

## Usui/Holy Fire Reiki 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 and the Holy Fire. 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 Video Workshop or 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 shouldn't share them with others.

### Reiki I Training

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

1. Registration and sign in (required for CE providers).
2. Smudging (optional). 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 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 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. Talk about attunement and how it works.
10. Explain Gassho meditation (page 54, *Reiki The Healing Touch*), and use this just before the attunement. Have students remain in Gassho during the attunement.
11. Reiki I attunement.
12. Have students write in their notebooks about attunement and meditation 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 standard session, 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-sessions – 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.

## Reiki II Training

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

1. Sign in (required for CE providers) – Smudging (optional). 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 169. 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. Reiki II Attunement – include Gassho at beginning.
8. Have students write attunement 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.

## **Advanced Reiki Training Class (ART)**

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

1. Registration and sign in.
2. Smudging (optional). 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. Ocean of Holy Love Experience.
6. Explain what the class will include, which parts are from Usui system and which parts are from the ICRT.
7. 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.
8. 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.
9. Lunch (one hour). Use some of lunchtime to memorize symbol.
10. Test on symbol.

The pre-ignition is done only if you are teaching the ART/Master training as one class. If you are teaching ART by itself, go to step 14.

11. Explain pre-ignition.
12. Pre-ignition. Give students time to write down their experiences and to share.
13. Break (10 minutes).
14. Explain how attunements work. 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.
15. Advanced Reiki Attunement. Have students write down their experiences and share.
16. Practice giving the Usui Master symbol to each other in sessions. 2 or 3 students giving Reiki to 1. Share about this experience.
17. Moving Meditation.
18. Write in notebook about attunement and meditation—then share.
19. Break (10 to 15 minutes).
20. 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.

## **Reiki Master Class**

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

If this class is taught as part of the combined ART/Master training proceed with the following steps. If the Master class is being taught by itself with the students already having taken ART, then you need to add an additional evening 2 days before day 2 in which the student receives the pre-ignition. This is necessary to provide a minimum of 24 hrs between the pre-ignition and the ignition. (See section on the pre-ignition). If students learn the attunements quickly, you can teach more of them on day 1.

### **Day 1**

1. Registration.
2. Smudging (optional). Place Reiki all over the room and then get hugs from everyone.
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. Holy Love Experience.
5. 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.
6. Explain Holy Fire Reiki and spiritual guidance.
7. Explain how ignition works.
8. Holy Fire Ignition I. Follow instructions. Have students write experiences in notebooks, then share.
9. Lunch (one hour).
10. Practice giving Reiki sessions using Holy Fire. Three students giving Reiki to one.
11. Break (10 to 15 minutes).
12. 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 chance to practice, receive and guide. Do this with each part. Then have them practice all four parts at one time.
13. 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.
14. Questions and Answers.
15. Ask students to review the attunement for Reiki I and II as homework.

## Day 2

1. Smudging (optional). 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. Practice Reiki I Attunement using same method as Healing Attunement – discuss, demonstrate, have students practice.
5. Lunch (one hour).
6. Questions and Answers.
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.
11. Explain how to practice Holy Fire Meditation.
12. Explain the Spirit Release process.
13. Practice Reiki II Attunement – discuss, demonstrate, have students practice.
14. Practice Advanced Reiki Training Attunement – discuss, demonstrate, have students practice. (If students are feeling overwhelmed, demonstrate only.)
15. Holy Fire and Healing Fire Ignitions – discuss, explain and go over description. Practice is usually not needed.
16. Conduct Holy Love II and III if you have time.
17. Talk about teaching, go over class outlines.
18. 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 and not to initiate students into the practice of Reiki. Explain how to do an ignition by yourself.
19. Explain the need to practice and show how to practice on a teddy bear or pillow or on oneself by doing a self attunement.
20. Go over the Code of Ethics and Standards of Practice.
21. Talk about developing your Reiki practice and the value of membership in the Reiki Membership Association (RMA).
22. Pass out class review.
23. Pass out student certificates.
24. Closing prayer.