

**Amy Alward, RMT**  
**Emerge Guided Healing**  
**[emergeguidedhealing@gmail.com](mailto:emergeguidedhealing@gmail.com)**  
**(530) 332-8070**

**Course:** Unity/Holy Fire Reiki I - In Person

**Instructors:** Amy K. Alward, Usui/Holy Fire III Karuna Reiki® Master Teacher  
[emergeguidedhealing@gmail.com](mailto:emergeguidedhealing@gmail.com) (530) 332-8070 (text preferred)

**CE Contact Hours:** 10 hours (plus 10 hours required outside of class)

**Location:** Emerge Guided Healing, The Chico Massage Studio - 113 W 8th Ave Chico, CA

**Class Times:** 1:00 pm – 5:00 pm

**Dates:** Saturday, June 14, 21, and Friday, June 27, 2025

**Tuition:** \$222\* (plus \$20 reserved for Reiki Shares for Unity Fire). \$111 deposit to hold place in class, balance due at start of class.

*\* Deposits are Non-Refundable.*

**Refund/Cancellation Policy:** Class deposits can transfer to future classes within one year.

**Preparation:** take **good** care of yourself (eat well, sleep well, rest, drink plenty of fluids, do your best to avoid or limit caffeine and alcohol).

**Required texts (provided):**

Reiki I: *Reiki I Manual* by Alward and Payton (2020)

Reiki II: *Reiki: the Healing Touch* by William Lee Rand (2016) ISBN: 1-886785-03-1

**Other materials (provided):** handouts and other materials (available online), pen, Reiki journal

**Optional materials:** items for personal comfort during meditations or practice (meditation cushion, blanket, etc.)

**Prerequisite for Reiki I:** none

**Course description:** Reiki I is an introduction to and overview of Reiki, a Japanese method for reducing stress, promoting relaxation and encouraging the body's natural healing process. The focus of this first course in Reiki is self-care or learning to heal yourself. Topics of this class include (with an emphasis on self-healing): basic healing techniques, history of Reiki, the importance of setting intentions for sessions (Gassho meditation), dry bathing (Kenyoku), discussion of how to hold a session (for self or others), attunement to Reiki level I energy, and practice using level I techniques in a Reiki session (including Byosen scanning and Reiji-ho). Students completing this course will be certified to use Reiki on themselves or to work under a Reiki Master to deliver Reiki sessions to clients.

## Course objectives:

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Completing this course, **Reiki I** participants will:

- Be able to define Reiki: what it is, how it works (Reiki I)
- Have a basic understanding of various uses of Reiki, including guidelines, precautions and limitations when working with recipients. (Reiki I)
- Understand the history of Reiki, including the role of method founder Mikao Usui, further development by Dr. Hayashi, Reiki coming to the West through Hawayo Takata, and the unification/Holy Fire of techniques through William Rand. (Reiki I)
- Learn and practice Gassho meditation techniques and understand the importance of setting intentions in daily life as well as in Reiki sessions. (Reiki I)
- Receive both Reiki I placements (initiation attunement).
- Demonstrate understanding of Byosen scanning to locate areas in need. (Reiki I)
- Apply the principles of Reiji-ho to intuitively give Reiki during sessions. Hand positions will be discussed and provided, for the student's personal information, but are not required as part of this course. (Reiki I)
- Understand the importance of self-healing, using Byosen scanning on self. (Reiki I)
- Practice giving Reiki to others during a session, including obtaining client permission, opening Gassho meditation, Reiji-ho, Byosen scanning, closing session gratitude Gassho, Kenyoku and debriefing the client. (Reiki I)
- Demonstrate Kenyoku (dry bathing) as part of good hygienic (energy) practice. (Reiki I)
- Demonstrate how to clean, clean, and then charge themselves, any healing spaces, tools, food, medications or other items using Reiki and intention. (Reiki I)
- Learn solid energetic hygiene in the practice of Reiki, including best practices for the structure of an excellent Reiki session that will optimize the healing of recipients while keeping all participants energetically clean and safe. (Reiki I)

## Course Requirements for Successful Completion

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Reiki classes are easy, and everyone can do this! Since this class will be offered online, it is important to us that everyone has access to the tools, practice, and coaching they need to be and feel successful. Part of what makes a Reiki class such a transformational experience, is not just the delivery of the material, but the ability to talk about it, bring up questions, share experiences, and practice in community. For this reason, we have structured this class a little differently than how in person Reiki I classes have looked before this.

