

REIKI LEVEL 1 COURSE



Welcome to this course, I'm excited to have you here with me to learn about energy healing. This course not only benefits you but can help with healing your family, friends, and pets.

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Introduction:

Welcome!!!

I am so excited to have you here with me. I am a Reiki Master and have studied Shamanism for natural healing. I have incorporated both into my practice of healing the human body both in my home practice and in my Akashic Records Readings.

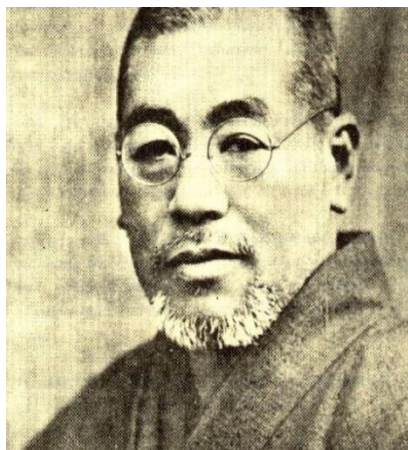
I have designed this course to be short and to the point. It will get you healing yourself and other quickly but you won't be missing anything. I have put into this course what I feel is most important to get you on your healing journey.

What you will learn in this course

In this course you will learn the history of reiki. You will get an Attunement to Reiki so you can practice on you and others who are in need of healing. I'm also going to give you hand placements for you to do a treatment on you and then for others. I will be giving suggestions for prayers as well, as it's very important to keep your energy and not take with you someone else's energy.

The History of Reiki

There was a form of Reiki before the one we use today. It was called Reiki Ryoho, created by Matiji Kawakami in 1914. Matiji Later went on to write a book about it in 1919. With other styles of Reiki to follow.



Mikao Usui was born August 15, 1865 in the village of Taniai in the Yamagata district of Gifu prefecture, which is located near present-day Nagoya, Japan.

He had an avid interest in learning and worked hard at his studies. As he grew older, he traveled to Europe

and China to further his education. His curriculum included medicine, psychology and religion as well as the art of divination, which Asians have long considered to be a worthy skill. Usui Sensei was also a member of the Rei Jyutu Ka, a metaphysical group dedicated to developing psychic abilities. Eventually he became the secretary to Shinpei Goto, head of the department of health and welfare who later became the mayor of Tokyo. As Usui decided to seek out other ways to heal himself and others. He wanted to find a method of healing that was unattached to anyone religion or religious beliefs. By doing so everyone would have access to this healing. As Usui was training in the mastery in Mount Kurgam on his 21st say he experienced something life changing. He saw Sanskrit symbols that helped him develop the system of healing. These symbols are used in different attuments today. With all the knowledge that Usui had acquired, he was able to open a clinic in Tokyo Japan. Dr. Hayashi was credited with further development of using the hands in certain positions for healing. Sensei Usui died March 9, 1926, and his is still present in the teachings of Reiki today.

Reiki has become a worldwide modality that opens the mind and body to a deeper spiritual insight. It heals the internal and external body. Many people experience different things with Reiki healing, Colors,

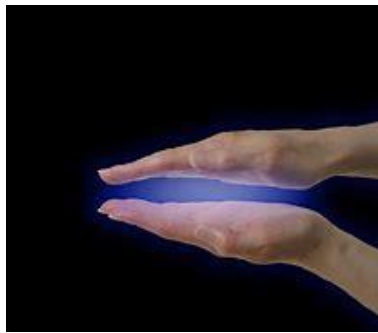
images, sounds, feel the pain of the other person on your physical body. Some are even able to connect with past loved ones. Here are a few things I have used Reiki Healing on clients for.

- ❖Vertigo
 - ❖Migraines
 - ❖Nervousness
 - ❖Pinched Nerve
 - ❖Blood Issues
 - ❖Tooth Aches
 - ❖Flu
 - ❖Sciatica
 - ❖Kidney
 - ❖Swelling
 - ❖The list is endless
- Anxiety
 - Headaches
 - Pulled muscles
 - Acid Reflux
 - Balance Issues
 - Colds
 - Post Surgery (animals)
 - Liver
 - Heart
 - Arthritis

Reiki for those who have never had it feels like an internal massage, very relaxing and comforting. Reiki is very gentle and no physical touch is necessary if the person doesn't want others hands on them. The nice thing about having this Attunement is that you can be use in humans and animals. One thing with Reiki is it does not replace a doctor on any way. It also doesn't heal broken bones, but it can calm someone who has a broken bone. I've done it!!!!

