



Fundamental Level

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Reiki Natural Healing and Personal Empowerment Program

Disclaimer

It must be understood that the materials presented in this program are not medical recommendations. It is not the intent of this program to replace, change or alter recommendations of a licensed medical provider and you should always seek assistance from a licensed medical provider.

From time to time, we will be sharing experiences about the use of Reiki and some results we have observed. These are examples and dependent on the amount of practice, further training and personal commitment to developing your skills. Reiki Education and Research Institute cannot guarantee that you will experience the same or similar results for yourself or anyone else.

Welcome

- Lou Tzu, a famous Chinese philosopher said, “A journey of a thousand miles journey begin with a first step”.
- We want to congratulate you on taking a first step to self-healing and transformation using Reiki.
- We are very excited for you because we have been in your position when we first began our journey. We are eager to show you and demonstrate to you how Reiki is such as life changing healing modality.
- This program is about attuning you to a higher vibration energy – Reiki and to teach you how to channel, practice and apply Reiki in your daily life to improve your physical health, maintain a balance in your emotional and mental state and connect to the spiritual realm.

Program Overview

This program includes:

- all materials traditionally taught in the west for level I and II of Usui natural healing method.
- additional materials from the Japanese tradition of Reiki.
- other information to aid the understanding of the concepts taught.
- Classes 1- 3 will focus on stress reduction, opening your energy channels, developing sensitivity to energy, improving awareness, and beginning your self-healing journey.
- Classes 4-7 will focus on expanding your ability and awareness to address mental emotional healing and distance healing.

Program Agenda

- Class 1
 - Basic concept of energy healing
 - Basic techniques in feeling, sensing and seeing energy (ki/qi)
 - Opening your energy channel
 - Introduction to attunement
 - Preforming Attunement
- Notes:

Program Agenda

- Class 2
 - Introduction to Reiki:
 - Reiki training levels, lineage, benefits, history etc.
 - Performing Attunement
 - Practice and discussion
- Notes:

Program Agenda

- Class 3
 - Self-healing process
 - Self-healing using Reiki
 - Lab work (practice)
 - Group discussion
- Notes:

Program Agenda

- Class 4
 - Concept and application of the Three Pillars (technique)
 - Explanation of human aura
 - Concept and Application of Byôsen Reikan Hô technique
 - Discussion on usage of symbols
- Class 5
- Introduction to Reiki symbols
 - Meanings/Usage
 - Introduction to distance healing
 - Applications and examples
 - Group discussion

- Notes:

Program Agenda

- Class 6
 - Grounding techniques using Reiki symbol
 - Mental-emotional healing techniques
 - Reprogramming
 - Healing your past, present and future
 - Manifesting
- Class 7
 - Lab
 - Discussion
 - Program review

- Notes:

Setting personal goal

- To get the most out of this program, you will need to identify your personal goals, have discipline and commit to learn and daily practice.
- We suggest that you spend sometimes to reflect on your personal goals. There are a few questions in this workbook to help you define your goals.
- Notes:

Personal Goal

date worksheet completed:

- What brought me to this program?
- How is this either supportive of my journey in life or a different path?
- What specific areas of my life would I like to change?
- What do I expect to get from this experience?

Expectation

- Expectations
 - Us: you have open mind, participate actively in class, practice and journal. Your focus should be on self-healing.
 - You: gain understanding of Reiki, receive attunements, learn to apply knowledge acquired in the program in your daily life, to heal and empower yourself.
 - Journaling and why it is valuable to the learning process. It is also a great way documenting your Reiki journey.
- Notes:

Journaling

- Journaling is required
- You will be sharing (not in detail)
- Mention daily life experiences and synchronicities
- Remember it can be just a few words, notes not a dissertation
- It will help you learn and gain more from class

Notes:

Additional material in this program

- When we speak of additional material, we are referring to any material that may or may not be included by all Reiki teachers.
- There are many schools and variations.
- Notes:

Additional Material Continued

- Traditionally you were attuned to Reiki.
 - Taught about the history with variations.
 - Taught hand positions for a self-healing session as well as a session for another, symbols, and distant healing.
 - In some cases, instructors are very strict on hand positions, and symbols have variations.
- Notes:

