

## **REIKI I & II COURSE OUTLINE**

(Prior to first class - application, deposit, interview, 1<sup>st</sup> Reiki session)

### **Section One**

1. What is Reiki? – Rei- Spiritually Guided Ki – Energy (Life Force)
  - A. Basic information – Who can learn? Why learn? What are the levels of Reiki?
  - B. Symbol of Reiki, its meaning – (draw it)
  
2. History of Reiki
  - A. Dr. Mikao Usui (oo-soo-ee)
    1. The Five Daily Principles – Just for today.....
      - a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_
      - d. \_\_\_\_\_ e. \_\_\_\_\_
  - B. Dr. Hayashi
  - C. Mrs. Takata
  - D. Reiki Today – Self healing, holistic practice, medical field.
  
3. Energy and Your Chakras ( Seventh– at top count down to Root which is One)
  - A. Crown 7
  - B. Brow – Third Eye 6
  - C. Throat 5
  - D. Heart 4
  - E. Solar Plexus (Fight or Flight) 3
  - F. Naval – Sacral Plexus 2
  - G. Root - 1
  
4. Self Healing & Preparation (A way of life – Your Intention) 8 Concepts of Healing
  
5. Relaxation & Meditation
  - A. Gassho Meditation
  - B. Guided Meditation
  
6. Reiki I Attunement (Shoden-Beginning Teachings)
  - A. How it Works – What will happen
  - B. Reiki I Ceremony – Actual Attunement
  
7. Practice Feeling the Energy / Wrap up

Homework & Exercise Assignments - See Sheet for Instructions.

## **Section Two - Hands On**

1. Question & Answer - Homework Review Period
2. Reiki Symbols – Their meaning, use and activation. (Drawing)
  - A. CHO KU REI – Power (CHO KOO RAY)
  - B. SEI HE KI - Mental & Emotional – (SAY HAY KEY)
  - C. HON SHA ZE SHO NEN – Distance Healing
  - D. Practice Drawing and Saying Symbols – See Practice Sheets
3. Relaxation & Meditation – Preparation for Attunements
4. Reiki II Attunement ( Okuden- Inner Teachings)
5. Feeling Symbols/ Reiki Energy One at a Time
  - A. Distance Healing, how it works, asking permission, how to send

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  - B. Let go of “Ego” – Stress Your Intention
6. Reiki Treatments
  - A. Hand Positions – Practice
  - B. Self Treatment – Practice
  - C. How to Conduct a Reiki Session
    - 1) What do your feel?
    - 2) What does the other person feel?
    - 3) It’s not you it’s them!
7. Practice! Practice! Practice!

Homework – 5-10 Examples – See Work Sheet Draw Symbols Review.

Section Three – (Final Payment Required upon reception of Certificate)

1. Review Question & Answer Period
2. Conduct a ½ Hour – 1 Hour Reiki Session
3. Written Test
4. More Practice
5. Presentation of Certificate
6. Schedule Follow-up Reiki Session with Gina
7. Use two additional hours as needed. (To be used within 3 – 6 months)

CONGRATULATIONS!

\*\*If you feel called to continue on to be and advanced Reiki Practitioner there is at least a 3 month waiting period. You must document 25-50 Reiki treatments and work on self-healing daily. Reiki is a wonderful gift and as your talents develop you will be guided. I am always available for questions so call me and share your Reiki experiences!