

## Reiki Level 1: The First Degree \$175

Level 1 is a practitioner's initiation into Reiki and is open to anyone. The focus during Level 1 is on opening the energy channels on a physical level, allowing the practitioner to connect to the universal life force energy, which flows from the cosmos through the crown of the head and down to the heart and out the hands.

I emphasize self-Reiki as the goal of the Level 1 and encourage students to focus on practicing Reiki on themselves, thereby working through their own obstacles. The Reiki Level 1 attunement is given in four separate attunements. Many experience physical symptoms of energy in their palms after the first attunement – including tingling, coolness or heat. Level 1 includes an overview of the history of Reiki, hand placements on self and group practice.

## Reiki Level 2: Second Degree \$225

Level 2 is often defined by a focus on practicing Reiki on others, as well as an expanded opening of the energy channels. Additionally students receive the "Reiki symbols" and Level 2 attunement. The Reiki symbols allow the practitioner to connect more deeply to the universal energy, as well as draw on the qualities that the symbols represent. This includes the ability to provide distance Reiki, or sending healing energy to individuals wherever they may be.

This symbol also may be used to clear energy blockages across time, as well as physical locations. Due to the intensity of the attunement process, I recommend that at least 21 days to a full three months pass between receiving the Level 1 and Level 2 attunements (Level 1 is required to receive Level 2).

The Level 2 attunement is given in one single attunement, with a focus on opening up the central channel even more, with an emphasis on the Heart Chakra. Level 2 also includes practice in drawing the symbols, invoking their qualities, as well as distance healing.

Reiki Level 3: Third Degree & Reiki Master \$350 [2 classes \$175 each]

I separate Level 3 from Reiki Master. First, the Master attunement is given and then after the 21 days, students will return to be trained in attuning new students or practitioners if they choose to. Many receive the Master attunement, along with the corresponding symbol, yet don't feel comfortable or practiced in properly attuning others – hence the distinction between Third Degree and Reiki Master.