



# Teaching Reiki

## Part II

BY KATHIE LIPINSKI, RN, MSN, CH

In a previous article, “Teaching Reiki” (*Reiki News Magazine*, Summer 2007), I explained how to prepare for and begin the journey of the Reiki Master Teacher. This article will focus on the nuts and bolts of designing effective Reiki Level I and II classes.

Reiki is easy to teach. Reiki plain and simple is about opening the student’s channel and teaching him/her how to bring energy to themselves and others. Everyone is born with Reiki in them. We are all like houses that are already wired

“form” of Reiki is dynamic and variable and this has allowed it to evolve over the years to include many styles.

One of the most important points to consider in putting your class together is the particular group you’ll be teaching. Different ages and different groups have different needs and require different approaches. In teaching Reiki, it is important to gear your teaching, including the content, towards the level of your students’ understanding and what is important to them. (See article page 45.)

6. Provide mentoring and resources for continued learning after class.
7. Present students with an attractive, personalized certificate upon completion of the class.

Have a simple goal. You may want to begin by teaching only one or two students at a time or by teaching Level I only and teaching Level II when you have gained experience and confidence. Remember that you crawled before you learned to walk. Consider the following strategies:

*Ensure your success as a Reiki Master Teacher by starting small, choosing a class format that feels right for you, preparing an outline and following it, providing printed materials, and using tools that encourage learning through the different senses.*

for electricity. The Reiki attunement is the light switch that turns the power on.

There are many ways to teach Reiki. The beauty of Reiki is that it is “user friendly.” It is very flexible and adapts to the style and the needs of the practitioner. There is no one way to teach Reiki, however, it is important that students be given the information they need to gain a clear understanding of Reiki and to practice Reiki with confidence.

The basic principles or “truths” of Reiki include compassion, respect and the life force energy. The application or

### General guidelines for teaching Reiki

1. Prepare a comprehensive outline of the topics to be covered and follow it.
2. Have written materials that support or supplement the material you are presenting.
3. Make use of as many of the senses as possible to accommodate different learning styles.
4. Allow ample time for discussion, sharing, and questions.
5. Provide time for hands-on practice.

1. Start small. Plan to succeed.
2. Teach the class in several short sessions rather than one long session.
3. Co-teach with another Master. Divide up the presentation of topics and get feedback from each other after the class. Switch topics the next time you co-teach so you can master all topics.

Following is a list of basic topics to include when teaching Reiki Levels I and II. If teaching Level I in a series of two-hour sessions, you can divide the

topics by session as noted below. If dividing Level I into two sessions, simply combine sessions 1 and 2; 3 and 4. If teaching a one-day course, give brief breaks between “sessions” in addition to a lunch break.

Allow time for questions, answers, and sharing either during or after the presentation of material in each session. I like to provide as much hands on practice as possible. The energy is the best teacher.

## Reiki Level I

### Session 1:

- What is Reiki; what can it be used for; how does it heal?
- History of Reiki and the Five Reiki Ideals
- Discussion of energy, auras and chakras (optional)
- Explanation of attunement
- Guidelines for preparing to receive an attunement (if teaching a one-day class, this information should be given to students prior to the class)

### Session 2:

- Guided meditation
- Reiki I attunement
- Processing time and sharing about attunement
- Hands-on group practice—giving Reiki in groups to experience the energy

### Session 3:

- Importance of self-treatment
- Hand positions for self-treatment
- Hands-on practice

### Session 4:

- Scanning, beaming, dry bathing
- Hand positions for treating others
- Hands-on practice with a partner

## Reiki Level II:

### Session I:

- Sharing about Reiki I experiences
- The Reiki Symbols—how they work and what they can be used for.
- Guidelines for preparing to receive Level II attunement (if teaching a one-day class, this information should be given to students prior to the class)
- Other uses of Reiki

### Session 2:

- Study time to memorize the symbols
- Symbol test
- Guided meditation
- Level II attunement
- Processing time and sharing

### Session 3:

- Preparing self, preparing the room
- Practice a full session using the symbols with a partner or
- Practice using symbols one at a time
- Discussion on how the energy of each symbol feels.

### Session 4:

- Explanation of Distant Reiki
- Practice sending Distant Reiki using the Distant Healing symbol
- Additional techniques or hands-on practice
- Other uses for Reiki
- Reiki resources

**Note:** Suggested guidelines for all levels of Reiki classes are included in the ICRT Reiki ART/Master Manual.

## Class materials

After you have developed your class outline, decide on the length of each session/class and how much time you will spend on each topic. Then you can begin to develop handouts and/or a class manual.

There are many resources available for the new Reiki Master Teacher. You can develop your own manual or you can use others that are already in print. The *Reiki Touch Kit* by William Lee Rand is excellent and comprehensive. It contains a DVD, 2 audio CDs, a deck of Reiki cards and a manual. Some teachers use the manual as their class manual. The kit offers the advantage of both auditory visual learning and kinesthetic learning. Handouts or your own manual may work better with informal groups. Children's manuals are obviously better for children.

You can make your own handouts or use Power Point presentations, depending on your technical skills and what equipment is available. If you decide to develop your own manual, you can have family or friends pose for pictures of the hand positions.

It is also important to be available as a mentor to your students as they begin their practice of Reiki.

Give students a list of books, Web sites, and other resources that will support their continued learning and reinforce what they have learned in class.

Give out a list of classmates' contact information so students can keep in touch and/or practice with one another. Special bonds are often made in Reiki classes and it is important to support and encourage them after class.

Encourage students to attend your Reiki circle (if you have one) or one in their area. Practice is so important when one first learns Reiki. The more one practices Reiki, the stronger the channel grows and the more one comes to understand and trust the energy. Having others to observe, share

*If teaching Reiki is part of your Reiki path, you will find that the rewards and the joys of teaching expand exponentially with each class you teach.*

Some Masters develop their own handouts and use that as a "manual." I tell my students that they can use any of my class handouts as long as they acknowledge that it is my material and not try to pass it off as their own creation.

Some of the books that Reiki Masters use for class manuals include:

- *Reiki: The Healing Touch*, by William Lee Rand
- *Healing Reiki*, by Eleanor McKenzie
- *The Power of Reiki*, by Tanmaya Honervogt
- *Reiki: Energy Medicine*, by Libby Barnett and Maggie Chambers

It is important to direct students to resources that will continue to support their Reiki journeys after the class is over.

with, practice with, and guide them, increases their learning exponentially.

Ensure your success as a Reiki Master Teacher by starting small, choosing a class format that feels right for you, preparing an outline and following it, providing printed materials, and using tools that encourage learning through the different senses. Teaching a well-crafted Reiki class can be a deeply rewarding experience. If teaching Reiki is part of your Reiki path, you will find that the rewards and the joys of teaching expand exponentially with each class you teach. Blessings for your teaching journey!



Class considerations and how to conduct the class will be covered in Part III.

—Kathie can be reached by email at [Kathiekaruna95@aol.com](mailto:Kathiekaruna95@aol.com)