



## Academy of Thai Massage and Energy Work

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### **Class Outlines for Reiki Studies**

#### **Reiki I Attunement**

Duration: 4 hrs

Course Fee: \$100

Prerequisite: N/A

Instructor: John Vlasich

#### Class Outline:

- ✓ Registration and sign in.
- ✓ Smudging (optional).
- ✓ Introductions - Name, work, family, metaphysical background, understanding of Reiki, why you want to learn Reiki, and something you like about yourself.
- ✓ Opening meditation or prayer to join the group to the higher power and to each other.
- ✓ Reiki Talk – several topics will be discussed here including: What is Reiki, the different levels, how the attunement process works, what can Reiki heal, a history of Reiki, the Gakkai and the JRT techniques as well as Takata's history and the development of Western Reiki.
- ✓ Lunch (one hour).
- ✓ Return and regroup - Circle shoulder massages and hugs.
- ✓ Talk about attunement and how it works.
- ✓ Explain Gassho meditation and use this just before the attunement. Have students remain in Gassho during the attunement.
- ✓ Reiki I attunement.
- ✓ Have students write in their notebooks about attunement and meditation experiences and then share.
- ✓ Break (10 to 15 minutes).
- ✓ Practice Reiki (three or four to a group).
- ✓ Byosen Scanning - Explain and demonstrate this technique to your class. Students will have a chance to practice this technique on each other.
- ✓ Explain and practice standard treatments with all hand positions (pick a partner and switch).
- ✓ Explain and demo Kenyoku and have students use it at end of treatment.

- ✓ Explain Hayashi Healing Guide and give short demo.
- ✓ Break (10 to 15 minutes).
- ✓ Explain self treatment – Byosen self scan and practice self treatment hand positions.

CONTINUE WITH THE FOLLOWING STEPS IF STUDENTS ARE CONTINUING REIKI II THE NEXT DAY

- ✓ Reiki II Symbols.
- ✓ Distribute handout.
- ✓ Closing meditation or prayer.

*Source: International Center for Reiki Training*

### **Reiki II Attunement**

Duration: 4 hrs

Course Fee: \$150

Prerequisite: Reiki I

Instructor: John Vlasich

Class Outline:

- ✓ Sign in - Smudging (optional).
- ✓ Opening meditation or prayer to join group to the Higher Power and to each other.
- ✓ Sharing - meditation, effects from attunement, use of Reiki, questions or comments. Complete anything you did not have time for on Saturday (such as the self treatment).
- ✓ Talk on Reiki II symbols - Deeper, complete meaning, how to use them including the many ways to use the distant symbol for distant and past/future healing.
- ✓ Explain and demo Koki-ho and Jacki-Kiri Joka -ho.
- ✓ Lunch (one hour).
- ✓ Test on symbols.
- ✓ Circle massage and hugs.
- ✓ Reiki II Attunement – include Gassho at beginning.
- ✓ Have students write attunement experiences in notebook and share with class.
- ✓ Break.
- ✓ Explain how to do complete treatment using all symbols.
- ✓ Break up into groups of 3-4 to practice.
- ✓ Practice Gyoshi-ho - choose partners and switch.
- ✓ Enkaku chiryo with group.
- ✓ Have students pick a partner to exchange Reiki with during the week.
- ✓ Ending meditation and/or prayer.

*Source: International Center for Reiki Training*

## **Reiki Master/Teacher Attunement**

Duration: 12 hrs

Course Fee: \$495

Prerequisite: Reiki II

Instructor: John Vlasich

Class Outline:

### DAY 1

- ✓ Registration.
- ✓ Smudging (optional).
- ✓ Introductions.
- ✓ Opening meditation or prayer to join the group to the Higher Power and each other.
- ✓ Explain what the class will include for the two days, and which parts are from Usui system, and which parts are from the Center for Reiki Training research and development.
- ✓ Explain the Anthakarana. Suggest using it in class meditations and attunements by placing it under the chair or in front.
- ✓ Review or explain the Hui Yin exercise if not covered in ART.
- ✓ Microcosmic Orbit Meditation - explain and guide class, explaining the energy flow, and introducing the functioning and governing channel.
- ✓ Practice.
- ✓ Tibetan Symbols -Show them to students, explain usage, and practice drawing them.
- ✓ Lunch (one hour). Use some of lunch time to memorize symbols.
- ✓ Test on symbols.
- ✓ Explain how attunement works.
- ✓ Reiki III/Master Attunement. Do Gassho before and during attunement.
- ✓ Write in notebook about attunement and meditation - then share.
- ✓ Break (10 to 15 minutes).
- ✓ Violet Breath - Explain, demonstrate, have students practice.
- ✓ Healing Attunement - Explain, demonstrate and have students practice.
- ✓ Have students do a complete Healing Attunement on each other with the purpose of healing an issue they have. Finish with Psychic Surgery and Reiki if needed so that each receives a deep healing.
- ✓ Questions and Answers.
- ✓ Ask students to review the attunement for Reiki I and II as homework.
- ✓ Closing meditation and prayer and pass out class reviews.

