

Usui Reiki Level I Attunement  
with Kiki Hocking

**RL1: Self-Reiki**

For those who want to learn more about the Usui Reiki system of natural healing and wish to work on themselves.

You will learn about the history of Reiki, the Reiki principles, how to sense energy (and what it means), uses for the first Reiki symbol, some rituals for cleansing and protection, and the basic hand positions for self-treatment. You receive the RL1 attunement, boosting your energy field.

**Reading:** Essential Reiki: A Complete Guide to an Ancient Healing Art, by Diane Stein

**For the class:**

- wear comfortable clothes
- bring something comfortable to sit on
- bring sacred objects for the altar (to be returned) crystals, flowers, rocks, bones, shells, etc.
- bring something to write with and a journal if you choose, bring your book
- bring snacks like nuts, fruit, and dark chocolate, water

**Agenda:**

Centering Exercise  
History of Reiki  
The Reiki Principles  
Sensing energy  
Hand positions for self-healing  
Practice self-healing  
Reiki Level I symbol & uses  
Ritual for daily cleansing  
Ritual for protection  
Attunements to Reiki Level I ceremony

**Exchange: \$175**



# | reiki level II attunement |

## Usui Reiki Level II Attunement with Kiki Hocking

### **RL2: Reiki Others**

When a student feels ready to work on others and has practiced self-treatments for at least a month, Reiki Level 2 is an option.

In this class, you'll learn about the 2 symbols that come with this attunement, one for emotional healing and the other for karmic or long-distance healings— as well as their other uses. We'll also discuss guides and intuition as they broaden the Reiki practice. You receive the RL2 attunement which shifts your energy, taking you from a metaphorical 100 watt light bulb to a 500 watt light bulb.

**Prerequisite:** RL1 attunement

**Reading:** Essential Reiki: A Complete Guide to an Ancient Healing Art, by Diane Stein

### **For the class:**

- wear comfortable clothes
- bring something comfortable to sit on
- bring sacred objects for the altar (to be returned) crystals, flowers, rocks, bones, shells, etc.
- bring something to write with and a journal if you choose, bring your book
- bring snacks like nuts, fruit, and dark chocolate, water

### **Agenda:**

Centering  
Increase healing with intuition and guides  
Sei-He-Ki symbol  
Hon-Sha-Ze-Sho-Nen symbol  
Attunements to Reiki Level II ceremony  
Practice and questions

**Exchange: \$250**

