

Holy Fire II Class Outlines

Holy Fire II Reiki I Training

Suggested class time: 9 a.m.–6:30 p.m.

1. Registration and sign in (required for CE providers).
2. Smudging or energy clearing. Have students raise hands and place positive energy all over the room and then get hugs from everyone.
3. Introductions – name, where you are from, why you decided to take this class, and something you like about yourself.
4. Ocean of Holy Love Experience. Have students write experiences and share.
5. Reiki Talk – what is Rei-ki, the different levels, how the Placement process works. How does Reiki work? (use information from the manual). What can it be used for? (Use examples and Reiki stories to explain these topics). History-Usui-Hayashi-Takata-22 masters, include info on the Gakkai and the discovery of the JRT techniques and a brief history of the Holy Fire.
6. Explain and review the Reiki Ideals.
7. Lunch (one hour).
8. Return and regroup – circle shoulder massages and hugs.
9. Explain Gassho meditation (page 54, *Reiki The Healing Touch*).
10. Briefly explain the 3 heavens and talk about the Placement and how it works.
11. Reiki I Placement.
12. Have students write about the Placement and experiences then share.
13. Break (10 minutes).
14. Practice Reiki (three or four to a group) – make sure all feel Reiki or that the client does. Share after.
15. Byosen Scanning (page 55, *Reiki The Healing Touch*) – pick a partner, scan, then switch. Explain Reiji-ho (page 54, *Reiki The Healing Touch*) and that it is more advanced as one uses intuition directly rather than the hand.
16. Explain and practice the standard session for treating others, all hand positions (pick a partner and switch).
17. Explain and demo Kenyoku (page 59, *Reiki The Healing Touch*). Have students use it at end of session.
18. Explain Hayashi Healing Guide and how to use it.
19. Explain client release forms and charging money or barter.
20. Go over the Code of Ethics and Standards of Practice.
21. Break (10 to 15 minutes).
22. Explain self-session – Byosen self-scan (page 58, *Reiki The Healing Touch*) and practice self-session hand positions.
23. *If students are continuing the next day: 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.) If students are taking Reiki II, it's a good idea to give each a copy of the Reiki II symbols when they sign up so they have time to memorize them.
24. Closing meditation or prayer.

Holy Fire II Reiki II Training

Suggested class time: 9 a.m.–6:30 p.m.

1. Sign in (required for CE providers) – Smudging or Energy Clearing. Place Reiki all over the room and then get hugs from everyone. Do introductions if this class is taught separately from Reiki I – name, where you are from, why you decided to take this class and something you like about yourself.
2. Holy Love Experience. Have students write experiences in notebooks and share.
3. Talk on Reiki II symbols – deeper, complete meaning, how to use them including the many ways to use Hon Sha Ze Sho Nen for distant and past/future healing. Explain why they need to be kept private as described on pages 50-51 of the *Holy Fire II ART/Master* manual.
4. Lunch (one hour). Students can use some of their lunchtime to memorize the symbols.
5. Test on symbols – use form on page 129. If there are errors, gently point them out and ask student to correct them. Use hints if necessary or have the person use her notes. Coach so that everyone passes.
6. Circle massage and hugs.
7. Explain Placement. Conduct Reiki II Placement.
8. Have students write Placement experiences in notebook – sharing.
9. Break (10 minutes).
10. 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 five 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.
11. Explain how to do a complete session using all the symbols.
12. Practice Gyoshi-ho (page 60, *Reiki The Healing Touch*) – choose partners and switch. This can be done with the students sitting in two rows of chairs facing each other. Also explain that this can be done in regular session. (Note that this replaces Beaming.)
13. Enkaku chiryo (page 60, *Reiki The Healing Touch*) 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. Send to create harmony among all people on the planet, or perhaps a world situation.
14. Have students pick a Reiki buddy to exchange Reiki with during the week and send distant Reiki to and then share what it was like.
15. Ending meditation and/or prayer.
16. Encourage students to participate in a Reiki support group.

Usui/Holy Fire II
Reiki Master
Advanced Reiki Training (ART)

Suggested class time: 9 a.m.–6:30 p.m.

