

Reiki Weekend Course Level 1

Reiki is a wonderful healing method and that synchronizes with your journey through life. Experiencing Reiki can bring comfort and healing at various times in life, for one purpose or another.

This course will enable people to embark on their own personal journey of self-development – to seek peace and harmony, ultimately to bring their own holistic healing techniques to increase physical, emotional, mental and spiritual well-being. The practice of Reiki will bring a more positive outlook, enhancing everyday life.

Sharing his extensive experience, the Deaf Reiki Teacher/Master will demonstrate the positive impact Reiki can have on the lives of deaf people and the difference it can make. The teaching is not just limited to deaf people; the Reiki Master will ensure that individuals - whether deaf or hearing - will benefit from this amazing healing process through examples.

This is a beginner's course aimed at introducing Reiki and the advantages of practice. Participants will learn and progress at their own natural pace, allowing ample time to appreciate this holistic approach to healing. For those considering qualified Practitioner status, further levels will need to be undertaken.

Mainstream course providers offer Level 1 and 2 courses in quick succession leaving inadequate time to explore, reflect and develop the art of Reiki, leading to confusion or malpractice. Reiki brings enlightenment, the learning of which should be embraced and respected, not rushed and performed without care. This unique experience for deaf people contains new found concepts and jargon presented in British Sign Language (BSL), enhancing the learning process even more.

Programme:

Day 1

- Introduction, including basic meditation practice, provided in BSL
- The history of Reiki
- The Reiki Principles
- Exploration of Reiki Principles
- Nature of Energy
- Cleansing your human energy field
- Receive two attunement rituals to open chakras to Reiki energy
- Practical model - hand positions on yourself and others

Day 2

- A further two attunement rituals to open chakras to Reiki, completing the process as a healer
- Introduction to basic chakras and how to use Reiki
- 21 days cleansing
- Discussion of ethics and guidance, including case studies for treatment
- Sharing, question and answer session

Assessment & Further Practice:

You will be expected to complete a set of case studies (10 treatments in all) in the following months, before receiving your Reiki 1 certificate.

A Reiki share group will be established for student practice of which incurs an additional attendance fee.