

REIKI ADVANCED CLASS OUTLINE (Cost \$850- 18-20 Hour Class)

Pre-Requisite Checklist

- 1) Application/Interview
- 2) Reiki II Certification Certificate (Copy)
- 3) First Reiki Session w/Gina
- 4) Written Copy of Reiki Sessions (Minimum 25)
- 5) At least 3 months in between Reiki II to Advanced Class
- 6) Deposit of \$150 (non-refundable) prior to first class

Section I – Review

- 1) Tell me what you know? Questions?
 - a) History
 - b) What Reiki is? What Reiki is not?
 - c) The Five Principles - Attempting to Live Daily
 - d) Symbols – Meaning, Usage, Activation of Symbols
 - e) The Ego and Reiki
 - f) Reiki...is not to be rushed (As you understand the deeper levels of energy work you will soon realize this is a lifelong choice, you constantly need to care for yourself and others and do not demand that everything progresses quickly... take the time to appreciate the journey of learning about the connection of the mind-body spirit.)

Section II – The Reiki Session Experience – What is being Healed?

- 1) The Reiki Practitioner
 - a) Your Hands
 - b) Your Body
 - c) The Intuitive Experience – Use your five senses and then some!
 - d) Asking for help and guidance
 - d) The Explanation – What to say and not to say.....
 - e) Are all Practitioners the same?

- 2) The Client (Friend, Family Member, Stranger)
 - a) **Observe** their body – What is it telling you?
 - b) Their breathing
 - c) Heat, movement, coldness, involuntary movements etc...
 - d) **Listen** to the client after the session – Appreciate their response

Section III – The Master Symbol

- 1) Usui Master Symbol – Dai Ko Myo
 - a) Meaning and Practice Drawing
 - b) Master Attunement (2 Times)

Section IV – Meditation – Varieties

- 1) Mediation Discussion
- 2) Daily Practice of. Each Class will begin and end in giving yourself Reiki and then meditation
- 3) Student will prepare and guide the teacher in a guided meditation that must be at least fifteen minutes long.

Section V – Byosen Scanning

- 1) Warmth – Heat a little higher than body temperature
- 2) Intense Heat - Very strong heat, immediate
- 3) Tingling – Tingling, prickly sensations in your hands, movement, that may peak/valley
- 4) Pulsing Movements- Feeling the Reiki stimulate blood vessels and the energy system to move.
- 5) Nothing To feel nothing /cold
- 6) Pain - This is usually more serious and the practitioner actually feels Pain in their hands and up their wrist and arms.

Section VI Japanese Techniques

Section VII Practice – Practice-More Practice

You will be giving Reiki to several people that you may or may not know. You cannot learn Reiki unless you practice Reiki. You will be asked to record and work with individuals with a variety of reasons for receiving the Reiki. You will use what you have learned to try to give accurate guidance as to what the energy is saying about the individual's energy system.