

Recommended Reading List

Reiki I: Reiki for Self and Family Care

- Karla McLaren, ***The Art of Empathy: A Complete Guide to Life's Most Essential Skill***
- Carolyn Myss, ***Anatomy of the Spirit: The Seven Stages of Power and Healing***
- Pema Chodron, ***When Things Fall Apart: Heart Advice for Difficult Times***
- Sherri Mitchell, ***Sacred Instructions: Indigenous Wisdom for Living Spirit-Based Change***

Reiki II: Reiki Professional Certification

- Lynne McTaggart, ***The Field: The Quest for the Secret Force of the Universe***
- Debbie Ford, ***The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams***
- Malidoma Patrice Somé, ***Of Water and The Spirit: Ritual, Magic, and Initiation in the Life of an African Shaman***
or ***The Healing Wisdom of Africa: Finding Life Purpose Through Nature, Ritual, and Community***
- Chogyam Trungpa, ***Cutting Through Spiritual Materialism***
- Resmaa Menakem, ***My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies***

Reiki III: Earth Evolution Reiki

- Sergio Magaña Ocelocoyot, ***The Dawn of the Sixth Sun: The Path of Quetzalcoatl***
- Lyssa Royal and Keith Priest, ***The Prism of Lyra: An Exploration of Human Galactic Heritage***
- Sherri Mitchell, ***Sacred Instructions: Indigenous Wisdom for Living Spirit-Based Change***
- Lee Harris, ***Conversations with the Z's, Book One: The Energetics of the New Human Soul***
- Adrienne Maree Brown, ***Emergent Strategy: Shaping Change, Changing Worlds***

NOTE The recommended reading can be completed during and after completion of the course.