

# Reiki Healing



## ACCREDITATION

IPHM, IICT & AADP APPROVED

---

When students have successfully passed the examination, they are issued with a qualification that is recognised by the above awarding bodies.

Graduates of which will then be eligible to apply to be board certified holistic health practitioners through the above and obtain the necessary insurance if working as a therapist.

**Why study with us?** Luna Holistics is a reputable and professional distance learning training academy with years of experience offering quality course material at affordable prices.

**Entry Level** (pre requisites): **Reiki Level 1** must be taken before **Reiki Level 2** – self paced - self study

**Career opportunities:** Work self-employed or in a Holistic Centre as a: - Certified Reiki Therapist – Professional Holistic Therapist – Complimentary Practitioner – Holistic Healer – Reiki/Energy Healer

**Course format:** Approx 12 modules – learning reviews throughout

**Duration:** Self-Paced – Study time Approx 40- hrs

**Support:** Full tutor support offered – Access to student video library

**Qualification:** Certificate/Diploma

# **Course content:**

## **Benefits of Reiki Healing**

To know and possess skills in this subject can be a useful tool to assist yourself and others in dealing with mental, emotional difficulties and to help certain medical conditions; it is the beginning of a fascinating and exciting journey into the world of Reiki Healing.

The main purpose of Reiki 1 is to introduce you to the principles of Reiki, key Reiki masters and sufficient information to allow you begin to practice on yourself, friends and family.

## **Overview of Reiki 1 Part 1 and 2**

### **Reiki 1 Part 1**

Lesson 1 begins with the meaning of Reiki and the history of how it came about. This section also introduces two of the main Reiki Masters, who played a key role in the practice of Reiki today.

Lesson 2 begins with the ethical principles of Reiki and how Reiki works; it then goes on to explain the preparation for Reiki and safety tips. This section continues with more about the energy, giving Reiki, treating yourself with Reiki and our bodies (including the different organs and their functions).

Lesson 3 introduces the chakras, their location, what they govern, what happens to our mental, emotional states and our body language when they are blocked.

### **Reiki 1 Part 2**

Lesson 4 begins with position of the hands for Reiki, the 3 Kanji hand positions and information on healing hands. This section then continues with the explanation of grounding, provides you with a grounding exercise to practice and finally an explanation of the Heart of the Earth.

Lesson 5 begins with more on the Reiki treatment and some tips on how to start the process, using Reiki on others with tips, a step by step guide of the actual treatment. This section continues with the treatment of specific areas, what to do if the energy is not flowing, and the different Reiki hand positions to use on yourself (this part includes pictures to help you understand what the positions look like).

Lesson 6 begins with the positions to use when giving Reiki to others (again this part includes pictures to help you understand what the positions like). This section continues with the different ways of using Reiki, such as when your client is sitting, Reiki sandwiches (sandwiching the head and the heart areas), `many on one' Reiki sessions (when more than one person gives Reiki), Reiki cradling for emotional balancing, treating family and friends, and using it on plants and animals. This section then goes on to explain the connection with colour and crystal therapy. Finally the Five Spiritual Principles are explained, information on taking Reiki further and the attunement process.

### **Learning Review**

After Reiki 1 Part 1 and 2, a list of related questions and answers has been provided to allow the students to review their learning.

## **REIKI Level 2 - Home Study Diploma Course**

The main feature of Reiki 2 is the introduction and use of the 3 Reiki Symbols. The symbols work as `keys' to unlock more energy and can also be used for Distant/Absent Healing. Each of the symbols has its own meaning and uses. There is a 4th symbol that is associated with The Master Degree.

The symbols can be used by being `drawn' over the client and can also be `visualised' by the practitioner. It is the `Intent' by which they are used that increases the power. The symbols serve as a focus for the energy to be sent through time and space. They amplify the energy and allow it to be sent anywhere in the world to people, situations, disasters, the planet, you name it.

The symbols are considered sacred and should be respected as such. These symbols are unique in that there is a link between the Reiki Master who implants them into your Aura during the Attunement process and the ones you have been given to use in practice.

## **Benefits of Reiki Healing**

To know and possess skills in this subject can be a useful tool to assist yourself and others in dealing with mental, emotional difficulties and to help certain medical conditions; it is the beginning of a fascinating and exciting journey into the world of Reiki Healing.

Both Reiki 1 and 2 gives you all the information to become a professional Reiki Practitioner. But remember you do need to undergo your Reiki Attunement with a Reiki Master before you can practice professionally. With both the Luna Online Studies Diploma and your Reiki Attunement completed, you can then start to earn additional income in something that you love to do and others can benefit from your knowledge and skills in this particular holistic therapy.

## **Overview of Reiki 2**

Reiki 2 is the final part of the course, which explains the Reiki Symbols, the pronunciation, their meanings and their uses. This section explains a method for distant healing, the aura, a closer look at the chakras and blocked energy centres. Finally it explains how we should listen to our bodies and gives examples of chakra disorders and the likely causes of their effects. The last part of this course gives you information on taking Reiki further.

