EQUILIBRIUM Energy + Education
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(312) 786-1882 www.equilibrium-e3.com

Level Two Reiki – Overview

Prerequisite: Level One Reiki training. After taking Level One Reiki, your mind, body and energy field will have become accustomed to Reiki energy flowing through you, and you are ready for the Level Two attunement. It will allow you to channel four times the amount of Reiki energy you currently have to heal yourself and others.

Level Two gives you special tools and techniques for deep healing at subconscious and emotional levels, including depression, addictions, and negative emotional patterns in yourself and others. It greatly enhances intuition and allows you to operate more fully from that level every day.

One very special and practical advantage of Level Two training is techniques and forms of absent healing, so that you can send Reiki to help friends and family at a distance for physical emergencies, chronic health problems, emotional crises, even a peaceful passing on -- with as much power, strength and effectiveness as if you were doing a hands-on treatment. Learning distant healing also enables you to help heal your personal past in any way that is yet unresolved -- childhood issues or abuses and relationships that have not had closure in this life, even current life health or emotional problems that may have a root cause in past trauma.

Level Two is also practitioner-level training. Some students set up a part-time practice to add a more spiritual dimension to their lives while they continue in their current careers. Others anticipate an eventual career shift or their retirement, integrating a professional Reiki practice into their lives later. But everyone, of course, uses their expanded capabilities for continued self-healing and growth, and healing of family and friends.

Level Two training is especially catalytic and will generally accelerate profound changes if the student is in a state of indecision or making slow progress toward desired goals. The Level Two attunement will often help the student move quickly into the job, relationship or state of enlightenment, understanding and spirituality they're meant to be in right now, and frequently create circumstances in their lives to facilitate the shift.

You will receive a 256-page textbook and a binder of additional materials, a Certificate of Achievement for Level Two Reiki training, and Certificate of Completion for 6 CE hours.

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.

Time: 10 AM to 5 PM
***Tuition*:** $300
Location: Equilibrium, 47 W. Polk St., Suite M5, Chicago, IL 60605.

Level Two Reiki – Course Content
6 CE Credit Hours for Nurses

1. Discuss Personal and Professional application of Level One Reiki – *30 minutes*
2. Describe the use of Reiki Symbols as activators of Reiki Energy – *15 minutes*
3. Demonstrate Level Two Reiki Symbols and their applications – *70 minutes*

1. Power Symbol
   a. Practice symbol
   b. Use to amplify energy
2. Harmony Symbol
   a. Practice symbol
   b. Use with clients with emotional, mental issues
   c. Use with clients with addictions
3. Distance Symbol
   a. Practice symbol
   b. Discuss distance healing use
   c. Review scientific literature on distance healing

4. Receive the Level Two Reiki Attunement -- *30 minutes, varies based on class size*

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

5. Identify Distant Reiki Treatments protocol and procedures – *60 minutes*

1. Explain differences in energetic process of distant Reiki versus hands-on Reiki
   a. Differences in what the practitioner experiences
   b. Differences in what the recipient is likely to experience
2. Explain all procedural steps
   a. Statement of intention, and/or name and location
   b. Choose vehicle for sending energy (hands, transmitter crystal, stuffed animal surrogate, Reiki box for multiple intentions.
   c. Order of symbols and activation process.
   d. Understanding the recipient acceptance or rejection process at a distance
   e. How to determine when the treatment is over
   f. Disconnection from the energy

6. Demonstrate and practice distance Reiki treatment – *105 minutes*

1. Presenter demonstrates complete technique
2. Students practice sending and receiving distant energy treatments with each other
3. Discussion of practitioner experiences versus recipient experiences, including similarities and differences

7.Recognize how to incorporate use of symbols into hands-on Reiki treatments – *25 minutes*

1. Activating all symbols in hands
2. Activating appropriate symbols on client depending on issue (emotional, addictive, etc.)

8. Identify ways to incorporate Level Two Reiki techniques into the clinical setting – *25 minutes*

1. Increased efficiency in clinical setting with Level Two
2. Activating symbols in hands for general application
3. Activating symbols for specific client issues (anxiety, fear, other emotional issues)
4. How to use Reiki at work on breaks to reduce personal stress and overwhelm

9. Evaluations and Certificates – *10 minutes*

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