1. Registration and sign in.
2. Smudging or energy clearing. Place Reiki all over the room and then get hugs from everyone.
3. Introductions – name, work, family, metaphysical background, understanding of Reiki, why you want to learn Reiki, and something you like about yourself.
4. Explain our definition of Soul and Spirit, the Three Heavens, and Letting Go of Guides.
5. Explain the unique way that Holy Fire II Experiences, Placements, and Ignitions are done. Explain that in this class students will not learn how to give attunements but will give Placements instead. Placement are for Reiki I&II and ART and provide a stronger, more effective healing energy for the student, opens students to higher consciousness and also activate the symbol(s).
6. Healing in the River of Life intro. Explain how it works; removes attunement energies and replaces them with the Placement energies so teachers can give Placements for I&II and ART and students will no longer be able to give attunements in Holy Fire classes if they previously had this ability.
7. Healing in the River of Life Experience, have students write experiences and share.
8. 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. Note, this step can be done later in the day or on the 2nd day if you don't have time.
9. The Usui Dai Ko Myo – 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.
10. Lunch (one hour). Use some of lunchtime to memorize symbol.
11. Test on symbol.
12. Explain Pre-Ignition.
13. Pre-Ignition. Give students time to write down their experiences and to share.
14. Break (10 minutes).
15. Explain how Placements work; that they do not come from the teacher or through the teacher but come to the student directly from the Holy Fire.
16. Advanced Reiki Placement. Have students write down their experiences and share.
17. Practice giving the Usui Master symbol to each other in sessions. 2 or 3 students giving Reiki to 1. Share about this experience.
18. Moving Meditation. This can be done now or the next day and if so, use the Holy Fire symbol rather than the DKM.

Usui/Holy Fire II Reiki Master Class

Suggested class time: Two days from 9 a.m.–6:30 p.m.

Day 1

1. Registration.
2. Smudging or Energy Clearing. Place Reiki all over the room and then get hugs from everyone.
3. Introductions – name, work, family, metaphysical background, understanding of Reiki, why you want to learn Reiki, and something you like about yourself. (Use this step if teaching the Reiki Master class separately from the ART class.)
4. Ocean of Holy Love Experience.
5. Explain the evolution of Reiki and how it developed from Usui Reiki into Holy Fire Reiki.
6. Describe the history of Holy Fire Reiki.
7. Describe the essence of Reiki.
8. Holy Fire Symbol – show students, explain the attributes and benefits and usage, practice drawing them. Test on symbol. This step could also be given as part of step 8 in the ART class if this class is being taught as a combined ART/Master class.
9. Explain Holy Fire II Reiki and spiritual guidance.
10. Explain how Ignition works.
11. Holy Fire Ignition I. Follow instructions. Have students write experiences in notebooks, then share.
12. Lunch (one hour).
13. Practice giving Reiki sessions using Holy Fire. Three students giving Reiki to one.
14. Break (10 to 15 minutes).
15. Holy Fire Healing Experience. Follow instructions on page 58 and have students choose 2 things they would like to have completely healed and so forth. Then conduct the Holy Fire Healing Experience. Have students share their experiences.
16. If you have extra time you could do one of the Holy Love Experiences.
17. Questions and Answers.

Day 2

1. Smudging or Energy Clearing. Place Reiki energy all over room, the give hugs to each other.
2. Holy Fire Ignition II. Follow instructions. Have students write experiences in notebooks, then share.
3. Discussion – the values and spiritual orientation of a true Reiki Master.
4. Questions and Answers or discuss other Holy Fire concepts.
5. Lunch (one hour).
7. Explain Healing Fire Ignition.
8. Healing Fire Ignition. Follow instructions. Have students write experiences in notebooks, then share.
9. Break.
10. Practice Reiki in groups of 3-4 using Holy Fire. Seven minutes per student or longer.
11. Explain how to practice Holy Fire Meditation. Practice it if you have time.
12. Explain religious trauma and how Holy Fire Reiki can heal it.
13. Explain the Healing Spirit Attachments. Conduct this process for the class if you have time.
14. Experiences, Placements and Ignitions – go over the outlines, discuss, explain how to do them. Practice is usually not needed.
15. Conduct another of the Holy Love Experiences if you have time.
16. Talk about teaching, go over class outlines.
17. Explain doing Ignitions by yourself.
18. Go over the Code of Ethics and Standards of Practice.

19. Talk about developing your Reiki practice and the value of membership in the Reiki Membership Association (RMA).
20. Pass out class review/CE forms.
21. Pass out student certificates.
22. Closing prayer.

