

Astralis Reiki Mastery Path

This document contains the COMPLETE and AUTHORITATIVE curriculum for the Astralis Reiki Mastery Path, including program structure, certification requirements, curriculum overview, and full instructional content for all levels and subject areas.

Program Structure, Support & Certification Policies

- Self-paced, video-based online certification program
- Lifetime access to all program materials
- Comprehensive digital textbook included as a primary reference throughout the program
- Detailed teachings, practitioner frameworks, teacher resources, and example documents
- Quizzes integrated throughout the program to support comprehension and integration
- Video lessons must be viewed to 95% completion to unlock subsequent sections
- Monthly live Zoom Q&A; sessions and community access included
- Optional 1-on-1 mentorship available at an additional cost
- Access is granted immediately upon purchase
- All programs are non-refundable once access has been provided

Certification & Progression Requirements

- Certification is granted upon completion of all required coursework, experiential content, quizzes, and integration requirements
- Completion of content alone does not guarantee certification
- Level II certification requires full completion of Level I and Level II coursework and quizzes
- The 60% payoff requirement applies ONLY to Astralis Healing–managed payment plans
- Payment plans facilitated through Klarna or Afterpay are third-party services and do NOT apply to the 60% payoff requirement
- Master-level certifications (Holy Fire® III Reiki Master & Karuna Ki Reiki Master) require the program to be paid in full prior to certificate release
- Certificates will not be issued if financial obligations are incomplete

Curriculum Outline

Below is the complete module-by-module curriculum, listed as it appears inside the program.

1. Program Orientation & Navigation

- Welcome to The Astralis Reiki Mastery Path
- How to Navigate This Self-Paced Program
- Program Structure, Completion Requirements & Integrity
- How to Use the Textbook Alongside Video & Audio Content
- Self-Paced Learning Expectations
- Lifetime Access & Returning to Content
- Ethical Participation & Student Responsibility
- Certification & Completion Requirements
- Support, Community & Live Q&A; Access

2. Foundations of Energy & Consciousness

- What Is Energy Healing
- Consciousness as the Foundation of Healing
- Everything Is Energy: Matter, Frequency & Awareness
- The Healer's Role & Responsibility
- Ethics, Integrity & Self-Leadership

3. The Five Bodies of the Human Energy System

- Overview of the Five Bodies
- The Physical Body and somatic awareness
- The Emotional Body and regulation

- The Mental Body and patterning
- The Spiritual Body and connection
- The Energetic Body and subtle perception

4. Sacred Space & Energetic Hygiene

- Sacred Space as a Living Field
- Creating Sacred Space for Study & Practice
- Grounding, Centering & Shielding

Grounding, Centering & Shielding Guided Practice

Guided meditation: grounding, centering & shielding (as taught in the program)

- Energetic Hygiene for Practitioners
- Boundaries, Intention & Self-Regulation

5. The Human Energy System & Chakras

- Overview of the Chakra System
- Functions of the Seven Chakras
- Balanced vs Imbalanced Chakras
- Overactive vs Underactive Chakras
- Emotional & Mental Chakra Patterns
- Ethical Language When Discussing Chakras

Guided Chakra Activation & Awareness Practice

6. Origins of Reiki & Lineage

- Dr. Mikao Usui & the Origins of Reiki
- The Reiki Principles
- The 21-Day Cleanse
- Usui's Mountain Experience & the Symbols

- Dr. Chujiro Hayashi & Clinical Reiki
- Hawayo Takata & Reiki in the West
- William Lee Rand & Holy Fire Reiki
- Honoring Lineage Without Dogma

7. Usui Holy Fire® III Reiki Level I — FULL CURRICULUM

- Reiki Level I Overview
- Reiki Energy vs Personal Energy
- Channeling vs effort-based healing
- Self-Healing Hand Positions
- Reiki for emotional and mental balance
- Reiki as a daily spiritual practice
- Living the Reiki Principles in daily life

