

Reiki Practitioner Certification

Usui Reiki Level 1 & 2
Lecture 1



Reiki Level 1 & 2 Objectives

Upon completing this training, you will:

- Understand what Reiki is and how Energy Healing works
- Know the Origins of Reiki and the System of Reiki
- Be a channel for Reiki (Universal Life Force Energy)
- Be able to channel Reiki through your body and breath, to yourself and others
- Be able to channel Reiki across time and space
- Know how to work with the first 3 Reiki Symbols

Disclaimer

The statements in this course have not been evaluated by the FDA are not intended to diagnose, treat, cure, or prevent disease.

The information and techniques in this course do not constitute medical advice.

You should always seek medical advice from a qualified doctor in the case of illness.

While all suggested practices are offered in good faith, the author (Timmie Horvath) cannot accept responsibility for any illness arising out of the failure of the student/individual to seek medical advice from a qualified medical doctor.

About Your Instructor



Timmie Horvath, E-RYT, FIS

Reiki & Energy Healing Master
Teacher

Certified Aromatherapist

Certified Aromatherapy Teacher

Certified HHP & Educator

Owner of The Sacred Wellness School
of Healing Arts

Reiki Teacher Since 2015

LPN, Yoga Teacher, Fitness
Professional, Health Coach

Reiki Level 1, Part 1



What is Reiki?

“Rei”

Universal, Omnipotent, Omnipresent, Omniscient

“Ki”

Life Force, Prana, Chi, Qi

Usui Reiki

The method of channeling Universal Life Force Energy as taught by Dr. Mikao Usui*

*Mikao Usui was given an honorary doctorate and honoured by the Emperor of his time due to his contribution to Japan through his work with Reiki

Benefits of Reiki

Deep relaxation
Increased sense of peace and calm
Mental clarity
Pain management
Clears and balances the chakras
Heals and strengthens the aura
Increases psychic senses
Provides energetic protection
Aids mediumship and Shamanic work

...and many more!

Usui Reiki

- Founded by Mikao Usui in the late 1920s
- Originated in Japan, the practice migrated to the US (Hawaii) through Madam Takata
- From Hawaii, the practice of Reiki grew and flourished all over the world
- Usui Shiki Ryoho = The Usui System of Natural Healing
- Currently one of the most well-known Energy Healing practices and is practiced in almost every country
- There are now countless forms of Reiki, with Usui Reiki being the most common. If it's not specified, one can assume that the style of Reiki being practiced is Usui

How Energy Healing Works

Vibrational resonance

“Like attracts like”

A person or object's energy will shift in response to the energy it is exposed to

You are **NOT** a victim of others' energy!

Intention is the key

How Energy Healing Works

“I cannot heal you anymore than I can digest your food.”

“A healer is someone who was sick, and got better; A great healer is someone who was really sick, and got better.”

David Gordon,

Founder of Quantum Touch

Chi Ball Exercise

- Rub palms together
- Slowly separate hands, bringing hands towards and away from each other as trying to pull apart taffy
- Visualize a ball of energy forming between palms
- Grow to preferred size; move your hand around the ball, feeling it's shape

Practice: Chi Ball Exercise



How Reiki Works

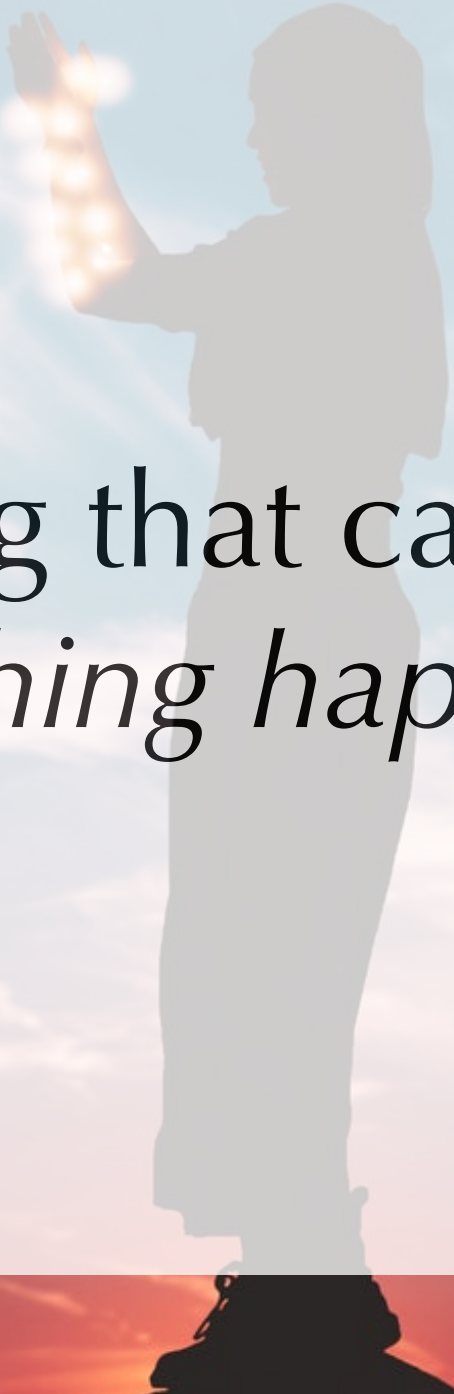
Reiki is of the highest vibrational frequency

