

The background of the cover features a light-colored wooden surface. In the top-left and bottom-left corners, there are clusters of dried, brown leaves. In the bottom-right corner, a portion of a grey textured notebook and a gold-colored pen are visible. A large, semi-transparent white rectangle is centered on the page, containing the text.

WORKBOOK

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*Kundalini
Reiki 1*

Certification Course

CREATED BY ALLIE PRATT



Welcome! My name is Allie Pratt and I am honored to embark on this journey to self mastery with you. I am an Energy Master Healer and Teacher with certifications in Kundalini, Usui, and Holy Fire Energy Healing. My BSBA degree is from Central Michigan University.

I remember sitting in my corporate job feeling completely soul-less. I had the money, the husband, the friends, the status, the success, the college degree and credentials. I accumulated sky miles, was wined and dined by vendors, got to travel...this was supposed to be my best life right?! Wrong. It was far from it. I was extremely overworked, had severe anxiety, and felt trapped in my body. I was completely disconnected from myself. And realized that I had followed what society told me I should become, not what my soul was here to become.

After multiple failed infertility treatments, my husband and I were told we couldn't have kids. 10 days later, we conceived. And it was the happiest day of my life. I tell you this because my first child saved my life. The moment I found out I was pregnant, I knew that I did not want to be a sad mom. I wanted to be able to guide this child into living a happy and abundant life. How could I do that when I wasn't living a happy and abundant life?

Long story short, I began my personal development journey in November of 2015. Over the last 6 years, I have invested countless hours and money into coaches, self help books, and certification programs from Tony Robbins, Master Co, Dr. Joe Dispenza, Shanell Lerner, LeeAnn Lily, and Kourtnei King (who became one of my best friends), just to name a few.

I have tried it all from breathwork, to pranic healing, to life coaching, to hypnotherapy, to sound therapy, to quantum healing, to acupuncture, to kinesiology. All amazing healing modalities. They all have one common denominator. Universal love. Kundalini Reiki is the most powerful form of universal love I have stumbled upon, that taught me self-healing first. Sure it is great to go to a guru or healer, but then what? I found out quickly that I was putting my power in others to heal me. I will tell you from experience, this is an incredibly expensive and unempowered approach. **YOU ARE YOUR OWN HEALER** (yes I am screaming this from the mountain tops).

I purposely sampled Traditional Usui, Holy Fire Usui and Kundalini Reiki programs to determine which I most resonated with. Kundalini Reiki was the most transformational, as I began witnessing changes in my life quickly. I noticed I was more confident, clearer in my purpose, and developed a burning desire to heal myself so I could help other people. I also noticed body changes, such as my moon cycles regulating, my thyroid balancing out, and my mindset starting to shift from survival to serving my mission.

I first brought my mission into the world by hosting yoga classes. While my clients were in savasana, I would perform 1:1 Kundalini Reiki Healings. I then transitioned full time into energy healing & now treat my clients over Zoom. The results have been astronomical!

My intention for this course is to teach you how to peel back the layers to who you truly are so you can master your mind, body, soul. Once you step into your mastery, you align with the highest version of you, consciously creating a life you love, serving your mission.

As you increase your vibration, you are increasing every person, every being, and every thing around you.

All my Love,
Allie

CERTIFICATION FORWARD

Throughout this journey, I will be introducing you to the first certification of the entire suite of Kundalini Reiki teachings, brought through by Mr Ole Gabrielson.

Certification Breakdown is as such:

- Reiki 1 - Self Healing & Attunement (YOU ARE HERE)
- Reiki 2 - Healing Others Distance and In Person & Attunement
- Reiki 3 - Teaching Others & Master Level Attunement

One advantage to these Kundalini Reiki practices is that they can be completed within 5 - 10 minutes! At the conclusion of all three certifications, you will become a Kundalini Reiki Master Teacher and you will be able to teach the Kundalini Reiki healing system to others as you feel guided.

In addition to all this, as a Kundalini Reiki Master, you are given the opportunity to receive a very sophisticated set of Advanced Kundalini Healing energies from me, which will expand your Kundalini channel significantly, to help share these beautiful teachings to all you are here to teach.

I am very excited that you have chosen to begin your Kundalini Reiki journey with me and I hope these energies bring much love & light into you, your loved ones, and the world.



