

Usui Reiki I

Course Syllabus

Theory Modules

- Basic Anatomy & Physiology
- History of Reiki
- Story of Dr. Usui
- The Chakra System
- The 5 Principles of Reiki
- 21 Day Clearing Process
- The Healing Setting
- Self Treatment
- Treating Others
- Treating Animals & Plants
- Treating Food & Drink
- Introduction to Crystals

Practical Modules

- 4 Reiki I Attunements
- 2 Reiju Empowerments
- Hatsu Rei Ho Technique
- Grounding Exercises
- Channeling Earth Energy
- Meditations
- Self Treatment
- Balancing Chakras
- Treating Others
- Crystals in Treatment