

The Healing Center  
NATURAL HEALTH & WELLNESS THERAPIES  
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## REIKI CERTIFICATION CURRICULUM



Reiki is an ancient healing art which was rediscovered in the 1800's and has enjoyed tremendous popularity and growth since the 1980's. It is a natural healing systems that is non-denominational and builds on the healing abilities that are present in each one of us.

The following is a brief outline of the certification course(s) I teach. I limit my class size to two individuals. I will accept three in special circumstances (i.e. all the same family). By limiting the class sizes I ensure that each participant receives my undivided attention. The teaching and passing on of the Reiki healing art is akin to a spiritual and even sacred experience and I will not have my students having to compete for my attention with large class sizes.

If you have any other questions feel free to contact me at (Russ Littau) Ph. 403-302-8902 Email [russ@healingcenter.ca](mailto:russ@healingcenter.ca)  
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Reiki Certification Level One      Tuition: \$150.00      Duration: One day (7 hours)

This is an introductory class for anyone interested in learning about energy healing techniques for themselves and others. Reiki is a Japanese form of energy work used to relax, replenish and heal the body. Although Reiki dates back 2,500 to 3,000 years, it was rediscovered in the 1800's by Dr. Usui, a Japanese man, whose quest was to explain why physicians and other healers no longer had the power in their hands to heal people. "REI" means spiritual consciousness or wisdom, "KI" means life force. This spiritually guided life force energy that is Reiki is universal and has an intelligence of it's own. Dr. Usui believed that Reiki had been accessible to all people at one time. After a person is initiated into Reiki energy, whenever they place their hands on others or themselves, with the intention of using Reiki, the energy naturally flows. Reiki can be used to nourish and restore the body from every day life stressors. Reiki's soothing and balancing energy can be useful with ourselves, our loved ones, and even our pets. Whether it is a ten minute or a full body session, this gentle Reiki energy will allow the body to replenish and restore it's natural immune system. Reiki is not a substitute for medical care, however, it will support and enhance any form of treatment. Reiki can be used to aid the body's natural ability to heal headaches, exhaustion, colds, sleeplessness, injuries and any other form of "Dis-ease".

### Course Content

- ▲ Definition of Reiki
- ▲ Lineage and History
- ▲ The 5 Reiki Principles
- ▲ Healing with Reiki
- ▲ The Hand Positions for Self Healing
- ▲ Attunement (initiation into Reiki I)
- ▲ Practice Sessions
- ▲ Manual

Reiki Certification Level Two Tuition: \$250.00 Duration: One day (7 hours)

\* An adjustment period of three months is required between level one and two.

This 1 day, 7 hour course will assist the practitioner in continuing their personal and professional development as a healer and help guide them along their journey. Students will learn advanced healing skills and feedback on their current skill levels. Students will learn the use of ancient symbols to aid the healing process. Long distance healing techniques will be taught and practiced. A brief overview of issues to be addressed when starting a healing practice will be discussed to help students begin to prepare for a private practice.

### Course Content

- ▲ First 3 Symbols, Meaning and Uses
- ▲ Long Distance Healing
- ▲ Ethics and Permission
- ▲ Development of a Healer
- ▲ Practice and Additional Techniques
- ▲ Attunement (initiation into Reiki II)
- ▲ Manual

Reiki Certification Master/Teacher Tuition: \$550.00 Duration: Two days (14 hours)

An adjustment period of six months is required between level two and three.

This is 2 day course is for those students interested in deepening their skills as a Reiki Practitioner and furthering their study and commitment to the process of energy healing. Students will be trained in the art of Reiki Initiation and Attunement, Learn and use three new symbols, and demonstrate their skill and knowledge regarding Reiki Healing.

This class allows the student to get an introductory level course in presentation skills to enhance their ability to teach effectively. Students will also participate in a supervised Internship for our Reiki Master Teacher Certification. After a student has taken the Reiki Master Teacher class, they will then be required to assist at a Reiki I & Reiki II class. In the role of assistant/apprentice, the student will participate in doing attunements, answering questions and providing guidance during practice sessions. The student will also participate in several briefings with the instructors throughout the day. During these meetings the student apprentice will have the opportunity to ask questions and share information about their observations and learnings during class. This will allow the student apprentice to take the information learned in their Master Teacher training and experience and process it on a different level for a deeper learning experience. The Reiki Master Teacher graduates will also receive a complete set of Reiki I, II & Master level manuals to teach from (these will also be available on disk).

### Course Content

- ▲ Additional Symbols
- ▲ Buddhist Interpretation of Symbols
- ▲ Learn the Process of Passing Attunements
- ▲ Practice Passing Attunements
- ▲ Attunement into Reiki III
- ▲ Manual
- ▲ Training and Presentation Skills
- ▲ Supervised Internship
- ▲ How to Prepare a Reiki Class
- ▲ Understanding Learning Styles