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Reiki Guide

*Thank you for your interest in Reiki, this guide is
provided to you to help you gain a better
understanding of Reiki
and for your future endeavors on this path.*

*Brought to you by:
Shannon L. Huff-Nava ,
Certified Reiki Teacher*

Reiki

*Brought to you by:
Willow Center for Wellness*



Reiki

(pronounced ray-key)

is a hands on healing technique, thousands of years old. It is thought to have originated in a Buddhist practice, but was rediscovered by Mikao Usui. It is a very simple, yet powerful technique that can be learned and used by anyone. The word Reiki comes from two Japanese Kanji. Rei and Ki. Rei is the the upper Kanji and Ki is the lower character.

Rei ~ Spiritual Wisdom

Most teachers have quoted that Rei means “universal”. This interpretation is a very general one. The Kanji characters have many levels of meaning. They vary from the mundane to highly esoteric. So while it is true that Rei can be interpreted as universal, meaning that it is present everywhere, this level of interpretation really doesn't add to our understanding of Reiki.

Research into the esoteric meaning of the Japanese Kanji character for Rei has given a much deeper understanding this character. The word Rei as is used in Reiki is more accurately interpreted to mean “supernatural knowledge” or “spiritual consciousness”. This is the wisdom that comes from God, Creator or Higher source or the higher self. This is the consciousness which is all knowing. It understands each person completely. It knows the cause of all problems and difficulties and knows what to do to heal them.



Ki ~ The Life Force

Ki means the same as “Chi” in Chinese, Prana in Sanskrit and Ti Ki in Hawaiian. It has been given many other names by various cultures that have been aware of it.

Ki is “Life Force”. It is also called vital life force or universal life force. This is the nonphysical energy that animates all living things. As long as something is alive, it has life force circulating through it and surrounding it, when it dies, the life force departs. If your life force is low, or if there is a restriction in its flow, you will be vulnerable to illness. When it is high, and flowing freely, you are less likely to get sick. Life force plays and important role in everything we do. It animates the body and also, it is the primary energy of our emotions, thoughts, and spiritual life. Ki is used by martial artists in their physical training and mental development. It is used in all cultures for divination, psychic awareness, manifestation, and healing. Ki is the nonphysical energy used by all healers. Ki is Present and all around us and can be accumulated and guided by our mind.

Rei guides Ki in the practice we call Reiki. Therefore, Reiki can be defined as spiritually guided life force energy. It more closely describes the experience most people have of it.

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Reiki is Growing

There are a lot of businesses incorporating Reiki. Salons, Hospitals, Chiropractors, Hospice settings, Veterinarians, and many more. This new field is opening up and provides wonderful full-time or part-time employment, or a supplemental income. Or it can be for those who just want it for themselves and family members. I also offer CEU Hours for Nurses and Massage Therapists.

Reiki Training

First Degree - (Healing ourselves and others)

Four Attunements ~ The first degree consists of learning hand placements and applying Reiki to oneself and others. You are taught in the course the psychosomatic reasoning behind illnesses. You are taught an overview of Anatomy and the basics of cells.

You are taught meditation techniques to help heal yourself and for the use on others.



Second Degree - (Self Discovery and Integration)

Two Attunements ~ The second degree consists of learning the Reiki symbols. Each symbol has a description and usage. These symbols are very powerful in healing techniques. The student is taught how to send Reiki at a distance for those who need to send Reiki to someone who is in need of healing and cannot be in their presence.

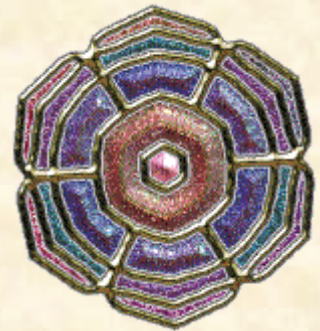
Third Degree - (Master Level)

One Initiation ~ The third degree is an initiation to be a master and a teacher, meaning you have accomplished the other degrees and know them from front to back. And you can confidently teach and attune others. Students are taught the Master symbol, its uses and how to attune others with it. Students are taught about diseases and how to help others work their way through them. Students are taught how to network and get themselves known in the Reiki community. I also have my Reiki students help with attuning and teaching First and Second degree students, so as to become strong and confident Master Teachers. Students are taught the legal issues of using Reiki in their area, what they are able to do and what they are not.

The Training Process

The Attunement Process

The essence of Reiki training is the attunement. The Reiki teacher guides the students into meditation and then takes specific steps to open a channel within the student for the Reiki energy to flow. An analogy may be helpful in understanding what occurs during the attunement process. Visualize a pipe going from the top of the head to spirit or the pool of universal energy of which we are all part of. The pipe sometimes becomes clogged and during the attunement process this pipe is cleared allowing us to channel Reiki energy to ourselves and others.



Reiki is a special kind of life force that can only be channeled to those who have been attuned to it. It is possible that some people are born with Reiki or have gotten it some other way. However, most healers who have not received the Reiki attunements from a Reiki Master are not using Reiki but another kind of life force energy. People who already do healing work consistently report an increase of at least fifty percent in the strength of their healing energies after taking the Reiki Training.