Holy Fire® Reiki Level 1 Placement

Ocean of Holy Love Healing Experience

Guided Holy Fire® III Healing Experience

Guided Self-Healing Demonstration & Practice

Holy Love Healing Experience 1

8. Usui Holy Fire® III Reiki Level II — FULL CURRICULUM

- Reiki Level II Overview
- Reiki Symbols: Cho-Ku-Rei, Sei-He-Ki
- Hands-On Reiki for Others
- Psychology of touch and co-regulation
- Body positioning and nervous system safety
- Distance Symbol: Hon-Sha-Ze-Sho-Nen
- Distance Reiki theory and application

- Consent, communication, and client readiness
- Opening and closing sessions ethically

Holy Fire® Reiki Level 2 Placement

Hands-On Reiki Healing Demonstration

Holy Love Healing Experience 2

Distance Reiki Healing Demonstration

Holy Love Healing Experience 3

9. Reiki, Consciousness & Complex Healing Contexts

- Consciousness as a co-creative element in healing
- Nervous system regulation and safety
- Autoimmune conditions: supporting balance without treating disease
- Psychological and neurological disorders: ethical collaboration with care providers
- Addiction and compulsive patterns: stabilization and support
- Children and adolescents: consent, safety, and language
- Pregnancy, fertility, and infertility: holding space without outcome attachment
- Reiki supports the body's natural healing intelligence
- Why Reiki does not diagnose, treat, or cure disease
- Power of belief, expectation, and meaning-making
- How to explain Reiki to clients in grounded, ethical language

10. Animal Reiki — FULL CURRICULUM

- Philosophy and ethics of Animal Reiki
- Animal nervous systems and sensitivity
- Distance Reiki for animals
- In-person Animal Reiki considerations
- Environmental acclimation and timing

- Animal chakras and energy fields
- Animal Reiki session documentation

Animal Reiki Healing Demonstration

11. Practice Ethics & Professional Integration

- Holding space without fixing
- Avoiding fear-based narratives
- Scope of practice and professional boundaries
- Practitioner integrity and ongoing self-work

12. Usui Holy Fire® III Reiki Master Level — FULL CURRICULUM

- Transition from practitioner to Master consciousness
- Role and responsibility of the Reiki Master
- Master-level ethics and stewardship
- Teaching from presence rather than technique
- Reiki as spiritual service
- Ego integration and spiritual maturity
- Preparing students for initiation

Holy Love Healing Experience 4

Holy Fire® Reiki Master Practitioner Placement

Holy Fire® III Master Ignitions I–IV

Healing River of Life Experience

Heavenly Banquet Hall Experience

Holy Fire Healing Experience

Reiki Master Level Healing Demonstration

Reiki Master Level Teaching Demonstration

13. Karuna Ki Reiki — FULL CURRICULUM

- Karuna Ki Reiki overview and evolution
- Readiness for Karuna Ki initiation
- Karuna as compassionate action
- Differences between Usui and Karuna Ki Reiki
- Trauma-informed compassion and client safety
- Ancestral and cellular healing layers
- Integrating Karuna Ki into client practice
- Teaching Karuna Ki Reiki
- Stewardship of Karuna Ki energy

Karuna Ki Level 1 Attunement

Karuna Ki Level 1 Healing Demonstration

Karuna Ki Level 2 Attunement

Karuna Ki Level 2 Healing Demonstration

Karuna Ki Master Attunement

Karuna Ki Master Level Healing Demonstration

Karuna Ki Master Level Teaching Demonstration

14. Teaching, Mentorship & Stewardship

- Ways to teach Reiki: 1-on-1, group, online, retreats
- Structuring classes and certification programs
- Teaching ethics and energy management
- Pricing and value alignment
- Student safety and responsibility
- Teaching readiness and integration

15. Integration & Certification Completion

- Integration over achievement
- Returning to the material over time
- Final integration reflection
- Certification issuance process

16. Professional Practice, Legal & Ethical Foundations

- Professional use of Reiki certifications
- Scope of practice vs medical and psychological care
- Client disclaimers and informed consent
- Business setup considerations
- Continuing education and lineage stewardship