

Usui Reiki Level 1 - First Degree Reiki

First Degree Reiki provides you with an introduction to the history of Reiki, healing concepts as well as the ability to heal yourself and others.

The first degree of Reiki is for beginners. If you are new to Reiki, this is for you.

Reiki is a simple to use natural healing system. It is done through channelling universal light energy and allowing it to flow and heal the body.

First Degree Reiki provide you with the ability to heal through attunements. These powerful attunements are a clearing away process and a strengthening of your connection to the universal light energy. After an attunement, you will be able to sense and more effectively direct this energy to heal.

Also learn to develop the confidence to heal others, family and friends, in addition to learning healing for yourself. This is a certified course with many practical exercises, applications. You will also be provided with a quality manual, a quick reference guide, and be invited to participate in our Reiki Challenge post the workshop to enable you to practice.

The course covers the following:

About Mikao Usui	Preparing to give Reiki Treatments to Others
A Brief Reiki History	Preparation checklist
What is Reiki?	The Treatment
How Reiki is taught	The Reiki Finish
How Reiki is used	Chair Reiki
What does Reiki do?	Hands off treatment
More ways to apply Reiki	Other uses for Reiki
The Reiki Principles of Mikao Usui	The Aura, meridians and Energy body
Expanding on the Reiki Principles	Chakras
What is a Reiki attunement?	Exercises to work on for aligning and balancing the Aura and Chakras
Receiving Attunement	Managing yourself
Post Attunement "Detoxification"	The First Twenty-One Days
Using Reiki	The Cleansing Process
Your Posture	Daily Practice
Reiki Hands	Reiki all the time
About Reiki Hand Positions	The Effect of Reiki
Self Treatment	30 Day Reiki Challenge
Performing Self-Reiki	
Treating Others	