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A Natural Path

Reiki Level Two

May Class Dates

May 5th – May 26th

Tuesdays 6:30pm-8:30pm

Namaste and Welcome to 4 Weeks of Reiki Level Two! The intent of this handout is to answer any common questions about Reiki II and the specifics of this class.

What is Reiki II and how does it differ from Reiki I?- Reiki is a form of energetic healing that came from Japan and was brought to the West in the middle of the 20th century. Reiki uses the concept of universal energy, intent and symbols, and the chakras as a model for promoting health and wellness. Reiki II takes the concepts of Reiki I and offers the first symbols of the techniques. In this class you learn distance healing and prayer, symbols for emotional healing, power, and mental clearing, and how to awaken your own inner power. Reiki II emphasizes healing as opposed to Reiki I which is really focused on the self.

This class seems like more than Reiki. What is this class about?- This class is the second of three levels for Usui Reiki (also known as traditional Reiki). Level Two Reiki exposes you to the symbols which this class puts in a framework of the medicine wheel or circle. Each of the four weeks we will walk one aspect of the wheel, learning and drawing a symbol, learning an attribute of the medicine wheel, connecting to a aspect of our environment for energy, and more. By the end of this class, you will not only know the three major symbols of Reiki II and their uses, but you will have a living breathing experience of walking a medicine wheel of integrity and how to manage, renew, and protect your own energy.

Who usually takes this class?- The students who attend this class come from a

broad background, but all have to have been attuned in Level One Reiki. The attendees from this level come from many backgrounds, but all are unified in their intent to deepen their approach to Energy Medicine. Most students attend the class not to become Reiki practitioners per se, but to deepen their relationship with the Reiki energy and find more fulfilling ways to aid and serve humanity.

Prerequisites- There are no prerequisites for Reiki Level Two other than the willingness to learn and grow and a previous attunement in Level One Usui Reiki. This class is the prerequisite for Reiki Level Three training and must be taken with me in order to count as a prerequisite for Reiki III and above

Class Dates- The outline below lists the class schedule. No class can be missed in order to graduate. Exceptions may be made if arrangements are communicated before hand and I agree to the arrangement. All classes in the four week schedule currently occur on Tuesday from 6:30pm to 8:30pm. Typically classes will be concurrent or back-to-back, but this is not always the case. The dates for this quarter are:

1. May 5th - Introduction
2. May 12th
3. May 19th
4. May 26th - Graduation

A full course outline including syllabus will be provided in the first class. Each week you will receive a two to four page handout that includes a statement of intent for our week, exercises for that intent, the recommended readings, and other items.

Cost- Total cost for the course is \$200 payable either in full at the beginning of the course or by making a payment of \$50 per class. Payment is still due for classes missed, but an additional payment will not be necessary if a make-up is attended. To purchase all of the books from Kashi Atlanta is @ \$35. Any portion of this can be added to the weekly cost of the class and paid over that duration. Total cost for the class and the books are \$235. Paid per week is \$58.75 per class. Other costs can be calculated depending on which books you require.

Materials- Two books are required for the class and are obtainable from Kashi

Atlanta. If you have taken Level One Reiki with me, then they are the same two books that you used for that class. Upon registration, the book list will be provided. In the event that you already have some or all of the books required, the cost of the class will be recalculated to reflect that. In addition, other materials will be suggested as we move throughout the class. Some items will be gathered from nature; others you may buy.

Registration-Kashi Atlanta only keeps a limited number of books on hand so please register as soon as possible. Registration typically closes by noon the 1st day of class. A maximum of twelve people are accepted. A minimum of four will be needed to conduct the class.

Location and Time-We will be meeting upstairs in the lobby of Kashi first at 4pm on Saturday. Please be prompt. From there you will be directed to our primary location for the remainder of the class. If you are late, please come in without comment and know that we have already started. Typically we will spend the first hour conducting our symbol exercises with the second hour focus on other teachings. The majority of the time we will end on time. Occasionally we will run over. Sometime we may end early. I will do my best to communicate any situation that arises. ☺

Commitment-There is a lot to this course, but it helps to understand that you get to set your own pace and enjoy the journey of discovery. If you do nothing, but show up each week and do a few exercises then you will be ready to do the work of Reiki. Level Two is a mid-point and as such come prepared to do the work as an adept. More will be expected of you, but also the rewards will be greater. Level Two represents a much shorter course, but is considered more intense with more material, slightly more work, less reading than Level One, and more transformation. Be prepared to make that commitment before you sign up and know that I and the rest of the group will be walking with you the entire way.

Know that it is an honor to be the facilitator for this teaching and that my intent is to stand in a space of support and integrity as I bear witness to the journey you are undertaking. Namaste and may blessings surround your every moment.

-Michael Rishi Forrester