



Up Hill Solutions

Holy Fire Karuna Reiki® Master Workshop

Class Outline Day 1

8 hour class including ½ hour lunch/meal

Textbook used: "Registered Holy Fire Karuna Reiki® Master Training Manual"

1. Sign in and introductions
2. Opening meditation and grounding exercises
3. Overview of class outline
4. Holy Love Experience/Meditation; write down experience and share
5. Explain Holy Fire Karuna Reiki® and origins of Karuna Reiki® and Holy Fire
6. Explanation of three heavens
7. Discuss history of Reiki and how it has developed over the years and will continue to develop with something greater ahead waiting to express itself
8. Up Hill Solution's philosophy regarding Reiki, spiritual healing and living with Reiki
9. Explanation of new energy given to us which is being taught in this class. More powerful and effective in its healing ability than anything experienced before.
 - a. Retirement of Tibetan symbols and Violet Breath
 - b. Holy Fire symbol and energy
 - c. How to draw symbol; practice drawing it
 - d. Soul and Spirit differences
10. Lunch
11. Explain pre-ignition, ignition and difference between attunements and ignitions
12. Pre-ignition. Write down experiences and share.
13. Break
14. Talk about Karuna I symbols
 - a. How to draw them
 - b. How to activate them
 - c. How to use them in sessions
15. Test on Holy Fire symbol and Karuna I symbols
16. Talk about Karuna II symbols
 - a. How to draw them
 - b. How to activate them
 - c. How to use them in sessions
17. Test on Karuna II symbols
18. Closing prayer/affirmation

Class Outline Day 2

8 hour class including ½ hour lunch/meal

Textbook used: "Registered Holy Fire Karuna Reiki® Master Training Manual"

1. Opening meditation and grounding exercises
2. Overview of class outline
3. Sharing and questions regarding experiences thus far
4. Heavenly Banquet Hall Experience/Meditation; write down experience and share
5. Discuss trademark for Karuna Reiki® and why it was developed
6. Discuss registration process including certificates
7. Ignitions in this class for practitioners and master level
8. Karuna I Master ignition; write down experience and share

9. Lunch
10. Begin practicing on each other using Karuna I symbols starting with Holy Fire symbol and using each of the Karuna I symbols. Have student "client" share with their group what each symbol felt like and each person providing the Karuna Reiki® describe what it was like to use each symbol.
11. Have this process continue until all students have given and received Karuna Reiki® using the Karuna I symbols.
12. Come back to main group and share experiences with the group
13. If time permits, discuss how to create a thriving Reiki practice (in text, part I and II)
14. Questions and comments
15. Closing prayer/affirmation

Class Outline Day 3

8 hour class including 1/2 hour lunch/meal

Textbook used: "Registered Holy Fire Karuna Reiki® Master Training Manual"

1. Opening meditation and grounding exercises
2. Overview of class outline
3. Sharing and questions regarding experiences thus far
4. Karuna Master II Ignition; write down experience and share
5. Begin practicing on each other using Karuna II symbols starting with Holy Fire symbol and using each of the Karuna I symbols. Have student "client" share with their group what each symbol felt like and each person providing the Karuna Reiki® describe what it was like to use each symbol.
6. Have this process continue until all students have given and received Karuna Reiki® using the Karuna II symbols.
7. Come back to main group and share experiences with the group
8. Lunch
9. Healing Fire Ignition; write down experience and share. Practice in small groups only if class desires doing so
10. Discuss Holy Love II and III experiences/meditations
11. Go over meditations, pre-ignition and ignition scripts
12. Chanting practice
13. Demo Toning and if there is time, have students practice toning
14. Talk about teaching. Go over outline. Answer questions.
15. Pass out Student Testimonial and Review form and have students fill them out.
16. Pass out certificates
17. Closing prayer/affirmation

Pre-requisite: Must provide copy of certificate showing attunement and completion of Usui Master level class. Must have practiced at Master level for a minimum of 6 months.

Presented by Kathleen Pruneau-Hill
September 3, 2014