



Jay Hill

psychic
reiki master
author | speaker

t. 612.432.3644

w. www.guidetoawareness.com

e. jayhill@guidetoawareness.com

Reiki Instruction Courses

Reiki is different for everybody, but the main emphasis is healing and cleansing your life of the things you no longer need. Diet, health, exercise, and learning how to use the Reiki energy will most likely be the focus for the first six months after your level one and two attunements.

You will never stop learning and the attunements are only the first step in the learning and healing process. Once you have become accustomed to the Reiki energy and use it for healing yourself as well as others, you will be amazed at the changes that occur in yourself as you begin to look inward.

At any time during training I will be available for support, questions and help. Learning and application takes place after the attunements when you begin your work with each new level of energy that you have been opened up to.

To reach a Master/Instructor level it typically takes two years. I believe in the traditional practice and will do everything I can to support you in your training. It is possible to start work on others after level one, and I encourage this as it helps you in the learning process.

After level two students have the knowledge to open a practice. I look forward to traveling the Reiki path of healing, awareness, and compassion with you.

Usui Reiki Level I Course

Cost: \$100.00

1st Level Training: Full 8-hour day and follow up 4-hour day.

Day one: The first of four levels of training to learn Reiki, any student may carry out Reiki sessions after taking this first level course. Included in this level: Usui Reiki Ryoho Level One Attunement. Background and history of Usui Reiki Ryoho. Information on the numerous benefits and uses of Reiki. Instruction for hands on Reiki sessions. Instruction in self-healings. Student will receive Reiki resources and recommended reading.

Second day is spent in practice and healing sessions to allow student to become comfortable with working on others and self-healing.

- History of Reiki: how the originator of Reiki created this system
- Attunement: an initiation to allow the opening of one's energy channels to allow direct access to the flow of Reiki energy
- Reiki treatments for self
- Reiki treatments for others
- Reiki Meditations: these techniques help you to center and ground and create a prayer of intent

Usui Reiki Level II Course

Cost \$125.00

2nd Level Training: Full 8-hour day and follow up 4-hour day.

Day one: Usui Reiki Ryoho level two attunements including distance-healing training. We'll discuss energy work and its complimentary aspects to Western medicine, and its place in Eastern and Western society. Also, we'll talk about other energy healing modalities and how Reiki compliments, and can be used with them. Reiki as a way of life. Reiki meditations to enhance healing. Breath work and psychic surgery will be covered in this level.

Day two: Healing sessions to allow student to get comfortable with using and feeling level two energy on others and with self healing.

- Receive the Level II attunement, where specific sacred symbols are added to your energy field
- Learn three symbols to enhance sessions
- Direct this energy toward physical healing, mental/emotional healing, distance healing
- Practice distance healing, which can be sent anywhere and to anyone. It also allows you to send the energy to the past and into the future
- Learn the Japanese/Tibetan techniques for enhancing the healing power by using the power of breath and sight

Usui Reiki Level III Master Practitioner Course

Cost: \$250.00

3rd level training, Master Practitioner: Full 8-hour day with follow up of two

You will learn the connection of crystals and Reiki and how to incorporate them into your healing. We will cover Chakra clearing and balancing and Tibetan sound healing and energetic alignment. You will become more aware of your role of a healer and what that means. You will be opened to energies which will positively effect you. Your guides will communicate to show you how Reiki has synchronized your existence into harmony with the universe.

- The Reiki Master Practitioner level continues to open you further towards your potential. Your own healing continues at deeper levels, as well as your ability to channel even more refined and compassionate levels of Reiki energy.
- Learn one of three master symbols, which allow you to connect to higher spiritual frequencies
- Gain a stronger connection between the physical self and higher self
- Incorporate crystals into healing work
- Learn Reiki meditation, to help create a strong connection with the earth creating a wonderful grounding technique
- Learn about the Tibetan and Chinese healing Antahkarana symbols.
- Learn Tibetan drumming and sound healing

Usui Reiki Level IV Master Instructor Course

Cost: \$300.00

4th level Master Practitioner/Instructor level. Full 8-hour day with two attunement/healing shares within three months.

In this training you receive final Master attunements to allow you to pass attunements to others. We will discuss the teaching and passing of knowledge. You'll receive tools and reference materials to enhance your teaching. In reaching this level your commitment to the compassionate life of a Master healer will come full circle.

- Receive master instructor attunement
- Learn two Tibetan symbols necessary for passing attunements
- Learn how to pass:
 - Healing attunements
 - Level 1 attunement
 - Level 2 attunement
 - Level 3 master practitioner attunement
 - Level 3 master instructor attunement
- Create an outline to begin your journey as a Master instructor

Note: Levels one and two are typically done during a two-week period with time between attunements for adjustment and practice. An example would be a weekend for level one and then level two commences two weeks later. During the time in between I am available for support and questions. After level two it is typically three to six months before students begin the Master Practitioner level.