I have headed a kitten from surgery in two days as oppose to the 7-10 days.

How to activate your Reiki:



To activate your reiki all you need to do is rub your hands together keeping your thumb tucked into your hand, and ask for Reiki to please flow. Try it and separate your hands about four to five inches apart and see what you feel. When I was attuned it felt like two very strong magnets, pulling and pushing at the same time, keeping my hands in place. The sensation you can feel with the activation of reiki is tingling hands, heat, and vibrations in my palms.

Opening Prayer

I always say a prayer before I start any session; it helps to



keep your energy yours, and not to take on anyone else's energy during a client's session.

Dear god, angels, archangels, please surround me in pure white light of protection, please allow only love and light to come to me today as I do this healing. Please ground me so that I may be connected to the earth and higher source at all time. I ask that my clients (insert clients name) guides and angels come into this healing to day for my client's protection and highest good. Thank you.

Closing Prayer

For a closing prayer your just going to thank all that came to help you and guide you. Feel free to create what resonate with your heart. This is what I say, Dear God, Angels, Guides and Archangels, thank you for being with me today as I was healing (clients name) thank you for your guidance and trusting me to heal though source energy. Thank you God for all you have provided for me and my client today. Amen

Disconnecting form others

This step is one of the most important things you should be doing; this step leaves anything you attracted for another person in the session. First thing I do is to wash my hands with soap and water, as I'm washing I say" I disconnect for (clients name) Thank You

You can also use crystals or asking just to be grounded for the healing

Chakras

I'm going to explain the 7 chakras on the body for those who haven't heard of them before. This will help you become familiar with where the chakras are located and what their purpose is to the body.



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- Crown Chakra *White
- Third Eye Chakra*Violet
- Throat Chakra*Blue
- Heart Chakra*green
- Solar Plex Chakra*yellow
- Sacral Chakra*Orange
- Root Chakra *Red

This chart below will help you with chakra names and color. The chart below has loads of information for you to use as a reference.

