

# USUI REIKI LEVEL II

*Taught by Katrina Beath, [www.klbtherapy.com](http://www.klbtherapy.com)*

**Venue:** Richmond, close to station

**Duration:** Three days

**Fee:** £255

**Prerequisites:**

- 1) Usui Reiki Level I, dated at least three months prior (must be 'in person' training, minimum one day).
- 2) Journal of daily, continuous self-healing practice over 28 days
- 3) 10 hours practice on friends & family since your Reiki Level I (attendance at Reiki Shares counts for one hour) (does not include work on animals)
- 4) Receipt of four Reiki sessions with documented experiences

## **At Reiki Level II, we cover:**

- Revision of Level I theory and principles
- Your Second Attunement
- Meet the symbols – Introduction to and practice with the first three Reiki symbols of the Usui Natural Healing System
- Distance Healing – how to work remotely on other beings, or situations (past, present and future!)
- Space Clearing with Reiki – using symbols, sound and other tools
- Chakras and Auras in greater detail
- The Science Bit – introduction to the Limbic system, the mechanics of the stress response (fight, flight, or freeze) and effects of stress and trauma on the body (and how Reiki may help!)
- Guided classroom practice using the symbols during a session
- Becoming a competent and safe practitioner:
  - Confidentiality
  - Boundaries
  - Ethics
  - Contraindications
  - Insurance
  - Working professionally
  - Conducting a thorough consultation
  - Legal requirements

*Reiki Level II qualifies you to be professionally insured as a Reiki Practitioner, and to practice on the public. As your teacher, I take this responsibility very seriously, so I need to see evidence of your readiness via documented sessions (4 case study sessions with consultations, 4 swaps, 4 distance sessions, receiving 4 professional treatments, and 28 days personal Distance Healing practice). Your Level II certificate will be issued upon satisfactory completion and assessment of these.*