

reiki with kimeiko



for your body, heart, mind & soul

Reiki 1 Certification Course

DAY 1 (10 am – 6 pm)

1. Energy clearing with sage outside (on arrival)
2. Introductions
3. Healing Meditation: Ocean of Holy Love Experience & reflection
4. What is reiki, how it works, what it can be used for (Ch 1 & 4)
5. Reiki lineages and levels (p v; Ch 3)
6. The Reiki Legend / History of Usui reiki (Ch 2)
7. Reiki ideals (p vi & 62)
8. Preparation for placement
9. Reiki Placement (Attunement)
10. Chakras & energy awareness & byosen scanning (handout)
11. Spot treatments (& other uses)
12. Chair sessions with cued practice (handout)
13. Self treatments with cued practice (handout)

Homework: give self a full 1 hour reiki treatment. Begin to build the reiki habit!

DAY 2 (10 am – 5.30 pm)

1. Energy clearing with hands
2. Day 1 reflection / questions
3. Chakra Meditation
4. Prepare to give a formal reiki treatment – client intake, record keeping & equipment (handout)
5. Canadian Reiki Association & Reiki Membership Association
6. How to give a reiki treatment - Three Pillars of Reiki & cued rehearsal (handout)
7. Give and receive a full hour table reiki session with a partner & debrief (reiki share from 2 pm)
8. Reiki 1 certificates and photos
9. Course evaluations

Post Course Development

1. Practice as much reiki as possible for 21+ days, including daily self reiki
2. Participate in reiki Q & A in private Facebook group and online chats
3. Participate in reiki socials & shares
4. Aim to give a minimum of 10 full reiki sessions to other people before Reiki 2