### DAY 2

- ✓ Smudging (optional).
- ✓ Opening meditation or prayer.
- ✓ Discussion - The values and spiritual orientation of a true Reiki Master.
- ✓ Practice Reiki I Attunement using same method as Healing Attunement - Discuss, demonstrate have students practice.
- ✓ Lunch.

- ✓ Questions and Answers.
- ✓ Reiki II Attunement - Discuss, demonstrate and have students practice.
- ✓ Advanced Reiki Training Attunement - Discuss, demonstrate, have students practice. (If students are feeling overwhelmed, demonstrate only).
- ✓ Reiki III/Master Attunement - Discuss, demonstrate, have students practice.
- ✓ Review differences in Usui attunement method - demonstrate Usui attunements.
- ✓ Explain self attunements and how to do the healing attunement at a distance.
- ✓ Explain the need to practice and show how to practice a self attunement.
- ✓ Closing meditation and prayer and pass out class reviews.

*Source: International Center for Reiki Training*

### **Course: Karuna® Reiki Master Attunement**

Duration: 20 hrs

Course Fee: \$695

Prerequisite: Reiki Master

Instructor: John Vlasich

Class Outline:

Day 1: 9 am-6 pm

- ✓ Registration.
- ✓ Smudging (optional).
- ✓ Introductions.
- ✓ Opening meditation or prayer.
- ✓ What is Karuna Reiki®? Describe Karuna Reiki as compassionate action guided by wisdom, and explain the two levels.
- ✓ Origin of Karuna Reiki.
- ✓ Karuna Reiki Spiritual Guidance and connection with Spiritual Beings.
- ✓ Karuna Reiki I symbols and how to activate them.
- ✓ How to give a Karuna Reiki treatment.
- ✓ Describe how to draw Karuna Reiki Master Level I symbols and their uses.
- ✓ Lunch.
- ✓ Symbol test—Karuna Reiki Master Level I.
- ✓ Karuna Reiki® Master Level I attunement.
- ✓ Have students write down their experiences then discuss them.
- ✓ Practice using Karuna Reiki Master Level I symbols, two to four at each table. Take five to ten minutes for each symbol. Each person gets a treatment with all four symbols. Discuss what each symbol felt like.
- ✓ Closing meditation.

Day 2: 9 am-6 pm

- ✓ Smudging (optional).
- ✓ Opening meditation or prayer.
- ✓ Shadow self discussion.

- ✓ Shadow self meditation using Halu.
- ✓ Discussion and sharing.
- ✓ Break.
- ✓ Describe how to draw Karuna Reiki Master Level II symbols and their uses.
- ✓ Lunch.
- ✓ Symbol test—Karuna Reiki Master Level II.
- ✓ Karuna Reiki Master Level II attunement.
- ✓ Have students write down their experiences then discuss them.
- ✓ Practice using Karuna Reiki Master Level II symbols two to four students at each table. Take five to ten minutes for each symbol. Each person gets a treatment with all four symbols. Discuss what each felt like.
- ✓ Closing meditation.

### Day 3: 9 am-3 pm

- ✓ Smudging (optional).
- ✓ Opening meditation or prayer.
- ✓ Discuss the Registered Karuna Reiki® Program and have students fill out forms.
- ✓ Discuss Karuna Reiki Master symbols.
- ✓ Discuss and demonstrate Violet Breath and have students practice.
- ✓ Demonstrate Karuna Reiki Master Level I & II attunements and have students practice.
- ✓ Lunch.
- ✓ Demonstrate Karuna Reiki Practitioner I & II attunements and have students practice.
- ✓ Discuss the difference between the practitioner and master attunements.
- ✓ Describe and practice chanting with two to four students at each table and using 3 different symbols per student (Treatments are 5-10 minutes).
- ✓ Describe and demonstrate toning and have student practice if time allows.
- ✓ Closing meditation.