

reiki with kimeiko



for your body, heart, mind & soul

Reiki Level 1 Course Outline

DAY 1

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. 5 reiki ideals (p vi & 62)
8. Placement
9. Energy awareness with pendulums & byosen scanning / chakras
10. Spot treatments (& other uses)
11. Chair sessions with cued practice (handout)
12. Self treatments with cued practice (handout)

Homework: practice a 1 hour self-healing treatment

DAY 2

1. Energy clearing with hands
2. Reflections on homework / Day One
3. Healing Meditation
4. Prepare to give a reiki treatment – client intake, record keeping & equipment
5. How to give a reiki treatment - Three Pillars of Reiki & cued rehearsal (handout)
6. Give and receive a full hour reiki session with a partner & debrief
7. Discuss ongoing reiki practice and communications
8. Reiki 1 certificates and photos