

CREATIVE HOLISTIC INTEGRATION CHI) **USUI REIKI TRAINING WORKSHOPS**

The following series of workshops is a comprehensive energy healing program based on the Usui Reiki system integrating CHI Wholeness practices.

The emphasis is self-care leading to care of others.

Please bring a journal to take notes and to keep track of your own healing journey.

REIKI 1: BEGINNER - SELF-HEALING (9 -12 class hours + 21-day self-healing program)

- Introduction to energy healing and the Usui Reiki system;
- Difference between healing and curing;
- Reiki Principles + Take home assignment
- Visualization for connecting, grounding & centering and gathering energy;
- The Chakra System;
- Basic Reiki Self-Healing techniques;
- Reiki 1 Attunement;
- Self -Healing practice
- 21-Day Self-Healing practice and journaling at home.
- Weekly 30-minute phone consult with teacher.
- Possible healing crises and what to do;
- Reference handouts on paper/CD or e-mail attachment.
- Bring own journal for notes /reflections

REIKI 2: INTERMEDIATE - SELF-HEALING WITH REIKI SYMBOLS (9-12 class hours + 21-day self-healing program)

- Quick review of Reiki 1 self-healing experience.
- Introduction to symbols
- The 3 Reiki healing symbols and their uses.
- Meditating with Symbols
- Self-Healing with Symbols
- Empowering Intentions
- Healing the Past
- Generational Healing
- Healing Relationships
- Healing habits and patterns
- 21-Day Self-Healing practice and journaling at home.
- Weekly 30-minute phone consult with teacher.
- Reference handouts on paper/CD or e-mail attachment.
- Bring own journal for notes /reflections

REIKI 3A: ADVANCED PRACTITIONER TRAINING – HEALING SELF & HELPING OTHERS(Approx. 12 hours + 21-day self-healing program + mentored practicum.)

- Quick review of healing symbols and self-healing practice experience since Reiki 2.
- Master Symbol: Introduction, attunement & uses
- Vibrational Moving Meditations (for fulfilling life purpose and releasing blockages)
- Supporting the healing of others with Reiki: Demo & Practice
- Transforming Blockages / Patterns and integrating/embodying changes (adaption of "Reiki Surgery")
- Channeling Reiki through Crystals (bring your own crystals)
- Continuous Distant Healing with Crystal Grid
- Hosting a Reiki Healing Circle: Experiencing and organizing.
- Documenting treatments .

REIKI 3B: ADVANCED LEVEL: PRACTICING PROFESSIONAL TRAINING (8 hours)

- Creating your professional Reiki Practice.
- Code of Ethics and Informed Consent
- Managing your business: accounting, legal issues.
- Holistic approach to branding and advertising.
- Creating a logo: meditative visualization technique
- Professional organizations & continuing education
- Internship: 40 self-treatments, 20 treatments to others; 10 treatments from others.

REIKI MASTER: TEACHING & ATTUNING OTHERS (Create own schedule)

You will create your own individualized training schedule supervised by your teacher/mentor.

With your registration please submit:

1. A written statement on why you want to become a Reiki Master, expressing your purpose and intention for embarking on this deeply healing and transformational journey.
2. Documentation of minimum 50 self-treatments, 30 treatments you have facilitated with others (a good balance of in-person and distant), 10 Reiki treatments you have received through others (in-person and long distance). Documentation and submission formats will be given at the Reiki Advanced Professional Facilitator class.
3. In-person Reiki class:
 - a) Review of documented case work
 - b) Review of symbols and experience
 - c) What it means to be a Reiki Master
 - d) Introduction to the attunement process
 - e) Reiki Master Attunement
 - f) Giving attunements: Demonstration & Practice
4. Mentored Practicum: In-person or distant consultations
 - a) Develop your own curriculum & teaching skills to serve your students (Eg: Adults, Children, Teens, Animal owners / communicators / veterinarians, healthcare professionals, cancer patients, hospice care workers etc)
 - b) Limited Certification (Without seal & number)
 - c) Organize and teach Reiki Self-Healing classes (Reiki 1 & 2) – Supervised by Reiki Master & evaluated by students.
 - d) Organize and teach Reiki Advanced Facilitator, Professional & Master classes. (Reiki 3 and Master.) Supervised by Reiki Master & evaluated by students.
 - e) Mentoring as needed for a 3-year period until fully certified (with seal and number). Consultations on request, as needed.