

# Reiki Level 1 Certification Course

## What is Reiki?

Reiki can be defined as spiritually guided life energy. It raises your vibration, expanding your personal and spiritual growth. Reiki is a practice that can support you in understanding your own life path and place in this world.

## The beauty of Reiki

Reiki is for everyone. It serves humans who are in the beginning of their spiritual journeys just as well as it serves those who are dedicated followers of any religion and/or spiritual practice that has love at its core. Every single person on the planet deserves and embodies innate wisdom of optimal healing.

## The benefits of Reiki

- Supports the body's natural ability to heal itself
- Vitalizes both the body + soul
- Increases creativity and awareness
- Clears spiritual, physical, mental + emotional blockages
- Cleanses the body of toxins
- Relieves stress, anxiety + physical pain
- Raises your vibration

## Holy Fire Reiki Level 1 training will include:

- Energy clearing
- Reiki definition, origin + principles
- Guided meditation
- Attunement process to gently open you to facilitate the Reiki energy yourself
- Basic hand positions for healing self + others
- Salad bar lunch + beverages
- Energy exercises + hands on practice
- Closing prayer
- Certificate of completion

## The details:

This course will be held on **Saturday, September 24th, 2022 from 10 am to 4 pm**. A non-refundable fee of \$333 is due at time of registration to reserve your spot. At this time we ask that the participants be 18 or older. Please join us as chemically clean as you can ... the more pure your body is, the easier the energy can come through. We suggest you bring water, notebook + pen, a blanket + pillow if desired and wear comfortable clothing. A salad bar lunch and beverages will be provided for you to enjoy. Please note, we do have therapy animals on site (cats, rabbits, guinea pigs, goats, chickens). If you have allergies, let us know so we can make sure they are not invited to join the class.