

CONTENTS

INTRODUCTION

My Intent

About Me

How to Use This Book

Thoughts About Teaching Reiki Classes

Yes to Continuing Education

THE FIRST DEGREE REIKI CLASS

First Degree Class Supplies

List Of Handouts

Begin The Class

A Brief History of Reiki

What is Reiki?

Handout: Reiki Is:

How Is Reiki Different From Other Healing Modalities?

What Are The Three Degrees Of Training About?

Attunements – A Brief Description

Energy In Everyday Terms

About Grounding

Intention – It Is Vital

Critical Legal Information

Ethics And Permission

Fear

Love

Anatomy – Front And Back View

Handout: Anatomy – Front View

Handout: Anatomy – Back View

Hand Positions – Purpose And Function

Handout: Hand Positions – Purpose And Function

Chakras – Vibrational Color And Meaning

Handout: Vibrational Color And Meaning

Density Of The Aura

Handout: Density Of The Aura

Aura – Color Interpretations

Handout: Aura – Color Interpretations

Giving The Attunement

The Meditation

Goals To Accomplish During The Practice Segment

Hands On Practice – Points To Focus On

Bringing The Class To A Close

THE SECOND DEGREE REIKI CLASS

Second Degree Class Supplies

List Of Handouts

The Plan For Class Today

Fast Review

Energy Reminders

Permission

Why Symbols?

An Exercise About Symbols

Using The Symbols

The Cho Ku Rei

Handout: Cho Ku Rei Version #1 and #2

The Sei He Kei

Handout: Sei He Kei

The Hon Sha Ze Sho Nen

Handout: Hon Sha Ze Sho Nen

Distance Healing

The Attunement

Meditation With The Inclusion Of The Master Guide

How To Do Distant Healing

Steps For Distant Healing

Goals To Accomplish During The Practice Segment

Hands On Reiki Practice – Points To Focus On

Bringing The Class To A Close

THE THIRD DEGREE REIKI CLASS

Third Degree Class Supplies

List Of Handouts

Thoughts About The Third Degree

Day One

Day One And Day Two Goals

The Dai Ko Myo

Handout: Dai Ko Myo Version #1 and #2

The Raku

Handout: Raku

The Advanced Chakra Diagram

Handout: Advanced Chakra Diagram

What About Cancer? How To Treat It

Thoughts About Giving This Attunement

The Meditation For The Third Degree

The Hands On Practice

Day Two

Day Two Goals

Opening A Private Practice

Becoming The Teacher

Let's Discuss The Meditation

Teaching The Attunements To Others

Actual Steps In Teaching The Attunement

Bringing The Class To A Close

Appendix

Recommended Reading

Bibliography