



REIKI II

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Course Description:

Reiki is a natural, hands-on system designed to reduce stress, promote relaxation, and support energetic healing. It is a complementary alternative therapy that can work alongside Western medicine. This course builds upon the foundations of Reiki I, guiding you through the theory and practice required to achieve Reiki II Practitioner certification. Through lessons, assignments, and case studies, you will deepen your understanding of Reiki, refine your techniques, and expand your abilities.

Learning Outcomes:

Students completing the course and assignments will be able to:

- Understand their legal responsibilities as Reiki practitioners.
- Identify and manage competitive energy within themselves.
- Learn and practice Reiki meditation techniques.
- Use Reiki symbols from a spiritual perspective.
- Perform effective Reiki self-treatments.
- Apply Reiki to plants and animals appropriately.
- Implement self-protection methods as a Reiki practitioner.
- Review and understand the attunement process.
- Stay focused and protected while conducting Reiki sessions for clients.
- Utilize a pendulum to assess client needs.
- Describe the Aura and its various layers.
- Recognize the six signs of spiritual transformation.
- Use Reiki client intake forms effectively.
- Practice Distance Reiki with confidence.

Course Schedule:

Week 1:

- Guided meditation
- Legal responsibilities review
- Non-Competitiveness review
- What students will learn
- Discussion and practice Reiki meditations
- Distance Attunements
 - Share attunement with class
- 30 Minute Break
- Distance Attunements
 - Share attunement with class
- Assignments
- Practice Distance Reiki

Week 2:

- Guided meditation
- Review and practice effective Reiki self-treatment
- Working with plants and animals
- 30 Minute Break
- Self-Protection during a Reiki session
 - Attacks
 - Space Protection
 - Centering
 - Grounding
 - Shielding
- Reiki Client in-take forms

Week 3:

- Using the pendulum with Reiki
- Study of the Aura and Auric body
- 30 Minute Break
- Six Signs of Spiritual Transformation
- Distance Group Healing
- Turn in assignments and receive Reiki II Certification

Selected Bibliography/Resources:

- Usui Reiki II (Second Degree) Certification Course Handbook
By Dr. Barbara J. Fukuda, Msc.D., RMT
- Reiki Master Course Handbook by Dharmadevi
- Debunking the Myths of Mediumship, Dennis Nozawa, Portraits from the Light
- The Big Book of Reiki Symbols, Mark Hosak, Walter Lubeck
- 88 Ways to Use a Pendulum, Janet Woods, Msc.D., Feng Shui Master

Class Evaluation: Class evaluations are sent by email. Sometimes the email will be delivered to your “junk mail,” but we can assure you it’s from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation, please email Continuingeducation@clark.edu or call 360.992.2939.

Inclement Weather:

If the College cancels due to icy conditions, you can find this on the college website www.clark.edu. If Community Education concludes that the weather is too hazardous, we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

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