

Holistic Restoration Reiki Level 1 + 2 Combo Class Outline 12.22.25

- I. Intro and history
 - a. What is reiki? Reiki is love
 - b. History / Usui tradition / symbols / attunements
 - c. Modern day reiki
 - d. Holistic Restoration's approach
- II. Intro to Energy
 - a. How reiki energy flows
 - b. What you can reiki
 - c. Energy fields + imbalances
 - d. Energy "ball" exercise
 - e. Energy centers
 - i. 7 main chakras (in numbered order)
 - 1. 1st/Root – seat for connection to family/security/first footing/core beliefs – Red – lower back/hips and below; feet, knees, legs
 - 2. 2nd/Sacral (Sex) – seat of creative expression/choices/how you create your life – Orange – lower torso/abdomen below navel to pelvis
 - 3. 3rd/Solar Plexus – seat of self-esteem/worth/value – Yellow – bottom of rib cage to navel area
 - 4. 4th/Heart – seat of emotions + relationships – Green/Pink/Gold – chest, upper back, shoulders, arms, wrists, hands
 - 5. 5th/Throat – seat of verbal expression – Blue – throat, neck, voice
 - 6. 6th/3rd Eye – seat for seeing beyond what meets the eye – Purple/Indigo – eyes, nose, sinuses, ears
 - 7. 7th/Crown – seat for connection to divine energy – Ultra Violet/Lavendar/White – top of head
 - ii. Energy "genders"
 - 1. Masculine – Right side – Giving – men; 3D/physical world; past (also backside of body); what has been made manifest

- 2. Feminine - Left Side - Receiving – women; 4D/5D/non-physical world; future (also front side of body); what has yet to be made manifest
 - iii. Energy of others
 - iv. Energy of circumstances / past
 - f. Energy ethics
- III. Your role as a healer
 - a. The truth about healing
 - b. Holding space for others
 - c. Being a vessel: balancing / feeding your energy...the absolute essential requirement for continued self-care + energy integration
- IV. Introducing Reiki to Others
 - a. Session logistics
 - b. Set up / Client prep / Invitation to connect within
 - c. During session
 - d. Closing session
 - e. After session care
 - f. Continued sessions
- V. Distance Healing
- VI. Attunements
- VII. Reiki II Homework for certification completion
 - a. Complete (6) 1-hour home studies (*bonus* challenge yourself to complete a distance healing session for one of your studies!)
 - b. Document the who/what/when/where of the experience, both yours and theirs
 - i. Note their reason for session...what you noticed...what they experienced
 - ii. Working with the energy is truly the only way to develop this skillset
 - c. Send completed case studies for review, along with a statement about how your experience with reiki has been so far

What is reiki?

- Rei = universal
- Ki = life force energy
- Reiki is the balancing of life force energy
- Reiki is a holistic system for balancing, healing, and harmonizing all aspects of the person-body, mind, emotions, and spirit-encouraging deep relaxation and the release of stress and tension, and promoting awareness and spiritual growth.
- Just like how everyone (and everything thing on in our physical/3D world) has a physical body, so do we all have energetic bodies...the non physical aspects of self...your thoughts, feelings, emotions, memories, senses, they are all part of your energy body...they are the parts of you that only you experience until you express them out in physical form
 - Every experience you've ever had carries an energy with it
 - Everywhere you take your physical body you bring your energy body
 - Every instance, person, interaction and circumstance is experienced by your energetic body
 - This is how you can feel one way and then have an experience with a person or situation that totally changes how you feel
 - This is why you can have memories and past experiences float to mind or linger in your thoughts...all unresolved energy lead to imbalances...the body follows the mind: unbalanced mind/emotions = unbalanced body
 - This is why you can feel one way, take a nap or sleep overnight and wake up feeling completely different or more insightful or more clear...while you sleep, your physical body restores itself from daily activity and your energy body processes your emotional experiences...poor sleep hygiene effects you on every level
 - We use this terminology all the time...I feel so drained after that conversation...I feel so energized after that nap...that chat with my friend left me feeling amazing/depressed...THIS is the energy body speaking to us and through us

What is a reiki session like...what is the experience like physically and logistically...what can I expect during a session?

- While every reiki session offers its own unique experience each and every time no matter who is on the table, here are the most common feedback comments clients make following a reiki session:
 - Typically, clients find reiki sessions to be deeply relaxing
 - Often, I hear clients say they feel refreshed, rejuvenated, and like themselves again...like they can take on the world once again
 - They often report feeling more clarity and better focused, a restored sense of wellbeing and hope. For some, a single session serves as a powerful life changing experience that forever marks a shifting point into a better way of being/living/experiencing life

What philosophy and approach to healing sessions, for both body and energy work...what is my intention with the work I offer?

- The body is doing the healing, I'm simply holding the space for such
- The body by design is self-healing given the state of relaxation.
- Regardless if you are on my table for a body session, energy session, or sitting for a chat for a talk/coaching session, my intention is to always:
 - Lead you to a deeper connection to and understanding of self
 - Install an enhanced feeling of empowerment, innate wisdom, and self trust
 - It is my intention to reintroduce you to yourself to that you can connect more deeply with and better understand your body/mind/spirit on all levels, redefine your relationship with yourself to be one of confidence and hope, and confidently guide yourself forward

How to get the most benefits from your session?

- First and foremost...book it and show up! ANY session is more beneficial than no session
- Consistency...your body/mind/spirit did not get to it's current condition overnight, so shifting into balance is likely not going to happen overnight either...be patient, be consistent
 - Muscles build memory, so just like with working out and having the consistency build strength and endurance, same with massage...over time and with

consistency, every session your muscles build memory and every session will be more likely to regain and maintain balance

- Consistency can look like every week, every other week, or every 3 weeks until balance is restored...if seeking corrective change, 2-3 weeks max would be my recommendation for length of time between sessions
- For basic maintenance, typically a session every 4-6 weeks is ideal, though I've even seen amazing improvements happen over time with this consistency, as well as quicker bounce back/recovery time when longer time gaps occur between sessions
- Stay hydrated...this is key for both pre and post session, for massage and for reiki/energy work.
 - Assists to increase relaxation
 - Assists in flushing out muscles and body systems
 - Assists in recovery, reducing muscle soreness and increasing elimination of toxins
- Schedule ample time when booking sessions
 - Again, ANY session is better than no session; and consistency increased return in your money, time, and energy investment into the session.

Reiki Aftercare...to assist in maximizing the benefits and integration of the energy healing session, it is often found helpful to consider the following aftercare support:

- It is not uncustomary to
- Epsom salt baths assist the continued integration of Reiki healing energy and regulating the physical body
- Get and stay well hydrated. Your body counts on proper hydration for ultimate utilization of the balancing your body/mind/spirit experience post session
- Keep meals light. Often it is reported that consuming heavier, dense, and over processed foods bring an energy that clashes with the more gentle, soothing, lighter energy that is brought about through Reiki healing sessions, bringing about digestive upset. Consider this when choosing post session meals and continue to honor your body/mind/spirit with your food consumption as much as possible
- Other symptoms of cold/flu can arise post session as dispenser unresolved energy is making its way through your energy field. Some of these energies can process through the body in such a way that it may seem as if you are coming down with something, though you typically will not feel "ill" or like you are getting sick; simply purging what is ready to release