



REIKI CERTIFICATION CLASS OUTLINES – LEVELS I, II, and III



Reiki Level I – Beginner (1st Degree Practitioner)

Using the power of intention and Universal Life Force Energy, you will learn how to connect with your body, mind and spirit to clear away energetic blocks. Reiki Level I teaches you how to energetically balance yourself and others at the physical level. Level I also provides the necessary foundation should you wish to continue forward and earn the Intermediate and Master levels of certification.

During this class you will earn your Level I attunement, certificate, and mastery of the following topics:

- Origins, myths/misconceptions, principles and precepts of Reiki
- The Chakra System (the body's energy centers) and how to detect imbalances
- Traditional and nontraditional hand positions
- How to provide Reiki treatments for healing of self and others
- The many benefits and uses of Reiki
- The sacred Reiki Power Symbol for physical healing

REQUIRED CLASS PREP: You must bring a pendulum for online classes. You can find pendulums in local metaphysical shops or on Amazon. (A pendulum is provided for in-person classes.)



Reiki Level II – Intermediate (2nd Degree Practitioner)

This class is designed for certified Reiki Level I healers who are ready to take their practice to the next level. Reiki Level II teaches you how to energetically balance yourself and others at the emotional/mental level as well as distance healing. Level II also provides the necessary training should you wish to continue forward and earn the Master level certification.

During this class you will earn your Level II attunement, certificate, and mastery of the following topics:

- Emotional/Mental strengths & blocks at each chakra energy center
- Root causes for blockages at key areas around the body
- The Emotional/Mental Healing Symbol
- The Reiki Distance Healing Symbol
- How to send healing into the past, present and future

REQUIRED CLASS PREP: A minimum of three (3) Reiki healing sessions completed prior to the class. Reflection questions meant to serve as ‘practitioner session notes’ will be provided to you upon enrollment. These session notes do not need to be submitted, but rather are designed to enhance your practice and prepare you to share your practitioner experiences in class.

Reiki Level III – Master (3rd Degree Practitioner)

This class is designed for certified Reiki Level II healers who are ready to take their practice to the Master level. Reiki Level III teaches you how to energetically balance yourself and others at the Spiritual and Karmic level. Level III also enhances the connection between practitioner and universal energies to the Reiki Master Level.

During this class you will earn your Level III attunement, certificate, and mastery of the following topics:

- Spiritual strengths & blocks at each chakra energy center
- Spiritual life lessons, remedies, and attributes associated with each chakra center
- Higher Spiritual Chakras 8-12
- The Usui Master Symbol (traditional and modern)
- Intuiting causes of blocks
- How to pass attunements to others

REQUIRED CLASS PREP: A minimum of five (5) Reiki healing sessions prior to the class. Reflection questions meant to serve as ‘practitioner session notes’ will be provided to you upon enrollment. These session notes do not need to be submitted, but rather are designed to enhance your practice and prepare you to share your practitioner experiences in class.