

Reiki Level I

Admission to this Reiki Training Course requires students to fill out the enclosed registration form and send it along with the course fee. Students do not need any prior training or experience to take this course.

RKI-101 Level I Reiki Training

\$75

This is a 1 day 7 hour introductory class for anyone interested in learning about energy healing techniques for themselves and others. Reiki is a Japanese form of energy work used to relax, replenish and heal the body. Although Reiki dates back 2,500 to 3,000 years, it was rediscovered in the 1800's by Dr. Usui, a Japanese man, whose quest was to explain why physicians and other healers no longer had the power in their hands to heal people. "REI" means spiritual consciousness or wisdom, "KI" means life force. This spiritually guided life force energy that is Reiki is universal and has an intelligence of it's own. Dr. Usui believed that Reiki had been accessible to all people at one time. After a person is initiated into Reiki energy, whenever they place their hands on others or themselves, with the intention of using Reiki, the energy naturally flows. Reiki can be used to nourish and restore the body from every day life stressors. Reiki's soothing and balancing energy can be useful with ourselves, our loved ones, and even our pets. Whether it is a ten minute or a full body session, this gentle Reiki energy will allow the body to replenish and restore it's natural immune system. Reiki is not a substitute for medical care, however, it will support and enhance any form of treatment. Reiki can be used to aid the body's natural ability to heal headaches, exhaustion, colds, sleeplessness, injuries and any other form of "Dis-ease".

Course Content:

Definition of Reiki
Lineage and History
Healing with Reiki
Manual

Attunement (initiation into Reiki I)
Practice sessions
The hand positions for self healing
The five Reiki Principles

Students who successfully complete all required course work for RKI-101 will receive a certificate as a

First Degree Reiki Practitioner

Reiki Level II

Admission to this Reiki Training Course requires students to be certified as a First Degree Reiki Practitioner. Students need to fill out the enclosed registration form and send it to The Meta Institute and the course fee. First Degree Certificates from another school or instructor are permitted at this level only. If you have received instruction from another school or teacher please send a copy of your first degree certificate with your registration.

Required Prerequisite Course:

RKI-101

RKI-201 Level II Reiki Training

\$150

This 1 day, 7 hour course will assist the practitioner in continuing their personal and professional development as a healer and help guide them along their journey. Students will learn advanced healing skills and feedback on their current skill levels. Students will learn the use of ancient symbols to aid the healing process. Long distance healing techniques will be taught and practiced. A brief overview of issues to be addressed when starting a healing practice will be discussed to help students begin to prepare for a private practice.

Course Content:

First Three Symbols, meaning and uses	Practice & Additional Techniques
Long Distance Healing	Attunement (initiation into Reiki II)
Ethics and Permission	Development of a Healer
Manual	

Students who successfully complete all required course work for RKI-201 will receive a certificate as a

Second Degree Reiki Practitioner

Reiki Master

Admission to this Reiki Training Course requires students to be certified as a Second Degree Reiki Practitioner, and document at least 50 hours of providing Reiki sessions. These sessions may be a combination of volunteer work, paid experience, Reiki shares, or family and friends. Please contact us to receive the necessary documentation required. Students need to fill out the enclosed registration form and send it to The Meta Institute along with a copy of their First and Second degree Certificates, and the course fee. Students must have taken their Second Degree Training at the Meta Institute in order to register for this course.

Required Prerequisite Course:

RKI-101

RKI-201

RKI-301 Level III Reiki Master Training

\$300

This 1 day 7 hour course is for those students interested in deepening their skills as a Reiki Practitioner and furthering their study and commitment to the process of energy healing. Students will be trained in the art of Reiki Initiation and Attunement, learn and use three new symbols, and demonstrate their skill and knowledge regarding Reiki Healing.

