

New Age Therapies Course Structure

African Healers Association Reiki Training

Reiki is literally translated from Japanese as “Spirit Energy”. **We at the African Healers Association are committed to keeping intact the spiritual element of Reiki.**

Because of the need for a simple tool like Reiki , we feel that it should be available to all in the simplest and easiest ways possible. It should also be used by practitioners in a responsible manner. To meet both needs, we have a training structure that is totally geared towards practice at different levels of ability. However, training in Reiki is like learning Karate or swimming. It is not like learning about electrical engineering (where there is a classroom element and a practical element) or history. Reiki cannot be a classroom course any more than for example Karate or Judo can be a classroom course. And take swimming as another example. Children go to swimming classes in the water. They do not sit down on desks with pencil and paper and books or use blackboards. They learn to swim by going in the water and following the instructions for their physical activity. Another example is a gym class, where ordinary men and women attend at a gym, where they are instructed to carry out a series of physical moves to improve their physical and emotional wellbeing. In that situation too, there are no desks, books, pencils, pens, or paper. As a matter of fact, a gym class may even have fast music, with the attendees sweating in their shorts and lycra clothing – hardly what is usually associated with a class. All these classes are currently running very successfully across South Africa.

Reiki is a spiritual practice where the person learns as they do and feel Reiki. Moreover, the most important element of Reiki is self-development or self-growth. Even with health professionals wishing to add Reiki to their toolkit, if they have not undertaken the self-growth element, they will only be able to help their clients in a very limited way, if at all. **This is like a swimming instructor that does not swim very well themselves and is afraid of the water! Can you imagine how this can be?!**

African Healers Recommend that Reiki is taught according to the structure used by NewAgeTherapies, our sister teaching company. This course is provided to help expand the use of Reiki and recognition of Reiki in South Africa.

Total number of course hours:

1200

Minimum number of hours in-person:

120

In-person hours are made up of 20 workshop days of 6 hours each. The speed at which the student does these hours depend upon the personal growth and energy balance of the student. This is a very individual matter. Some students may complete this in two years, whereas for others, it could take ten or more.

Reiki Mastership is deliberately not part of this course or training, as it requires a spiritual and emotional maturity over and above the level of this course.

Reiki First Degree Workshop - one day

In-person:

Reiki 1 attunement, the Reiki Principles, self-healing and other Reiki applications. Doing Reiki in a number of different ways.

After this workshop, the student is to carry out 60 hours of study, self-healing and reflection (for example, 3 hours a day for 20 days). This is logged in a study journal, and includes an absolute minimum of 21 consecutive days' self-healing. As well as the study journal, case study forms are to be submitted at the next workshop, of two personal case studies and two case studies of demonstrating Reiki to a friend or loved one.

Reiki Second Degree Workshop - two days

In-person:

Reiki 2 attunement, distance healing, symbols if appropriate for the Reiki discipline taught, healing others. Observed treatment.

After this workshop, the student is to carry out 60 hours of study, healing, and reflection. This is logged in a study journal. As well as the study journal, case study forms are to be submitted at the next workshop, of a minimum of two personal case studies and two case studies of demonstrating Reiki to a friend or loved one.

Self-Healing 1 Workshop - one day

In-person:

Safety and strength for self-healing. Different ways of healing and reflection.

After this workshop, the student is to carry out 60 hours of study, healing and reflection. This is logged in a study journal. As well as the study journal, case study forms are to be submitted at the next workshop, of two personal case studies and two case studies of demonstrating Reiki to a friend or loved one.

Self-Healing 2 Workshop - one day

In-person:

Planning and doing self-healing, reflection, observation, and self-growth.

After this workshop, the student is to carry out 60 hours of study, healing, and reflection. This is logged in a study journal. As well as the study journal, case study forms are to be submitted at the next workshop, of two personal case studies and two case studies of demonstrating Reiki to a friend or loved one.

Self-Healing 3 Workshop - one day

In-person:

Self-healing, reflection, observation, and self-growth with emphasis on the Highest Good.

After this workshop, the student is to carry out 60 hours of study. This is logged in a study journal. As well as the study journal, case study forms are to be submitted at the next workshop, of two personal case studies and two case studies of demonstrating Reiki to a friend or loved one.

