



Reiki Level 2 Coursework Outline

<p>Level II Objectives: To develop the skills and confidence to practice Reiki on others. Chakra study cultivating a deeper understanding of how to assess and open energy channels. Students also receive their Power, Harmony and Distance Symbols during this level. How to use intuitive and energetic intelligence for integrative client assessment. Using holistic tools for healing and wellness.</p>		
<p>Class 1</p>	<p>Homework Review</p> <p>The Chakras:</p> <ul style="list-style-type: none"> ● How energy presents in the physical / energetic bodies ● Blocked / Excessive Energy (Underactive and Overactive) <p>Power and Harmony Symbols and Usage</p> <p>Practicum</p> <p>Reiki Shares</p>	<p>Homework:</p> <ul style="list-style-type: none"> ● Continue self-care ● Light visualization meditation ● Treatment gift to one person using tools
<p>Class 2</p>	<p>Homework Review</p> <p>Power and Harmony Symbols</p> <p>The Physical Body: What it consists of and how it is influenced:</p> <ul style="list-style-type: none"> ● Breath ● Movement ● Food: consumption, digestion, assimilation, elimination ● Experiences: consumption, digestion, assimilation, elimination <p>The Pranic / Energetic Body: What it consists of and how it is influenced:</p> <ul style="list-style-type: none"> ● Breath ● Movement ● Emotions, Energy and Experiences: consumption, digestion, assimilation, elimination <p>Assessing Energy</p> <ul style="list-style-type: none"> ● The Physical / Mental / Spiritual Body (Client Integrative Form) ● The Energetic Body (Assessment through seeing, feeling, intuiting) ● Use of the Pendulum <p>Holding Space</p> <ul style="list-style-type: none"> ● Pre and Post Treatment 	<p>Homework:</p> <ul style="list-style-type: none"> ● Continue self-care ● Light visualization meditation ● Client treatment using the tools (pricing vs. gift)



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	<ul style="list-style-type: none"> ● Bringing consciousness to the physical and pranic bodies ● Non-judgmental observation: questioning, mirroring, reflecting back ● Notations: Unconscious / Subconscious / Conscious <p>Practicum: Reiki Shares</p>	
<p>Class 3</p>	<p>Homework Review Distance and Completion Tools to Use</p> <ul style="list-style-type: none"> ● Prayer, Incantation, Invocation, Chanting ● Sage, Incense, Sandalwood ● Crystals ● Aroma ● Sound ● Energy Clearing ● Pendulum, <p>Distance Healing</p> <ul style="list-style-type: none"> ● Taking a soul into meditation ● Visualization ● Sending Energy <p>Completion</p> <ul style="list-style-type: none"> ● Symbol Review ● Attunement – Atonement - Practice ● Ceremonial Blessing <p>Practicum Reiki Shares</p>	<p>Homework:</p> <ul style="list-style-type: none"> ● Continue self-care ● Light visualization meditation adding mantra. ● Client treatment using the tools (pricing vs. gift) ● Choose a person and take their soul with you into meditation. Awareness noting and follow-up