Chakra Chart

Chakra Boosters™ Chakra Chart

Qualities	Root Chakra (masculine)	Sacral Chakra (feminine)	Solar Plexus Chakra (masculine)	Heart Chakra (feminine)	Throat Chakra (masculine)	Brow Chakra (feminine)	Crown Chakra (unified)
Color	Red	Orange	Yellow	Green	Blue	Indigo	Violet/White
Sanskrit Name	Muladhara	Svadhithana	Manipura	Anahata	Vishuddha	Ajna	Sahasrara
Sanskrit Meaning	Root Support	One's Own Place	Lustrous Gem	Unstruck Sound	Purity	Command	1,000-petalled
Location	Base of Tailbone	Pelvis/Sacrum	Solar Plexus	Center of Chest	Throat Center	Brow Center	Crown
Element	Earth	Water	Fire	Air	Sound	Light	Consciousness
Sense	Smell	Taste	Sight	Touch	Hearing	Intuition/"6th Sense"	None
Seed Sound	Lam	Vam	Ram	Yam	Ham	Om	Silence
Food Type	Protein, Meats	Liquids	Carbohydrates	Vegetables	Fruit	Presentation	Fasting
Gemstones	Garnet, Hematite Tourmaline	Coral, Carnelian Moonstone	Topaz, Citrine, Tiger's Eye	Jade, Emerald, Rose Quartz	Soladite, Celestite, Turquoise	Opal, Azurite, Lapiz Lazuli	Diamond, Amethyst, Clear Quartz
Essential Oils	Vetiver, Patchouli Sandalwood	Jasmine, Ylang Ylang, Orange Blossom	Ginger, Cardamom, Peppermint	Thyme, Rosemary, Eucalyptus	Clove, Tea Tree, Blue Chamomile	Juniper, Melissa, Clary Sage	Lavender, Helichrysum, Frankincense
Main Focus	Physical Existence	Emotions & Intimacy	Power & Identity	Love & Connection	Authentic Expression & Life Purpose	Clear Perspective & Psychic Abilities	Connection to Spirit & Wisdom
Basic Right	To Be	To Feel	To Act	To Love	To Express	To Perceive	To Know
Basic Need	Safety	Variety	Significance	To Love & Be Loved	Express Truth	Connection with Higher Self	Oneness with the Divine
Positive Qualities	Stability, Vitality, Loyalty, Prosperity, Patience, Tenacity, Career Success	Joy, Creativity, Adaptability, Sensuality, Fertility, Emotional Range, Sexuality	Power, Confidence, Charisma, Will, Humor, Leadership, Clarity	Love, Trust, Healing, Gratitude, Compassion, Connection, Forgiveness	Truth, Purpose, Expression, Artistry, Virtue, Mastery, Communication	Vision, Intuition, Dreams, Insight, Perception, Equanimity, Clairvoyance	Unity, Wisdom, Awareness, Intelligence, Understanding, Miracles, Bliss
Signs of Imbalance (Overactive and Underactive)	Bowel, Blood or Bone Disorders, Obesity, Anorexia, Anxiety, Spaciness, Financial Problems, Chronic Fear, Materialism, Instability	Genital, Sexual or Fertility Issues, Hip or Sacroiliac Problems, Fear of Intimacy, Rigidity, Bladder Issues, Dehydration	Digestion Issues, Kidney or Liver Problems, Timidity, Rage, Diabetes, Ulcers, Bullying, Chronic Fatigue, Low Self-Esteem	Asthma, Apnea, Heart or Lung Problems, Breast Cancer, Allergies, Immune Disorders, Anti-Social Behavior, Thymus Issues	Thyroid or Hearing Problems, Teeth or Gum Issues, Lying, Tonsillitis, Stiff Neck, TMJ, Tourette's, Lack of Purpose, Stuttering, Mute	Vision Problems, Migraines, Nightmares, Bi-polar, Sleep Disorders, Sinus Issues, Hallucinations, Lack of Intuition	Alzheimer's, Confusion, Spaciness, Mental Illness, Over Intellectualism, Depression, Apathy, Stroke, Parkinson's Disease
Affirmations	I am grounded, safe, and secure. I make a good living doing what I love. I am stable, strong and healthy.	I am creative, and adaptable. I love intimacy, sex and all of life's pleasures. I am playful and emotionally open.	I can do anything I set my mind to. I am powerful and I use my power wisely. I think clearly and laugh often.	I am loving and lovable. I am compassionate and forgive easily. I am a source of healing in the world.	I know my truth and I share it. I am driven by my deepest purpose. I am a great communicator and I listen well.	I am intuitive and follow my inner guidance. I always see the big picture. I avidly follow my dreams.	I am intelligent and aware. I am one with everything. I am a source of the Divine and I live in the now.

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Reiki Chakra Balance

The chakra balance is an easy way to get your chakra into alignment and have them balanced. To have your chakra balance brings clarity to your life, it brings about a sense of peace to your body. It lifts any negativity from your body.

To do a chakra balance you first make yourself comfortable, this is easy to do on yourself sitting in a chair. To do it on a client a chair or lying down is best. Next say your opening prayer, and then rub your hands together to activate your reiki.

Next you're going to place one hand on your crown chakra located at the top of your head (this hand will stay on your crown chakra for the length of the chakra balance) the other hand on your third eye, located just slightly up from the centre of your eyebrows, you're going to keep our hand on your third eye till it feels cold or your intuition tells you, you can move on to the next chakra.

Next you're going to move from your third eye to your throat chakra. The throat chakra is located in the

center of your neck, place you're had there till it goes cool or you're guided to move.

Next it's onto your heart chakra, it's located at the center of your chest where your heart is, place your hand here till it is cool or your guided to move on.

The Next chakra is the solar plex chakra, its located two fingers above your bellybutton. Place your hand there till it goes cool or you're guided to move.

The next chakra is your sacral chakra, located just below your belly button. Place your hand here till it is cool or your guided to move it.

Last is the root chakra, its located at the base of your tailbone, but can be reached by just hovering over the crotch area (not touching)

That's the chakra balance. If you are guided to go to another place on your body or the clients please go. There's a reason you're guided there. Make sure you say your closing prayer and if with a client disconnect from their energy.