Self-Healing 4 Workshop - one day

In-person:

Advanced self-healing, reflection, observation, and self-growth. Investigating energy centres and ideas in energy healing.

After this workshop, the student is to carry out 60 hours of study. This is logged in a study journal. As well as the study journal, case study forms are to be submitted at the next workshop, of two personal case studies and two case studies of demonstrating Reiki to a friend or loved one.

Self-Healing 5 Workshop - one day

In-person:

Allowing confidential and with no specific aim, self-healing, reflection, observation, and self-growth. The art of getting out of the way of healing.

After this workshop, the student is to carry out 60 hours of study. This is logged in a study journal. As well as the study journal, case study forms are to be submitted at the next workshop, of two personal case studies and two case studies of demonstrating Reiki to a friend or loved one.

Self-Healing 6 Workshop - one day

In-person:

Advanced self-healing, reflection, observation, and self-growth technique application.

After this workshop, the student is to carry out 60 hours of study. This is logged in a study journal. As well as the study journal, case study forms are to be submitted at the next workshop, of two personal case studies and two case studies of demonstrating Reiki to a friend or loved one.

Self-Healing 7 Workshop - one day

In-person:

Deeper self-healing, reflection, observation, and self-growth technique application.

After this workshop, the student is to carry out 60 hours of study. This is logged in a study journal. As well as the study journal, case study forms are to be submitted at the next workshop, of two personal case studies and two case studies of demonstrating Reiki to a friend or loved one.

Self-Healing 8 Workshop - one day

In-person:

Childhood self-healing, reflection, observation, and self-growth. Guidance towards a business plan.

After this workshop, the student is to carry out 60 hours of study. This is logged in a study journal, and is to include working on a business plan. As well as the study journal, the student is to submit a business plan for working with Reiki as a practitioner in the future.

Self-Healing 9 Workshop - one day

In-person:

Ancestral/hereditary/pre-birth (sometimes referred to as past life) self-healing, reflection, observation, and self-growth. Guidance on client treatment as a practitioner.

After this workshop, the student is to carry out 60 hours of study. This is logged in a study journal, and is to include researching client treatment plans. As well as the study journal, four treatment plans are to be submitted for four fictional clients.

Self-Healing 10 Workshop - one day

In-person:

Preparation for working on others.

After this workshop, the student is to carry out 60 hours of study. This is logged in a study journal, and is to include practitioner responsibilities and the legal side of doing business with Reiki. As well as the study journal, a 500-word report about practitioner responsibilities is to be submitted. Additionally, a 500-word report on the legal side of treatment and marketing Reiki is to be submitted.

Healer 1 Workshop - two days

In-person:

Working on others one-to-one. In-person, distance and surrogate Healing. Animal healing.

After this workshop, the student is to carry out 120 hours of study. This is logged in a study journal. As well as the study journal, ten case studies of working on volunteers, and a 500-word report about natural health and the law are to be submitted.

Healer 2 Workshop - two days

In-person:

Working on others one-to-one and in a group. Introduction to suicide prevention, the importance of First Aid training.

After this workshop, the student is to carry out 120 hours of study. This is logged in a study journal. As well as the study journal, twenty case studies of working on volunteers are to be submitted.

Healer 3 Workshop - two days

In-person:

Working on others - physical and emotional issues.

After this workshop, the student is to carry out 120 hours of study. This is logged in a study journal. As well as the study journal, twenty case studies of working on volunteers are to be submitted.

Healer 4 Workshop - one day

In-person:

Observed treatment of volunteers brought in for the occasion (practical examination). Written examination. Reiki for the Highest Good.

NewAgeTherapies Tera-Mai Reiki Fees

Reiki First Degree and Reiki Second Degree workshops have separate fees and attendance certificates and will be available to anyone who wishes to have them.

Reiki First Degree fees for 2008 are R280 (or R140 Early Bird) deposit, plus R850 upon attendance.

Reiki Second Degree fees for 2008 are R280 (or R140 Early Bird) deposit, plus R1800 upon attendance.

Self-Healing workshops for 2008 are R410 each, payable separately in full in advance when booking.

Healer 1-4 workshops for 2009 are expected to be R721 each, payable separately or together, in full in advance when booking.

Booking a series of Self-Healing workshops in advance at the same time is only allowable for up to two at a time. This is in order to give the student time to be sure about how fast or slow they wish to proceed to the next steps.