Additional Material Continued

- Usually this took place and often still does in a one-day or two-day class.
 - To spell out exactly what is or is not taught by every school is not possible.
 - Our goal is to teach as close to the original as possible. We specifically teach Reiki and explain how Reiki might be utilized in our daily life. Our primary focus is on healing one's-self and practical application.
- Notes:

RERI students and alumni community
please refer to our student/alumni community doc

- Website: <https://ReikiEducation.org>
- FB page: <https://www.facebook.com/ReikiEducation/>
- RERI Dollars (earn credits for referrals):
<https://ReikiEducation.org/reri-dollars> (can be applied to programs but not healing sessions)
- Monthly Reiki practice and quarterly spiritual events
- Membership Program:
<https://membership.reikieducation.org>
- Annual Fall Reiki Retreat
- School contact: info@reikieducation.org
- Phone: 704-644-3644

RERI School Policy

- I _____ confirm that Reiki Education and Research Institute provided me a copy of student handbook which contains information on school policy.
- I confirm that I have read Reiki Education and Research Institute student handbook and I accept the terms of the program policy.

Student Name (Print): _____

Signature: _____ Date: _____

Please print this page sign and date it then scan it and email back to us at: info@reikieducation.org

Addendum

- Please note there is an Addendum that should be reviewed as it covers some information not found directly in the class material.
 - Attunements
 - Lineage
 - Bibliography

Class 1

Basic concept of Energy healing

Introduction on attunement

Opening your energy channels

Basic techniques in feeling, sensing and seeing
energy (ki/qi)

Preforming Attunement

What is energy healing?

- The balancing and clearing of the energy of a person to enable proper health and functionality on all levels including the physical, mental, emotional, and spiritual. The spiritual is often left out in most types of energy work in the west with the focus being strictly physically.
- Notes:

Eastern Philosophies

- Ancient teachings often attributed to Eastern Philosophies or cultures but universal to all ancient cultures
 - The concept of Chi (Chinese term for human life force energy) Chi is Ki in Japanese, Prana in Sanskrit
 - It is a key component of overall health.
- Notes:

Balance

- All aspects of our being, needs to be balanced in those philosophies.
 - Take your car, if a tire is out of balance, it causes a vibration that can lead to any number of other issues.
 - If we are balanced, then things operate smoothly.
 - Whether it is our physical body, our relationships, our family, our work environment, the community, the world, imbalance creates problems.
- Notes:

Blocked Areas

- This is how these eastern methods view problems.
 - We often speak of going with the flow. Speaking in terms of a stream if the water becomes blocked and can't flow smoothly a pool of stagnation occurs behind the blockage.
 - Energy is in motion and flowing, if it becomes blocked problems develop.
- Notes:

Types of energy healing

- Massage
 - Qigong
 - Acupuncture
 - Reiki
 - These are some of the oldest dating back thousands of years.
- Notes:

Some benefits of energy healing

- Relaxation
 - Reduced stress
 - Greater ability to focus
 - Greater awareness
 - Reduction in blood pressure
 - Relief from pain
 - Supports body functions on the cellular level
 - And much more
- Notes

How energy healing fits into Western Medicine

- Western medicine is very advanced the treatments and cures available today for various diseases is incredible.
- We do not see energy healing as a replacement for western medical expertise on any level. This must be understood.
- We do see potential for it to complement western medical treatments.
- Remember western medicine addresses symptoms and solutions to resolve those symptoms. Energy work goes to the route of problem.
- Reducing the level of nonfunctioning at the cellular level improves receptivity to treatment and supports it.
- Therefore, western medicine is supported.