Self -Treatment hand positions

For self-treatment it's just about the same as working on a client except you want to make sure you're comfortable. If you need to lie down please do so, you can use a pillow under your arms for support or lay to the side so your arms don't tire. To start say the opening prayer, activate our Reiki by rubbing your hands together. To do a full body self-treatment you start at the eyes. Place both palms of your hands over your eye and just relax, once it goes cool or your guided to move go to the crown of your head. You can stay as long as you feel you need to. Next is the back of the head, you can wrap your hands to the base of the skull, and just take in the heat and sensations. After the head is finished you can move to the neck and chest area, if you have issues speaking your truth the throat is a good spot to stay a little bit longer. This will help to feel a sense of coming into you as well as strength and empowerment. The chest area is a great spot to go to next, if you're are prone to illness in your chest or lungs this can help as well as be a preventative measure. After your done this area you can either ask your guides where you need to go next

or you can continue down the body, from chest, arms to stomach, back, hips, groin, legs, and finish at the

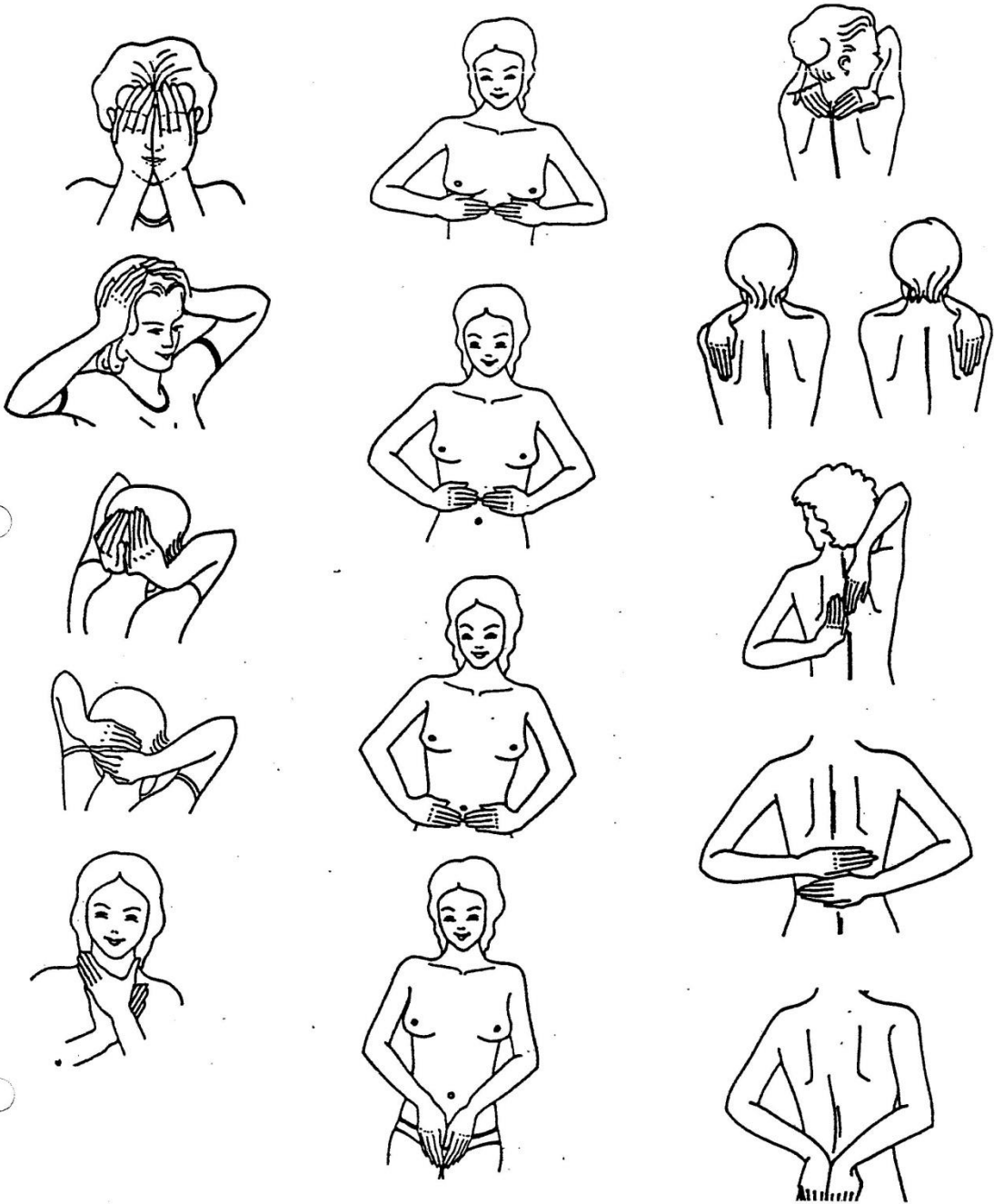
feet. If you are lying on your back and your relaxed but you want to treat your back area you can place your hands over the front of you directly above where your back is hurting. Just set the intention for Reiki to please flow to the back. This can be done for any area

That's difficult to reach, Reiki has no limitations so just say where you want it to go and it will.

