Auburn Reiki Center
Class Standards and Requirements

Level 1 (Shoden)

Shoden means 'first or beginning teaching.' The focus in the Shoden Degree is primarily on self-healing, health and happiness, as well as treating others. Students gain a basic knowledge of Reiki Ryoho and its history and learn the fundamentals of the hands-on healing practice. Emphasis is placed on learning non-attachment through hands on practice and self-healing, self-improvement methods. Class is taught over two days and four Reiju are given.

What students will receive/learn

1) Four (4) Reiju
2) Definition, discussion, and explanation of Reiki and Reiki Ryoho
3) The verifiable history of Usui Reiki Ryoho
4) Introduction to and discussion on The Gokai: Reiki Principles and Precepts
5) How to pronounce the Gokai in Japanese
6) Practical uses of Reiki
7) Hand Positions for Self Treatments and others
8) 21 day daily self-healing practice and Gassho meditation
9) At least one hour hands-on practice session

Class Prerequisite: None

Post Class Requirements: *All students are given approximately 6 weeks to fulfill the following requirements prior to graduation and receiving Shoden certification:*

1) Provide documented proof of the completion of 10 Hands-on Reiki Sessions-sessions can be full sessions done on adults, or shorter sessions done on children, pets, plants, food, etc.
2) Recite the Gokai (Reiki precepts) in both Japanese and native language (English, Spanish, Italian, etc.) from memory
3) Complete a daily routine of self-healing, self-improvement and Gassho meditation for 21 days and submit a written journal of the experience. *Journals should focus on what changes, realizations, or perceptions the student experiences (if any) in daily self-healing and Gassho meditations.*

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Level 2 (Chuden)

Chuden means 'middle' or 'intermediate' teaching. The focus of Chuden is on helping others through distant healing and to help the student become more aware of the concept of 'Non-duality', and of their connection to and impact upon the world around them. This is achieved through the practice in the use of shirushi (symbols) and jumon (mantras).This practice can enable the student to enhance their own energy levels and sensitivity. Three shirushi (symbols) are given and additional Japanese techniques are taught. Class is taught in one day and students receive four Reiju.

What students will receive/learn

1) Four (4) Reiju
2) The meanings, usage, and descriptions of three (of the four) Japanese shirushi (symbols) and their corresponding jumon (mantras)
3) Discussion on how the students may understand their connection to and impact upon people, nature, the environment, and the world around them

Class Prerequisite:

1) ARC graduate and certification in Shoden degree.
2) Additionally after certification in Shoden degree, a minimum practice period of 6 to 12 weeks using Shoden hands-on techniques is required before the student may continue on to Chuden degree.

Post Class Requirements: *All students are given approximately 6 weeks to fulfill the following requirements prior to graduation and receiving Chuden certification:*

1) Provide documented proof of the completion of 20 combination of 11 Distant Reiki Sessions and 9 Sessions using the Traditional Japanese Reiki Techniques
2) Complete a daily routine of working with the shirushi and jumon for 21 days and submit a written journal of the experience. *Journals should focus on what changes, realizations, or perceptions the student experiences (if any) in working with the shirushi and jumon*
3) Complete a demonstrative and written test including drawing the shirushi and listing their jumon, definitions and uses from memory

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Level 3 (Okuden)

Okuden means 'deeper knowledge' or 'inner most'. The focus of this degree is on the spiritual practice of Reiki Ryoho. It is intended for Teacher candidates and/or Reiki practitioners who want to deepen their understanding of Reiki Ryoho and develop their inner growth. Students explore the inner teachings of Reiki Ryoho through spiritual cultivation and upliftment, and begin to tread on a spiritual path to Anshin ritsumei (inner peace) or Satori (enlightenment.) The fourth and final shirushi (symbol) is given along with instructions in its use and meaning. Class is taught over one or two days *(at teachers discretion)* and students receive two Reiju*.*

What students will receive/learn

1) Two (2) Reiju
2) Understanding the importance of 'Right Mind' in both our Reiki practice and daily lives.
3) The meaning, usage, and description of the fourth Japanese shirushi (symbol) and its corresponding jumon (mantra)
4) Techniques to help develop the students intuition, knowledge, skill, and understanding so that they may begin to tread on the spiritual path leading to 'Anshin Ritsumei,' or 'Satori' (enlightenment)

Class Prerequisite:

1) ARC graduate and certification in Chuden degree.
2) Additionally after certification in Chuden degree, a minimum practice period of 6 months using Chuden distant Reiki and Traditional Japanese Techniques is required before the student may continue on to Okuden degree.

Post Class Requirements: *All students are given approximately 6 weeks to fulfill the following requirements prior to graduation and receiving Okuden certification:*

1) Provide documented proof of the completion of combination of 15 Hands-on Reiki Sessions and combination 15 'Distant' Reiki sessions utilizing the fourth shirushi and Traditional Japanese Reiki techniques from Chuden class, in order to receive Okuden degree certification.
2) Complete a daily routine of working with the fourth shirushi and jumon and mindfulness techniques for 21 days and submit a written journal of the experience- *Journals should focus on what changes, realizations, or perceptions the student experiences (if any) in working with the fourth shirushi and mindfulness techniques*
3) Complete a demonstrative and written test including drawing the fourth shirushi and listing its jumon, definition and usage from memory
4) Submit a written essay** on the system, history, and explanation of Reiki and Reiki Ryoho, both as a hands-on technique and a spiritual practice

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Level 4 (Shinpiden)

Shinpiden, or 'Mystery Teachings', is the Teacher Level. It is known in the West as the Master, or sometimes Master-Teacher, Level/Degree. The focus of the Shinpiden level is on sharing the way. After training is completed, the student has the knowledge and experience necessary in order to teach all four degrees and give Reiju (attunements) and training in all levels. No Reiju is given to the student for this degree.

Once training has begun, the student enters an apprenticeship program. The student is expected to participate in frequent Reiki gatherings held by the Shihan and is required to provide proof of re-sitting in on a minimum of 2 classes for each Reiki level as a review and reinforcement of the teachings.

Training Prerequisites:

1) ARC graduate and certification in Okuden degree. Additionally after certification in Okuden degree, a minimum practice period of one year using Okuden techniques is required before the student may continue on to Shinpiden training - participants must be pre-approved by Instructor.
2) Shihan Candidates must have at least one years experience as a professional Reiki practitioner.
3) Shihan Candidates must submit a written essay as to why the student wishes to become a Shihan.**
4) Shihan Candidates must complete a written and demonstrative examination.**

Post Class Requirements:

1) Shihan Candidates are required to re-sit in on a minimum of 2 classes for each Reiki level as a review and reinforcement of the teachings before receiving Shihan certification.
2) Once training is completed, the student is given certification as a fully certified Shihan (Teacher) and may teach all levels of Reiki and initiate other Shihans.

****NOTE:** *if 2nd language barriers are an issue, written essays and examinations may be given orally*

POST CLASS RECOMMENDATIONS FOR ALL LEVELS:

- After receiving certification, the student is encouraged to continue practicing on themselves and others, and to regularly attend Reiki related community events, circles and study groups with their Reiki Instructor whenever possible in order to receive the benefits of the ongoing support system in place.
- Returning students are also encouraged to re-sit in on future classes for a minimum fee in order to deepen their understanding of the concepts and to support the student's commitment to practice.

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