

靈氣 A Natural Path 靈氣

Reiki Level One

April-July Class Dates

April 24th-July 3rd

Namaste and Welcome to 8 Weeks of Reiki Level One! The intent of this handout is to answer any common questions about Reiki and the specifics of this class.

What is Reiki?- Reiki is a form of energetic healing that came from Japan and was brought to the West in the middle of the 20th century. Reiki uses the concept of universal energy, intent, and the chakras as a model for promoting health and wellness. The Chakra concept has its roots in India and Chakras themselves are major centers of energetic assimilation, transformation, and concentration that are commonly associated with particular areas of the physical body.

This class seems like more than Reiki. What is this class about?- This class is the first of three levels for Usui Reiki (also known as traditional Reiki). Level One Reiki exposes you to the history of Reiki, hand positions for Reiki, and how to activate your own Reiki energy. The difference with this class is that every week you will be exploring in depth one of the seven major chakras associated with the physical body and fully experiencing that chakra. You will learn about the psychology of the chakras, the common attributes of the chakras, and ways to use the chakra system to heal. This is accomplished through simple practice, meditation, breathwork, ritual, and intent. In between classes, you will be provided with readings and homework to continue the discovery of your own sacred landscape and to create awareness around how you operate.

Who usually takes this class?- The students who attend this class come from a broad background. Some are in the corporate world, others are healers, and others fall

somewhere in between. Most students attend the class not to become Reiki practitioners per se, but to explore and to heal their own sacred inner landscape.

Prerequisites- There are no prerequisites for Reiki Level One other than the willingness to learn and grow. This class is the prerequisite for Reiki Level Two training.

Class Dates- The outline below lists the class schedule. The classes that have two asterisks following them are mandatory attendance to graduate. You may miss two of any remaining classes, but this is not recommended. If more than two classes are missed then all missed classes must be attended in the next course for graduation. All classes currently occur on Thursday nights from 6pm to 8pm with the exception of May 13th which is on Tuesday night from 6pm to 8pm.

1. ** July 24th
2. July 31st
3. August 7th
4. August 14th
5. August 21st
6. August 28th
7. September 4th
8. September 11th

A full course outline including syllabus will be provided in the first class. Each week you will receive a two to four page handout that includes a statement of intent for our week, exercises for that intent, the recommended readings, and other items.

Cost- Total cost for the course is \$200 payable either in full at the beginning of the course or by making a payment of \$25 per class. Payment is still due for classes missed, but an additional payment will not be necessary if a make-up is attended. To purchase all of the books from Kashi Atlanta is \$70. Any portion of this can be added to the weekly cost of the class and paid over that duration. Total cost for the class and the books are \$270. Paid per week is \$33.75 per class. Other costs can be calculated depending on which books you require.

Materials- Four books are required for the class and are obtainable from Kashi

Atlanta. Upon registration, the book list will be provided. In the event that you already have some or all of the books required, the cost of the class will be re-calculated to reflect that. In addition, stones and other materials will be suggested as we move throughout the class. Some items will be gathered from nature; others you may buy.

Registration-Kashi Atlanta only keeps a limited number of books on hand so please register as soon as possible. Registration typically closes by noon the 1st day of class. A maximum of twelve people are accepted. A minimum of four will be needed to conduct the class.

Location and Time-We will be meeting downstairs in the yellow massage room at 6pm on Thursdays. Please be prompt. Typically we will spend the first hour reviewing the previous material and answering any questions while the second hour will focus on the new material. It is my intent to be done by 8pm, but there are a few nights where will be run until 8:30pm. I will let you know at the previous class if this is the case. Sometime we may end early. ☺

Commitment-There is a lot to this course, but it helps to understand that you get to set your own pace and enjoy the journey of discovery. If you do nothing, but show up each week and do a few exercises then you will be ready to do the work of Reiki. Level One is just a starting point and as such truly allow yourself to be a beginner in the process of not only learning how to be a vessel for the living energy of creation, but also the process of learning about who you are, your own sacred nature, and how you operate in all the dimensions you exist in. Know that it is an honor to be the facilitator for this teaching and that my intent is to stand in a space of support and integrity as I bear witness to the journey you are undertaking. Namaste and may blessings surround your every moment.

-Michael Rishi Forrester