



USUI HOLY FIRE® Reiki Training Outlines

Reiki I Training Outline:

Registration and sign in.

Introductions – name, where you are from, why you decided to take this class and something you like about yourself.
Ocean of Holy Love Experience.

Reiki Talk – what is Rei-ki, the different levels, how the attunement process works. How does Reiki work? What can it be used for?

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.

Explain and review the Reiki Ideals (page 4).

Lunch (one hour).

Talk about attunement and how it works.

Explain Gassho meditation.

Reiki I attunement.

Have students write in their notebooks about attunement and meditation experiences—then share.

Break (10 minutes).

Practice Reiki

Byosen Scanning.

Explain Reiji-ho.

Explain and practice standard session, all hand positions (pick a partner and switch).

Explain and demo Kenyoku.

Explain Hayashi Healing Guide and how to use it.

Explain client release forms and charging money or barter.

Go over the Code of Ethics and Standards of Practice.

Break (10 to 15 minutes).

Explain self-sessions – Byosen self-scan and practice self-session hand positions.

{If students are continuing the next day: Reiki II Symbols.}

Closing meditation or prayer.

Reiki II Training Outline:

Registration

Holy Love Experience. Have students write experiences in notebooks and share and sharing.

Talk on Reiki II symbols. Explanation on why they need to be kept private.

Lunch (one hour). Students can use some of their lunchtime to memorize the symbols. Test on symbols.

Explain Placement. Conduct Reiki II Placement.

Have students write Placement experiences in notebook – sharing.

Break (10 minutes).

Break up into groups of 3–4 to practice. Start with them doing straight Reiki without any symbols.

Practice with symbols.

Explain how to do a complete session using all the symbols.

Practice Gyoshi.

Enkaku chiryo.

Have students pick a Reiki buddy to exchange Reiki with during the week and to send distant Reiki to and then share what it was like.

Ending meditation and/or prayer.

Encourage students to participate in a Reiki support group.

Reiki III Training Outline:

Day One

Registration and sign in.

Introductions—name, work, family, metaphysical background, understanding of Reiki, why you want to learn Reiki, and something you like about yourself.

Explain our definition of Soul and Spirit and the Heavens. Explain that the energy in this class is based on the Usui/Holy Fire® III system.

Explain the unique way that Holy Fire® III Experiences, Placements and Ignitions are done.

Explain how Holy Fire® III works and the concepts of the Authentic Self, the Culturally-Created Self and the Dormant Self.

Healing in the River of Life Experience Introduction.

Healing in the River of Life Experience, have students write experiences and share.



Using crystals and stones with Reiki, Reiki grids.

Master symbol information.

Lunch (one hour). Use some of the lunchtime to memorize symbol.

Test on the symbol.

Explain the Ignition process.

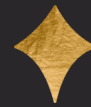
First Ignition. Give students time to write down their experiences and to share.

Break (10 minutes).

Explain how Placements work.

Master Practitioner Placement. Have students write down their experiences and share.

Practice with the Master symbol.



Reiki Moving Meditation

Day Two

Registration

Second Ignition.

Give students time to write down their experiences and to share.

Explain the evolution of Reiki and how it developed from Usui Reiki into Holy o Fire® Reiki.

Describe the history of Holy Fire® Reiki.

Describe the essence of Reiki.

Last Reiki symbol—show students, explain the attributes and benefits and usage, practice drawing it. Test on the symbol.

Explain Holy Fire® III Reiki and spiritual guidance.

Lunch (one hour).

Third Ignition.

Have students write experiences in notebooks, then share.

Practice giving Reiki sessions using Holy Fire®. Three students giving Reiki to one.

Break (10 to 15 minutes).

Holy Fire® Healing Experience.

Questions and Answers.

Day Three

Fourth Ignition. Have students write experiences in notebooks, then share.

Discussion—the values and spiritual orientation of a true Reiki Master.

Questions and Answers or discuss other Holy Fire® concepts.

Lunch (one hour).

Practice Reiki in groups of three to four using Holy Fire®.

Explain how to practice Holy Fire® Meditation.

Explain healing religious trauma.

Talk about the Brothers and Sisters of the light, Unification Consciousness, Becoming the Authentic Self and The Spirit of the Earth.

Explain Healing Spirit Attachments.

Experiences, Placements, and Ignitions—go over the outlines, discuss, explain o how to do them. Practice is usually not needed.

Conduct another of the Holy Love Experience.

Talk about teaching, go over class outlines.

Explain doing Ignitions by yourself.

Go over the Code of Ethics and Standards of Practice.

Talk about developing your Reiki practice and the value of membership in the o Reiki Membership Association (RMA).

Pass out class review.

Pass out student certificates.

Closing prayer.

Copyright © The International Center for Reiki Training.

Holy Fire® and Karuna Reiki® are registered service marks of William Lee Rand.