I have put a diagram below to help you with hand placements if needed, but honestly just do what is comfortable for you.

Self-Treatment Hand Chart

SELF TREATMENT HAND POSITIONS

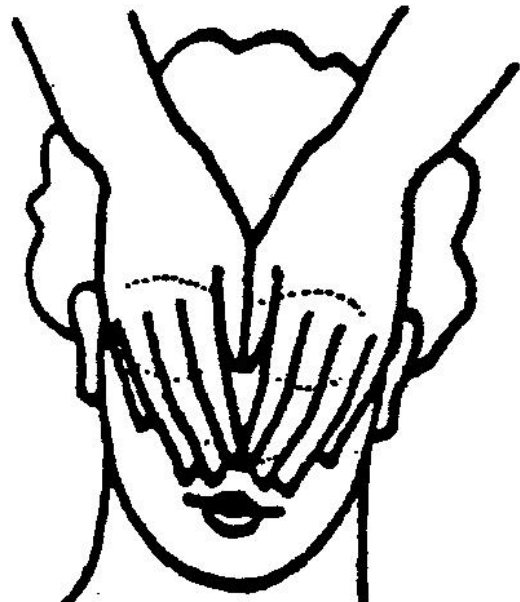


Full Body Treatment

When you go to do Reiki on a client for the first time it's important to remember to say your opening prayer and ask for grounding. This is crucial or you could end up feeling sick or uneasy for the client's energy. It's also a good idea to talk with your client for a few minutes to see what issues they are having, that way you can make sure you treat that area specifically.

For the full treatment have the client lay down either on the couch, floor or massage table. Next say your opening prayer, rub your hands together then the activation of your Reiki, and ask for Reiki to please flow. Now you're set.

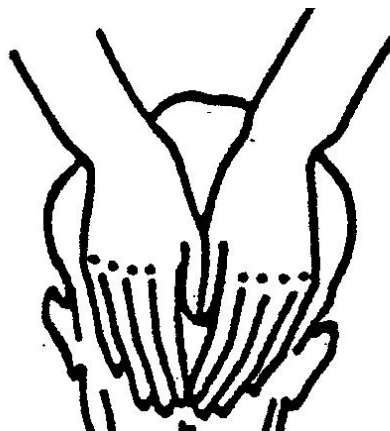
First you're going to start at the eyes, cover the palms of your hands over the eyes. Make sure the client is able to breath; it gets quite warm under your hands. Once your hands go cool, you can move to the crown of the head. Or you can ask for guidance to see where to go next.



For moving your hands on a client you're going to move one at a time to ensure you stay connected to the client, if possible. The top of the head usually take the most amount of time because so many people have so much going on, over thinking things, PTSD, Stress.



Sometimes if you know the client and you know that they are suffering with these illnesses than maybe one session for just the head is better suited for the client. Once at the head just relax and tune into the client, if it goes cool then move on to the next spot or ask Source to see if your guided just to move the slightest bit, sometime I will get a small ingle to the left or right on me to indicate where to put my hands. You may also get that you need to go back after you just finished, that's



ok too, do as your guided for the client.

Next is the back of the head. You're going to move one hand at a time just lifting the clients head ever so slightly to put your hand under the skull. This picture is reversed, but you're going to make sure your pinky fingers are together. Allow your hands to stay there till it goes cool or your guided to move forward.

The throat area is next. This area is important too because it allows the person to feel free to speak the truth. With this one if you can support your elbows it's good to do so, as it gets tiring to hold your arms up for long lengths of time. The chest will follow the throat area and has the same hand positions just moved down by the collar bone.

