

Reiki – Shoden Level I



This course teaches you the art of self-healing.

No pre-requisites required.

REIKI is an energy healing modality that originated in Japan.

The word Reiki means:

Rei – Universal

Ki – life force energy

Shoden is the Japanese word for ‘first teaching’.

Reiki Shoden Level I teaches you to tap into the universal energy to promote healing in yourself and others.

Self-healing is the focus of Shoden level, where you will learn the basic fundamentals of Reiki. A wonderful by-product of completing Level I, is personal awareness, spiritual growth and self-healing techniques.

Traditional Japanese Reiki methods are taught and practised to build on this energetic knowledge, so as to aid your own self-healing process, bringing balance and harmony into your everyday life.

Three (3) traditional Japanese attunements (energy blessings) will be given to assist with clearing the body's meridians (energy channels). You will experience a mental, emotional, physical and spiritual detox and awakening, as the body adjusts to the energetic change with each attunement. After completing Shoden Level you will be able to perform Reiki on yourself, your family, friends, pets and even plants.

Reiki Shoden Level I training includes:

- The history of Reiki & Lineage
- The Principles of Reiki
- How to connect to your original energy (hara)
- How to treat Yourself through self-healing techniques
- How to give a Reiki treatment to family, friends, pets and even plants
- Learn about the 7 major Chakras, their purpose and why it's important to keep them healthy
- How to use Reiki meditations to enhance your energy
- Becoming initiated into the system of Reiki with three (3) Japanese attunements
- Understanding the 21 day cleansing process
- The Reiki Contra-indications
- Additional handouts will be offered to support your journey.

The course is over a 3 week period – 3 – 3.5 hours per week. Attendance is required for all classes.

Well-being and Soulful Investment - \$355

On course completion, each student will receive a Reiki Level I manual and Certificate