

Usui/Holy Fire® III

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 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.) For what can it be used? (Use examples and Reiki stories to explain these topics.) History—Usui—Hayashi—Takata—22 Masters and include information on the Gakkai and the discovery of the Japanese Reiki Techniques and a brief history of the Holy Fire®.
6. Explain and review the Reiki Ideals. Explain that the Reiki energy in this class is based on the Usui/Holy Fire® III system.
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 three heavens and talk about the Placement and how it works.
11. Reiki I Placement.
12. Have students write 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 demonstrate Kenyoku (page 59, *Reiki: The Healing Touch*). Have students use it at the end of the session.
18. Explain Hayashi Healing Guide and how to use it.
19. Explain the Reiki Client Information Form, Reiki Documentation Form and charging money or bartering.
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 the 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® III 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.
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 page 45 of *Reiki: The Healing Touch*. Explain that the energy in this class is based on the Usui/Holy Fire® III system.
4. Lunch (one hour). Students can use some of the lunchtime to memorize the symbols.
5. Test on symbols—use the form on page 165 of the *Usui/Holy Fire® III Reiki Master Manual*. Make copies for your students. If there are errors, gently point them out and ask the student to correct them. Use hints if necessary or have the person use her notes. Coach so that everyone passes.
6. Circle massages and hugs.
7. Explain Placement. Conduct a Reiki II Placement.
8. Have students write Placement experiences in their notebooks—sharing.
9. Break (10 minutes).
10. Break up into groups of three to four to practice. Start with them doing straight Reiki without any symbols. Then have them add the Choku Rei and after five minutes or so, share how this felt. Repeat with the Sei heki, so they get an experience of what the symbols do while 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. You can do this exercise with the students sitting in two rows of chairs facing each other. Also, explain that a practitioner can use this in a regular session. (Note that this replaces Beaming.)
13. Enkaku chiryo (page 60, *Reiki: The Healing Touch*) with the group. Ask for requests from students. Write the names of those to whom you are sending Reiki 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 to send distant Reiki to and then share the experience.
15. Ending meditation or prayer.
16. Encourage students to participate in a Reiki support group.