

Reiki 1st Degree Description

- Duration time of course 15 hours (over 2 consecutive days)
- Introduction to and history of Reiki
- 4 Attunements to activate the Reiki energy
- Understanding the Spiritual side of Reiki
- Introduction to the Chakra system
- Reiki Precepts (Gokai)
- Basic anatomy
- How to perform a treatment
- Couch positions
- Chair positions
- Hands on practise
- Self-healing techniques
- The intent to heal and activating the Reiki energy
- The Hidden Elements
- Further ways to use Reiki.

This course complies with the following standards:

- Core Curriculum (CC)
- Qualifications Credit Framework (QCF)
- National Occupational Standards (NOS)
- Code of Conduct set out by the FHT
- The Complementary and Natural Healthcare Council (CNHC).

On this degree course you **will** receive 4 Attunements. These Attunements are focused mainly on opening up the physical body so that it can accept and channel greater quantities of the Universal life-force energy. The first 3 Attunements are necessary to open the body, gradually and gently, to reaffirm the student's commitment to the process. The final Attunement completes the process by sealing the channel open so that you can maintain your accelerated ability to channel the energy for the rest of your life. Once you have been attuned to Reiki energy, you can never lose it! Even if you don't use it for several years the moment you decide to use the energy, use your intent to do so and the energy flow will be there for you.

The 1st Degree Reiki training is meant to be predominantly experiential and each student will be encouraged to feel the energy moving and flowing through the body. Students will be familiarised with the history and roots of the Reiki technique. On a practical level you will be taught how to give a treatment, firstly to yourself and then to others. This part of the course assists the integration of

the energy and gives you the tools to become a Reiki practitioner.

For the first 4 weeks after your training, you will be asked to give yourself an hourly treatment each day. This process is important for two reasons: firstly to continue the integration of the Reiki energy into your body and secondly, during the first 3 to 4 weeks following your Attunements, your body will be adjusting to the energy and releasing any denser energy which no longer serves you. The daily treatment assists you to move through this process with greater ease.

A 6 months waiting period is required between the 1st Degree and taking the 2nd Degree. This is to allow the body to adjust to the fine-tuning that occurs in the initiation which can result in an inner cleansing, either on an emotional, mental, physical or spiritual level. If you are a person who holds many personal issues or illness, the waiting period allows the body to adjust to the physical and emotional changes which can sometimes be profound and dramatic. A week or so after final Attunement of the Reiki 1st Degree, we advise that you have an additional 5th Attunement. This is a ‘top -up’ to the Reiki energy and allows for a discussion to take place between the Reiki Master and the student to discuss their progress and any issues which may have arisen in the meantime.

It is essential at this stage that you begin to explore and gain a much greater understanding of the Chakra system. We encourage you to read as much material as you can on the chakras which are the energy systems of the body. They are the building blocks onto which your knowledge and experience must be built.

Please note certain criteria must be allowed for students booking Courses. A minimum time period of 6 months from completing Reiki 1st Degree to starting the Reiki 2nd Degree.