We also recognize that online classrooms can be exhausting in whole new ways. The limitations of meeting online, have also informed our choices about how to structure this class. Instead of meeting once, we are meeting multiple times to keep the time we do spend together as productive as possible.

Finally, we also recognize that we need Reiki practitioners today more than ever to deal with healing, social unrest, and division among the people of this planet. Regardless of how the class is held, it is important to us that we are giving each of you a powerful and useful tool in your own healing. In the past, implementation has been challenging for some, when the material all comes in a single day. The restraints caused by meeting online, are freeing us up to emphasize the implementation of practice as the most key element of this class.

Obviously, we are here to support you whether you immerse in the practice or are struggling to find time to practice. The most important part of this class is not what we have to share with you, or the Reiki tools, it is your commitment to yourself to engage in this practice with your whole heart. When you are ready to make that commitment to yourself—whether now or years from now—you will find that your Reiki will respond to that self-promise. Our job is to walk you through enough practice that self-healing simply becomes a part of who you are.

What follows are the activities we offer as part of class, and we ask that you join us fully in those activities over the month. Thank you for your commitment to yourself, to Reiki, and to the healing of us all.

### **Reiki I – Course Requirements**

<b>Requirement</b>	<b>What</b>	<b>Where</b>	<b>Apprx Time</b>	<b>~Weekly Time</b>
Class Time	Gathering	In person/Online	12 Hours*	4 hours
Reiki Shares	Gathering	In Person/Zoom	3 Hours	0-1.5 hours
One-On-Ones	Instructor Meeting	Meet or Zoom	1 Hour	15 minutes
Reiki Practice	Personal Homework	Home	9-18 hours	2 – 5 hours
Reiki Sessions	Personal Homework	Home	1.5 – 2 hours	0 – 45 minutes
Readings	Personal Homework	Google Classroom	<u>5 hours</u>	<u>1.25 hours</u>
Total Time Commitments			31 – 40 hours	6.5 – 10 hours
Total contact times (teacher interaction)			13 hours	

\*For Reiki I certification, only attendance and practice in class is required. Students completing all other requirements will also receive *Unity Fire* certification - these may be completed at any point within the first year following the start date of class. See additional requirements for *Unity Fire* by level, and make arrangements with Amy.

#### **CLASS ATTENDANCE:**

This is obvious. There are 3 meetings, once a week for 3-4 hours in the Chico Studio. If you are unable to attend, then we will not be able to complete this journey with you at this time. Your classmates and teachers will become a community, and when one person does not come to a

class, it changes the whole dynamic for everyone. Please respect one another and do your best to attend all meetings as scheduled.

If you have a known conflict, perhaps starting a different class is the best option for you. Talk to Amy if this is a concern. If you experience an unexpected emergency, let's talk about next steps when you are safe and well. Most likely, the solution will be enrollment in the next class, without refund. Once a single class has been attended, the deposit and any class payments are not refundable or applicable to future classes. If you are unable to attend any class, but have paid the deposit, you may apply the \$111 deposit to another offering for the next calendar year.

#### REIKI SHARES:

Practitioner Reiki Shares are available four times each month: Sundays, 5:30 – 7:00 pm pacific time in the Chico studio on the 1st and 3rd Sundays, Thursdays, 5:30 - 7:00 pm pacific online via Zoom on the 2nd and 4th Thursdays. As part of this class, you are asked to attend 2 Shares as part of the requirement for optional *Unity Fire* certification. These are opportunities to share with each other, to practice, and to work in service for our community.

Standard “price” for a Reiki Share is usually a \$5-20 donation—it is meant to help pay for spaces, and it is never required for attendance. Please register online for Reiki Shares you want to attend: <https://emergeguidedhealing.com/events>. Space is limited in person, and with registration in advance I can arrange for a larger space.

#### ONE-ON-ONES:

If you like, you will be able to video conference with Amy up to four times for personal check ins (required for part of the *Unity Fire* certification). These meetings will be brief, no more than 15 minutes, and are optional—they can be completed during your class or after. Sign up for a scheduled time by booking a [15-minute consultation on the scheduler](#).

These meetings are offered as a way to check in with a teacher one-on-one about any questions or personal struggles that you do not want to bring to class. It is the equivalent of being able to pull an instructor aside when everyone else is taking a break.

Additional meetings or time could be purchased, if you need more personal coaching time.