JOIN OUR TELEGRAM GROUP

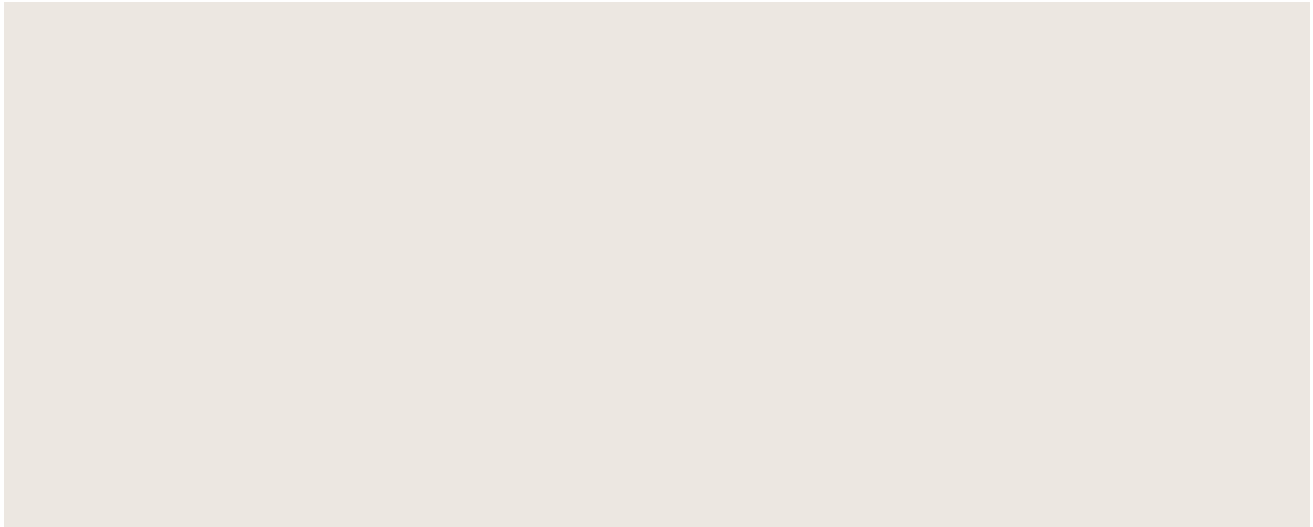
This is a community of healers that you can network with, set shared intentions with, and build community with. This is also where you can post any questions you have throughout the course. Please allow 72 hours prior to a response from me.

Thank you!

[JOIN HERE](#)

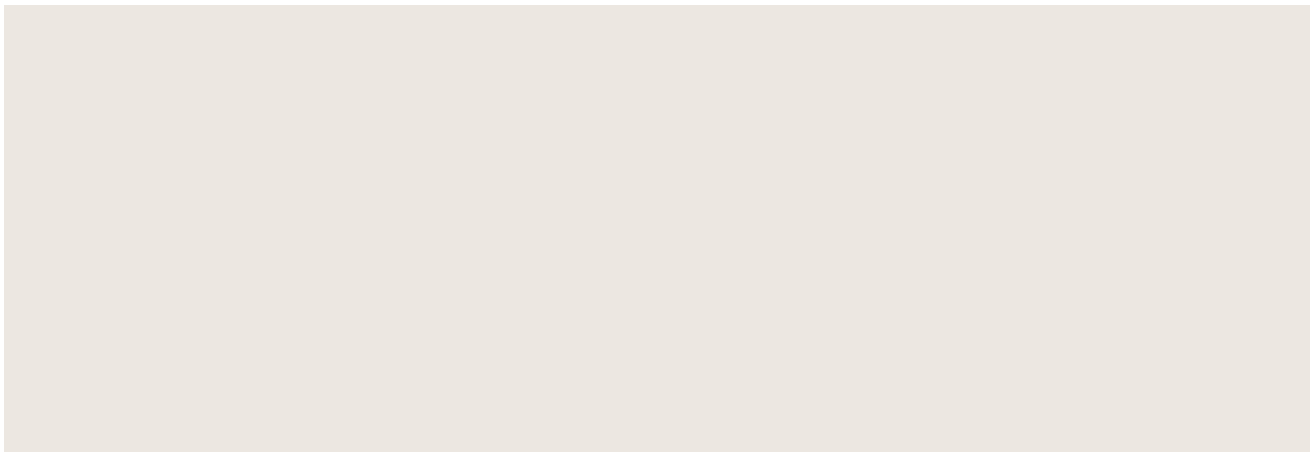
GLOSSARY

If you hear a word you do not know, please write it down here and let me know in our Telegram group. I will create a glossary with definitions [HERE](#). Thank you!



QUESTIONS

If you run into any questions along the way, drop them in our Telegram Group [HERE](#).



