



REIKI I

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Course Description:

Reiki is a natural hands-on system of stress reduction and relaxation that promotes energetic healing. It is an alternative therapy that can be used in conjunction with western medicine. Reiki Practitioners are now working in hospitals, oncology centers, drug and alcohol rehabilitation hospitals, and more, as professionals. In this course, you will also learn to use life force energy along with the wisdom of the universal mind (your Higher Power) for healing of the body, mind, and spirit. You will study a brief history of Reiki, Reiki Principles, determine your dominant hand, letting go, intentions, self-healing, cleansing period, receive a Reiki level I attunement, and hands-on classroom practice sessions. You will be led through the handbook with lessons, assignments, case studies and upon completion, you will be awarded certification as a Reiki I Practitioner.

Learning Outcomes:

Students completing the course and assignments will be able to:

- Define and summarize the history of Reiki.
- Know their required legal responsibilities.
- Practice and define the five Reiki Principles.
- Describe self-healing techniques with Reiki.
- Use Reiki I symbols after attunement.
- Determine dominant hand with quick hand exercises.
- Let go of outcomes when practicing Reiki.
- Know the correct way to set an Intention to get the energy flowing.
- Know that directing your own energy will cause you to pick up negative energy.
- The Six Steps of a Complete Reiki Treatment on others.
- General knowledge of Chakras and Crystals.
- Client documentation.
- Describe their lineage as a Reiki Practitioner.

Course Schedule:

Week 1:

- Guided meditation
- Legal Responsibility and Review
- What Students Will Learn
- What is Reiki?
 - A Brief History of Reiki
 - Reiki Principles
 - Different Forms of Reiki
- Attunements
 - Share attunement experience with class
- 30 Minute Break
- Attunements
 - Share attunement experience with class
- Self-Healing techniques and assignments

Week 2:

- Guided meditation
- Review/discussion
- Guidelines for Reiki I healing sessions
 - Practice Reiki I symbols
 - Determining dominant hand
 - Letting go of outcomes
 - Intentions
 - Picking up negative energy
- 30 Minute Break
- The six steps of a complete Reiki treatment
- Practice six steps of a complete Reiki treatment with partner/group

Week 3:

- Guided meditation
- Assignments due prior to receiving certificates
 - Printed copies or email
- Practice six steps of a complete Reiki treatment with partner/group
- Practice client documentation with partners
- 30 Minute Break
- Crystals and their relationship to chakras
- Brief anatomy discussion
- What is your Lineage?

Selected Bibliography/Resources:

- Usui Reiki I (First Degree) Certification Course Handbook by Dr. Barbara J. Fukuda, Msc.D., RMT
- Reiki Master Course Handbook by Dharmadevi

Class Evaluation: Class evaluations are sent by email. Sometimes the email will be delivered to your “junk mail,” but we can assure you it’s from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation please Call 360.992.2939.

Inclement Weather:

If the College cancels due to icy conditions you can find this on the college website www.clark.edu ~ If Community Education concludes that the weather is too hazardous we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

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www.clark.edu/cce/