

# Reiki Workshops

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Reiki is a simple, natural and safe method of self-improvement and healing that everyone can use. The recommended way of being introduced to Reiki is by learning in person from a teacher that has the proper level of training and lineage. The ability to channel and use Reiki in fact is passed on to the student through an attunement process, which basically is a transfer of energy between the teacher and the students, hence the importance of choosing a credible and reliable teacher.

Another thing to consider is that Reiki has evolved a lot through time, and some of the techniques that are taught today, even though they remain under the name Reiki, have been simplified, stripped of some of the original components or sometimes altered in order to create slightly different versions of Reiki.

The system of Reiki (traditional Japanese Reiki Usui Ryoho - at today the closest to the original teachings of the founder Mikao Usui) is founded on five main elements (or components) that work together to produce a complete spiritual teaching that is accessible to everyone. Each element supports the other and complements and strengthens the gaps in the Reiki practitioner. The five elements (or building blocks) of the Reiki system are:

- Traditional Meditations/Techniques
- Reju and Attunements
- Hands-On Healing
- Reiki Precepts
- Reiki Symbols and Mantras

These elements are the foundation of the traditional Japanese practice of Reiki, which original purpose was to promote peace and harmony within the self, hence offering a path for personal growth and self-healing.

The system currently used to teach Reiki is divided in levels and each level focus on different components and techniques to build up, complement and strengthen the practitioner's energetic connection.

## **Reiki Level 1**

### **Shoden (First Degree or Initiation)**

The main purpose is to learn to sense Ki, cultivate Ki and use this knowledge to ground and heal self and others. This level develops the connection/bridge between the physical and emotional planes through the physical healing.

The first Reiki Level is the non-professional practitioner level.

The elements of the Reiki system taught and discussed in Level 1 are:

- Reiki Meditations and breathing techniques (appropriate to this level) to teach the student how to develop his/her connection with the energy and for centering and grounding
- Hands-On-Healing on self and others for the purpose of healing
- Reiki Precepts as guidelines to live a happier and healthier life
- Reiju/Attunements (given by the teacher) to develop the student's energetic connection.

Benefits for a student of Level 1 (Shoden) include:

- Getting a clear understanding of energy work
- Understanding the system of Reiki
- Learning principles, meditations and techniques to apply in the everyday life
- Experiencing emotional and physical release and learning to relax
- Feeling stronger and more comfortable within himself/herself
- Learning how to help others (family and friends) using Reiki hands-on healing.

Material Provided

- Reiki Level 1 (Shoden) manual
- Reiki Level 1 certification and lineage
- Post course support

Prerequisites: none

Reiki Level One (2 days workshop): \$ 400 / per person

To check the dates and locations of the incoming Reiki Level 1 Workshops please visit  
<http://emeraldine.net/events/>

## **Reiki Level 2 Okuden (Inner Teachings)**

The purpose is to learn extra tools and techniques to strengthen a practitioner's knowledge and connection with Ki. It supports the connection between the emotional and mental planes to bring self awareness and self realization.

The second Reiki Level is the professional practitioner level.

The elements of the Reiki system taught and discussed in Level 2 are:

- Reiki Meditations and techniques to generate more energy
- Reiki Symbols and Mantras to teach the student focusing Ki and 'becoming' the appropriate energies
- Reiju/Attunements (given by the teacher) to develop the student's energetic connection.

Benefits for a student of Level 2 (Okuden) include:

- Understanding the connection to people, places, nature and events in the world around (we are all one!)
- Finding balance in everyday life and experience the sensation of being grounded in any situation
- Progressing deeper along the spiritual path
- Expanding the knowledge about the system of Reiki and how all the components work together
- Beginning to help others professionally.

Material Provided

- Reiki Level 2 (Okuden) manual
- Reiki Level 2 certification and lineage
- Post course support

Prerequisites: Reiki Level One (preferably traditional Japanese Reiki Usui Ryoho)

Reiki Level Two (2 days workshop): \$ 450 / per person

To check the dates and locations of the incoming Reiki Level 2 Workshops please visit  
<http://emeraldine.net/events/>

## **Reiki Level 3 Shinpiden (Mystery Teachings)**

This is what Western Reiki calls Master level. This level works on connecting the mental and spiritual plane. The purpose is to focus on furthering personal development and the passing of the system of Reiki on to others.

The Master Level is required to teach and initiate others into Reiki.

In the Master Level the meaning and purpose of each element is integrated at a deeper level, with emphasis on:

- Reiki Meditations and techniques to advance deeper into personal spirituality
- Reiki Symbols and Mantras
- Reiju/Attunements given by the teacher as well as learning how to perform them on others.

Benefits for a student of Master Level (Shinpiden) include:

- Experiencing a deeper connection with others and with the world around
- Gaining a deep sense of tranquillity
- Learning how “to be in the Reiki energy”
- Getting the certification required to teach and initiate others into Reiki.

Material Provided

- Reiki Level 3 (Shinpiden) manual
- Reiki Level 3 certification and lineage
- Post course support
- Additional support to prepare for teaching others (optional)

Prerequisites: Reiki Level Two (traditional Japanese Reiki Usui Ryoho)

Reiki Level Three (3 days workshop): \$ 1100 / per person

To check the dates and locations of the incoming Reiki Level 3 Workshops please visit  
<http://emeraldine.net/events/>