COURSE CONTENT – REIKI LEVEL 1

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|  | Read | Complete | Submit | Practise | Done in group  |
| Welcome Message |  |  |  |  |  |
| Agreement |  |  |  |  |  |
| Course Content |  |  |  |  |  |
|  THEORY PART | This part must be completed before the group session, except for Hand Positions. |
| Personal Motivation |  |  |  |  |  |
| The history of Reiki |  |  |  |  |  |
| Reiki levels 1 to 21 |  |  |  |  |  |
| The Master’s Lineage |  |  |  |  |  |
| The Original Reiki Principles |  |  |  |  |  |
| The Principles explained… |  |  |  |  |  |
| What is an attunement? |  |  |  |  |  |
| Ethics and good practice |  |  |  |  |  |
| Hand Positions \* This is to be practised after the group session |  |  |  |  |  |
| PRATICAL PART | This section will be completed as part of the group session. |
| Receiving the attunement |  |  |  |  |  |
| Practising the intention |  |  |  |  |  |
| Practising transmitting energy |  |  |  |  |  |
| Practising a treatment in groups |  |  |  |  |  |
| Receiving your certificate |  |  |  |  |  |
| Completion criteria | There is no examination for Reiki Level 1! All the theoretical components have to be completed, and you must participate in the entire group session in order to receive your certificate. |