

Class 3

Self healing process
Self healing using Reiki
Lab work (practice)
Group discussion

Third Attunement

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

Discussion of Assignments

- Experience with exercises
 - The precepts
 - Experience with self Reiki
 - Questions
- Notes:

Self healing

- Why self-healing is critical?
 - We all need to heal and balance on all levels.
 - Healing is an ongoing process/life journey
 - Needs to be done before working on those outside of family.
 - Spend minimum of 5 minutes at each location.
 - Keep it simple to start.
- Notes:

Self healing using Reiki

Crown – T



Third Eye – Brow and back of head



Self-Reiki

Sides



Self-Reiki

Throat



Self-Reiki

Solar Plexus



Self-Reiki

Thighs - E



Self-Reiki

Foot



Foot



Self-Reiki

Back - Kidneys



Practice Reiki on others

- Preparation
 - Keep it to family and close friends.
 - Ethics and respect for others.
 - Be aware there is much to learn, and practice is key.
 - Hand positions shown can be used on back as well.
- Notes

Hand positions

Crown



Side of head



Hand positions

Third eye or brow



Shoulders or Throat



Hand positions

Heart



Solar Plexus



Hand positions

Sacral



Root or Base



Hand position

Knees



Feet



Hand positions

Feet Alternate A



Feet Alternate B



Grounding

- A method of connecting to the earth center energetically.
 - Necessary for functioning on the physical level (too much in your head).
 - Always be sure to ground yourself or anyone else you give Reiki to.
- Notes:

Basic Grounding Methods

- Drink water or eat.
 - Wash your hands.
 - Human physical contact.
 - Deep breathing.
 - Visualization of connection to the earth by a cord which goes to the earth center from the root chakra.
- Notes:

Grounding Another Using Reiki

- Reiki the Sacral Chakra
 - Reiki The Root Chakra
 - Reiki the knees
 - Reiki the feet
 - Make sure a person is grounded after a Reiki session before they leave.
 - Make sure you are grounded.
- Notes:

Practice

- Review and practice with hand positions.
- Journal all experiences.
- Ask questions and be aware!
- Notes:

Assignments

- Review all material.
 - Journal experiences, no matter how insignificant.
 - Continue to practice exercises.
 - Practice self-Reiki.
 - Go easy, keep it simple, at least 5 minutes per location.
- Notes