



AuthorKarenFrazier.com

Second Degree Reiki Practitioner and Attunement Course Outline

Presented by: Karen Frazier, Shinpiden, B.Msc, M.Msc, PhD, CRMP

What Is Second Degree Reiki?

- Definition

Your Subtle Anatomy

- Chi Energy
- Yin and Yang
- Elemental Energy
- Auras
- Chakras
- Meridians

Reiki with Other Energy Healing Modalities

Practices of Second Degree Reiki

- Five principles of Reiki
- Three pillars of Reiki
- Breathwork
- Intuitive Reiki
- Spiritual Hygiene

Reiki Symbols

- Uses
- Drawing the symbols
- Activating the symbols
- Using the symbols
- Non Traditional Reiki Symbols

Distance Healing

- How Is Distance Healing Possible?
- Procedure
- Methods
- Sending Reiki energy across time
- Sending Reiki energy to situations

Advanced Reiki Techniques

- Sending Reiki to multiple people
- Reiki box
- Cleanse spaces
- Empower goals and affirmations

Setting Up a Reiki Practice

- Creating a Physical Reiki Space
- What You Need in the Space
- Keeping Your Space Filled With Positive Energy
- Setting up Your Space Based on Feng Shui
- Your Physical Space Atmosphere
- Creating an Astral Reiki Space
- Meeting Your Reiki Guides
- Anatomy of a Reiki Healing Session
- Necessary Paperwork
- Communicating with Healing Partners
- HIPAA and Confidentiality

Second Degree Attunements

Practice

Q&A

Next Steps