

# Usui Reiki Certification

## Level I: Reiki for Self-Care

[As Scheduled or By Appointment]

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### Overview

Reiki is a 100 year-old Japanese energetic practice that utilizes the same life-force energy or Qi, that acupuncture activates, to promote healing within the body. Reiki is an extremely gentle and relaxing practice that can address physical, mental, emotional and spiritual body symptoms. In this introduction to Reiki you will learn about the origins of Reiki, become attuned as a Level I practitioner, and have the chance to practice in a safe, energetically sound, supportive and fun atmosphere. Kirem's unique approach to teaching Level I includes how to channel Reiki as a transformational self-care tool, increase intuition and to energetically protect yourself and your family. The workshop will include heart-based exploration of the topic surrounding self-care on the Empathic path.

### Objectives

This class provides:

- Live demonstration and instruction
- Attunement ceremony and placement of Reiki symbols within your aura
- Step-by-step guidance to begin a Reiki self-care practice
- Usui Reiki Level I certificate upon satisfactory evaluation
- Opportunities to work with the same group at future classes and Reiki gatherings for ongoing practice

### Requirements

There are no pre-requisites for taking this class. At least four registered students are required in order for a group class to proceed as scheduled.

### Evaluation

The course is Pass/Fail. Students will be quizzed on reading material in class and must pass in order to receive their certificate.

### Materials

Please bring with you to class:

- Notebook
- Pen
- Please dress comfortably for Reiki practice

### Required Text

*The Essence of Reiki 1 Practitioner Manual* by Adele & Garry Malone  
<https://amzn.to/2KkWfnD>

Reading page assignments will be provided to students after registration

### Cost

\$175 per person | \$150 subscribers  
*Empath Almanac* subscribers save 10%

### Private or Group Classes

Individuals or partners may schedule a private class anytime M-F. Four or more students may reserve a class M-F and on weekends.

### Admission to the *Golden Cranes*

Upon course completion, you are eligible to join a private society of Reiki practitioners who have been attuned through the Usui lineage at Peach & Crane.