WELCOME

- WATCH THE **WELCOME** VIDEO
- SUBMIT HOMEWORK

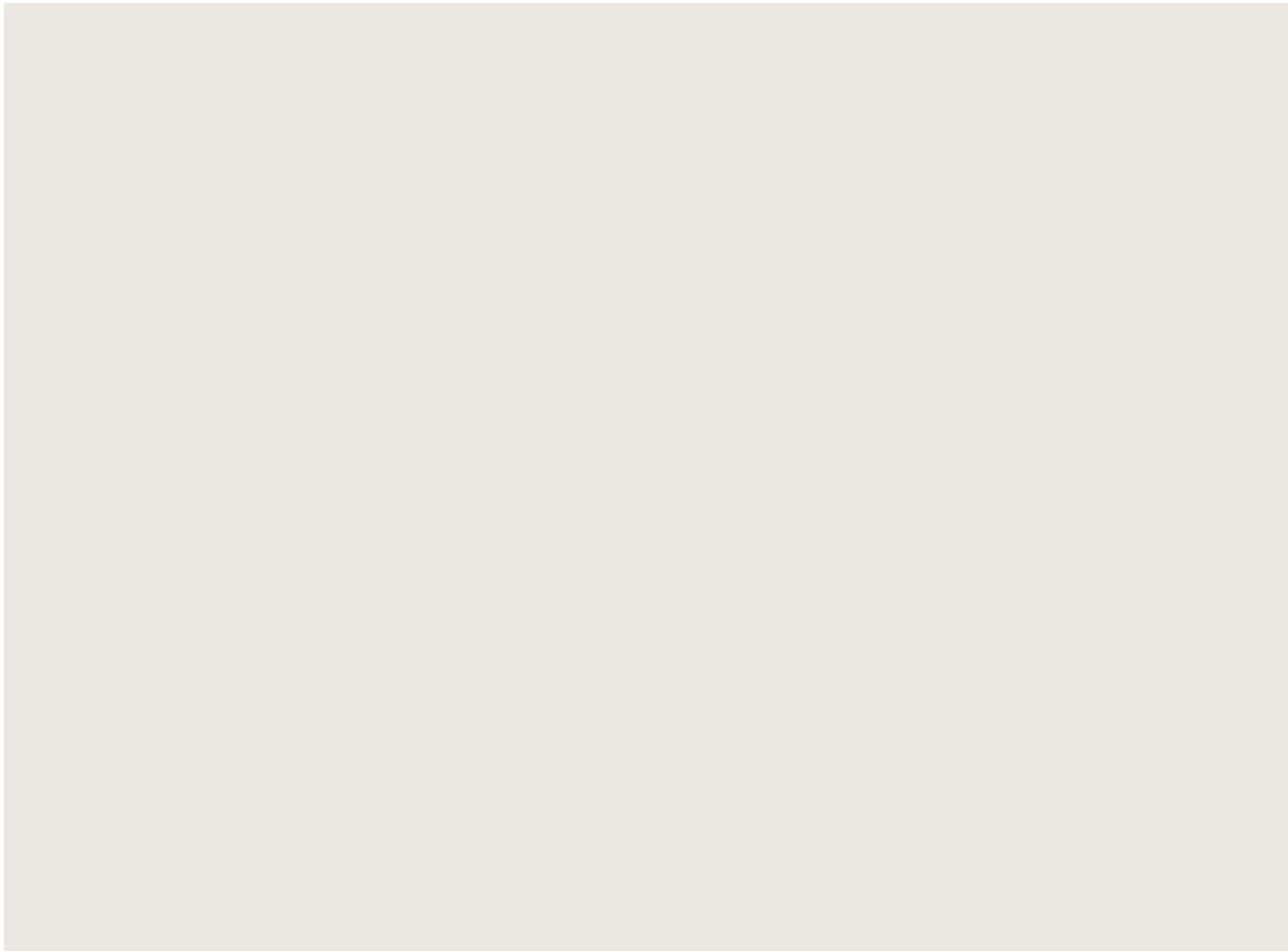


*it is your time to peel
back the layers to who
to truly are.*

WELCOME VIDEO NOTES



*MY INTENTION WITH THIS COURSE IS TO TEACH YOU HOW TO PEEL BACK THE LAYERS
TO WHO YOU TRULY ARE SO YOU CAN MASTER YOUR MIND, BODY, SOUL, & LIFE..*



UNCONDITIONAL LOVE

List 1-3 people you love without condition. No matter what they do, you will show them affection and forgiveness.

CREATE YOUR SACRED SPACE

check-list

I have my favorite items listed here ([CLICK HERE](#))

- Fire Element - Candle & Holder, Incense & Holder, Palo Santo & Stand, or Sage & Bowl
- Earth Element - Rocks, Stones, or Crystals you are drawn to
- Air Element - Feather, Feather Pen, Dream Catcher, or Macrame
- Water - Waterfall , Diffuser, or Water Bottle
- Pendulum
- **Optional Items:**
- Journal
- Other Crystals
- Dream Board
- Artwork
- Memorabilia
- Music & Headphones - [CLICK HERE for the music I use to raise my vibration](#)
- Fill Spray Bottle with Salt Water or Purchase Florida Smudge Water

click
here!

[SUBMIT HOMEWORK](#)

REIKI FULFILLED COMPLETION AGREEMENT

I, _____ (your name), agree to make a commitment to myself and to my future that I will complete the Kundalini Reiki Certification on or before _____ (date 12 to 16 weeks recommended).

I also agree to complete the homework, pop quizzes, attunement and final exam to help integrate the teachings into my daily life. I understand submission of all the above are required prior to obtaining my Physical Certification. I set the following intention for this course _____

I agree to reach out to my teacher and colleagues within the Master Circle if I am feeling stuck or discouraged, and I promise not to let anything get in the way of my intention, whether it be personal, financial, business and soul related goals.

Lastly, I agree to remember that I am fucking unstoppable when I show up for myself and align my energy each & every day through meditation and self-healing.

Signature:

Date:

