

Reiki I Class Outline

(suggested class time 9 a.m. - 6 p.m.)

1. Registration and sign in
 2. Smudging (optional).
 3. Introductions - Name, work, family, metaphysical background, understanding of Reiki, why you want to learn Reiki, and something you like about yourself.
 4. Opening meditation, or prayer to join the group to the higher power and to each other.
 5. Reiki Talk
 - What is Rei-ki, the different levels, how the attunement process works etc.
 - How does Reiki work (use information from the manual)?
 - What can it heal.
 - (Use examples and Reiki stories to explain these topics)
 - History-Include Japanese and Western history of Reiki including, the Gakkai and the JRT techniques etc. as well as Takata's history and the development of Western Reiki.
 6. Lunch (one hour).
 7. Return and regroup - Circle shoulder massages and hugs.
 8. Talk about attunement and how it works.
 9. Explain Gassho meditation and use this just before the attunement. Have students remain in Gassho during the attunement.
 10. Reiki I attunement
 11. Have students write in their notebooks about attunement and meditation experiences- then share.
 12. Break (10 to 15 minutes).
 13. Practice Reiki (three or four to a group) - Take about 5-8 minutes each. Make sure all feel Reiki or that the client does. Share after.
 14. Byosen Scanning - Explain and demonstrate this technique to your class. Then have them pick a partner, scan, then switch. Explain Reiji-ho and that it is more advanced as one uses intuition directly rather than the hand.
 15. Explain and practice standard treatment with all hand positions (pick a partner and switch).
 16. Explain and demo Kenyoku and have students use it at end of treatment.
 17. Explain Hayashi Healing Guide and give short demo.
 18. Break (10 to 15 minutes).
 19. Explain self-treatment – Byosen self-scan and practice self-treatment hand positions.
- CONTINUE WITH THE FOLLOWING STEPS IF STUDENTS ARE CONTINUING REIKI II THE NEXT DAY
20. Reiki II Symbols - Show for memorization only, sacred, keep them secret, explain test. Distribute handout. (Use last 1/2 hour of class for this part.)
 21. Closing meditation or prayer.

Reiki II Class Outline

(suggested class time 9 a.m. - 6 p.m.)

1. Sign in - Smudging (optional).
2. Opening meditation or prayer to join group to the Higher Power and to each other.
3. Sharing - meditation, effects from attunement, use of Reiki, questions or comments. Complete anything you did not have time for on Saturday (such as the self-treatment).
4. Talk on Reiki II symbols - Deeper, complete meaning, how to use them including the many ways to use the distant symbol for distant and past/future healing.
5. Explain and demo Koki-ho. Explain and demo Jacki-Kiri Joka -ho
6. Lunch (one hour). Students can use some of their lunch time to memorize the symbols.
7. Test on symbols- If there are errors point them out and ask them to correct them. Use hints if necessary or have the person use their notes. Coach so that everyone passes.
7. Circle massage and hugs.
8. Reiki II Attunement – include Gassho at beginning.
9. Have students write attunement experiences in notebook - sharing.
10. Break.
11. Explain how to do complete treatment using all symbols.
12. Break up into groups of 3-4 to practice. Start with them doing straight Reiki without any symbols. Then have them add the Choku Rei and after 5 min. or so, share what this felt like. Do the same with the Sei heki so they get an experience of what the symbols do in class. Also, have them practice Koki-ho.
13. Practice Gyoshi-ho - choose partners and switch. This can be done with the students sitting in two rows of chairs facing each other at least 4 feet apart or more. Also explain that this can be done in a regular treatment. (Note that this replaces Beaming or can be in addition to Beaming)
14. Enkaku chiryo with group. Ask for requests from students. Write the names of those you are sending Reiki to on a piece of paper and place in the middle of the circle or use a photo of the person if it is available. Also send Reiki to create harmony among all people on the planet, or perhaps a world situation (current website topic from the global healing network.)
15. Have students pick a partner to exchange Reiki with during the week and send distant Reiki to.
16. Ending meditation and/or prayer.
17. Encourage students to participate in a Reiki support group.