Reiki is Divinely Guided and Intelligent

Reiki can do no harm, nor can it be manipulated

Reiki goes where it needs to go

How Reiki Works

A silhouette of a person standing on a dark, rocky outcrop, performing a Reiki hand position. The person's right hand is held palm up, and a series of glowing, golden-yellow spheres of light are shown emanating from it, floating in the air. The background is a bright, hazy sky with soft clouds, suggesting a sunrise or sunset. The overall scene is framed by a white rectangular area.

The worst thing that can happen is that
nothing happens!

How Reiki Works

- It's never a choice, i.e., "Should I do Reiki or _____?"
- Take all of the healing you can! This is TRUE holistic health
- Reiki will not adversely affect any medication or treatment; if anything, people have found that it helps alleviate side-effects
- Cross Cancer Institute Reiki Research Study
- ReikiScience by Torsten Lange

How Reiki Works

- Be extremely wary of working with people who have schizophrenia, major clinical depression, any major mental disorder; or any mild to moderate mental disorder that is not well-managed
- There is evidence that suggest that bringing people with mental illness into altered states of consciousness may cause more harm than good
- Reiki is not the problem; it is the process of bringing them into a meditative state which can be problematic
- Again, Reiki can do no harm, **but use your discretion**

Where You Can Find Reiki

- Reiki is offered at independent wellness clinics, wellness & beauty spas, massage studios, yoga studios, chiropractic clinics, and counselling practices
- Reiki is also offered to patients in hospital and residents at long-term care (some local examples: Cross Cancer Institute, Stollery, Pilgrim's Hospice, Edmonton General)
- Reiki is taught by independent Master Teachers and also in colleges (Mt. Royal University, University of Saskatchewan Nursing Program, MacEwan University, Eveline Charles Academy's Esthetics Program)

The System of Usui Reiki

Level 1

Hands-on Healing for Self & Others; No Symbols

Level 2

3 Symbols: CKR, SHK, HSZSN; Distance Healing

Level 3 (Master Teacher)

The Master Symbol: DKM; How to Attune Others;
Advanced Techniques (Psychic Surgery, Chakra
Balancing, & more)

Reiki Attunements

- A Reiki attunement is a ritual performed by a Reiki Master signifying the student's decision to connect to Reiki
- The attunement is purely energetic in nature, i.e., it works on the subtle level. Neither physical distance nor time will affect your ability to receive an attunement, nor anyone's ability to pass an attunement
- There are as many different Reiki attunement rituals as there are Reiki Masters
- **Your intention is the key**
- There is typically 1 attunement per level; some schools do 4 attunements per level depending on their style of training. The effect is the same

Reiki Attunements

- Attunements do not “expire”, nor do they “fade” over time. Once you’ve received a Reiki attunement to that Level, you never need another
- You may choose to receive multiple attunements throughout your life for your own learning, but it’s not necessary
- Once you are attuned to Reiki, you are instantly able to channel Reiki through your body and breath
- Reiki cannot cause harm. You are able to safely and effectively channel Reiki to others ***after your Level 1 attunement***

How to Channel Reiki

- Set the intention to connect to Reiki. In your mind, state “Reiki on” or “Reiki flow” or “Reiki”
- As you inhale, visualize Reiki flowing in through your Crown Chakra and gathering at your Heart Chakra
- As you exhale, feel Reiki flowing out through your palms
- You can also channel Reiki through your feet, breath, gaze, or aura
- Reiki will flow spontaneously at the need for healing

Breathing Through the Palms

- As you inhale, visualize Reiki drawing in through your Crown Chakra and gathering at your Heart Chakra
- As you exhale, feel Reiki flowing from your Heart Chakra and out through your Palm Chakras
- Inhale, draw Reiki in
- Exhale, feel Reiki pulsing out through your palms

Reiki Level 1 Attunement



