



850 S. Wabash Ave., Suite 300 Chicago, IL 60605  
(312) 786-1882 [www.equilibrium-e3.com](http://www.equilibrium-e3.com)

## **Level One Reiki**

Reiki is a simple but powerful healing technique that replenishes and rebalances physical energy, health and inner harmony. Reiki is used by individuals around the world as well as in hospitals, nursing homes, clinics, spas and hospices.

Reiki “jump starts” the body’s own natural healing ability. The fundamental principle of Reiki is simple: If you can get the body to relax completely, it will heal itself. Research shows that 90% or more of all illnesses are caused in one way or another by stress. Reiki helps relieve the body of stress, allowing it to heal and rebalance itself naturally.

For healthy individuals, Reiki is a simple, effective way to relax, relieve stress, and restore energy. Because it relaxes the body at such deep levels, one hour of Reiki is equivalent to three or four hours of very deep sleep. Regular Reiki treatments are excellent preventive therapy, because they help keep the body in a relaxed, and therefore healthier, state. For those with acute or chronic health problems, Reiki is a valuable complementary therapy.

Learning Level One Reiki allows you to use this nourishing energy to help yourself and others maintain a higher level of balance and health. In this daylong class, the morning is devoted to understanding biofield energy, the principles of Reiki, and how the hand positions affect certain organs, body parts, and illnesses. You receive the attunement, or energy transfer, that allows Reiki energy to flow naturally from your hands for giving life-enhancing energy to yourself, other people, animals and plants.

The afternoon is devoted to learning the hand positions for treating yourself as well as the hand positions for treating others. You will practice giving and receiving treatments with your classmates so that you are a confident Reiki healer by the end of the day.