



## Usui/Holy Fire II: Reiki Level III / Advanced Reiki Training (ART)

**Prerequisite: Reiki II**

Manual: *Usui/Holy Fire II Reiki Master Manual* by William Lee Rand

**Typical Format: 2 days x 6 hours**

<b>Topic</b>	<b>Approx. minutes</b>
1. Registration and sign in.	
2. Energy clearing: students clear each other and place Reiki 2 symbols all over the room.	30
3. Introductions – name, work, family and motivations for taking course.	30
4. <b>Holy Love Experience</b> – students write experiences and share (p 71- 72)	45
5. Review Reiki 1 and 2 and share experiences.	30
6. Present the Reiki Master symbol (DKM) – meaning and uses (p 60 – 65)	15
7. Demonstrate and practice Reiki Moving Meditation (p24-5).	15
8. Demonstrate how to use crystals and stones with Reiki by themselves and in a grid to send Reiki continuously for distant healing, personal healing, goals and manifestation (32 – 36)	15
9. <i>(If new to HF)</i> Explain unique way that Holy Fire II Experiences, Placements and Ignitions are done and definitions of Soul and Spirit, the Three Heavens and Letting Go of Guides (p 21-2, 28-9 & 45 – 51).	15
10. <b>Pre-Ignition.</b> Students journal experiences and share.	45
11. Test on R2 and R3 symbols.	15
12. Explain how to do a complete treatment using all the symbols including the Usui Master symbol.	30
13. Discuss Advanced Reiki Techniques	60
14. <b>Advanced Reiki Placement</b> - Explain how Placements work and facilitate placement. Students journal experiences and share.	45
15. Pairs practice full formal reiki sessions with 4 reiki symbols (R2 & R3) on massage tables for 1 hour each. Debrief experiences.	150
16. About the ICRT & CRA membership and forms (CRA Code of Conduct, CRA Code of Ethics, CRA Scope of Practice and CRA Disciplinary Action).	15
17. Certificates, photos and farewells.	15
<b>Approximate class hours:</b>	9.5
Lunch & breaks:	2 - 3
Total:	11 - 12