



Reiki Level 1 Coursework Outline

<p>Level I Objectives: Understanding the basics of Reiki, self-treatment, care and awareness, energetic alignment and balance, experiential awareness and understanding of our energy and how energy works; practice</p>		
<p>Class 1 Pages 1-14</p>	<p>Introduction to Reiki The 3 Dantians (navel, heart, third eye) History of Reiki Reiki Principles Code of Ethics Attunement Reiki Levels Hand Placements:</p> <ul style="list-style-type: none"> • Self-Care • Traditional Treatment for Others <p>Practicum: Self and Others</p>	<p>Homework:</p> <ul style="list-style-type: none"> • 21 Days of self-care Reiki sessions • Daily Meditation: Balancing Ida and Pingala Nadis • Awareness Noting after sessions
<p>Class 2 Pages 15-24</p>	<p>Homework Review Spiritual and Energetic Rituals Pretreatment and Treatment Practices:</p> <ul style="list-style-type: none"> • Pretreatment • Cleansing your Body • Aura Baths • Healing Rays • Attire • Water • Creating a Healing Space • Healing Intentions • Centering and Grounding <p>Pretreatment communication</p> <ul style="list-style-type: none"> • Treatment Review • Setting Intentions • Reiki Sensations • The Reiki Pulse and Being a Conduit <p>Review of Traditional Hand Placements Attunement Practicum: Reiki Shares</p>	<p>Homework</p> <ul style="list-style-type: none"> • Continue self-care • Daily meditation • Awareness Noting after sessions
<p>Class 3 Pages 24-27</p>	<p>Homework Review Working with and Understanding Energy</p> <ul style="list-style-type: none"> • Personal Energies • Reiki Energy verses Personal Energy • Boundaries <p style="padding-left: 20px;">Boundary Exercise</p> <p>Assessing Energy Nontraditional Hand Placements and Cultivating Intuition The Spiritual Aspects of Giving and Receiving Attunement Practicum: Reiki Shares</p>	<p>Homework</p> <ul style="list-style-type: none"> • Continue self-care • Daily meditation • Awareness Noting after sessions • Offer one client Reiki session using the tools you have learned. • Reflect and journal: What do you want to do with your Reiki Training? How will you use what you have learned?