

Usui/Tibetan Class Outlines

The following class outlines are made available for your use. These are the class outlines used by the members of the Reiki Membership Association and by our Professional Licensed Teachers. Feel free to teach exactly as outlined or to make changes to them. The outlines combine the Western style of Reiki with the Japanese style. The Reiki I & II outline is made to be used with the *Reiki, The Healing Touch* class manual, which includes instruction on how to do all the techniques in the outline including the Japanese Reiki Techniques (JRT). You may also want to get a copy of the Japanese Reiki Techniques Workshop DVD, which will instruct you on how to practice all the Japanese Reiki Techniques. The ART and Master outlines are to be used with this manual. These outlines are downloadable from our website.

Reiki I Training

Suggested class time: 9 a.m.–6 p.m.

1. Registration and sign in (required for CE providers).
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 Reiki? the different levels, how the attunement 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.
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 (page 54), 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 minutes).
13. Practice Reiki (three or four to a group) – make sure all feel Reiki or that the client does. Share after.
14. Byosen Scanning (page 55) – pick a partner, scan, then switch. Explain Reiji-ho and that it is more advanced as one uses the intuition directly rather than the hand.
15. Explain and practice standard session, all hand positions (pick a partner and switch).
16. Explain and demo Kenyoku (page 59). Have students use it at end of session.

17. Explain *Hayashi Healing Guide* (page 63) and how to use it.
18. Explain client release forms and charging money or barter.
19. Break (10 to 15 minutes).
20. Explain self session – Byosen self scan (page 58) and practice self session hand positions.
21. *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 several weeks before the class so they have time to memorize them.
22. Closing meditation or prayer.

Reiki II Training

Suggested class time: 9 a.m.–6 p.m.

1. Sign in (required for CE providers) – 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 session).
4. 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.
5. Explain and demo Koki-ho (page 58). Explain and demo Jacki-Kiri joka-ho (page 60).
6. Lunch (one hour). Students can use some of their lunchtime to memorize the symbols.
7. Test on symbols – use form on page 159. 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.
8. Circle massage and hugs.
9. Reiki II Attunement – include Gassho (page 54) at beginning.
10. Have students write attunement experiences in notebook – sharing.
11. Break (10 minutes).
12. Explain how to do complete session using all symbols.
13. 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. Also, have them practice Koki-ho.
14. Practice Gyoshi-ho (page 60) – 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.)
15. Enkaku chiryo (page 60) 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. (World healing topics are located at www.reiki.org website global healing network page.)
16. Have students pick a partner to exchange Reiki with during the week and send distant Reiki to.
17. Ending meditation and/or prayer.
18. Encourage students to participate in a Reiki support group.

Advanced Reiki Training Class (ART)

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 each other.
5. Explain what the class will include, which parts are from Usui system and which parts are from the International Center for Reiki Training Research and Development.
6. 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.
7. 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.
8. Lunch (one hour). Use some of lunchtime to memorize symbol.
9. Test on symbol.
10. 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.
11. Advanced Reiki Attunement – explain and do Gassho (page 54) before and during attunement.
12. Moving Meditation.
13. If you have time, do “Meet Your Reiki Guides” meditation.
14. Write in notebook about attunement and meditation—then share.
15. Break (10 to 15 minutes).
16. Reiki Meditation – strengthens the mind and expands consciousness, helps discern the changes in the Reiki energy by invoking each symbol.
17. Reiki Aura Clearing (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

18. Reiki Master Symbols – show for memorization only, sacred, keep them secret, explain test. Distribute handout. (Use last 1/2 hour of class for this part.)
19. Review Hui Yin exercise. Suggest that the students study and practice the Violet Breath exercise.
20. Closing meditation or prayer.

Reiki Master Class

Suggested class time: Two 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, and which parts are from Usui system and which parts are from the Center for Reiki Training Research and Development.
6. Review or explain the Hui Yin exercise if not covered in ART.
7. Microcosmic Orbit Meditation – explain and guide class (or use CD 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.
8. 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 one other. Sit in chairs or use Reiki tables. Take 5–10 minutes per person depending on the amount of time you have available.
9. Tibetan Symbols – show them to students, explain usage, practice drawing them.
10. Lunch (one hour). Use some of lunchtime to memorize symbols.
11. Test on symbol.
12. Explain how attunement works.
13. Reiki Master Attunement. Do Gassho (page 54) before and during attunement.
14. Write in notebook about attunement and meditation—then share.
15. Break (10 to 15 minutes).
16. Violet Breath – explain, demonstrate, have students practice.
17. 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 three 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 four parts at one time.
18. Have students do a complete Healing Attunement on each other with the purpose of healing an issue they have. Finish with Aura Clearing and Reiki if needed so that each receives a deep healing.
19. Questions and Answers.
20. Ask students to review the attunement for Reiki I and II as homework.

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 (one hour).
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 Master Attunement – discuss, demonstrate, have students practice.
10. Review differences in Usui attunement method – demonstrate Usui attunements. Have students 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 oneself by doing a self attunement.
13. Closing meditation and prayer and pass out class reviews.