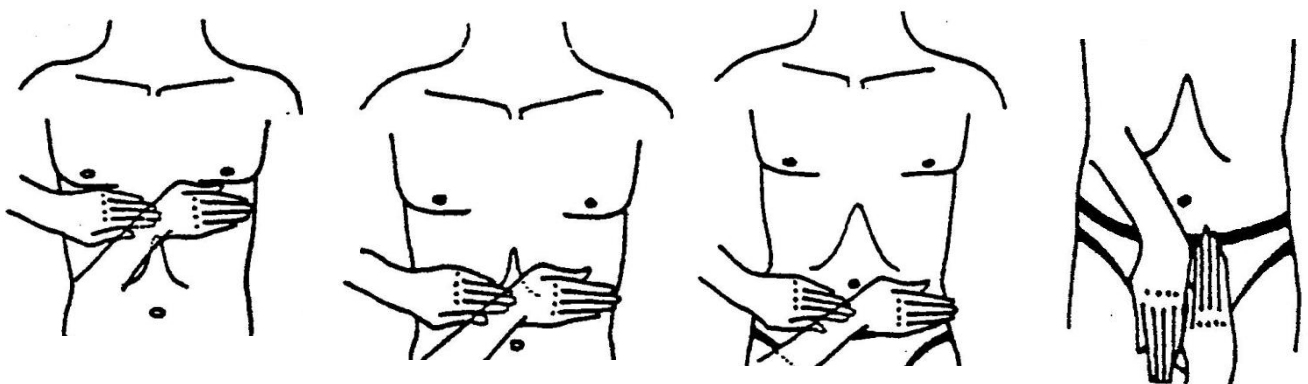


Once your hands go cool or you're guided to move on you can put your hands across the chest. You don't have to touch the person if they are



comfortable with it. I usually place my hands in a row, but you can do it have ever you'd like.

Remember if they the client has back issues you can ask the Reiki to flow to the back while you're going down the front of the body. Continue sown the front of the body, you can move a hand width at a time till you reach the crotch area. You can move from the side of the body where the ribs are to the spleen and liver area. It's all guided so you can just ask if you need to go to another area on the client. The hand positions are just for a reference for you to get you going. You can alter it however you're like and what works for you and your client. Here are three pictures below for you.

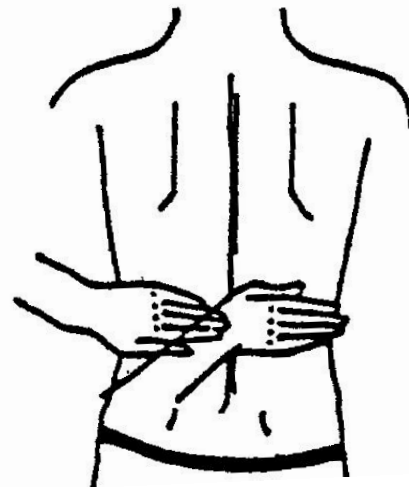
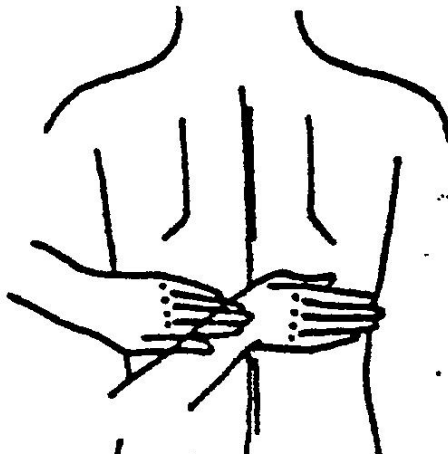
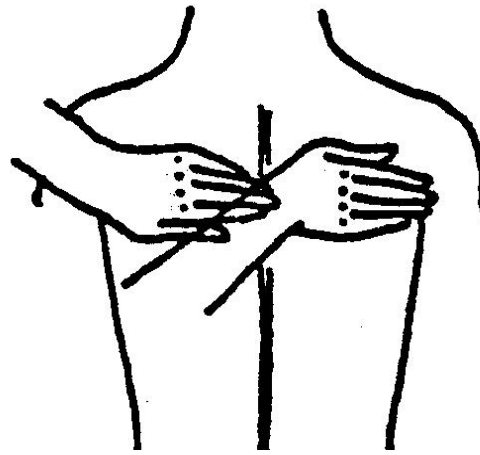
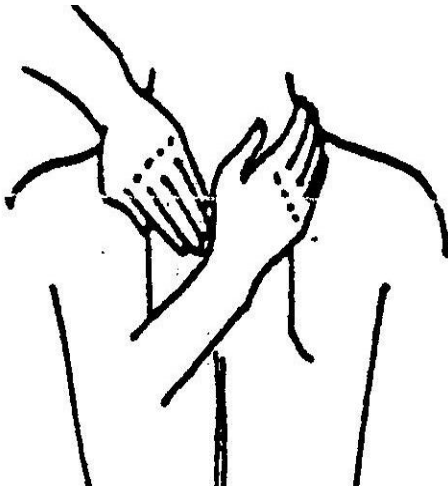


