



Reiki First Degree Usui Reiki Healing

This course is available for
Everyone & Contains

- **The fundamentals of the Reiki system of healing, its history, effects and benefits**
- **Developing sensitivity and intuition**
- **The Chakras; part of our consciousness, coloured circular energy centres**
- **Aura Scanning – Taught on the DVD**
- **How to give a healing treatment on a chair & on a couch - see the DVD**
- **The basic hand positions for healing yourself, friends, family, pets and plants - see the DVD**
- **Three Spiritual Attunements; Opening an inner pathway to the Reiki Healing Energy**

This course is all about healing yourself, family, friends, pets and plants

The beginning of your wonderful journey starts with three spiritual attunements also known as initiations; they create an open channel for more universal life healing energy to flow through you. Your energy field the aura will change, your third eye will now be open and you may experience life a little brighter. Your dreams may become more vivid with an increased vital energy level. Your crown and heart have been opened, and now a pathway will be established for the flow of energy into your crown, through your heart, and out of your hands. This healing energy is non-denominational and is known as Reiki in Buddhism, The Holy Ghost in Christianity and is called Baraka by Muslim Sufis.

Q) Why do I love this energy?

Because it is from the beyond, beyond our mind, beyond the self - it is from the essential nature of the Divine. Reiki is Purity; it accepts all that allows its presence. Reiki is a living comforting balancing energy never changing in its compassionate intention. It has no belief system apart from wellness. This healing energy is equally available to all faiths

You will learn to call upon its beauty, its loving healing presence at will. It will transform you because it will accept you as you are, it will weave past your conditioning, the illusionary self. You will experience Unconditional Love from a living aspect of Divinity.

Part 1 - The Home Study Course comes with a tutorial CD and a 77 page manual, a Reiki 1st Degree Distant Attunement DVD plus a DVD teaching you how to give Reiki Healing treatments on a couch and on a chair plus aura scanning.

Part 2 – The Workshop. This additional personal training completes this course and includes three Reiki 1st Degree attunements that open your crown, heart and hand chakras for life.

REIKI'S FOUNDER



Dr. Makao Usui

The story begins in Reiki in the mid 1800's with a teacher, Dr. Makao Usui, searching for the ancient healing system used by Christ, Buddha, and all the ancient great healers. His quest enabled his final accomplishment of achieving enlightenment. It was through his inner realizations that he gained the wisdom to help others and developed the Reiki system of healing.

Dr. Usui started by opening a school to teach his spiritual teachings, he also offered individual healing sessions for physical illness and emotional distress.

What is Reiki?

The word Reiki means 'Universal Energy'. Eastern medicine has always recognized and worked with this energy, which flows through all living beings and is vital to the well-being of life. The energy is known as 'ki' in Japan and 'chi' in China, and 'prana' in India. Acupuncture, tai-chi and yoga are also based on the free-flow of this energy in a person.

As a therapy and a personal development tool, Reiki is an effective and simple way of tapping into this energy and activating it for the benefit of the receiver, to stimulate the body's own natural healing potential. Reiki is a complementary non-intrusive method of helping heal a variety of illnesses; physical, emotional and mental.

What can Reiki do for you?

In Reiki, the quality and flow of your own inner healing energy is what determines your physical and emotional health and well being. When you are unwell you are experiencing a block in this natural universal healing energy and that blockage shows itself to you as illness or emotional distress and pain. Most people when receiving Reiki healing report they experience relaxation, a sensation of warmth or coolness and some see colours in their inner third eye.

The Reiki healer acts as a channel for this healing energy like switching on a light switch in a dark room reconnecting you once again, allowing the flow of your own inner healing energy to bring your body, mind and emotions back into balance and harmony, restoring you back into a state of well-being and health.

Giving Reiki Treatments

General

Once you have been attuned to Reiki, you only have to place your hands on someone and the energy will flow automatically. It is important that in the first few weeks after the attunement to give Reiki as much as possible, both to yourself and to others. This helps the energy to flow smoothly through the recently opened energy centres, the chakras within your spiritual body. This will establish a strong channel with the source of Reiki universal life energy.

The Reiki flows automatically to the areas of need. You could say it has its own intelligence of natural balance and knows where to go to a large extent. If you try to force the process by willing the recipient to get better your ego starts to get in the way and there may be a general lessening of the Reiki energy available. You need to connect with the source of Reiki universal life energy in a neutral, relaxed and detached way. The more you can relax your mind, your ego, the stronger the Reiki energy flow will become available to you or your recipient. Remember that you are a channel for the energy and that you are not the source of the healing. This fact explains why treatments do not drain you at all, but actively replenish and invigorate you. It is not your energy that you are dealing with.

Learn to trust in your connection with Reiki

Just trust that Reiki will do the work and let it go where it needs to do. Learn to let go, relax and do nothing except enjoy the experience. How beautiful it is to be supported and loved through letting go in trust and your only action required is to connect with the Reiki universal life energy.

A Full Reiki Treatment

A full Reiki treatment will normally last between forty-five minutes to an hour. Start with the shoulders for about five minutes to balance your energy with your client/recipient and then spend about three to five minutes in each of the hand positions. If you can feel a lot of energy passing through your hands in a particular position then you can hold that position for longer, if you feel it necessary. You will usually find after a while the intensity of the sensation in your hands would decrease when the area has taken as much Reiki as it can for that session.

The best results are obtained when you are calm and relaxed, being one with the energy. If you are giving a treatment while having an animated conversation with someone you will not produce the best results because the energy will not flow so strongly. This is why calming relaxing music is a good idea.

Reiki First Degree Manual Contents

This course is all about healing yourself, family, friends, pets and plants

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21 DAY JOURNAL

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THE REIKI FIRST DEGREE CD & DVD TRACK GUIDE