

# Welcome

Welcome to the Reiki First Degree (or Level I) course. This workshop brings you into the healing tradition of Reiki, which is a gentle but powerful energy that also offers personal support and guidance. Over this course you will explore the history of Reiki, its journey to the West and how it has evolved over the decades. You will also learn how to bring Reiki energy into your everyday life to assist you in maintaining balance and energy. Further to that, if you continue to open yourself to this energy then personal change can happen in many ways, as the Reiki energy can be a guide and support.

A central element of the first degree course is the four Reiki attunements that you will receive. These attunements are initiations to attune your chakras to the frequency of this energy. This means that the energy will always be available to you when you open to it - it will never fail you. Therefore, with very little effort you can experience the comforts and healing that Reiki can provide.

Reiki energy is the universal life force and will complement any other healing modalities that you already use or may study in the future. Through working with the energy you will learn how it feels to experience Reiki throughout your body and how it affects your state of being. Reiki energy can also act as a guide to increase your higher senses, which can be used both in the context of healing, or in making important decisions about your life.

Becoming a healer is also a journey of self-discovery through discovering your own style of healing. You may also be challenged to remove personal blockages so as to become a clearer and stronger channel for the energy. It is simply a matter of choice that you make as to how much you make Reiki part of your life. Let the journey begin.

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With Love and Light

**Andrew Quinn**

Reiki Master – Healer & Teacher

# Course Schedule

## Day One

- Welcome and introductions
- What is Reiki? Your Reiki lineage. Reiki history.
- The five principles of Reiki.
- Your first Reiki attunement.

Break

- The three pillars of Reiki.
- Chakras: definition and chakra charts.
- The function of each of the seven major chakras
- Your second Reiki attunement

Break

- Practical considerations for healing
- The Reiki healing affirmation
- Self-healing positions
- Giving yourself a 30 minute self-healing

## Day Two

- Sharing of experiences from the previous day or evening
- Using Reiki in your everyday life and personal journey/development
- Techniques for increasing/improving energy
- Reiki for animals and children
- Your third Reiki attunement

Break

- The treatment methods of Dr. Usui, Dr Hayashi and Mrs Takata
- Your fourth Reiki attunement

Break

- Completing a short Reiki treatment on each other
- Continuing your Reiki journey