

Class 7

Lab
Discussion
Program review

Meditation

Apply the “Three Pillars” in your meditation practice

Discussion of assignments

- Experiences
- Questions
- Notes

Reiki Symbols

- Practice drawing symbols in the air, this is primary usage, so important
- Notes:

Mental Emotional Healing Practice

- Preparation - Three Pillars
 - Re-programming
 - Manifesting
- Notes:

Group Distant Healing Practice

- Preparation- Three Pillars
 - Setting the intention for specific person, entity, situation or place
 - Utilize symbols
 - Allow the energy to flow
 - You may or may not join hands, optional
- Notes:

Reiki and You

- Use Reiki every day for self-healing and personal empowerment.
 - Use Reiki in any situation.
 - Apply the Reiki principles.
 - Keep learning and practicing.
 - Get involved in the Reiki community.
 - ENJOY THE JOURNEY!
- Notes:

Further Growth

- Join and take part in the RERI Reiki community (please refer to the Information on RERI Community document for latest info about our community programs and events)
 - The 1st Saturday 9:30-10:30am Meditation and Intention circle
 - Participate in membership events
 - The annual Reiki Retreat
 - Regular spiritual gatherings
 - Consider personal healing sessions
 - Take the next level of Reiki training – The Advanced Level

- Notes

Addendum

Preparation for Reiki Attunement

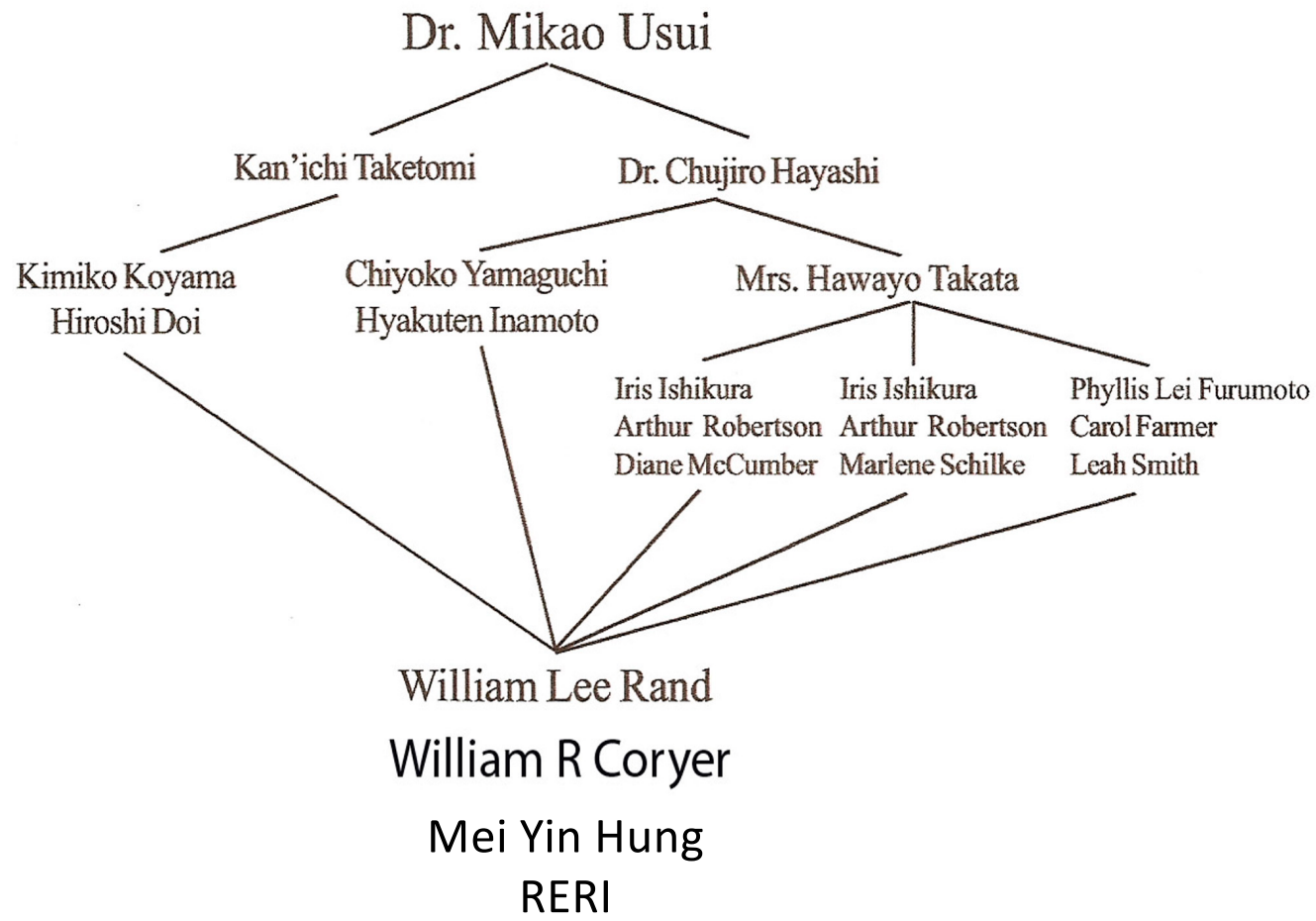
- **Attunement.** These foods often contain drugs in the form of penicillin and
- **female hormones, and toxins in the form of pesticides and heavy metals, that**
- **make your system sluggish and throw it out of balance.**
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- **2. Consider a water or juice fast for one to three days especially if you already**
- **are a vegetarian or have experience with fasting.**
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- **3. Minimize your use of coffee and caffeine drinks or stop completely. They**
- **create imbalances in the nervous and endocrine systems. Use no caffeine**
- **drinks on the day of the attunement.**
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- **4. Use no alcohol for at least three days prior to the attunement.**
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- **5. Minimize or stop using sweets. Eat no chocolate.**
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Preparation for Reiki Attunement

- **6. If you smoke, cut back, and smoke as little as possible on the day of the Attunement.**
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- **7. Meditate for half an hour each day using a style you know or simply spend this time in silence.**
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- **8. Reduce or eliminate time watching TV, listening to the radio, and reading newspapers.**
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- **9. Go for quiet walks, spend time with nature, and get moderate exercise.**
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- **10. Give more attention to the subtle impressions and sensations within and around you; contemplate their meaning.**
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Preparation for Reiki Attunement

- **11. Release all anger, fear, jealousy, hate, worry, etc. Up to the light. Create a**
- **sacred space within and around you.**
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- **12. A Reiki attunement is an initiation into a sacred metaphysical order that has**
- **been present on Earth for thousands of years. By receiving an attunement**
- **you will become part of a group of people who are using Reiki to heal**
- **themselves and each other, and who are working together to heal the Earth.**
- **By becoming part of this group, you will also be receiving help from the**
- **Reiki guides and other spiritual beings who are working toward these goals.**



Bibliography

- Honervogt, Tanmaya, “The Power of Reiki”, 1998
- Steine, Browen and Frans, “The Reiki Sourcebook” 2003
- Hosak, Mark, and Lubeck, Walter, “The Big Book of Reiki Symbols” 2006