

Course Information Sheet

Reiki III

Introduction

This course is a progression from the Reiki II course and is for learners with some knowledge and practical experience of using Reiki. You will learn how to use the Usui Master symbol for the purposes of healing. You will also be introduced to crystal healing with Reiki and learn how to construct a crystal grid which can transmit gentle healing 24 hours a day.

What are the course entry requirements?

Completion of a Reiki II course, please bring proof of this course completion to your first session.

How long is the course?

Between 10 and 20 hours.

What will the course involve?

You will be able to broaden your skills and use the Usui Master symbol in order to advance to a higher level of practice. You will learn how to construct a Reiki Crystal grid and explore the ways it can be used.

To get the most from this course you require a good understanding of English across all skills; listening, speaking, reading and writing. There may be elements of basic numeracy to the course content.

How will I be learning?

During the course you will learn through a variety of methods which may include: observation, informal quizzes, setting tasks, group discussion, question and answer sessions.

What equipment will I need?

****Please see Reiki preparation sheet enclosed****

You will also need a notepad and pen, small cushion and lightweight blanket.

Certificate of attendance for your Reiki II course.

How will I know if I am making progress?

The tutor will assess your progress and will give you personal feedback on a one to one basis.

What course work will I be expected to complete?

Practical treatments, use of techniques with a crystal grid, Reiki techniques, relaxation and meditation, assessment activities such as a quiz, symbol test and summary of your own learning experience.

What can I expect to learn from this course?

- Identify key health and safety issues relating to Reiki and maintain a safe working environment
- Identify the Usui Master Symbol and describe its properties
- Construct and use a crystal grid
- Develop and explore techniques that enhance the effectiveness of the Reiki energy in a variety of ways
- Analyse the benefit gained from the use of Reiki for self and others

Will I need to cover anything in addition to the course fee?

£10 to purchase a set of crystals or 8 quartz crystals.

What other training programmes and progression opportunities are there?

Karuna Reiki®, Reiki Workshop, Reiki for Professional Practice

If you require in-depth advice on progression opportunities or guidance on career choices please contact our Information Advice and Guidance Officers on 0845 600 1331. For general information about other courses, contact us on the same number or check out the website www.lancashire.gov.uk/adultlearning