Reiki is the essence of life itself. Since Reiki is multi-dimensional it can be a catalytic factor in personal evolution no matter what beliefs are held. The personal experience of Reiki is a vehicle to becoming conscious of your own being regardless of faith or concepts. The innate ability to channel healing energy through the hands is awakened through a series of direct transmission attunements and initiations which attune and align energy centers in the body and hands. Reiki is not a system of religious beliefs. The world does not need another.

First Degree

4–6 week course

Prerequisite (N/A)

\$300.00 w/ \$150.00 non-refundable deposit due 2 weeks prior to course with remainder due at the first class in full.

Course includes:

- * First Degree Manual
- * Practical each class (at teachers discretion)
- * Assignments given at each class
- * Exam given at the end of the course.
- * Award Ceremony.

Second Degree

4 - 6 week course

Prerequisite - Reiki I Training

\$300.00 w/ \$ 150.00 non-refundable deposit

Due 2 weeks prior to course with remainder due at the first class in full.

Course includes:

- * Second Degree Manual
- * Practical each class (at the teachers discretion)
- * Assignments given at each class
- * Exam given at the end of the course
- * Award Ceremony

Third Degree Master Level

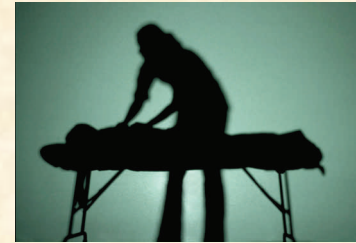
4– 6 week course

Prerequisite - Reiki I & II

\$500.00 w/ \$250.00 non-refundable deposit paid 2 weeks prior to course with remainder due at the first class in full.

Course includes:

- * Third Degree Manual
- * Practical each class (at teachers discretion)
- * 25 - 50 working sessions with clients
- * Three attunements at the time of graduation
- * Exam given at the end the course
- * Award Ceremony

**Reiki Master Teachers Level**

6 months - 1 year study course

Prerequisite - N/A

\$1000.00 w/ \$500.00 non-refundable deposit 2 weeks prior to course with remainder due at the first class in full.

Course includes:

- * Third Degree Manual with Workbook
- * Apprenticeship with teacher for 6 months to 1 year (at teachers discretion)
- * 25 - 50 working sessions with clients
- * At least 3 practice attunements at the time of graduation
- * Workbook completed by the end of the course
- * Exam given at the end of the course
- * Award Ceremony

Policies and Procedures

Requirements

There is a registration process and consultation period before potential students begin the classes. I require a certain amount of Reiki sessions to be performed before moving on to the higher levels. I also require a certain amount of time between each level.

- 1. Students should first complete an application package. Incomplete application forms or applications will be returned and the students seat in class will not be reserved. Accepted application forms will be confirmed by notification of a phone call following a confirmation conference. If you are under psychological care, a note from your psychologist or therapist will be necessary, and must be provided by the start of classes.*
- 2. Tuition deposits are non-refundable.*
- 3. The Southern Indiana Center for Wellness and/or Shannon L. Huff-Nava accepts payments in the form of cash, money orders, or cashiers checks.*
- 4. Partial or whole tuition refunds due to withdrawal or illness may be granted at the discretion of the Southern Indiana Center for Wellness and/or Shannon L. Huff-Nava.*
- 5. Three or more absences in any given course will result in non-completion of the course and no certificate will be awarded. One make-up call for absences is available.*
- 6. Students are responsible for all material and assignments missed due to lateness or absence.*
- 7. The Southern Indiana Center for Wellness and/or Shannon L. Huff-Nava reserves the right to postpone the start of class until said class is filled. Students who are unable to attend due to class postponement are entitled to a full refund of the deposit and/or balance if paid in full before class day.*
- 8. The Southern Indiana Center for Wellness and/or Shannon L. Huff-Nava will determine final acceptance or rejection of any student or potential student.*

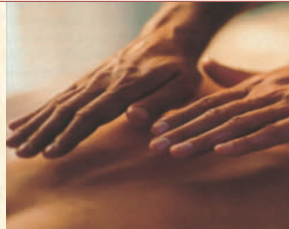


About Myself

I started my training in April of 2000, becoming attuned by my wonderful Master Teacher, Jo An Dietrich Lewis. I still to this day say that “I found Reiki”, but quite the contrary, Reiki found me. I found myself at times after the attunements questioning my very existence.

Everything I knew to be true to me, was turned upside down and some new way of thinking being positioned in it's place. Everything I have went through during the process of the attunements and degrees I have received, have left me in a position to teach others the way of self-transformation. I feel I have been left in a exalted position and love to see others go through the process of transformation as well. I was initiated to my Masters degree in April of 2001, and begun a journey even deeper looking into myself. Studied and decided to teach others in 2002.

Waiting for the appropriate time to call myself a Master Teacher. I feel that some use the term “Master Teacher” loosely, I myself feel that I can teach Reiki, but will I ever Master it. I am always learning something new. And I teach my students to always walk through this world as a child would. Always open to learning new things, look at this world as if I were just born and open to all new experiences. We often teach best when we have just learned.



***Willow Center for Wellness
Southern Indiana
“Where to Come for Healing”***

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