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Reiki Classes

Introduction to Reiki

In this introductory classyou learn about Reiki healing, its history, levels of Reiki training and practical applications. You can receive a brief introductory Reiki treatment, have your questions answered, and develop a basis for deciding whether or not to pursue Reiki treatment or training. (Elizabeth does not offer Reiki courses online because online Reiki courses would not honor the oral tradition of the Usui Shiki Ryoho form she practices. In this form, instruction on how to do Reiki is given in person by a Reiki Master.)

NOTE: The introductory class is not a prerequisite for the First Degree Reiki class. If you are considering the Reiki I class, please phone Elizabeth (505-299-0011) to discuss the requirements/agreements for that class.

Three Levels of Reiki Training:

Reiki I

This 14-hour Reiki training course includes four initiations (Reiki attunements), one per session. The four sessions are traditionally presented over four days You practice Reiki healing on yourself and others. Small class size allows for personal attention, time for ample practice and questions and answers. Upon completion of this Reiki course, it is expected that you will practice daily self-treatmentfor the rest of your life, and you may treat others, as well. After you complete this class at a cost of $150, you are invited to participate again at no cost, enjoying 4 days of free Reiki.

NOTE: If you are considering the Reiki I class, please phone Elizabeth (505-299-0011) to discuss the requirements/agreements for that class.

Reiki II

After you've spent a considerable time practicing Reiki, you may feel drawn to take the Reiki II class, which gives you keys to distance healing, accessing greater velocity and focus in treatments, and specifically treating the subconscious mind. The training consists of three sessions: the first for developing ease in the drawing of Reiki symbols, the second for developing ease in the application of those Reiki symbols, the third for practicing the distance healing application. After a minimum of six months practice, it is helpful to attend a review session.

Reiki Master

This is the final level of Reiki initiation (attunement) and training. Reiki Masters are empowered to initiate and teach students. It is recommended that one have practiced Reiki for several years before making the whole-life commitment to being a Reiki Master.