

## Reiki 1

*This course will be taught by Alison Byrne, Reiki Master with 17 years' healing experience. Alison has recently been a guest on RTE 1, Near FM, and a weekly slot on Newstalk FM.*

You will be initiated into Reiki 1, the ancient art of healing. You will learn how to use Reiki personally. Each week will include supervised practice time. Reiki can be learnt by anyone – no previous experience is required.

You will explore what healing is, and learn about the Chakra System. You will also discover how we get blocks in our energy field which can lead to diseases and illnesses; and how to remove these blocks and stay healthy.

A certificate will be issued at the close of the course.

<b>Week 1</b>	Introduction to healing	History of Reiki.	Reiki Principles
<b>Week 2</b>	Reiki 1 Initiation	21 Day Cleansing	Strengthening & protecting your aura
<b>Week 3</b>	Reiki hand positions – self	Chakra 1	Feeling energy Refining energy
<b>Week 4</b>	Reiki hand positions – others	Chakra 2	Ultra Violet Flame
<b>Week 5</b>	Reiki Practice	Chakra 3	Grounding
<b>Week 6</b>	Reiki Practice	Chakra 4	Cleansing auras, rooms.
<b>Week 7</b>	Reiki Practice	Chakra 5	Why do we get sick? Self Care
<b>Week 8</b>	Reiki Practice	Chakra 6	Why don't healings always <i>work</i> ?
<b>Week 9</b>	Reiki Practice	Chakra 7	Body Symbology
<b>Week 10</b>	Reiki Practice	Meditation	Conclusion, where from here?