



MOTION SPACE REIKI ONLINE CERTIFICATION COURSES

An approach to Reiki that includes practical tools and embodied skills.



Your Pathway with Embodied Reiki

The confusion for most people entering Reiki training arises from

- a **lack of understanding how to feel energy**
- a **fear of entering the unknown**
- a **concern over well-being and boundaries**

I remember this well....what am I supposed to be feeling....doing? Am I helping? When do I move to another hand position? A million questions on how to offer Reiki and navigate through a session.

I have helped many students **recognize their pathway** with Reiki during my in-person Reiki certification courses. I believe in **learning through curiosity and play** which **opens the door to self-discovery, individuality, and empowerment.**

I have created these Reiki online courses from **20 years of experience as a Reiki Master Practitioner/Teacher** and **50 years in education.** Over time I have developed a system of combining

- **simple embodied movement explorations** with
- **sensing energy fields** and
- **learning the Reiki hand positions**

Why add the embodiment to Reiki?

I considered this carefully...should I simply offer the Reiki hand positions as an introductory level to learn Reiki technique?

My ability to perceive and differentiate has been enlightened through the study of embodiment practices--especially when integrated with motion.

The skills of **sensing energy**, understanding how to **modulate vibrational frequencies**, and feeling **secure in entering the unknown** are enhanced through embodiment practices.

The approach I offer through Motion Space Reiki **broadens potential for awareness and application of Reiki** and **brings the subconscious to consciousness** which enhances **perception of energy, tone, and well-being.** I help to **turn confusion into curiosity and confidence.**

The **modules** will guide you through **experiences and practical tools** providing a strong foundation in Reiki with the goal of

- taking the **stress out of learning**
- **gain confidence** in your ability
- **define your unique pathway** with Reiki

REIKI I ONLINE COURSE

YOUR PATHWAY WITH EMBODIED REIKI



3 Online Options

option

1

Your Pathway with Embodied Reiki I

SELF PACED & INDEPENDENT

Video Modules

- Introduction to Reiki I
- Embodied Recipe
- Business Aspects: Know Yourself/Know Your Client
- Beginning, Middle, End Session
- Attunement Reiki I
- Attunement Meditation Reiki I
- Hand Position Sequences
- Grounding
- The Role of Support
- Meeting Touch
- Supporting PDFs

PLUS

- Playing with Your Energy Fields
- Hovering
- Reiki I Hand Position Manual

option

2

Add GUIDED SUPPORT

- LIVE Differentiating Touch (30 minutes)
- LIVE Reiki Meditation (30 minutes)

3

Add 2-HOUR LIVE DISCOVERY SESSION

Topics might include

- Q&A on Hand Position Sequencing
- Broaden your Central Channel
- Finding Your Ground & Breadth

PLUS

- Boundaries- Why are they Important?

