



Emerge Guided Healing

Reiki Certification Options - All Levels

Usui/Holy Fire III Certifications are given when class completes. Simply attend class and participate. All classes are taught according to the ICRT (International Center for Reiki Training - Reiki.org) curriculum.

Unity Fire Reiki requires completion of actions as follow up to class material. Signifies a committed practitioner, with additional training and experience requirements at each level. This certification is unique to Emerge Guided Healing.

Unity Fire Reiki I - Self-Healing Reiki - Beginning Reiki Practitioner

1. **21 days of meditation on Reiki energy**
 - a. 15-20 minutes of daily meditation turning Reiki on and sitting in the experience (not healing, just allowing)
 - b. brief daily **journal** entries with date (start over if miss you a day)
 - c. Scan to turn in, or review with Amy in person.
2. **Reiki Share** attendance: 2 of Amy's shares, fill out write up.
3. **2 Gassho experiences:** journal write ups
 - a. Early practice in week 1 or at some point during class
 - i. Meditate
 - ii. write up briefly
 - b. Later practice after class sessions are complete (same format)
4. **2 Experiences with 5 Ideals:** meditation and write ups,
 - a. Early practice creating your commitments
 - b. Later practice after class sessions end, contemplating your ideals
5. **2 Self-healing sessions**, write up as if client using form (intention notes, experience and observations, and later impressions/outcomes)
6. **Ways and Commitments to using Reiki in daily life:** What has helped, what have you tried, what is next

Unity Fire Reiki II - Healing Others Reiki - Intermediate Reiki Practitioner

1. **21 days meditation** on each of 3 symbols, daily, no breaks, 15-20 mins, journal entries
2. **5 Reiki Share attendance:** 3 of Amy's practitioner shares, 1 in person local to you share, at least 1 distance share, at least 2 with other Reiki master.

3. **Receive a personal Reiki Session from a professional practitioner** (no fellow classmates, can arrange trade, distance or hands-on, practitioner needs to make their living providing sessions, try a different lineage): date, practitioner, intention, experience write up
4. **Give 4 sessions to others:** at least 1 in person, at least 1 distance, at least 1 on someone Reiki attuned (can be fellow student), at least 1 on someone not Reiki attuned, at least 1 friend/family/loved one, at least 1 acquaintance/soon to be friend (not a fellow student), at least 1 distance to past or future self. SOAP notes and experiences to turn in or discuss. Example on how this might look:
 - a. Self Treatment Distance (you as a child or in past)
 - b. Reiki attuned/Student, distance
 - c. Friend or family - not attuned, in person
 - d. 1 “new” person (not a student or family member, you have to tell someone you practice Reiki)
5. Reiki Lifestyle reflections - 30 days: how you have used your practice in your daily life, experiments you tried, quick daily notes over 30 days during or after class.

Unity Fire Reiki III - Deep Healing Reiki - Advanced Reiki Practitioner

1. 21 days meditation on DKM, daily, 15-20 mins, journal entries
2. At least 4 Reiki Share attendance: 3 of Amy’s practitioner shares, 1 online share with another Reiki Master, at least 1 in person; at least 1 as Leader/TA
3. Personal session write up (receive Reiki from a professional practitioner, write up experience)
4. Grid Experience write up - 30 days of charging your Reiki Crystal Grid, journal experiences, note intention shifts, technique shifts
5. Give 2 (or more) full advanced sessions with write ups: 1 to someone Reiki Attuned (fellow student okay), 1 to non-attuned, 1 in person, 1 distance
 - a. Hygiene Prep
 - b. Session structure
 - i. Healing Attunement
 - ii. Aura Clearing
 - iii. Direct Reiki
 - c. Gratitude, closure, and debrief
6. World Peace Grid work - session experience write up
7. Reiki Goals: what are you working on, what do you look forward to, what healing are you doing for yourself.

Unity Fire Reiki IV - Reiki Master - Master Practitioner / Master Teacher

1. 21 days daily meditation journal on Holy Fire
2. At least 4 Reiki Share attendance:

- a. Lead 2 of Amy's Reiki Shares (1 in person and 1 online)
 - b. Attend 1 Share led by another Reiki Master
 - c. Lead and organize a Reiki Share on your own
3. Pillar of Fire/Holy Fire Meditation session on self and write up
4. Give Holy Fire Talk - write up
5. Give Holy Fire Experience - write up
6. Give 2 full sessions - 1 distance, 1 in person, 1 to Reiki attuned person, 1 to non-Reiki attuned person.
7. Receive a Karuna session, write up
8. Master Teacher: organize and teach a Reiki class,
 - a. 3 student evaluations or your class
 - b. Write up of your experience
9. Master Teacher: signed statement, promising to only offer Unity Fire certifications for additional work outlined here for each level. Holy Fire III certifications are earned by attending and participating in class.

Unity Fire Reiki V - Karuna Reiki Master - Master Practitioner/Teacher

1. 21 days daily meditation on each of 8 new symbols
2. At least 4 Reiki Share attendance: lead 2 of Amy's, lead/organize 2 of own
3. Give 2 full Karuna sessions
4. Receive Karuna session, write up
5. Anchoring Reiki session - 7 days, journal write ups

Unity Fire Reiki VI - Unity Consciousness Reiki - Planetary Reiki Master

1. 21 day daily meditation Level VI symbol, and Be Peace Now Symbols
2. Shadow Alchemy write up
3. Soul Retrieval and Exchange write up
4. Importance of Intentions and Alignment
5. Healing Map
6. Psychopomp or Ancestral Healing
7. Manifestation - Sacred Circles
8. Be Peace Now
9. Earth Chakra Group Healing

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