

EQUILIBRIUM Energy + Education

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(312) 786-1882 www.equilibrium-e3.com

Level One Reiki – Overview

Reiki is a simple but powerful healing technique that replenishes and rebalances physical energy, health and inner harmony. Reiki is used by individuals around the world as well as in hospitals, nursing homes, clinics, spas and hospices.

Reiki “jump starts” the body’s own natural healing ability. The fundamental principle of Reiki is simple: If you can get the body to relax completely, it will heal itself. Research shows that 90% or more of all illnesses are caused in one way or another by stress. Reiki helps relieve the body of stress, allowing it to heal and rebalance itself naturally.

For healthy individuals, Reiki is a simple, effective way to relax, relieve stress, and restore energy. Because it relaxes the body at such deep levels, one hour of Reiki is equivalent to three or four hours of very deep sleep. Regular Reiki treatments are excellent preventive therapy, because they help keep the body in a relaxed, and therefore healthier, state. For those with acute or chronic health problems, Reiki is a valuable complementary therapy.

Learning Level One Reiki allows you to use this nourishing energy to help yourself and others maintain a higher level of balance and health. In this daylong class, the morning is devoted to understanding biofield energy, the principles of Reiki, and how the hand positions affect certain organs, body parts, and illnesses. You receive the attunement, or energy transfer, that allows Reiki energy to flow naturally from your hands for giving life-enhancing energy to yourself, other people, animals and plants.

The afternoon is devoted to learning the hand positions for treating yourself as well as the hand positions for treating others. You will practice giving and receiving treatments with your classmates so that you are a confident Reiki healer by the end of the day.

You will receive a 146-page textbook, a Certificate of Achievement for Level One Reiki training, and Certificate of Completion for 6 CE hours.

Tuition: \$150 includes one-day Level One certification class. Members save 10%.

Time: 10 AM to 5 PM

Location: Equilibrium, 47 W. Polk Street, Suite M-5, Chicago 60605, (312) 786-1882

This activity has been submitted to the American Holistic Nurses Association for approval to award contact hours. AHNA is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

For next available class dates, please go to <http://www.equilibrium-e3.com/reiki.php> and check the listing on the right-hand column.

Level One Reiki – Course Content

6 CE Credit Hours for Nurses

1. Discuss the origin of Reiki, how it works, and full range of applications for Reiki – 90 minutes

1. The origin of Reiki
2. What Reiki is and how it works
3. Reiki's precepts and principles
4. Scientific principles behind Reiki
 - a. Attunement process explanation
 - b. Energy fields and how Reiki flows
 - c. Current literature supporting efficacy of Reiki
5. Uses for Reiki
 - a. Personal use – effects on the physical, emotional, mental and spiritual levels
 - b. Therapeutic uses for Reiki for treating others.

2. Identify the qualities and functions of the seven major chakras as it relates to Reiki – 30 minutes

1. Healthy and unhealthy chakras – balanced and open versus blocked and closed
2. The relationship between chakras, the endocrine system, and Reiki
3. The seven chakras and the correlating body parts and organs they relate to in healing and disease

3. Receive the Level One Reiki energy attunement – 30 minutes, varies with class size

1. Individual attunement of each student
2. Discuss self-care after attunement

4. Demonstrate/practice the hand positions for a full body Reiki self-treatment – 60 minutes

1. Teacher demonstration of the self-treatment hand positions
2. Return demonstration and practice by students
3. Practical tips and guidelines for the use of Reiki self-treatment

5. Demonstrate/practice full-body client Reiki treatment – 120 minutes

1. Demonstration of a full –body client Reiki treatment by RMT
2. Practical tips: preparing a comfortable treatment area, positioning of the client, hands off technique, trusting your intuition
3. Students practice giving a full-body treatment and receiving one\
4. RMT hands on guidance, direction and support in skill development
5. How to disconnect energetically after treatments and clear your energy field.

6. Review ways to incorporate Reiki into the clinical setting – 30 minutes

1. Reiki studies in various settings and documented outcomes – hospital, surgery, chronic illness, oncology and hospice
2. Discussion with Practitioners to explore opportunities for incorporating Reiki into their professional practice

7. Evaluations and certificates – 10 minutes

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