Course Content:

Additional Symbols
Buddhist Interpretation of Symbols
Learn the Process of Passing Attunements

Practice Passing Attunements
Attunement into Reiki III
Manual

Employment Opportunities

In addition to a private practice, Reiki practitioners can obtain employment at healing and massage clinics. Massage therapist and Nurses are among the many students who add these skills to their already existing skills. CE credit can be obtained for both massage therapists and Nurses.

Students who successfully complete all required course work for RKI-301 will receive a certificate as a

Reiki Master

Reiki Master Teacher

Admission to this Reiki Training Course requires students to be certified as a Reiki Master. Students need to fill out the enclosed registration form and send it to The Meta Institute along with a copy of their First and Second degree Certificates, and the course fee. Students must have taken their Second Degree Training at the Meta Institute in order to register for this course.

Required Prerequisite Course: RKI-101 RKI-201 RKI-301

RKI-301T Level III Reiki Master Teacher Training \$300

This 1 day 8 hour course follows the Reiki Master class for those students interested in teaching other students Reiki. This class allows the student to get an introductory level course in presentation skills to enhance their ability to teach effectively. Students will also participate in a supervised Internship for our Reiki Master Teacher Certification. After a student has taken the Reiki Master Teacher class, they will then be required to assist at a Reiki I & Reiki II class. In the role of assistant/apprentice, the student will participate in doing attunements, answering questions and providing guidance during practice sessions. The student will also participate in several briefings with the instructors throughout the day. During these meetings the student apprentice will have the opportunity to ask questions and share information about their observations and learnings during class. This will allow the student apprentice to take the information learned in their Master Teacher training and experience and process it on a different level for a deeper learning experience. The Reiki Master Teacher graduates will also receive a complete set of Reiki I, II & Master level manuals to teach from (these will also be available on disk).

Course Content:

Training and Presentation Skills	Understanding learning styles
Supervised Internship	Environment Preparation
How to Prepare a REIKI Class	

Employment Opportunities

In addition to the employment opportunities of a certified Reiki Practitioner, Reiki Master Teachers can offer training workshops and certify students at all three levels.

Students who successfully complete all required course work for RKI-301T will receive a certificate as a

Reiki Master Teacher

Discover the Healer in You

This is a unique process that was developed by Mirtha to assist students in achieving their highest intention of developing their skills as a healer and helping others to heal along their journey. This process allows students to journey inside themselves on a guided personal tour to discover any unwanted or limiting beliefs, values or objections that might get in the way of allowing the student to manifest their goal of becoming a healer. Once discovered, this process allows the student to clear these limiting beliefs, values and objections in a very personal and private way.

This guided imagery allows students to let go of what is no longer serving them and frees them up to connect to the true healer in themselves. They can now begin their journey to healing self and assisting others in healing. It is a very powerful process that was developed based on the Hawaiian spiritual and energy system called Huna.

Reiki Sessions

Reiki can be used to nourish and restore the body from every day life stressors. Whether it is a ten minute or a full body session, this gentle Reiki energy will allow the body to replenish and restore it's natural immune system. Reiki is not a substitute for medical care, however, it will support and enhance any form of treatment. Reiki can be used to aid the body's natural ability to heal headaches, exhaustion, colds, sleeplessness, injuries and any other form of "Dis-ease".

**Reiki Sessions are 60 minutes long and by appointment only.
Sessions are \$75.00**

Reiki Shares

The Meta Institute sponsors monthly Reiki Shares for Reiki Practitioners to get together and share experiences as well as give Reiki treatments to each other to support practitioner's self-care. Reiki Shares are open to anyone trained in Reiki by The Meta Institute at Level One, First Degree Reiki. Please call for more information.

Therapeutic Coaching Session

Sessions can be scheduled with Mirtha. A Coaching Session ranges from 1-3 hours. Sessions are billed at \$150 an hour.

By appointment only.

The Meta Institute also has a team of skilled Therapeutic Coaches® available for an array of services that include Coaching, Reiki, Inverse Wave Therapy, Healing Touch, Massage Therapy and Qi Gong.