

Chapter 9—ICRT Animal Reiki Training Class Outlines

The following class outlines are for your use. Use the ICRT Animal Reiki I & II Training outlines with the *ICRT Animal Reiki Training I & II Manual*. The manual includes instructions on all the techniques presented in the outlines. Use the ICRT Animal Reiki Master Class outlines with this manual, and the *ICRT Animal Reiki Training I & II Manual* for reference. You may use videos to show the Reiki techniques for online Animal Reiki classes. Explain the private nature of all Reiki symbols and the importance of not sharing them with others.

Animal Reiki I Training

In-Person and Online Outline

Suggested class time: 9:00 AM–6:30 PM

Day 1

1. Registration and sign-in.
2. If an online class, acknowledge and welcome each student as they arrive online. Explain the Zoom technology used in class: mute, unmute, chat, and online etiquette.
3. Introductions—name, location, why you decided to take this class, and something you like about yourself.
4. Conduct the Invocation for Animal Reiki Level I.
5. Animal Reiki I class overview: Day 1 to cover topics in Chapters 1–6, The Garden of Forgiveness Experience, the Animal Reiki Grounding Exercise, Animal Reiki I Placement, and practice sessions.
6. Break (10–15 minutes).
7. Review the topics in *Chapter 1—Animal Reiki Defined*. Discuss the three priorities of an Animal Reiki session. Demonstrate how to observe animal behavioral cues using any of the following options:
 - Have one student send Reiki to another student's/teacher's animal, as the teacher narrates.
 - The teacher sends Reiki to their animal while narrating.
 - Have one student send Reiki to their animal as the teacher narrates.
 - Use a video showing animal behavior during a Reiki session.
8. Break (10–15 minutes).
9. The Garden of Forgiveness Experience—Discuss the meaning of forgiveness and conduct the Experience. Have students write about it in their notebooks and share.
10. Lunch (one hour).
11. The Animal Reiki Grounding Exercise—Discuss session preparation and do the Exercise.
12. *Chapter 2—Reiki Symbols*. Have a brief symbol discussion reviewing the Usui Reiki symbols. Explain the Tree of Life animal Reiki symbol and its qualities for humans and animals.

13. Explain how the Animal Reiki Placement works.
14. Conduct the Animal Reiki I Placement. Have the students write their experiences in their notebooks and share.
15. Break (10–15 minutes).
16. *Chapter 3—Japanese Reiki Techniques Refresher*. Briefly review the techniques as applied to animal Reiki.
17. *Chapter 6—Distance Reiki for Animals*. Review distance animal Reiki, including methods and live real-time online options, distance Reiki sessions using a surrogate, and preparations using HSZSN and the Tree of Life symbol.
18. Discuss *Chapter 4—Animal Reiki Sessions*. Explain all sections, including Preparations #1 and #2 and animal Reiki full-session steps. You may use a video example of an entire session for online classes.
19. Break (10–15 minutes).
20. Animal Reiki Practice Sessions—If an in-person class, you can do a field or distance practice depending on facilities. The teacher leads preparation. How to perform sessions varies based on the environment.
 - Option 1: One practitioner at a time; the rest observe.
 - Option 2: One practitioner, as an example, and the rest practice in pairs/groups while the teacher observes and gives feedback.
21. If online, students can work on their animals; then group sharing of practice time.
22. Closing prayer or affirmation.

Animal Reiki II Training
In-Person and Online Outline
Suggested class time: 9:00 AM–6:30 PM

Day 2

1. Registration and sign-in.
2. If an online class, acknowledge and welcome each student as they arrive online.
3. Take the class photo.
4. Conduct the Invocation for Animal Reiki Level II.
5. Ask students to share how they are experiencing the class and if they have questions or comments.
6. Animal Reiki II class overview: Day 2 to cover Chapter 7 and the Animal Grief Meditation, Animal Reiki II Placement, Whole-Body Perception Experience, the Animal Circle Healing Technique, practice sessions, live animal cams, Chapter 8, and the Appendix.
7. Discuss *Chapter 7—Compassion*, including the Animal Grief Meditation.
8. Break (10–15 minutes).
9. Conduct the Animal Reiki II Placement.
10. Have students write their Placement experience in their notebooks and share. Use breakout rooms for sharing if online.
11. Lunch (one hour).
12. Do the Whole-Body Perception Experience.
13. Break (10–15 minutes).
14. Animal Circle Healing Technique—Review the technique instructions, and have the students conduct a distance session on their animal or another familiar animal.
15. Animal Reiki Practice Sessions—If in-person, you can do a field or distance practice depending on facilities: review preparations, reminders of field practice on animals, and the three priorities.
16. Group sharing of practice time.
17. If online, work on each other's animals in breakout rooms.
18. Discuss live animal and zoo cams to practice distance Reiki. Two websites are <https://explore.org/livecams>, and <https://www.earthcam.com/events/animalcams>.
19. Break (10–15 minutes).
20. Review *Chapter 8—Creating a Thriving Animal Reiki Practice*.
21. Review the *Appendix*—"Animal Reiki Client Information Form," "ICRT Animal Reiki Guiding Principles," and "ICRT Animal Reiki Code of Ethics."
22. Pass out the Class Evaluation form.
23. Pass out student certificates.
24. Questions and answers.
25. Closing prayer or affirmation.

Animal Reiki Master Class

In-Person and Online Outline

Suggested class time: 9:00 AM–6:30 PM

This outline is for teaching the 3-day Animal Reiki Master Class.