#### DAILY PRACTICE:

This is where the Reiki really happens. Over the next month, expect to develop a regular, daily Reiki practice. This is an opportunity to let your Reiki flow and heal yourself every day. The goal is to set aside 10-20 minutes a day, twice a day (morning and night), each day for your practice. This may seem challenging at first, so use the month to become more consistent, and to slowly extend the length of your sessions.

Each week, you will get homework for the week, which will evolve your daily practice as we add concepts and tools to your practice. These will be reviewed in class and are also found in the Google Classroom.

In addition, I recommend that you journal each day about your practice. This is optional for ICRT certification and required for Unity Fire certification. The goal is to complete a 21-day daily practice of sitting in the flow of Reiki for 15-20 minutes each day and jotting down your experience. Skipping a day means starting the practice over, and it does happen. Usually, that is because you are working with your own healing. Be gentle with yourself if this does not go the way you had planned, and simply start again.

### PRACTICE SESSIONS:

This assignment is like a Reiki “lab”, where you will be asked to give yourself (week 3) and one other in week 4 (person, pet, plant, place, organization, etc.) a full Reiki session using all of the tools learned in class. These two sessions need to take at least 30 minutes but could expand to an hour if that feels right to you. You will need to take notes on these sessions, then share the experience with one of the instructors in your week 3 and week 4 one-on-ones.

The format for notes will be provided in Google Classroom, along with full instructions for these sessions by our third class meeting.

### Readings/Assignments/Quizzes

In week three, if you are registered for the next level, I will give you a copy of the Reiki II manual listed on page 1. In the meantime, we will be enriching your experience with writings to help guide your initial experience. These will all be available on Google Classroom, and at the end of class, we will provide you with a PDF copy of all handouts in the form of an additional manual. There is no pressure to read and understand all of these, but you may find them helpful if you cannot remember what we discussed and worked through in class.

Google Classroom will also let us post some additional links, videos, and references that you might find useful. Feel free to explore these as you need and as your time allows.

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## Teaching and Learning Environment

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**TEACHING APPROACH:** Courses are facilitated more than they are taught. We are all brought together as participants in any single class to learn from and to teach one another. Amy is here to maintain focus on the overall objectives—so we are able to enjoy our time together and still accomplish goals in the allotted time. We are here to answer questions, and share what we have experienced, but Reiki is not something any of us can claim to have "mastered". I may be a certified Reiki “Master”, but I am very much students of this work, perhaps just a little further along the path. In other words, we are equals on this path; please feel free to bring all of your experience to this safe space, without judgment.

**ACTIVITIES:** Class time will alternate between group discussion, group participation and smaller group practice. There will also be time in class to share, to laugh and cry, to meditate and most of all to play freely with this beautiful gift we call Reiki. It is best to have no expectations during a Reiki class and be open to things as they unfold. We may deviate from schedule as inspiration hits, but we will cover all course objectives. Something important will happen to each one of us during the course, guaranteed, if we are open to all possibilities. Practice letting go of expectations.

**BREAKS:** Our classes will have one planned personal break about halfway through, but we can take more if it is needed. Down time is important to processing and retaining the information, as well as assimilating the new energies. Rest assured that times for reflection and processing have been built into our schedule. Please be sure that you do the same for yourself as you work at home.

**MEDITATION COMFORT:** We will spend a good bit of time in discussion and alternating with meditation. Please feel free to gather whatever materials you might need to keep you comfortable throughout our class sessions or shares: yoga mat, pillow, or zabuton/zafu, etc.

**GOOGLE CLASSROOM:** You will be sent an e-mail to invite you to our Google Classroom. Let Amy know right away if you are having any difficulty accessing the class. When you get a chance, take a look around at the reading materials, and assignments.

## WEEK 1 - TENTATIVE SCHEDULE – REIKI I

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### **Class Time** - ~3 hours

Hour 1: Welcome, introductions, class overview  
HF experience (meditation), journal & share

Hour 2: Reiki Talk: Healing Process, What is Reiki, Gassho, Placements

Hour 3: Reiki I Placement (meditation), journal & share  
Turning Reiki ON; Kenyoku Bathing afterward  
Assignment review, tasks for the week: sitting in Gassho, Reiki ideals, Reiki Share, 1 on 1

### **Reading assignment:**

1. Essay on Kenyoku Bathing
2. Essay on Reiki Ideals, including how to modify and use them in Gassho
3. Essay on the History of Reiki (additional links optional)
1. Essay on setting ego and personality aside—being a pure channel
1. Outline of Practical Assignment: Gassho daily practice for week 1
2. Week 1 vocabulary words

