

Light Ascension Reiki



WISEWOMAN
Energetics

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Welcome to Your Reiki Journey

Reiki has been an invaluable part of my journey, and I truly hope it finds its way into the hands of everyone!

In the Reiki 1 class, we awaken and activate your natural ability to channel Reiki energy on a physical level. In Reiki 2, you will learn to channel Reiki on mental, emotional, and spiritual levels, both in person and across time and space.

Reiki activation deepens your connection with your intuition, inner wisdom, and guidance, strengthening the healthy flow of energy within you and enhancing your innate healing capacities. Each step of this journey honors your unique path and life lessons, supporting your growth in alignment with your highest potential.

Reiki 1&2 Outline

The Reiki 1&2 class provides the essential tools to integrate Reiki into everything you do and gives you the confidence to offer Reiki treatments to others, both in person and at a distance, if you so choose.

- Via Zoom
- Ample class time
- A workbook for reference
- Certification upon completion
- Ongoing email support for any questions after class.

Light Ascension Reiki 1

The first level of Reiki creates a profound space for hands-on Reiki energy work, both for oneself and others, while deepening self-awareness and promoting self-healing.

- What is Reiki?
- How Does Reiki Work?
- A Brief History of Reiki: From Sensei Usui to You
- Chakras: Their Functions and How to Balance Them
- Self-Healing with Reiki
- Working with Your Inner Healer
- Expanding Creativity, Awareness, and Intuition
- Hands-On Reiki for Plants, Animals, and Family Members
- Meeting Your Highest Healing Guide: A Meditation

The Power Center: Pineal Gland

The Light Key: Trust

Light Ascension Reiki 2

The second level of Reiki empowers you to transmit Reiki energy over a distance and deepens your practice through the use of traditional Usui Reiki symbols.

- Power Symbol: Empowerment and protection
- Mental-Emotional Symbol: Clarity, peace, love, and compassion
- Distance Symbol: Reiki across time and space

Full Reiki Treatment for Others: Can be performed remotely or in person

Using the Symbols for Yourself and Others: Healing, harmonizing, balancing, clearing, manifesting, and empowering

Bonus Light Code Activation: Abundance

The Power Center: Pituitary Gland

The Light Key: Imagination and intuition

Reiki does not require any specific faith, beliefs, culture, education, age, or any other criteria. It naturally fits into everyone's life in a unique way and works on all levels of our human experience.

With Reiki, we cannot harm, control, or manipulate; instead, we can set healing, harmonizing, and transformational intentions for it to work, guided by the intelligence of the receiver's own inner wisdom and the intelligence of the Universe, Source, or the Divine—however you choose to address the highest healing and creative power.

*To penetrate the hardest armor,
Use the softest touch.
Yielding melts resistance
Density is filled by light
Good work accomplished without effort.
In silence the teachings are heard;
In stillness the world is transformed.*

-Haven Treviño, The Tao of Healing