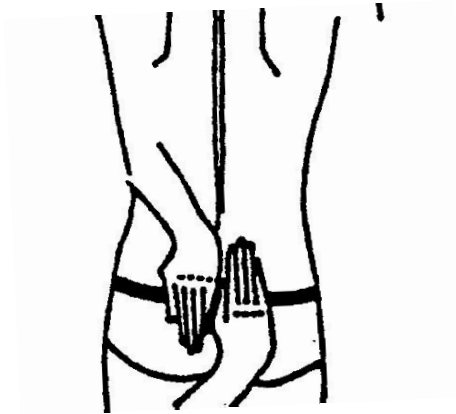
The hand positions for the crotch can be done this way or with them the same at the hand position above.

Once I'm done with the upper body I then go to the legs. I start at the knee are on one leg and cup my hands around the leg. This ensures that I'm getting everything. Usually the legs are where people feel most of the weight of walking and misalignment. People neglect their lower body because to them it's not important. It's very important to address all that's going on with the client. Cup your hands around the knee and work your way down the leg in this manner. Until you get the ankle. Head over to the other leg and repeat the process. Ask for guidance on where to go just so you didn't miss anything. Once you're guided to be done, go to the bottom of the feet. Most of the healing and energies leave through the feet to be grounded. You're going to place your hands on the sole of the client's feet and just allow the energy to leave. You will feel your hands go cool when it's finished.

The next step is to say your closing prayer and wash your hands to disconnect for the client.

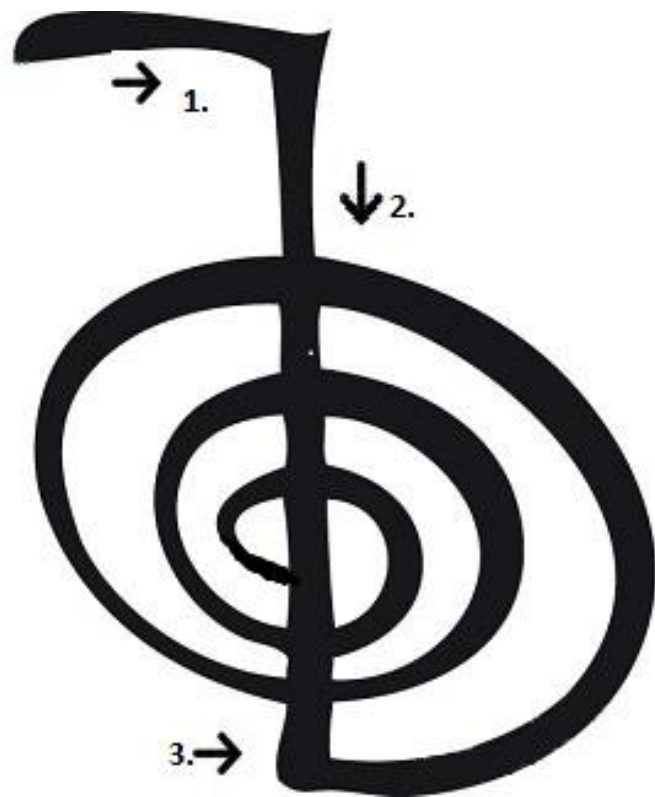
I am including images for the back just in case you feel the client is going to receive the best healing available through you by having the client sit and just focus on the back area.





Power Symbol

The power symbol allows you to intensify your Reiki. You



draw the symbol on your hand and say the words three times, while waving your fingers (straight hand to fingers bent at a 45). As you lay your hands on yourself or a client you can draw the symbol in your mind and just say the words. You can do this as many times as you like in a session. The words associated with this-

symbol are Cho-Ku-Rei, Pronounced (Cho-Ku-Ray)

Attunement

I will guide you through the whole process of being attuned so no need to worry! I got you.

Please email me and I will attune you over email, live video, or through voice recording. This will be starting June 24, 2019

reikihealing11@hotmail.com

That's a wrap for level one. Congratulations on your victory. I hope this modality will serve you and your family well. Love and Light

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Sincerely Sheri C MBSA©

