

Usui/Holy Fire II 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 Licensed Reiki Master Teachers. The outlines combine the Western style of Reiki with the Japanese style and Holy Fire II Reiki. The Reiki I & II outlines are made to be used with the *Reiki, The Healing Touch* class manual, which includes instruction on how to do all the techniques in the outlines 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. Give each student a copy of the class manual when they sign up, and a copy of the symbols if they are part of the class, so they can memorize them. Explain the private nature of the symbols and that they should not share them with others.

Usui/Holy Fire II Reiki I Training

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

1. Registration and sign in.
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 in notebooks 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 (page 4).
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 in their notebooks 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.

Usui/Holy Fire II Reiki II Training

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

1. Registration. 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 and sharing.
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.
4. Lunch (one hour). Students can use some of their lunchtime to memorize the symbols.
5. Test on symbols – use form on page 149. 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.
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.
19. Closing meditation or prayer.

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. Explain Ocean of Holy Love Experience.
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 as described on page 15.
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 9 and 11 in the ART class if this class is being taught as a combined ART/Master class. Teach the Holy Fire symbol right after the Dai Ko Myo symbol. Then give a test on both symbols.
9. Explain Holy Fire II Reiki and spiritual guidance.
10. Explain how Ignition works.
11. Lunch (one hour).
12. Holy Fire Ignition I. Follow instructions. Have students write experiences in notebooks, then share.
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 70 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.

Usui/Holy Fire II Reiki Master Class

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

Day 2

1. Smudging or energy clearing. Place Reiki energy all over room, then 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).
6. Explain Healing Fire Ignition.
7. Healing Fire Ignition. Follow instructions. Have students write experiences in notebooks, then share.
8. Break.
9. Practice Reiki in groups of 3–4 using Holy Fire. Seven minutes per student or longer.
10. Explain how to practice Holy Fire Meditation. Practice it if you have time.
11. Explain religious trauma and how Holy Fire Reiki can heal it.
12. Explain the Healing Spirit Attachments. Conduct this Experience with the class if you have time.
13. Experiences, Placements and Ignitions – go over the outlines, discuss, explain how to do them. Practice is usually not needed.
14. Conduct another of the Holy Love Experiences if you have time.
15. Talk about teaching, go over class outlines.
16. Explain doing Ignitions by yourself.
17. Go over the Code of Ethics and Standards of Practice.
18. Talk about developing your Reiki practice and the value of membership in the Reiki Membership Association (RMA).
19. Pass out class review.
20. Pass out student certificates.
21. Closing prayer.

Giving a Holy Fire Reiki Talk

This outline can also be used at a Reiki share group or a Reiki session.

A Holy Fire Reiki talk as outlined here is more than just a talk as it includes a Holy Fire Experience. Hosted by a Holy Fire Reiki Master, it is an easy and enjoyable way for people to be introduced to Holy Fire Reiki and to actually experience its healing energy.

Promotion

Hard copy flyers can be created and posted on bulletin boards, announcements can be made on Facebook, on your web site, and sent by email directing people back to your web site announcement, and also by word of mouth.

Location

It could be held at a home, an auditorium, or a conference room.

Fee

It could be free or a small fee could be charged to cover expenses.

Outline

1. Could be a similar set up as for a Reiki circle or share group.
2. Arrive at the meeting room early and say prayers and become receptive to the Holy Fire energy asking it to clear the room of any energies not compatible with Holy Fire and to bless the room.
3. Registration could be done with hard copy forms or with a computer form set up for people to fill out. Minimum information would be the person's name and email address.
4. When people arrive, allow them to mill and talk.
5. Then ask them to sit. If it's a smaller group, do introductions – name, where are you from, if they have Reiki or not. Then ask them to stand and with permission share hugs. If it's a larger group in an auditorium, have them stand and introduce themselves to 3 people, then get 3 hugs and sit down.
6. Brief talk on what is Reiki.
7. Explain the evolution of Reiki and how it developed from Usui Reiki into Holy Fire Reiki.
8. Describe the qualities of Holy Fire Reiki.
9. If there are people present who have Holy Fire Reiki, ask if any of them would like to describe their experience of Holy Fire Reiki.
10. Questions and Answers.
11. Break
12. Talk about the Holy Fire Reiki Experience and how it works. That you'll be conducting a brief guided meditation and then stop talking for about 20 min. during which time the Holy Fire energy will be working directly with each person, providing a unique healing experience that contains what is needed by each person. Also explain that some will experience inner experiences such as

seeing colors or feeling waves of healing energy flowing through them or visions of spiritual beings and so forth, and that others will simply feel relaxed, but that everyone will receive something important that will continue to produce benefits even after the event.

13. Conduct the Holy Love Experience or the Ocean of Holy Love Experience, the Heavenly Banquet Hall Experience, or the Holy Fire Healing Experience. Play Julie True, Music to Journal by Vol 1 or other similar music.
14. After bringing people back, ask them to write down their experiences, then share if they choose to do so.
15. Close with a prayer or positive affirmation.