

Introduction .....	7
GENERAL ADVICE ABOUT REIKI COURSES AND TEACHING... 10	
Advice for new Reiki teachers.....	11
Reiki teaching: what are your goals? .....	15
Structuring your Reiki course.....	20
Reiki teaching: explain, guide and review.....	25
Reiki teaching: tell them, tell them and tell them .....	29
Reiki teaching: using learning preferences .....	35
Reiki teaching: using the right 4MAT .....	42
Reiki teaching: your course materials.....	49
Reiki teaching: How to create your Reiki manual .....	55
Reiki teaching: How to create a Reiki Audio CD.....	62
Reiki teaching: supporting your students .....	70
How to run a Reiki share .....	76
How to run a Reiki practice day .....	93
How Reiki Evolution can help with your courses .....	101
A WORD ABOUT REIKI INITIATIONS AND WHAT THEY ARE 111	
Introduction .....	112
Do we connect at all?.....	113
Where are attunements from? .....	116
Distant connections .....	118
Attunements or empowerments? .....	119

The Reiki Evolution attunement method.....	121
WHY REIKI EVOLUTION COURSES ARE THE WAY THEY ARE 124	
Introduction .....	125
What Mikao Usui taught.....	127
Comparing Western and Original Reiki .....	145
Creating the Reiki Evolution First Degree course ...	152
Creating the Reiki Evolution Second Degree course .....	155
Creating the Reiki Evolution Master Teacher course .....	158
TEACHING REIKI “REIKI EVOLUTION” STYLE..... 160	
Introduction .....	161
First Degree.....	164
Back to Basics: Reiki First Degree.....	165
Course Schedule: First Degree .....	179
Points to make on the First Degree course.....	182
Morning session .....	183
Afternoon session .....	199
Reiki 1 Practical Exercises .....	213
Back to Basics: Reiki Second Degree.....	219
Course Schedule: Second Degree .....	230
Suggested points to make on the Second Degree course .....	234

Morning session .....	235
Afternoon session .....	251
Reiki 2 Practical Exercises .....	261
Alternative Course Schedule for Second Degree .....	268
Reiki Master Teacher course.....	271
The Course Materials .....	274
Main Themes of the Course.....	276
Getting to grips with the course content.....	280
Course Schedule.....	282
Saturday morning.....	284
Saturday afternoon.....	293
Sunday morning .....	297
Sunday afternoon .....	306
Reiki Master Homework .....	311
TEACHING REIKI AT EVENING CLASS .....	312
Introduction .....	313
First and Second Degree in 10 A4 hand-outs.....	320
Week 1 .....	321
Week 2 .....	326
Week 3 .....	331
Week 4 .....	336
Week 5 .....	341

Handout for before Second Degree.....	346
Week 6 .....	348
Week 7 .....	352
Week 8 .....	356
Week 9 .....	360
Week 10 .....	364
Sample Evening Class Session .....	368