

# Karuna Reiki® Master Training Recommended Class Outline

## Day 1

1. Registration
2. Smudging or aura clearing or grounding exercise (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® session
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 to ten minutes for each symbol. Each person receives a session 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 session 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
4. Discuss Karuna Reiki® Master symbols
5. Discuss and demonstrate Violet Breath and have students practice
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 attunements
10. Describe and practice chanting with two to four students at each table using 3 different symbols per student (Sessions 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

### **Karuna I Practitioner**

Use day one plus steps 10 and 11 of day 3.

### **Karuna II Practitioner**

Use day two plus steps 10 and 11 of day 3.

### **Karuna I&II Practitioner**

Use day one and two plus 10 and 11 of day 3.