• Notes:

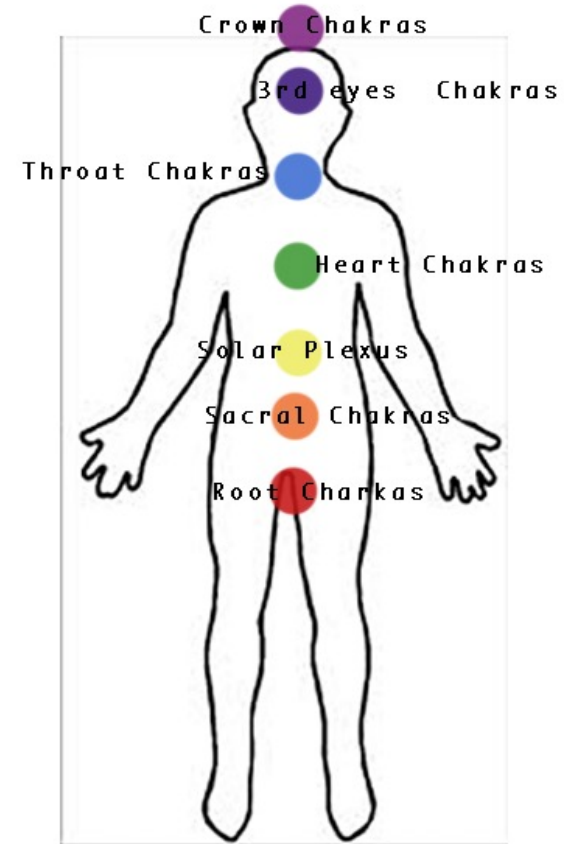
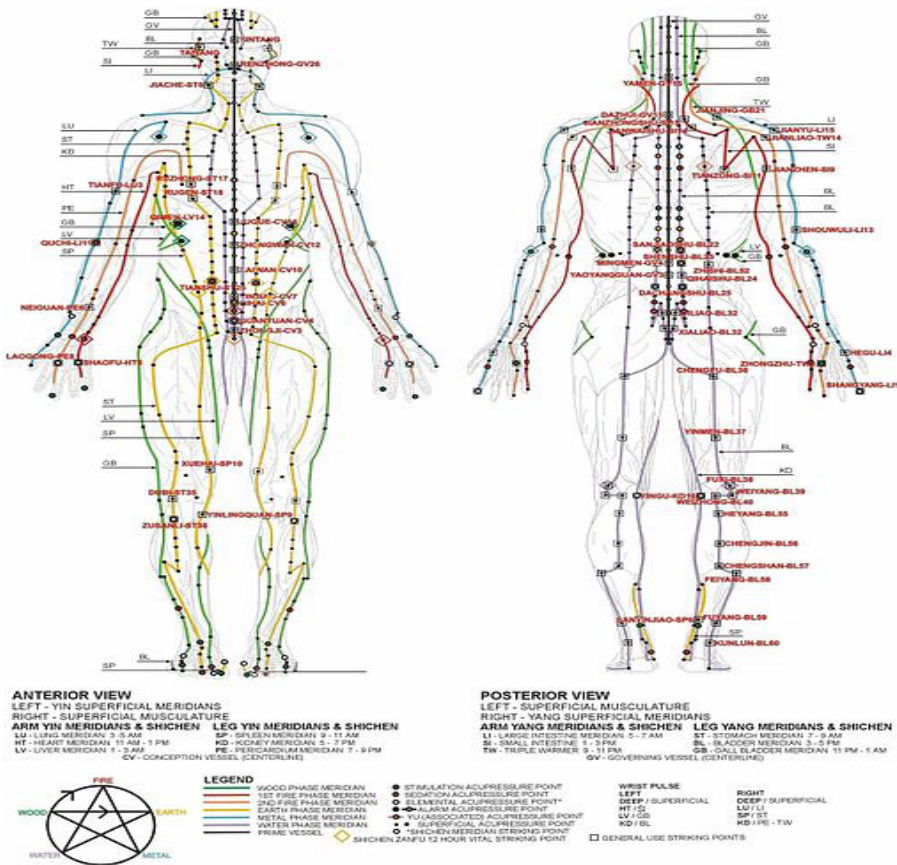
Human Energy System