Advanced Reiki Training Class Outline

(suggested class time 9 a.m. -6)

1. Registration and sign in
2. Smudging (optional).
3. Introductions - Name, work, family, metaphysical background, understanding of Reiki, why you want to learn Reiki, and something you like about yourself.
4. Opening meditation, or prayer to join the group to the Higher Power and each other.
5. Explain what the class will include.
6. Talk on the ancient origins of Reiki.
7. Using crystals and stones with Reiki. How to use a single crystal to send Reiki continuously. Making a Reiki grid that will continue to send Reiki to yourself and others. Used for distant healing, personal healing, goals and manifestation.
8. The Usui Master symbol -Show it to students, explain usage, practice drawing it. Go over the meaning of the Japanese words and explain what it means to Reiki people.
9. Lunch (one hour). Use some of lunch time to memorize symbol.
10. Test on symbol.
11. Explain how attunement works. That the attunement does not come from the teacher, but is channeled through the teacher in a similar way as the Reiki energy is channeled.
12. Advanced Reiki Attunement. Explain and do Gassho before and during attunement.
13. Moving Meditation.
14. If you have time, do Meet Your Reiki Guides meditation.
15. Write in notebook about attunement and meditation - then share.
16. Break (10 to 15 minutes).
17. Reiki Meditation - Strengthens the mind and expands consciousness, helps discern the changes in the Reiki energy by invoking each symbol.
18. Reiki psychic surgery - assists in removing negative psychic energy from yourself and others. Explain, demonstrate, and have students pick a partner and practice.

USE THESE STEPS IF STUDENTS ARE CONTINUING THE WITH THE MASTER TRAINING

19. Reiki III Symbols - Show for memorization only, sacred, keep them secret, explain test. Distribute handout.(Use last 1/2 hour of class for this part.)
20. Pass out III/Master manual. Review Hui Yin exercise. Suggest that the students study and practice the Violet breath exercise.
21. Closing meditation or prayer.

Reiki III/Master Class Outline

(suggested class time 2 days from 9 a.m. - 6 p.m.)

DAY 1

1. Registration
2. Smudging (optional).
3. Introductions (for new people joining class only - Name, work, family, metaphysical background, understanding of Reiki, why you want to learn Reiki, and something you like about yourself. Students who were in ART should tell new people their names and something about themselves.
4. Opening meditation, or prayer to join the group to the Higher Power and each other.
5. Explain what the class will include for the two days.
6. Explain the Anthakarana. Suggest using it in class meditations and attunements by placing it under the chair or in front.
7. Review or explain the Hui Yin exercise if not covered in ART.
 8. Microcosmic Orbit Meditation - explain and guide class (or use tape available from the Center) Explaining the energy flow, and introducing the functioning and governing channel. This helps prepare the class for understanding the violet breath.
9. Optional - rather than do the Microcosmic Orbit Meditation, just explain how to do it. Then spend this time exchanging Reiki using the Usui Dai Ko Myo. Have 2-3 students give Reiki to 1. Sit in chairs or use Reiki tables. Take 5-10 minutes per person depending on the amount of time you have available.
10. Tibetan Symbols -Show them to students, explain usage, practice drawing them.
11. Lunch (one hour). Use some of lunch time to memorize symbols.
12. Test on symbol
13. Explain how attunement works.
14. Reiki III/Master Attunement. Do Gassho before and during attunement.
15. Write in notebook about attunement and meditation - then share.
16. Break (10 to 15 minutes).
17. Violet Breath - Explain, demonstrate, have students practice.
18. Healing Attunement - Explain, demonstrate and have students practice. One way to do this is for the teacher to demonstrate part one. Then have the students break up into groups of 3 and have one sit in a chair and receive the part one, have one do part one and the other person can hold the manual and guide the one doing part one. Then have each student rotate so each gets a change to practice, receive and guide. Do this with each part. Then have them practice all 4 parts at one time.
19. Have students do a complete Healing Attunement on each other with the purpose of healing an issue they have.

Finish with Psychic Surgery and Reiki if needed so that each receives a deep healing.

20. Questions and Answers.
21. Ask students to review the attunement for Reiki I and II as homework.
22. Closing meditation or prayer.

Reiki III/Master Class Outline

(from 9 a.m. - 6 p.m.)

DAY 2

1. Smudging (optional).
2. Opening meditation or prayer.
3. Discussion - The values and spiritual orientation of a true Reiki Master
4. Practice Reiki I Attunement using same method as Healing Attunement - Discuss, demonstrate have students practice.
5. Lunch.
6. Questions and Answers.
7. Reiki II Attunement - Discuss, demonstrate have students practice.
8. Advanced Reiki Training Attunement - Discuss, demonstrate, have students practice. (If students are feeling overwhelmed, demonstrate only).
9. Reiki III/Master Attunement - Discuss, demonstrate, have students practice.
10. Review differences in Usui attunement method - demonstrate Usui attunements. Have them practice the Usui attunements, but only if you have time and if the students have the energy to do so.
11. Explain self-attunements and how to do the healing attunement at a distance. Explain that distant attunements are not as valuable as those done in person and only the healing attunement should be done at a distance.
12. Explain the need to practice and show how to practice on a teddy bear or pillow or on ones self doing a self-attunement.
13. Closing meditation and prayer and pass out class reviews.