

reiki with kimeiko



*for your body, heart, mind & soul*

# Reiki 2 Certification Course

## DAY 1

1. Energy clearing with hands
2. Introductions and reflections on reiki 1
3. Ocean of Holy Love Experience
4. Reiki symbols – how to draw, say and use them
5. Preparation for placement
6. Reiki Placement (Attunement)
7. Review full formal reiki intake and session process, including intake & case study forms
8. Practice formal table reiki treatments with symbols

## DAY 2

1. Energy clearing with hands and symbols
2. Healing Meditation
3. Practice *Gyoshi-ho* (sending reiki through the eyes)
4. How to use a pendulum with reiki
5. *Enkaku chiryo* (distance reiki) methods & practice
6. Discuss ongoing reiki practice and communications
7. Canadian Reiki Association (case studies & professional development hours)
8. Course evaluations
9. Reiki 2 certificates and photos

## Post Course Follow up

1. Practice as much reiki as possible for the next 21+ days, including daily self reiki
2. Exchange distance Reiki with a buddy & share experiences
3. Participate in reiki socials, shares, private Facebook group and/or online chats
4. Aim to give a minimum of 30 full reiki sessions plus distance reiki to a variety of people before Reiki 3 in the next 6+ months