- Aura is described in different ways. For our purpose we will say it is an egg-shaped energy field that surrounds living things including but not limited to humans.
 - Chakras are often described as energy ports that allow energy into the body and are related to various components of the body.
 - Meridians are described as energy channels in the body like the circulatory system for the blood.
 - These ideas date back to ancient Indian, and Chinese culture and the Hindu and Buddhist religions.
- Notes:

Diagrams

Human body meridians

Free Image obtained from wikimedia.org



Science

- In the west we have for hundreds of years become dependent on science to explain our world and how it works.
 - Information from ancient cultures and their basis for understanding has been looked down upon by the west as not being scientifically proven.
 - If we go back through the history of science and physics, we have seen the theories change and develop over time.
- Notes:

Quantum Physics

- Quantum Physics current theory says that the entire universe is energy.
 - The energy creates or forms into all things we see feel and experience.
 - There is different information associated with the energy of each person and various things giving them their structure.
- Notes:

Energy in Motion

- Science says: Energy is in motion.
 - Think about the stream. The water is in motion and if blocked problems develop.
 - Energy operates the same way except it is not visible to most people.
 - This leads us to thinking about the physical body. If energy is supposed to be moving and becomes blocked it stands to reason scientifically that this is a problem and potentially an underlying factor in disease.
- Notes:

Learning Tools

Learning tools used in class:

- Breathing techniques
- Visualization/Guided imagery
- Sensing energy fields

Notes:

Why do we do this?

Learning Tools

Breathing:

- Proper breathing technique is very important to our overall health and wellbeing. This exercise will help you change your breathing and begin to alter your energy in a positive way.
- Initially just sit comfortably and notice your breathing and the natural in and out of the breath.
- As you become aware of your breathing try to follow the process below.
- Gradually empty your lungs of air by breathing out (exhale) and do so as deeply as possible. Then breathing in through your nose (inhale) breathe deeply into your belly gradually filling yourself up with air until you reach the top like filling a jar with water. A count of 5 on the in breath will help, then build up to a count of 7 or more. The out breath (exhale) can be out through your nose or mouth but at the same speed and duration of the in breath. Repeat this process several times gradually increasing the length of the breath both in and out.
- Practice this exercise a couple of time each day. Over time you will find you breath deeper naturally.

• Notes:

Learning Tools

Guided Imagery:

- These exercises will help you experience the energy and its flow. Energy is all around us and in us, we are energy. You can learn to access more and higher vibrational energy and as a result you are connecting to your higher self and the ultimate source of energy.
- While sitting quietly, close your eyes and clear your mind as if you are now looking at a blank white screen. Picture in your mind a beautiful red rose. Imagine touching, smelling and even tasting it.
- Think now of your home, where you live. What thoughts come to you? Can you picture a room in your home? If so, can you go through it in detail, noticing everything from colors to furnishings.
- Send it love and send it feelings of how much you appreciate it.

- **Notes:**

Learning Tools

Experience your energy field:

- Sit quietly; hold your hands about 6 inches apart. Move them together then apart several times, try to be aware of the feeling of compressing something between them as you do so.
- Hold the tips of your two index fingers about 1 inch from each other and with your eyes slightly out of focus watch the space between them.

- Notes:

Attunement

- It is a combination of things: It is a ceremony because it is a set procedure. It is a healing tool, opening energy channels clearing negative or stuck energy. It is a spiritual experience.
- You will be seated with your hands in gasshô, or prayer position and eyes closed.
- The Reiki Master will start behind you you will feel hands on shoulders then head.
- They will then be in front of you and touching your hands.
- Then behind you again and finally in front for a final blessing.
- The Reiki Master will gently guide your hands at various times.
- There are often experiences that are hard to describe as they are more of a metaphysical or spiritual nature.
- Nothing to fear generally very refreshing.

First Attunement

- Meditation
 - The attunement.
 - When done meditate on experience.
 - Journal any experiences.
- Notes:

Assignments

- Practice exercises in learning tools.
 - Pay attention to process, journal any experiences.
 - Complete personal worksheet.
 - Review all notes from class.
 - Place your hands on your legs and intend the energy to flow, do this for at least 5 minutes.
 - Journal the experience.
- Notes