

Holy Fire® III Karuna Reiki® Master Class Outline

Day 1

1. Registration.
2. Smudging or another form of energy clearing.
3. Send Reiki to four directions—sky and ground and all around the classroom.
4. Get a hug from each person and welcome each to the class.
5. Introductions—name, where you are from, why you decided to take this class and something you like about yourself.
6. Explain our definition of Soul and Spirit, the Heavens and Letting Go of Guides. Explain that the Reiki energy in this class is based on the Usui/Holy Fire® III system.
7. Explain the unique way that Holy Fire® III Experiences, Placements and Ignitions are done. Explain that in this class four Ignitions are given. The four Ignitions activate the nine symbols of this class and give the student the ability to give Ignitions. Also explain that after this class, when teaching Reiki I&II and when activating the Usui Master symbol in Reiki Master, Placements will be given instead of attunements. Placements and Ignitions are easier to do and provide a stronger and more effective experience than attunements. Also explain the concepts of the Authentic Self, the Culturally Created Self and the Dormant Self.
8. Healing in the River of Life introduction. Explain how it works; is a healing experience and sets up the ability to give Placements for use when teaching Usui/Holy Fire® Reiki for I and II and Usui/Holy Fire® Master.
9. Healing in the River of Life Experience, have students write experiences and share.
10. Break.
11. Brief history of Reiki including the idea that Reiki has evolved with Usui, Hayashi and Takata and there is no limit to the quantity and quality of Reiki that is possible for us to channel.
12. Explain Holy Fire® III Karuna Reiki® including origin. Explain Holy Fire® III Reiki and spiritual guidance.
13. Lunch.
14. Explain that the class is both a practitioner and master class and that the master Ignitions both initiate the student as a Karuna Master with the ability to teach and give Ignitions and attunes the student to each of the practitioner symbols for use in sessions. Because of this, only Ignitions are given to the student by the teacher in this class and that there are four.
15. Explain how they will be able to teach all their classes as Holy Fire® classes including I and II, Usui/Holy Fire® Master and Karuna and that the Holy Fire® Placements for Usui/Holy Fire® I and II and Master will be explained in class.
16. Explain how Ignitions work and that they do the same thing as attunements. Explain that you will give a brief guided meditation and then stop talking while the energy guides the student directly. Explain that some students may have inner experiences, and some may simply feel relaxed and that the most important effects take place below the students' level of awareness. Explain that the four Ignitions work holistically to empower all nine Karuna symbols and this process works in a unique way for each student.

17. Do first Ignition with integration time and sharing.
18. Break.
19. Tell students about the Holy Fire® symbol and energy.
20. Show them how to draw the symbol. Have them practice drawing it if they haven't already memorized it.
21. Talk about each of the Karuna I symbols, how to draw them and what they are used for and go over them thoroughly.
22. Test on the Holy Fire® symbol and the Karuna I symbols.
23. Break.
24. Talk about the Karuna II symbols, how to draw them and what they are used for and go over them thoroughly.
25. Test on the Karuna II symbols. An alternate method is to teach all nine symbols at the same time and give one test for all of them.
26. Ending prayer or affirmation. Hugs.

Day 2

1. Smudging or other energy clearing process, energy sent around the room, hugs.
2. Ask students to share how they are experiencing the class and if they have any questions or comments.
3. Second Ignition.
4. Break.
5. Talk about the trademark for Holy Fire® III Karuna Reiki® and why it was developed. Go over the registration process and how it works, including the certificates.
6. Lunch.
7. Do the third Ignition. Write experiences and share.
8. Break.
9. Practice using the Holy Fire® and Karuna I symbols starting with the Holy Fire® symbol and using each of the four Karuna I practitioner symbols, three to four students at each table. Practice each symbol for approximately 5-7 minutes or so. After each student finishes, have the client share the feeling of each symbol with their group. Also, ask each person in the group to share what it was like to use the energy.
10. Experiences, Placements and Ignitions, explain how these are done and go over the scripts. Practice is usually not needed.
11. Explain Holy Fire® III Meditation and practice if you have time.
12. End class with prayer, affirmation or hugs.

Day 3

1. Smudging or other energy clearing process, energy sent around the room, hugs.
2. Ask students to share how they are experiencing the class and if they have any questions or comments.
3. Do the fourth Ignition. Write experiences and share.
4. Go over all the class outlines for all levels. Talk about how the teacher needs to keep his or her energy out of the Experiences, Placements and Ignitions and how these are done without the teacher physically interacting with the students. Furthermore, the teacher does not hold space or intend, but instead, focuses on keeping his or her energy back from the students and held close to the teacher's body. Explain that this allows the energies to go directly to the student without being slowed or affected by the teacher and that this keeps the energy pure and allows it to be more powerful and effective. However, the teacher can pray directly to God, Source, Creator etc. praying for the benefit of the students and asking that God's will for each student be fully manifest.
5. Additional topics can be covered such as the World Peace Reiki Grid project or the benefits of the RMA, or the Center for Reiki Research.
6. Lunch.
7. Practice Holy Fire® and the Karuna II symbols same as step #9 from the previous day. Decide on the time used for each symbol based on the remaining class time. You could also combine this step with Chanting done as the last part with each client on the table rather than presenting it separately in #9. If you do this, use step #10 to explain the difference between Chanting and Toning.
8. Break.
9. Chanting and toning. Practice chanting unless you practiced it in step #7. If you have time, you can practice toning or demonstrate it. An alternative method to practice chanting is to have students write the name of a person on a piece of paper and place it on the altar in the center of the circle. Then have the students draw one or more Karuna symbols on their hands and hold them facing the altar as the group chants the name of the Karuna symbol(s) together using one symbol at a time.
10. Explain the importance of releasing negative spirits and explain the Healing Spirit Attachment process. Conduct this exercise for the whole class if you have time.
11. Cover anything remaining to be covered and ask for final questions.
12. Pass out class review.
13. Graduation—pass out certificates.
14. Final prayer or affirmation.
15. Hugs.