

LIGHT ASCENSION REIKI 1&2 CLASS AWAKEN THE HEALER WITHIN



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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! These classes are designed to awaken and deepen your natural ability to channel Reiki energy, supporting your healing and personal growth at every level.

CLASS DETAILS

Format: Live sessions via Zoom

Materials: A guidebook for ongoing reference

Certification: Issued upon successful completion

Support: Follow-up practice sessions and ongoing email support for questions

*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

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REIKI 1 & 2 CLASSES OUTLINE

REIKI 1 AWAKENING THE HEALER WITHIN

The first level focuses on activating your natural ability to channel Reiki energy physically. You will learn foundational concepts and techniques that deepen self-awareness, promote self-healing, and prepare you to offer Reiki treatments to yourself and others.

TOPICS INCLUDE

- What is Reiki?
- How Does Reiki Work?
- A Brief History of Reiki
- 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 Guided Meditation

FOCUS: TRUST

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REIKI 2 EXPANDING THROUGH TIME AND SPACE

In the second level, you will learn to channel Reiki energy beyond physical presence—mentally, emotionally, and spiritually—using traditional Usui Reiki symbols. This deepens your practice and enables distance healing.

TOPICS INCLUDE

Introduction to Reiki Healing Symbols

Power Symbol: Empowerment and Protection

Mental-Emotional Symbol: Clarity, Peace, Love, and Compassion

Distant Healing Symbol: Reiki Across Time and Space

Performing Full Reiki Treatments for Others (in person and remotely)

Using the Reiki Symbols for Healing, Clearing, Manifesting, and Empowering

BONUS ACTIVATION: ABUNDANCE

FOCUS: IMAGINATION AND INTUITION

WHY REIKI?

Reiki can be learned by anyone and it naturally fits into everyone's life regardless of faith, beliefs, culture, education, or age. It works on all levels of human experience without harm, control, or manipulation. Reiki is guided by the receiver's inner wisdom and the intelligence of the Universe, Source, or Divine.

THE DOOR IS OPEN. WILL YOU STEP IN?

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