

REIKI LEVEL 1-COURSE STRUCTURE

INTRODUCTION OF REIKI

KNOWLEDGE OF AURA

KNOWLEDGE OF CHAKRAS

COLOR OF CHAKRAS

MEDITATION AND INVITING REIKI

CLEANING OF AURA BY 2 METHODS

WASHING HANDS WITH SALT WATER

GIVING LONG REIKI ON 24 PARTS OF BODY WITH HANDS

GIVING MEDIUM REIKI ON 12 PARTS OF BODY WITH HANDS

GIVING SHORT REIKI ON 7 CHAKRAS WITH HANDS

CLOSING & THANKING REIKI !!

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PERSONAL PARTICIPANT ATTUNEMENT FOR LEVEL 1



REIKI LEVEL 1-COURSE METHOD

COURSE CONTENT (30mins) by RECORDED VIDEO

(Self paced, participant can watch it anytime, anywhere)

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ATTUNEMENT (1-1.5hrs) by LIVE VIDEO CALL (Hosted Monthly)

Pre attunement - Self aura cleaning (by participant)

During the session-Giving energy to all chakras, stabilizing Reiki in the participant forever (by the faculty)

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REIKI LEVEL 1 PRACTISIONER CERTIFICATE

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PRACTISE REIKI FOR 21 DAYS

(Practise long REIKI for 1.5hrs or atleast Short Reiki for 30mins)

