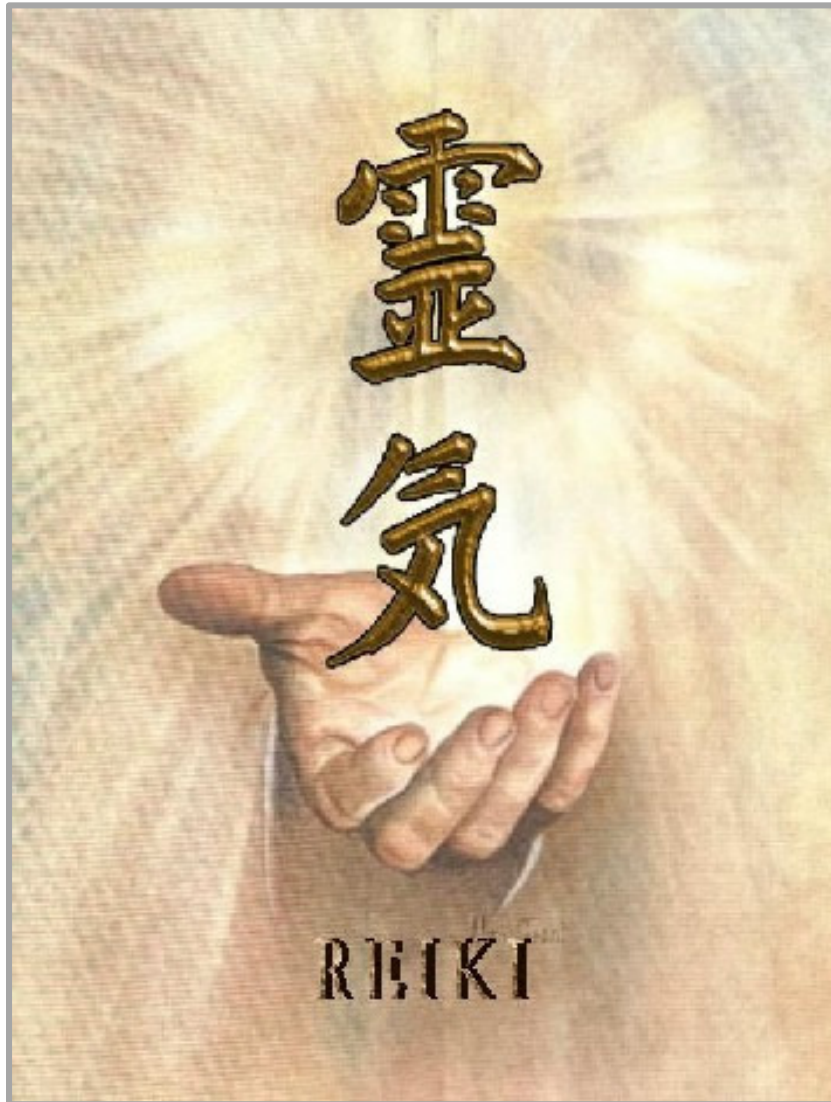


# USUI REIKI

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*Apprenticeship Materials Outline*

*Lever One, Two and Three*



**Karen Taks, Reiki Master  
Instructor**

**Penny Coté Kearns, Reiki Master, Metaphysical Healing Master  
Program Designer**

**Creator and Inspiration  
Mikao Usui, Grand Master**

**REIKI APPRENTICESHIP – LEVEL ONE**

**CONTENT**

Introduction to Reiki  
Usui Reiki Founder  
Reiki Therapy  
Reiki Healing Experience  
Post Session  
Ongoing Reiki  
Holistic Healing  
Chakra System  
Root, Sacral, Solar Plexus Chakras  
Reiki Symbol

**REIKI APPRENTICESHIP – LEVEL TWO**

**CONTENT**

Reiki Healer  
Heart, Throat Chakras  
Reiki Symbol  
Attunement  
Reiki Healing Treatment  
Full Reiki Healing  
Reiki Self-Healing  
Grounding  
Shadow

**REIKI APPRENTICESHIP – LEVEL THREE**

**CONTENT**

Third Eye, Crown Chakras  
Reiki Symbol  
Distance Healing  
Animal Healing  
Comfort the Dying  
Goal Manifestation  
Meet Your Reiki Guide  
Intuition Score Sheet  
Number Symbology  
Receive Your Secret Symbol

## Reiki Apprenticeship – Level Four

Level four is the Master Level and is not necessary for your healing practice, and so is offered as a separate course. Master Level is required for teaching and is intended primarily for that purpose.

Whether you decide to take the Master Level or not may be decided at any time.

### Level four includes

- Additional Chakras
- Thymus activation
- Master symbol
- Master symbol alternatives
- Attunement exercise
- Kundalini
- Reiki Stones

### *Reiki Energy*

*Reiki helps awaken  
the divine presence  
within.*

*Reiki stimulates our  
potential and  
heightens our  
awareness.*

### *Principles of Reiki*

*Just for today...*

*I will release fear,  
I will receive blessings,  
I will enjoy life,  
I will live with passion,  
I will love...*