



Usui/Holy Fire II: Reiki II Training

Prerequisite: Reiki 1

Manual: *Reiki the Healing Touch First and Second Degree* by William Lee Rand

Total class time: 11 – 12 hours (approximately 9 hours + up to 3 hours for breaks and meals)

Typical Format: 2 days x 6 hours

| Topic | Approx. minutes |
|---|-----------------|
| 1. Sign in. | |
| 2. Smudging or energy cleaning. | 30 |
| 3. (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.) | 30 |
| 4. Holy Love Experience. Journal & share. | 60 |
| 5. Talk on Reiki II symbols – Deeper, complete meanings & how to use them including mental / emotional healing and ways to use HSZSN (slip of paper, photo, and surrogate) for distant and past/future healing. | 30 |
| 6. Test on symbols (Manual page 151). | 15 |
| 7. Explain Reiki 2 Placement. Conduct Reiki II Placement. Journal & share. | 60 |
| 8. Explain how to do a complete treatment using all the symbols and pair practice on massage tables 1 hour each. Debrief experiences. | 150 |
| 9. Practice Gyoshi-ho with students sitting in two rows facing each other (page 60, <i>Reiki The Healing Touch</i>) – choose partners and switch. Debrief. | 60 |
| 10. Practice Enkaku chiryo (page 60, <i>Reiki The Healing Touch</i>) with a partner. | 60 |
| 11. Homework: choose a buddy to exchange distance Reiki with during the week and share the experience. | |
| 12. Maintaining and developing a reiki practice – online & f2f community, shares, workshops & retreats | 15 |
| 13. About the ICRT & CRA membership and forms (CRA Code of Conduct, CRA Code of Ethics, CRA Scope of Practice and CRA Disciplinary Action). | 15 |
| 14. Certificates, photos and farewells. | 30 |

Approximate hours:

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|-----------------|---------|
| Total class: | 9 |
| Lunch & breaks: | 2 - 3 |
| Total: | 11 - 12 |