



## Master Level Reiki Coursework Outline

<p>Master Level Objectives: To enhance skills and tools to become Master Level Practitioners. Increase understanding of types of energy, energy healing and the Clair senses cultivating intuition and emotional intelligence in service to Self and others.</p>		
<p>Pre-Class Preparation</p>	<p>Welcome to Master Level Reiki Training. In preparation for our first class, please:</p> <ul style="list-style-type: none"> <li>• Read pages 1-8 in your Program Manual (Types of Energy and Energy Healing). I would recommend that you print this out so you can make notes as appropriate.</li> <li>• Bring any questions you have with you to our first class.</li> <li>• Continue or begin a meditation practice.</li> <li>• Practice awareness noting (journaling and sensations or thoughts that arose during or directly after meditation).</li> <li>• Give yourself daily Reiki treatments.</li> <li>• Practice awareness noting (journaling and sensations or thoughts that arose during or directly after Reiki).</li> <li>• Ignite your daily gratitude practice.</li> <li>• Please bring any crystals, essential oils and tools that you currently use in your Reiki sessions to class.</li> </ul>	
<p>Class 1 Pages 1-8 Review</p>	<p>Welcome &amp; Introductions</p> <ul style="list-style-type: none"> <li>• The Importance of Self-Care and Meditation</li> </ul> <p>The Types of Energy Energy Healing</p> <ul style="list-style-type: none"> <li>• The Process of Reiki and working with clients</li> <li>• Understanding what tools to use during a session</li> </ul> <p>Practicum: Reiki Shares Closing Circle</p>	<p>Week 1 Post Class Homework:</p> <ul style="list-style-type: none"> <li>• Read pages 8-10 in your Program Manual</li> <li>• Begin to use the self-care practices to Develop Intuitive Capabilities (pg. 10, PM)</li> <li>• Daily self-care Reiki practice</li> <li>• Daily meditation: Please use the Metta - Positive Energy &amp; Kindness (15 min)</li> <li>• Practice awareness noting (journaling and sensations or thoughts that arose during or directly after Reiki and Meditation)</li> <li>• Review and practice Reiki on one person to fine tune your ritualistic procedures for treatment. This can be pro bono or fee based.</li> <li>• Fine tune and personalize your Invocation for pre-treatment.</li> </ul>



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<p>Class 2 Pages 8-10 Review</p>	<p>Homework Review</p> <ul style="list-style-type: none"> <li>• Q&amp;A</li> </ul> <p>The 5 Clair Senses</p> <ul style="list-style-type: none"> <li>• Intuition and Emotional Intelligence</li> <li>• Enhancing Intuition Exercise</li> </ul> <p>Practicum: Reiki Shares Closing Circle</p>	<p>Week 2 Post Class Homework:</p> <ul style="list-style-type: none"> <li>• Continue to Develop Intuitive Capabilities (pg. 10, PM)</li> <li>• Continue your daily self-care Reiki practice</li> <li>• Morning Meditation: Please use Heart Chakra (Anahata) Pranayama and Meditation (16 min)</li> <li>• Practice awareness noting (journaling and sensations or thoughts that arose during or directly after Reiki and Meditation)</li> <li>• In the evening, just before bed, use Yoga Nidra for Deep Relaxation (Golden Egg Visualization) (34 min)</li> <li>• Review and practice Reiki on one person to fine tune your ritualistic procedures for treatment.</li> <li>• Offer one client a treatment to practice using the tools you've learned. Determine if this is going to be a billable session or a gift.</li> <li>• If you intend to offer Reiki as a service, develop fee based schedule</li> <li>• Read pages 11-18 in your Program Manual and practice drawing the symbols.</li> </ul>
<p>Class 3 Pages 11-18 Review</p>	<p>Homework Review</p> <ul style="list-style-type: none"> <li>• Q&amp;A</li> </ul> <p>The Symbols of Reiki</p> <ul style="list-style-type: none"> <li>• Review: Mastery and Completion</li> <li>• Dai Ko Myo and Raku Usage</li> </ul> <p>Attunement and Ceremonial Blessing Practicum: Reiki Shares</p>	<p>Week 3 Post Class Homework:</p> <ul style="list-style-type: none"> <li>• Further Develop Intuitive Capabilities (pg. 10, PM)</li> <li>• Continue your daily self-care Reiki practice</li> <li>• Morning Meditation: Choose any meditation practice that works for you and meditate each morning for a minimum of 6 minutes and for as long as you choose. Recommendation: Use Messages from Spirit (15 min)</li> <li>• Practice awareness noting (journaling and sensations or thoughts that arose during or directly after Reiki and Meditation)</li> <li>• Meditation in the evening, just before bed.</li> <li>• Go out and share the gifts of Reiki with others.</li> </ul>