

# Reiki I

## Course Outline

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2-Day Workshop

### Day 1

- Class Overview
- What is Reiki?
- History of Reiki
- The three degrees of Reiki
- Principles of Reiki
- Chakras
  - Guided meditation
- Attunement process
- **First Attunement**
  - Share attunement experience with class
- Post-attunement hands-on experience
  - Permission/energetic fields
  - Clearing a space/room
  
- 30-minute break
  
- How Reiki affects
  - Aura
  - Chakras
  - Polarity
  - Meridians
- Guided meditation
- Giving yourself a Reiki treatment
  - Hand positions
- **Second Attunement**
  - Share attunement experience with class

### Day 2

- Review/discussion
- Guided meditation
- **Third Attunement**
  - Share attunement experience with class

- Guidelines for Reiki healing sessions
- Permission and free will
- Reiki for Plants, animals, and inanimate objects
- Hand positions for treating others with Reiki
  - Touch/no-touch
  - Seated positions
  - Table positions
  
- 30-minute Break
  
- Practice session with partner
- Practice session, group
- Using Reiki for specific purposes
- **Fourth attunement**
  - Share attunement experience with class
- Concluding remarks
  - Goals
  - Practice
  - Follow-up
- Presentation of Reiki I Certificates

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Notes:

- Wear comfortable clothing to class.
- It is recommended that you consider eating high-vibrational foods and drinking plenty of good water a day or two prior to the class. Refraining from nicotine and alcohol prior to and between class sessions is encouraged.
- You may want to bring a blanket and/or a pillow to the class sessions. But these are not required.
- Eat a good breakfast and lunch before class. Healthy snacks and water/herbal teas will be available, but you may wish to bring your own, as well.
- At the end of the second day, you are Reiki Level 1. Your attunement to Reiki energy is permanent.

***Congratulations for giving yourself, and the world,  
such a wonderful gift!***