

# Minnesota State College Southeast

## THPY 1477: Reiki - Level 1 and 2

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course will go into detail on the concepts of Reiki energy healing. Focus will be on aura, chakra, and energy healing using Reiki techniques. Students will be attuned in the first and second levels of Reiki healing. (Prerequisite: None) (1 credit: 1 lecture/0 lab)

**B. COURSE EFFECTIVE DATES:** 10/21/2013 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. List the functions of the seven main chakras
2. Describe aura layers
3. Analyze energy of a client
4. Perform a hands-on Reiki healing session
5. Perform a hands-off Reiki healing session
6. Reiterate the benefits of Reiki
7. Describe how energy affects people
8. Use energy to affect another person positively
9. Discuss the process of emotional release
10. Reiterate the history of Reiki
11. Explore energy patterns in oneself
12. Complete a complete energetic assessment
13. Explain Reiki energy work to clients
14. Receive first and second level Reiki attunement

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted