

## Free Reiki Course from Scotland

This is the exact Reiki course I started with — not some mass-produced New Age fluff. It's straight from a grounded Scottish practitioner who keeps it real and makes it free for anyone ready to learn.

- ■ Course Name: Reiki Solas Level 1
- ■ Platform: Thinkific (Self Help Healing)
- ■■ Instructor: Based in Scotland — grounded, no culty vibes
- ■ Format: Online video lectures, self-paced, includes attunement at no cost
- ■ Link to Start: <https://selfhelphealing.thinkific.com/courses/take/reiki-solas-level-1/>

Start this course when you're ready to reconnect with your own energy flow. No gatekeeping. No pressure. Just you, your breath, and the beginning of something real.