

Karuna Reiki® Master Training – Recommended Class Outline

Day 1

1. Registration
2. Smudging (optional)
3. Introductions
4. Opening meditation or prayer
5. What is Karuna Reiki®? Describe Karuna Reiki as compassionate action guided by wisdom, and explain the two levels.
6. Origin of Karuna Reiki
7. Karuna Reiki Spiritual Guidance and connection with Spiritual Beings
8. Karuna Reiki I symbols and how to activate them
9. How to give a Karuna Reiki treatment
10. Describe how to draw Karuna Reiki I symbols and what they are used for
11. Lunch
12. Symbol test – Karuna level I
13. Karuna Reiki Master Level I attunement
14. Have students write down their experiences then discuss them
15. Practice using Karuna Reiki I symbols – two to four at each table. Take five–10 minutes for each symbol. Each person gets a treatment with all four symbols. Talk about what each symbol felt like after each symbol is used.
16. Closing meditation

Day 2

1. Smudging (optional)
2. Opening meditation or prayer
3. Shadow self discussion
4. Shadow self meditation using Halu
5. Discussion and sharing
6. Break
7. Describe how to draw Karuna Reiki II symbols and what they are used for
8. Lunch
9. Symbol test – Karuna Level II
10. Karuna Reiki Master Level II attunement
11. Have students write down their experiences then discuss them
12. Practice using Karuna Reiki II symbols two to four students at each table. Take five-ten minutes for each symbol. Each person gets a treatment with all four symbols. Talk about what each felt like after each symbol is used.
13. Closing meditation

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Day 3

1. Smudging
2. Opening meditation or prayer
3. Discuss the Registered Karuna Reiki® Program and have students fill out forms
4. Discuss Karuna Reiki Master symbols
5. Discuss and demonstrate Violet Breath and have students practice violet.
6. Demonstrate Karuna Reiki master level 1 attunement and have students practice it
7. Lunch
8. Demonstrate another Karuna Reiki attunement and have students practice it
9. Discuss the difference between the practitioner and master attunement
10. Describe and practice chanting with two to four students at each table (treatments are 5-10 minutes each)
11. Describe and demonstrate toning and have student practice if time allows
12. Have students fill out the class review form and hand it in
13. Closing meditation

The International Center for Reiki Training

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