



**ANVI AYURVED**

*Treatment Centre And Training Institute*

## **Syllabus**

**REIKI HEALING**

**LEVEL 1 & 2**

### **Week 1**

**Reiki Healing Certification – Level 1 & Level 2**

**Duration: 3 Days**

**Time: 4 Hours Per Day**

**Conducted by: Certified Reiki Master (e.g., Dr. Renuka Yadav)**

**Includes: Reiki Attunements, Course Manual, Guided Practice, and Certification**

**Day 1: Reiki Level 1 – The Foundation of Energy Healing**

**Focus: Awakening Your Inner Healer**

**Session Schedule (4 hours):**

**1 . Introduction to Reiki (45 minutes)**

- What is Reiki?
- History and origins
- Understanding Universal Life Force Energy
- The Five Principles of Reiki

**2. Energy Anatomy (45 minutes)**

- The chakra system
- The aura and energy fields
- Connection between energy and health

**3. Level 1 Attunement Ceremony (1 hour)**

- Attunement by Reiki Master
- Activation of self-healing energy

**4. Self-Healing Techniques (1.5 hours)**

- Reiki hand positions for self-treatment
- Grounding and energy protection techniques
- 21-minute guided Reiki self-healing session

**Home Practice: Begin 21-day self-healing routine**

**Day 2: Reiki Level 2 – Expanding Your Healing Abilities**

**Focus: Emotional Healing and Distance Energy Work**

**Session Schedule (4 hours):**

**1. Review and Experience Sharing (30 minutes)**

- Discuss self-healing experience from Day 1
- Clarify doubts and questions

## **2.Introduction to Reiki Symbols (1 hour)**

- Power symbol (Cho Ku Rei)
- Emotional symbol (Sei He Ki)
- Distance healing symbol (Hon Sha Ze Sho Nen)
- How to draw and use each symbol

## **3.Level 2 Attunement Ceremony (1 hour)**

- Energetic empowerment to use Reiki symbols

## **4.Hands-On Symbol Practice (1.5 hours)**

- Practicing Reiki with symbols
- Techniques for emotional healing
- Introduction to distance healing

### **Day 3: Integration, Practice, and Reiki Ethics** **Focus: Becoming a Confident Reiki Practitioner**

#### **1.Session Schedule (4 hours):**

- Reiki for Others (1 hour)
- Preparing for a Reiki session
- Hand positions for healing others
- Creating a safe healing space

#### **2.Distance Healing and Chakra Balancing (1 hour)**

- Full process of distance Reiki healing
- Using symbols for chakra alignment

#### **3.Partner Practice Session (1.5 hours)**

- Pair work for live Reiki sessions
- Giving and receiving feedback

#### **4.Ethics, Professional Practice, and Certification (30 minutes)**

- Guidelines for responsible Reiki healing
- Using Reiki professionally or for loved ones
- Final discussion and Q&A

#### **Course Inclusions:**

**Reiki Level 1 & 2 Attunements**

**Printed or Digital Reiki Manual**

**21-Day Self-Practice Guide**

**Certificate of Completion for Reiki Level 1 & 2**