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A Natural Path

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Reiki Level One

April-June Class Dates

April 16th ~ June 11th

Thursdays from 6:45 to 8:45

Namaste and Welcome to 8 Weeks of Reiki Level One! The intent of this handout is to answer any common questions about Reiki and the specifics of this class.

What is Reiki?~ Reiki is a form of energetic healing that came from Japan and was brought to the West in the middle of the 20th century. Reiki uses the concept of universal energy, intent, and the chakras as a model for promoting health and wellness. The Chakra concept has its roots in India and Chakras themselves are major centers of energetic assimilation, transformation, and concentration that are commonly associated with particular areas of the physical body. They are well documented and have shown up in yoga literature for thousands of years.

This class seems like more than Reiki. What is this class about?~ This class is the first of three levels for Usui Reiki (also known as traditional Reiki). Level One Reiki exposes you to the history of Reiki, hand positions for Reiki, and how to activate your own Reiki energy. The difference with this class, is that every week you will be exploring in depth one of the seven major chakras associated with the physical body and fully experiencing that chakra. You will learn about the psychology of the chakras, the common attributes of the chakras, and ways to use the chakra system to heal. This is accomplished through simple practice, meditation, breathwork, ritual, and intent. In between classes, you will be provided with readings and homework to continue the discovery of your own sacred landscape and to create awareness around how you operate.

Who usually takes this class?-The students who attend this class come from a broad background. Some are in the corporate world, others are healers, and others fall somewhere in between. Most students attend the class not to become Reiki practitioners per se, but to explore and to heal their own sacred inner landscape.

Prerequisites-There are no prerequisites for Reiki Level One other than the willingness to learn and grow. This class is the prerequisite for Reiki Level Two training. Attunements by other practitioners or other types of Reiki do not preclude you from taking this class.

Class Dates-The outline below lists the class schedule. The classes that have two asterisks following them are mandatory attendance to graduate. You may miss two of any remaining classes, but this is not recommended. If more than two classes are missed then all missed classes must be attended in the next course for graduation. All classes currently occur on Thursday nights from 6pm to 8pm with the exception of May 13th which is on Tuesday night from 6pm to 8pm.

1. **April 16th
2. April 23rd
3. April 30th
4. **May 14th
5. May 21st
6. May 28th
7. June 4th
8. **June 11th

A full course outline including syllabus will be provided in the first class. Each week you will receive a two to four page handout that includes a statement of intent for our week, exercises for that intent, the recommended readings, and other items.

Cost-Total cost for the course is \$200 payable either in full at the beginning of the course or by making a payment of \$25 per class. Payment is still due for classes missed, but an additional payment will not be necessary if a make-up is attended. To purchase all of the books from Kashi Atlanta is \$70. Any portion of this can be added to the weekly cost of the class and paid over that duration. Total cost for the class and the

books are \$270. Paid per week is \$33.75 per class. Other costs can be calculated depending on which books you require.

Materials-Four books are required for the class and are obtainable from Kashi Atlanta. Upon registration, the book list will be provided. In the event that you already have some or all of the books required, the cost of the class will be re-calculated to reflect that. In addition, stones and other materials will be suggested as we move throughout the class. Some items will be gathered from nature; others you may buy.

Registration-Kashi Atlanta only keeps a limited number of books on hand so please register as soon as possible. Registration typically closes by noon the 1st day of class. A maximum of twelve people are accepted. A minimum of four will be needed to conduct the class.

Location and Time-We will be meeting downstairs in the yellow massage room at 6:45 pm on Thursdays. Please be prompt. Typically we will spend the first hour reviewing the previous material, sharing our experiences, and answering any questions while the second hour will focus on the new material. It is my intent to be done by 8:45 pm. The majority of the time that will be the case, occasionally we will run over. Sometime we may end early. ☺

Commitment-There is a lot to this course, but it helps to understand that you get to set your own pace and enjoy the journey of discovery. If you do nothing, but show up each week and do a few exercises then you will be ready to do the work of Reiki. Level One is just a starting point and as such truly allow yourself to be a beginner in the process of not only learning how to be a vessel for the living energy of creation, but also the process of learning about who you are, your own sacred nature, and how you operate in all the dimensions you exist in. Know that it is an honor to be the facilitator for this teaching and that my intent is to stand in a space of support and integrity as I bear witness to the journey you are undertaking. Namaste and may blessings surround your every moment.

-Michael Rishi Forrester