



Nature Care College

Reiki 2

DESCRIPTION	Working closely with the philosophy of Dr Mikao Usui we incorporate meditation, energetic healing practices and exercises to connect with unconditional love and our healing potential. Reiki 2 builds on and furthers the skills of Reiki 1. In this empowering workshop we explore the meaning and application of the traditional symbols used in Reiki and learn techniques for distant healing for self, others and situations. We will also learn how to use some non-traditional symbols.
DURATION	12 hours
LEARNING OUTCOMES	By the conclusion of this unit of study students will be able to: <ol style="list-style-type: none"> 1. Impart practical skills and a philosophical understanding of Reiki to benefit you and your clients within their healing process and spiritual journey towards self fulfillment and self-actualisation 2. Demonstrate and apply Reiki for transmitting life force energy to self and others through the hands. 3. Demonstrate techniques in 'distant' healing, room clearing & balancing chakras. 4. Understand the uses and applications of the traditional and non-traditional Reiki symbols. 5. To learn and apply the Reiki symbols for absent healing.
TEACHING METHOD	Modified lectures Meditation Practical exercises
ASSESSMENT	Participation in practical exercises 100%
ATTENDANCE	80% minimum
PRE-REQUISITES	Reiki 1
CO-REQUISITES	Nil.
MATERIALS REQUIRED	Notebook, pen, comfortable clothing.
TEXTBOOKS	<p>(a) Compulsory: Nil.</p> <p>(b) Recommended Reading / References: Judith, Anodea, <i>Eastern Body, Western Mind</i>, Celestial Arts, Berkeley/Toronto, 2004 OR Judith, Anodea, <i>Wheels of Life: A User's Guide to the Chakra System</i>. Llewellyn Publications, 1987.</p>

Ellyard, Lawrence, **Reiki Healer**. Lotus Press. USA. 2004.

Ellis, Ricahrd, **Reiki and the Seven Chakras: Your Essential Guide to the First Level**. Vermilion. London. 2002.

Stein, Diane, **Essential Reiki. A Complete Guide to an Ancient Healing Art**, The Crossing Press Inc. Freedom, California. 1995.

DAY-BY- DAY OUTLINE

DAY 1	Introduction to Reiki 2 and the Reiki symbols. Meditation. Symbols. Practical exercises. Discussions on case taking and client follow-up,
DAY 2	Reiki attunement. Further discussion on applications of distant healing. Practical exercises. Distance healing. Room clearing. 'Hands-on' healing practice. Meditation.

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.
