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First Degree Reiki Practitioner and Attunement Course Outline

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Intro – Heal Yourself and Others

- What Is Reiki?
- Degrees of Reiki
- What Happens During a Reiki Session?

Reiki Experiences

- What your healing partner experiences
- My first Reiki session – a firsthand healing partner experience
- Releasing Expectation

Energy Healing Basics

- How Reiki Works
- The Principle of Entrainment
- Energy Anatomy: Auras, Chakras, and Meridians

History of Reiki

- Reiki Before It Came to the West
- Dr. Mikao Usui
- Dr. Chujiro Hayashi
- Madam Hawayo Takata
- Reiki Lineage

The Reiki Path

- 5 Principles of Reiki
- Your Path to Reiki

What to Expect

- What You May Experience During Attunement
- What You May Notice After Attunement
- 21-Day Detoxification Process

Self-Care

- Meditation
- Body, Mind, and Spirit
- Self-Treatment

Channeling Reiki for Others

- Treatment Environment
- Preparing to Channel
- New Client Intake
- Beginning a Session

- During the Session
- 13 Hand Positions
- After the Session
- Conducting an Intuitive Session
- Reiki Quick Session
- Advanced Techniques
- Cautions
- Hand Position Practice

Reiki in Your Daily Life

First Degree Reiki Attunements

Reiki Channeling Practice Session