

## reiki with kimeiko



*for your body, heart, mind & soul*

### DAY 1 (4 hours)

1. Energy clearing with sage (smudging)
2. Introductions
3. What is reiki, how it works, what it can be used for (Ch 1 & 4)
4. Healing Meditation: Ocean of Holy Love Experience
5. History of Usui reiki (Ch 2)
6. Reiki lineages and levels (p v; Ch 3)
7. Canadian Reiki Association & Reiki Membership Association
8. 5 reiki ideals (p vi & 62)
9. Preparation for placement

### DAY 2 (4 hours)

1. Energy clearing with sage
  2. Reiki Placement (Attunement)
  3. Chakras & energy awareness with pendulums & byosen scanning
  4. Spot treatments (& other uses)
  5. Chair sessions with cued practice (handout)
  6. Self treatments with cued practice (handout)
  7. Prepare to give a formal reiki treatment – client intake, record keeping & equipment (handout)
- Homework: practice a 1 hour self-healing treatment

### DAY 3 (4 hours)

1. Energy clearing with hands
2. Reflections on homework
3. Healing Meditation
5. How to give a reiki treatment - Three Pillars of Reiki & cued rehearsal (handout)
6. Give and receive a full hour table reiki session with a partner & debrief
7. Discuss ongoing reiki practice and communications
8. Reiki 1 certificates and photos

Homework: build the reiki habit!

Practice as much reiki as possible for 21 days, including self reiki daily