



# Reiki Level 1

The beginning of a journey of personal development and transformation.

*“It was literally an out of this world experience which I felt transforming me in an instant” Laila, Amman, Jordan*

Reiki is a system of self and spiritual development, and ultimately healing which was founded in Japan by Mikao Usui. Its main focus is on opening up the energy pathways of the body to allow the free flow of *chi* or *prana* through the body, bringing a state of balance and wellbeing. The practitioner will become adept at controlling the flow of energy to direct it to where it is needed. Therefore, nowadays, it is most commonly classified as a complementary therapy or alternative therapy both for oneself and for helping others.

At Reiki Level 1, you will begin by receiving an attunement from Cameron which facilitates the opening up of the energy channels, specifically the central *susumna* channel, to allow light to be directed through the spine. This initiation will allow you to become sensitive to feeling energy and will facilitate your own energy work on yourself. You will have the opportunity to feel for yourself the energy you can create through simple *Qigong* exercises.

Then, you will be taught two meditations which you can do in your own time and it is highly recommended to make them part of your daily routine to keep raising your vibration higher and higher. One is a very powerful meditation using the opening of the central channel created in the initiation process, combining moving energy with the breath. The second is a very relaxing self-healing meditation.

Following this teaching, Cameron will do a *reiju* empowerment (the first of three) which tends to be more powerful than the initial attunement and sends light through the central channel.

This whole process can take anywhere between 3-5 hours depending on the number of students participating. After this the student should take complete rest as the body tends to become very tired after this reconfiguration of its energy.

After the first day, two follow up empowerment sessions should be planned (there is no particular time limit to this) at which more light will be directed through the central channel, any questions can be addressed, and progress monitored.

Thus, the Reiki Level 1 is all about you and how to start the process of spiritual development and healing. It provides the base for Level 2 where you start to get familiar with different kinds of energies, the feeling of “oneness”, and how to use your abilities to help others. You will be given symbols which can help with these processes. At Reiki Master Level, you will be given new symbols, higher empowerments, more treatment methods and new energy exercises, learn how to empower yourself, how to engage energy locks, and eventually how to teach others.

You can read the testimonials of Cameron’s students here:

<https://cameronmacinnes.com/reiki-training/>