

Course Information Sheet



Reiki II

Introduction

This course is a continuation from Reiki I and introduces sacred symbols. These symbols may be used in a variety of ways to increase your Reiki light, to send absent healing, distance healing and to contribute to planetary healing.

What are the course entry requirements?

Completion of a Reiki I course, please bring proof of this course completion to your first session.

How long is the course?

Between 10 and 20 hours.

What will the course involve?

This course is for learners with a limited experience of Reiki, it is a progression from the Reiki I course. You will learn more about basic Reiki techniques and develop new skills. You will learn how to use the power, mental & emotional and distance symbols and complete distant and planetary healing. This course also includes practitioner training that is required before working with the general public.

To get the most from this course you require a good understanding of English across all skills; listening, speaking, reading and writing. There may be elements of basic numeracy to the course content.

How will I be learning?

During the course you will learn through a variety of methods which may include: observation, informal quizzes, setting tasks, group discussion, question and answer sessions.

What equipment will I need?

****Please see Reiki preparation sheet enclosed****

You will also need a notepad and pen, small cushion and lightweight blanket.

Please also bring a photograph of yourself – full length if possible and a soft toy that represents a human body large enough for you to administer Reiki using hand positions – a teddy bear is ideal.

Certificate of attendance for your Reiki I course.

How will I know if I am making progress?

The tutor will assess your progress and will give you personal feedback on a one to one basis.

<i>What course work will I be expected to complete?</i>
Practical treatments, distant healing, Reiki techniques, practitioner skills and professional requirements, relaxation and meditation, assessment activities such as a quiz, symbol test and summary of your own learning experience.
<i>What can I expect to learn from this course?</i>
<ul style="list-style-type: none">• Identify key health and safety issues relating to Reiki and maintain a safe working environment• Use appropriate hand positions effectively to perform a treatment on a client• Follow instructions in order to prepare a client for a Reiki treatment• Explore and use with tutor support, techniques that enhance the effectiveness of the Reiki energy in a variety of ways• Explain the personal benefit gained from the use of Reiki
<i>Will I need to cover anything in addition to the course fee?</i>
No additional costs are required for this course.
<i>What other training programmes and progression opportunities are there?</i>
Reiki III, Reiki Workshop, Reiki for Professional Practice If you require in-depth advice on progression opportunities or guidance on career choices please contact our Information Advice and Guidance Officers on 0845 600 1331. For general information about other courses, contact us on the same number or check out the website www.lancashire.gov.uk/adultlearning