session
- Practical exercises of giving and receiving Reiki
- Questions and Answers

In First Degree training you will receive three attunements. These attunements are focused mainly on opening up the physical body so that it can then accept energy. During Reiki 1 training, you learn how to feel energy and many practical exercises are used throughout the course.

You are also taught the general principles of Reiki and become familiarized with its history and roots. On a practical level, you will also be taught how to give a treatment, firstly to yourself and secondly to other people. This part of the course assists the integration of the energy and gives you the tools to become a Reiki Practitioner.

Following the attunement is a 28 day period called the cleansing period. During this time, you are encouraged to give yourself a treatment every day and many students find themselves undergoing positive personal changes and spiritual growth which can be a very powerful and very rewarding time.

On completion of the course, you will receive an illustrated **Reiki Manual**, the **First Degree Reiki Certificate** as well as **on-going support and advice**.