Healing Essence

Transforming Minds ... Healing Lives...

Reiki Master Training

LEVEL I, II, IIIA & IIIB

4-DAY TRANSFORMATIONAL PROGRAM

Deepen your practice • Expand your awareness • Become a Reiki Master

About the Program

This **4-day Reiki Master Training** is designed to take you on a complete journey — from understanding the basics of Reiki to master-level practices and attunement. Whether you wish to heal yourself, support others or teach Reiki, this program gives you the knowledge, experience and confidence to do so.

Learn
Practice
Grow

DAY 1 — Reiki Foundations & Energy Awareness

Build a strong foundation in Reiki and understand the energy within and around you.

- **Reiki Overview**
  What is Reiki? | Meaning & concept
  Reiki as an energy-based practice
  Reiki in daily life | Common misconceptions
- **Background**
  History | Mikao Usui | Evolution & spread
- **Reiki Principles**
  The Five Principles | Just for Today
  Applying them in daily life
- **About the Reiki Masters**
  Who is a Master? | Responsibilities
  Qualities | Ethics & boundaries
- **Understanding the Aura**
  What is the human energy field?
  Layers | Chakras | Energy awareness
- **Foundation Practice**
  Preparing your space | Grounding & centering
  Reiki meditation | Self-practice

DAY 2 — Reiki Practice, Symbols & Distance Healing

Gain hands-on experience with Reiki techniques and Master symbol.

- **Revisiting Reiki Foundations**
  Review of Day 1 | Q & A | Sharing experiences
- **Master Symbol**
  Purpose | Meaning & significance
  Symbol meditation | Practical application
- **Self-Healing (Level 1 & 2)**
  Hand positions | Full-body treatment
  Intention & practice
- **Reiki for Others**
  Preparing for a session | Hand positions
  Creating a healing environment
- **Distance Healing (Level 1 & 2)**
  Concept | Intention & visualization
  Procedure | Practical session
- **Practice Session**
  Guided self-healing | Partner practice
  Distance Reiki | Sharing & discussion

Energy Heals • Awareness Transforms • You Empower

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DAY 3 — Level IIIA – Advanced Reiki Practice

Explore advanced symbols, their uses and applications.

- **Introduction to IIIA**
  Master level | Role & responsibility
- **IIIA Symbol(s)**
  Traditional significance | Usage
  Symbol meditation | Practical application
- **Advanced Energy Work**
  Deeper awareness | Intention & focus
  Energy balancing | Advanced meditation
- **Advanced Healing Practice**
  Structured session | Specific intentions
  Combining techniques | Self & partner practice
- **Preparing for the Master Level**
  Professional & ethical considerations
  Building discipline & consistency

DAY 4 — Level IIIB – Master / Teacher Level

Learn the higher-level practices, teaching methods and receive the final attunement.

- **Understanding IIIB**
  Role of a Reiki Master/Teacher
  Teaching with integrity | Boundaries
- **Master/Teacher Symbol(s)**
  Traditional significance | Usage
  Symbol meditation | Advanced practices
- **Attunement / Reiju Practice**
  Purpose | Preparation | Attunement sequence
  Demonstration | Guided practice
- **Teaching Reiki**
  Structuring a class | Explaining concepts
  Demonstrating techniques | Supporting students
- **Conducting an Attunement**
  Preparation | Intention & sacred space
  Procedure | Post-attunement practices
- **Final Practice & Integration**
  Complete Reiki practice | Master meditation
  Questions & discussion | Ongoing guidance

Practical Components

- ✓ Guided practice sessions
- ✓ Partner practice
- ✓ Distance Reiki practice
- ✓ Symbol meditation

Program Completion

Receive a Reiki Master Training Certificate covering:

Level I → Level II → Level IIIA → Level IIIB

What You'll Gain

- ✓ A complete understanding of Reiki
- ✓ Hands-on practice & confidence
- ✓ Master-level techniques & symbols
- ✓ Teaching skills & attunement
- ✓ Guidance for your Reiki journey

This is more than a course... it is a journey into your higher self.

Call / WhatsApp
7780729577

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