### **Additional Meetings:**

1. Reiki Share (optional)
  - a. Chico: Sun 5:30-7:00 pm (1st or 3rd Sundays)
  - b. Online: Th 5:30-7:00 pm (2nd or 4th Thursday starting July 10th)
2. 1 on 1 meeting with Amy – 15 mins (optional)

### **Practical Assignment:**

1. Contemplate **Reiki Ideals** to bring in what YOU want to embody for your own PEACE.
2. Write them out as a prayer or **intention** or **commitment** to yourself.
3. **DAILY PRACTICE:** Sit in Gassho a minimum of 10 minutes in the morning and 10 minutes at night, repeat your version of the Reiki Ideals as you activate your Reiki, then sit and breathe for the remaining time while your Reiki flows. Try for at least 5 days this week.
4. Once a day **journal** a sentence or two, about your Reiki experience—maybe even start your 21 day journey sitting in the flow of energy.
5. Jot down any questions to ask in your 1-on-1 or in class.

## WEEK 2 - TENTATIVE SCHEDULE – REIKI I

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### **Class Time** - ~3 hours

Hour 1: Welcome back, Q&A, share 1 insight, challenge or epiphany from this week

Reiki Talk: Clarify points about Reiki Ideals, the week's practice

Clarify points about History of Reiki

Hour 2: Hand positions and Self-Healing Practices

Charging hands, charging your light, Byosen scan

Hour 3: 7-Directions and Space preparation walk through, self-healing session review/practice

### **Reading assignment:**

1. 4 P's (preparation) of a Reiki Session
2. Essay on Byosen scanning
3. Essay on Setting Intention
4. Essay on Sacred Free Will
5. Week 2 vocabulary words

### **Additional Meetings:**

1. Reiki Shares (see prior page) - optional
2. 1 on 1 meeting with Amy - optional

### **Practical Assignment (10 mins minimum, morning and night):**

-Using the essay on Intention and sample intention, re-write your own intention prayer so that it suits you. Write it out and repeat it with each self-healing. Modify it and let it evolve.

1. Charge your light
2. Repeat your Reiki Ideals
3. Read/state your intention as you begin your own self-healing
4. Practice Byosen scan on yourself (at least a few times, maybe not every time)
5. Give self Reiki with hand positions then also give Reiki to self just letting your intuition guide you (Reiji-ho)
6. Once a day, journal a sentence or two about your practice experience in google classroom (feel free to journal in a personal journal as well).

## WEEK 3 - TENTATIVE SCHEDULE – REIKI I

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**Class Time:** ~3 hours

Hour 1: Welcome back, Q&A, Share 1 big thing from the week  
HF experience or repeat placement, journal, share

Hour 2: Skills Walk through: working on others, Byosen scan, Reiji-ho, Gyoshi-ho

Hour 3: Formal session walkthrough and practice - with preparations; purple manual

**Reading assignment:**

1. Scan/skim the purple manual, especially chapters 1-6 (omit 5)
2. Essay on Grounding
3. Week 3 vocabulary words

**Additional Meetings:**

1. Reiki Share, Sun 4-5:30pm
2. 1 on 1 with Amy or Tracey

**Practical Assignment:**

1. Continue with Self-healing practice (15 mins am and pm, Ideals, add creation of sacred space, charge light, self-heal)
2. Using “Sample Structure of a Reiki Treatment” walk through a full session on yourself as the client (30 mins total).
3. Daily journal in google classroom, feel free to journal in personal places as well.

## WEEK 4 - TENTATIVE SCHEDULE – REIKI I

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### **Class Time**

Completed - but here are exercises and checkpoints to consider as you move forward from Reiki I and prepare for Reiki II.

### **Additional Meetings:**

1. Reiki Share - optional
2. 1 on 1 with Amy - optional

### **Reading assignment:**

1. Purple manual, Chapters 7-12
2. Essay on next steps in Self-healing

### **Practical Assignment:**

1. Continue with self-healing practice (and continue with this—allowing it to modify as it becomes more familiar as long as there is daily practice and the skills feel solid):
  - a. Prepare self
  - b. Create sacred space
  - c. Charge light
  - d. Gassho: Set intentions
  - e. Gassho: Reiki Ideals
  - f. Apply self-Reiki (using hand positions or Reiji-ho, Gyoshi-ho, Kenyoku bathing after)
1. Do one full session on someone or something else (a pet, a person, a plant, a garden, a place of interest, an organization) 30-60 mins. (hopefully before your last 1 on 1 meeting)
2. Daily, brief journals