

Shoden-Okuden Syllabus 3-2-16

Level	Date	Class	Teaching/Discussion Topic	Practice	Description	Initiation	
Shoden Reiki Level 1	March 2, 2016	1	What is Reiki?	Reiki Mawashi Seiza Kenyoku Hô Joshin Kokyû Hô Precepts	<i>Feeling the energy How to sit for meditation Clearing your energy Basic Reiki meditation The Reiki philosophical principles</i>	Reiju	
	March 9, 2016	2	History of Reiki	Self-treatment	<i>Hand positions and techniques to treat the self</i>	1st Attunement	
	March 16, 2016	3	Practicum	Treatment of Others	<i>Hand positions and techniques to treat others</i>	2nd Attunement	
	March 6, 20, or 27		Reiki Shares			Reiju	
	April 6, 2016	4	Basic Reiki Meditations	Seishin Toitsu Waka recitation Hatsurei Hô	<i>Reiki meditation to create a unified self Meditation on spiritual poetry Method for generating energy</i>	Reiju	
	April 13, 2016	5	The Spiritual Precepts	Precept meditations	<i>Three techniques for deepening your understanding of the Reiki Principles through meditation</i>	3rd Attunement	
	April 20, 2016	6	Practicum	Shuchu Reiki	<i>Techniques for working with several practitioners on one recipient</i>	4th Attunement	
	April 3, 17, or 24		Reiki Shares			Reiju	
	May 4, 2016	7	Three Diamonds	Hara connection Chakra Kassei Kokyû Hô	<i>Using Reiki to balance the energetic centers of the body A breathing method for balancing the energetic centers of the body</i>	Reiju	
	May 11, 2016	8	Additional Techniques	Learn to draw Reiki kanji Jakikiri Joka Hô Nentatsu Hô	<i>How to draw the word Reiki in Japanese Learn to clear energy from inanimate objects A hands-on Reiki practice for changing thought patterns or releasing bad habits</i>	Reiju	
	May 18, 2016	9	Practicum	Full sessions	<i>Full sessions</i>	Reiju	
	May 1, 15, or 22		Reiki Shares			Reiju	
	Okuden Reiki Level 2	June 1, 2016	10	True Nature	Heso Chiryô Hô  Tanden Chiryô Hô	<i>An energetic connection technique; clears the kidneys, connects with and heals maternal energy (real or symbolic) Hands-on detoxifying and purifying for the body</i>	Reiju
		June 8, 2016	11	Earth Energy	First Shirushi Jumon practice	<i>Learn to draw and work with the first symbol Reiki mantra meditation (chanting) - First jumon</i>	CKR Attunement
June 15, 2016		12	Practicum	Byosen Reikan Hô Reiji Hô	<i>Sensing imbalances within the recipient Technique to connect with your intuition during a session</i>	Reiju	
June 5, 19, or 26			Reiki Shares			Reiju	
July 6, 2016		13	Heaven Energy	Second Shirushi Jumon practice	<i>Learn to draw and work with the second symbol Reiki mantra meditation (chanting) - Second jumon</i>	SHK Attunement	
July 13, 2016		14	How to Develop a Client Practice	Pre-Treatment The Professional Treatment Post-Treatment Legal Concerns		Reiju	
July 20, 2016		15	Practicum	Head Treatment  Gedoku Hô	<i>Self-treatment for the mind which affects the whole body on all levels Hands-on technique for detoxifying the body and integrating body and mind</i>	Reiju	
July 3, 17, or 24			Reiki Shares			Reiju	
August 3, 2016		16	Connection/Oneness Energy	Third Shirushi Jumon practice	<i>Learn to draw and work with the third symbol Reiki mantra meditation (chanting) - Third jumon</i>	HSZSN Attunement	
August 10, 2016		17	Enkaku Chiryô Ho (Distant Reiki)	Enkaku Chiryô Hô	<i>Remote healing across space and time</i>	Reiju	
August 17, 2016		18	Practicum	Okuden tenohira techniques		Reiju	
August 7, 21, or 28		Reiki Shares			Reiju		
Shinpiden Reiki Level 3	Shinpiden starts September 7, 2016						