

Reiki 1
10 Week Course Outline

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| Week 1 | History of Reiki Reiki Principles Feeling energy Channelling energy Self -healing |
| Week 2 | Aura Combing Scanning auras Body Symbology Clearing Energy Healing in pairs |
| Week 3 | Initiations Full Reiki Healing Session 21 Day Cleansing |
| Week 4 | Chakras Chakra 1 Grounding Healing in pairs/self-healing |
| Week 5 | Chakra 2 When not to use Reiki Healing Relay Healing in pairs/self-healing |
| Week 6 | Chakra 3 Other uses of Reiki Clients' reactions Healing in pairs/self-healing |
| Week 7 | Chakra 4 Chakra Breathing Giving/receiving balance Healing in pairs/Self Healing |
| Week 8 | Chakra 5 Responsibility for your own health Reiki Levels Responsibility for your client's progress Why don't healings always <i>appear</i> to work? Healing in pairs/self-healing |
| Week 9 | Chakra 6 Working professionally Living in the present Working in 3's or more Healing in pairs/self-healing |
| Week 10 | Chakra 7 Course recap Blocking energy Healing in pairs/self-healing |