Day 1

1. Registration and sign-in.
2. If an online class, acknowledge and welcome each student as they arrive online. Explain the Zoom technology used in class: mute, unmute, chat, and online etiquette.
3. Introductions—name, location, why you decided to take this class, and something you like about yourself.
4. Invocation for Animal Reiki Master—Explain how the Invocation activates the student’s Reiki energy and prepares them for class. Have students give themselves Reiki during the Invocation and all Experiences and Ignitions.
5. ICRT Animal Reiki Master class overview.
6. Discuss *Chapter 1—ICRT Animal Reiki Master Level Training*. Explain that students will learn how to give Placement and Ignition-style attunements—Placements in Reiki I & II and Ignitions in the Master class.
7. Break (10–15 minutes).
8. Review the topics in *Chapter 2—Essence and Benefits of ICRT Animal Reiki Energy*, discussing the Holy Fire® Reiki qualities in ICRT Animal Reiki.
9. Review *Chapter 3—ICRT Animal Reiki I & II Refresher*.
10. Explain the Tree of Life Experience, Chapter 6.
11. Conduct the Tree of Life Experience using the Script. Have students write experiences and share.
12. Lunch (one hour).
13. Discuss the Chapter 5 section, “Listening and Inner Awareness Skill Builders.”
14. Owl Eyes Exercise—Explain the benefits of activating Owl Eyes wide-vision before sessions for greater observation and inner awareness. Then, conduct the Exercise and share.
15. *Chapter 4—The Tree of Life Animal Reiki Symbol*. Show students the symbol, explain what it represents, its attributes, benefits, and use, and show how to draw it. Explain that Master Ignitions will merge with and empower their existing Reiki Master symbol(s) and increase their Tree of Life animal Reiki energy.
16. Explain the Ignition process, that you will give a brief guided meditation and then stop talking while the energy guides the student directly. Discuss how some students may have inner experiences, and some may only feel relaxed and that the most important effects occur below the student’s level of awareness. Explain that the four Ignitions holistically empower the Tree of Life animal Reiki symbol.
17. Conduct the first Animal Reiki Master Ignition, and afterward, give students time to write about their experiences and share.

18. Break (10–15 minutes).
19. Animal Reiki Practice Sessions—Practice using the Tree of Life symbol. Students may work with the Circle of the Divine Animal Kingdom, or any other techniques learned in Animal Reiki I & II. Options include in-person field practice or, if online, students work on their animal, with a surrogate on a familiar animal, or work on each other's animals in a breakout room.
20. If online and have time and your internet allows it, screen share live animal cams and send distance Reiki to the animals using the Tree of Life symbol.
21. Students share their experiences.
22. Closing prayer or affirmation.

Day 2

1. Confirm student attendance.
2. Invocation for Animal Reiki Master—Remind students to give themselves Reiki during the Invocation and all Experiences and Ignitions.
3. Explain the Whole-Body Perception Experience, Chapter 6, and how it creates communion with the animals.
4. Do the Whole-Body Perception Experience.
5. Conduct the second Animal Reiki Master Ignition, and afterward, give students time to write about their experiences and share.
6. Lunch (one hour).
7. Do the Inner Awareness Exercise, Chapter 5. Explain how this exercise develops the practitioner's ability to perceive with their inner awareness, which is necessary when working with animals.
8. Conduct the third Animal Reiki Master Ignition, and afterward, give students time to write about their experiences and share.
9. Break (10–15 minutes).
10. Explain the Animal Reiki Extraction Technique, Chapter 5.
11. Animal Reiki Practice Sessions—Use the Tree of Life symbol. If an in-person class, work in the field. If online, work in breakout rooms on other students' animals. Students can practice using the Animal Circle Healing Technique or the Animal Reiki Extraction Technique.
12. Students share their experiences.
13. Explain the Reiki Trails Technique, Chapter 5. For an in-person class, have the students walk around the land. If online, have the students use Reiki Trails in their home or space during the break.
14. Break (10–15 minutes).
15. Do The Divinity of the Natural World Exercise if time permits, Chapter 5.
16. Questions and answers.
17. Closing prayer or affirmation.

Day 3

1. Confirm student attendance.
2. Invocation for Animal Reiki Master—Remind students to give themselves Reiki during the Invocation and all Experiences and Ignitions.
3. Ask students to share how they are experiencing the class and if they have questions or comments.
4. Conduct the fourth Animal Reiki Master Ignition, and afterward, give students time to write about their experiences and share.
5. Review the Chapter 5 section, “Other Animal Reiki Tools,” including the Animal Reiki Crystal Grid and imbuing animal support items.
6. Discuss the Chapter 7 section, “Attuning Animals to the Tree of Life Animal Reiki Energy.” Review the description of the process, the preparations, and the script used for empowering animals with animal Reiki energy.
7. Lunch (one hour).
8. Do The Heartbeat of the Earth Meditation, Chapter 5. Explain how the meditation aligns the body and mind with the natural rhythms of life.
9. Animal Reiki Practice Sessions—If an in-person class, work in the field. The students can also work with combined animal/human sessions. If online, work in breakout rooms on other students’ animals, or with combined sessions, or the students on their animals.
10. Review *Chapter 8—Teaching ICRT Animal Reiki*. Discuss creating an animal Reiki class, and explain how to teach the Experiences, Placements, Ignitions, and review the Scripts; practice is usually not necessary. Talk about teaching in person and online.
11. Review *Chapter 9—ICRT Animal Reiki Training Class Outlines* and how to use them for teaching Animal Reiki I & II and the Animal Reiki Master.
12. Review the “ICRT Animal Reiki Standards of Practice” in the *Appendix*.
13. Explain the Heart-to-Heart Chakra Connection if there is time.
14. Cover anything remaining to be covered and ask for final questions.
15. Pass out the Class Evaluation form.
16. Graduation, pass out certificates.
17. Final prayer or affirmation.