



JENNIFER ENGLER, LLC

USUI/HOLY FIRE III REIKI I & II



www.jenniferengler.com

Usui/Holy Fire III ® Reiki I & II Practitioner Training & Certification

Limited to 4 participants to ensure an individualized and interactive training

All the information and techniques for both levels are covered including:

- The Reiki hand positions
- Giving a complete Reiki treatment for self and others
- Japanese Reiki Techniques, as taught by Dr. Usui including:
 - **Gassho** meditation, **Reiji-ho** - developing your intuition, **Byosen Scanning** - detecting where Reiki is needed, **Gyoshi ho** - sending Reiki, **Kenyoku** - dry bathing or clearing one's energy field
- Hayashi Healing Guide
- Using Reiki for specific conditions
- The Reiki II symbols, how to use them with practice time
- Using Reiki to heal unwanted habits
- Distance healing
- 192 page digital manual, hardcopy, and/or digital and hardcopy
- Class certificate (digital for print)

The class is a combination of lecture, discussion and experience. Practice time includes giving and receiving a complete Reiki treatment using all the hand positions, self -treatment, practice using the level II symbols including distant healing, and practice using all the Japanese Reiki Techniques mentioned above.

While practice takes place during the class, it is recommended that you set aside time to practice between Reiki I and Reiki II and after Reiki II. Additional practice is necessary to gain the experience and confidence you need to fully utilize the Reiki training. The more you practice, the stronger the Reiki energy becomes. Once completed, you will be able to conduct Reiki healing sessions for yourself and others.

Preparation for a Reiki Attunement (Placement/Ignition)

A Reiki attunement is a process of empowerment that connects you to the unlimited source of Reiki energy. In Holy Fire Reiki the attunement has evolved into Placements and Ignitions which accomplish the same thing. During the attunement, and afterwards, changes will be made by the energy to enable you to channel Reiki. The changes tend to create a physical and emotional toxic release as part of the clearing process that takes place in your energy system and the

physical body. To enhance this process, a process of “purification” is recommended. The steps are optional so please take what you feel fits and leave the rest.

- Refrain from eating meats 3 days prior to the class as they often contain drugs and hormones that can make your system sluggish/out of balance.
- Consider a water or juice fast for one to three days if you’re experienced with fasting.
- Minimize your use of coffee and caffeine drinks or stop completely. Try not to use caffeine on class days due to the impact on the nervous system.
- Cut out alcohol for at least three days prior to class.
- Minimize or stop use of sweets (sugar) and chocolate.
- Smoke as little as possible or not at all on class days.
- Meditate or spend time in silence a week leading up to class.
- Reduce or eliminate time watching TV or other forms of media.
- Go for walks, spend time in nature, get exercise/move your energy.
- Attend to the subtle impressions and sensations within and around you and contemplate their meaning.
- Consider creating a sacred space within and around you in the days leading up to class and during class. Create a safe space and support it with rituals and artifacts that make you feel safe and feel good to be you. Work to release denser emotional energies such as anger, fear, worry and jealousy.

Again all of these steps are optional and it is 100% OK to practice just those you feel called to incorporate prior to Reiki I, between Reiki I and II and afterwards.

Preparation for Class Days

- Take care to prepare yourself and your space, feeling safe supports your entire experience
- Ensure you will not be interrupted and turn off all devices
- Clear your day as much as possible
- Make the space your own, fill it with what makes you feel safe, nurtured and confident
- Prepare for a range of emotions and give yourself permission to allow, express, release
- Set your own energetic boundaries for grounding and protection
- Let go of expectations and preconceived notions of how it will feel or “happen” - affirm that you can simply allow for the flow of your learning and experience
- Recognize and work to surrender to expectations for ‘fireworks’ and affirm your experience will be what it needs to be for you