Holy Fire II Karuna Reiki® Master Class Outline

Day One

1. Registration.
2. Smudging or another form of energy clearing.
3. Send Reiki to 4 directions sky and ground and all around the class room.
4. Get a hug from each person and welcome each to the class.
5. Introductions.
6. Explain our definition of Soul and Spirit, the Three Heavens and Letting Go of Guides.
7. Explain the unique way that Holy Fire II Experiences, Placements and Ignitions are done. Explain that after this class students will no longer give attunements but will give Placements instead. Placement are for Reiki I&II and ART and provide a stronger more effective healing energy for the student and also open students to higher consciousness and also activate the symbols.
8. Healing in the River of Life intro. Explain how it works; removes attunement energies and replaces them with the Placement energies so teachers can give Placements for I&II and ART.
9. Healing in the River of Life Experience, have students write experiences and share.
10. Break.
11. Brief history of Reiki including the idea that Reiki has evolved with Usui, Hayashi and Takata and there is no limit to the quantity and quality of Reiki that is possible for us to channel.
12. Explain Holy Fire II Karuna Reiki® including origin. Explain Holy Fire II Reiki and spiritual guidance.
13. Explain about how the Pre-Ignition releases the Tibetan symbols and violet breath so they can be replaced with the Holy Fire symbol/energy.
14. Lunch.
15. Explain that the class is both a practitioner and master class and that the master ignitions both initiate the student as a Karuna Master with the ability to teach and give Ignitions and attunes the student to each of the practitioner symbols for use in sessions. Because of this, only Ignitions are given to the student by the teacher in this class.
16. Explain how they will need to begin teaching all their classes as Holy Fire classes including I&II, ART/ Master and Karuna and that the Holy Fire Placements for Usui/Holy Fire I&II & ART will be explained in class.
17. Explain how the Placements work and that students will no longer be able to give attunements.
18. Do the Pre-Ignition with integration time, sharing etc.
19. Break.
20. Tell students about the Holy Fire symbol and energy.
21. Show them now to draw the symbol. Have them practice drawing it if they haven't already memorized it.
22. Talk about each of the Karuna I symbols, how to draw them and what they are used for and go over them thoroughly.
23. Test on the Holy Fire symbol and the Karuna I symbols.
24. Break.
25. Talk about the Karuna II symbols, how to draw them and what they are used for and go over them thoroughly.
26. Test on the Karuna II symbols.
27. Ending prayer or affirmation. Hugs.

Day Two

1. Smudging or other energy clearing process, energy sent around the room, hugs.
2. Ask students to share how they are experiencing the class and if they have any questions or comments.
3. Ocean of Holy Love Experience.
4. Break.
5. Talk about the trademark for Holy Fire II Karuna Reiki® and why it was developed. Go over registration process and how it works including the certificates.
6. Lunch.
7. Holy Fire II Karuna I master Ignition. Write experiences and share.
8. Break.
9. Practice using the Holy Fire and Karuna I symbols starting with the Holy Fire symbol and using each of the 4 Karuna I practitioner symbols. 3-4 students at each table. Practice each symbol for 7 minutes. After each student is done, have the client share with their group what each symbol felt like. Have each person in the group share what it was like to use the energy.
10. Experiences, Placements and Ignitions – go over the outlines, discuss, explain how to do them. Practice is usually not needed.
11. Explain Holy Fire II Meditation and practice if you have time.
12. End class with prayer, affirmation or hugs.

Day Three

1. Smudging or other energy clearing process, energy sent around the room, hugs.
2. Ask students to share how they are experiencing the class and if they have any questions or comments.
3. Holy Fire Karuna II Master Ignition, write experiences, share.
4. Lunch.
5. Holy Fire II Karuna Healing Fire Ignition, write experiences, share.
6. Break.
7. Practice Holy Fire and Karuna II symbols same as step #9 from previous day. Decide on the time used for each symbol based on the remaining class time. You could also combine this step with Chanting done as the last part with each client on the table rather than present it separately in #9. If you do this, use step #9 to explain the difference between Chanting and Toning.
8. Break.
9. Chanting and toning. You can practice chanting and simply demo toning.
10. Explain religious trauma and how Holy Fire Reiki can heal it.
11. Go over class outlines for all classes. Talk about teaching. How the energy more strongly guides the class and does the Experiences, Placements, and Ignitions without the teacher having to physically interact with the students.
12. Explain the importance of releasing negative spirits and explain the Healing Spirit Attachment process. Conduct this exercise for the whole class if you have time.
13. Cover anything remaining to be covered and ask for final questions.
14. Pass out class review/CE forms.
15. Graduation, pass out certificates.
16. Final prayer/affirmation.
17. Hugs.