This completes the full Reiki Course.

**Attunements** – To get your reiki attunements you can do this directly via the student library or if you prefer to have them in person contact a local reiki master whom should be happy to do this for you for a small fee. You may need to show them your certificate so prove that you have completed your course work.

## **Learning Review**

Following each group of lessons you will be given a list of related questions that will help you to review and consolidate your learning.

**Exam** – On request approx. 25 questions including multiple choice and minimum of 1000 word case study to be submitted.

# FREQUENTLY ASKED QUESTIONS

**Do I have to complete an exam?** Exams are optional. If you would like to receive a recognised qualification however then you will need to submit an exam in the subject studied.

**Do I have to submit any essays or case studies in order to pass my exam?** - Yes - The exam board do require you to submit a minimum of one written case study for most of the exams. (you can use a friend of family member to be your case study example) Your exam will have a selection of questions/multiple choice. We recommend that you practice your chosen therapy on family and friends first before offering your services to the public.

**What if I fail my exam?** We will notify you of your results and if you have not passed, you will be given the opportunity to re-submit your exam free of charge. Please note you will be able to read through your examination and take your time, you are in no hurry to complete this and if you have read and understood your course material then we doubt very much that you will have to re-sit. Plus we offer learning reviews throughout your studies which relate to some of your exam questions, providing you work your way through these we see no reason why you should fail.

**How much does my Diploma/Certificate cost?** Your qualification is included in the price of the course and will be sent to you as a pdf attachment ready for you to print off immediately. You will also have the option to have a signed and posted hard copy sent to you. Postal charges will apply if you require this service.

**Can I share my course material with someone else?** We do realise that there may be other members of your family or close friends who also wish to study the same subject. In this case please note that there will only be one exam sent out. Should other members wish to request a separate exam there will be an administration charge of £50 per person and no personal tuition will be available to them. However they will still qualify for their accredited diploma/certificate.

**Can I then practice my therapy legally?** Yes once you have passed any of our accredited courses you may then choose to practice your chosen therapy, however we strongly recommend that you take out adequate insurance if working with the public, and if taking courses that involves massage or hopi ear that you attend a workshop or similar for hands on training before working with the public. Luna studies accept no responsibility for students who may cause injury whilst working with the public after taking any of our courses.

**Worldwide Accreditation - Do you cover my country?** I live in Canada can I still study your courses? We have many Canadian students, Australian as we do European, American and the Far East. It really does not matter where in the world you are based, your course is recognised by three professional holistic accreditation boards two of which are international. iphm (worldwide) IICT ( UK, AUSTRALIA, CANADA, USA, NEW ZEALAND, IRELAND) aadp (USA)

**Studying in the UK** - Luna Holistics Ltd. is a registered training provider with the Government Department of Work and Pensions. You may qualify towards funding for our courses. For more information contact your local job centre. Luna Holistics is on the UK Register of Learning Providers - UKLP Ref No: 10040879

**How do I pay for my course?** You can pay by debit/credit card , PayPal or Bank Transfer or you can request that we send an invoice to your email address and you can pay direct from that. Paypal is free for anyone to set up and is one of the most trusted methods of payment on the internet. Most of our courses can be purchased in separate parts to help you spread the cost. Once your course has been ordered and paid for it should be with you within a few hours ready for you to download and start learning.

**Why are your courses so inexpensive compared to other course providers?** Our course prices are kept as low as possible to encourage more people to enrol and learn about holistic therapy as we feel this is important for all our futures. Please do not make the assumption that because some course providers charge hundreds of pounds more that the content will be superior, we have done our research and know this is not the case. You also have the option of easy payment options.

**Can I get Insurance?** As a qualified student of Luna Holistic Studies Westminster Indemnity & Towergate specialise in Holistic Insurance and are offering all our UK qualified students the option to join them and obtain a free quote.

**How do I access the tutor support?** Should you have any queries regarding your course work whilst you are studying simply email us your questions and your query will be passed on to the relevant tutor. You will receive a response via email within 24hrs. You will also be sent a link to access the student video library when you have enrolled.

**What is the Student Library?** Our student library has been set up especially for you. Here you will find helpful training videos relevant to your chosen course and examples of case studies. You will also find further reading and products plus tips on setting up your own holistic business and links to see some example case studies. You will be sent the direct link for the library with your course files.

# Holistic Package Offers Saving over 50%

Fantastic Savings with our Holistic Packages  
UK & Worldwide Accreditation



**HOLISTIC PACKAGE OFFERS**

Choose any 3, 5 or 7 Courses



**LUNA**  
HEALTH & WELLBEING EDUCATORS

Diploma/Certificate included  
Tutor support  
Access to Student Library



If considering taking more than one course then our holistic package offers are amazing value.  
Please visit website for more details: [www.lunacourses.com](http://www.lunacourses.com)

