

Reiki 2 - Outline

introduction



getting to know each other

Reiki Circle "Maywashi"

rt hand down left hand up

what we will be doing

review of reiki

hand positions

Precepts

Experiences

The Symbols

Hatsurei-ho

Attunement

Break

Working with the symbols

Traditional Japanese Techniques

Practise techniques

Do we need symbols

Reiju

Home work