

**Whole Self Unity**  
**Unity Reiki Online – Level II**  
**Tentative Schedule December 5, 2020 – February 13, 2021**

Week	Japanese Technique	Symbol Focus	Hygiene Focus	Meditations	Discussion/New Information	In Class Practice	Homework
1 12/5 to 12/18	<ul style="list-style-type: none"> <li>●Kenyoku review</li> <li>●replace with CKR</li> </ul>	<ul style="list-style-type: none"> <li>●All</li> </ul>	<ul style="list-style-type: none"> <li>●Charge Light</li> </ul>	<ul style="list-style-type: none"> <li>●Ocean of Holy love</li> <li>●Reiki II Placement</li> </ul>	<ul style="list-style-type: none"> <li>●Use of symbols (general)</li> <li>●Specifics of CKR</li> <li>●Clean/Clear</li> <li>●Charge</li> </ul>	<ul style="list-style-type: none"> <li>●Drawing each symbol.</li> <li>●CKR clean/clear self</li> <li>●CKR clean/clear for 7-fold space</li> </ul>	<ul style="list-style-type: none"> <li>●Update 4 Ps CKR specifically for charging light and defining space.</li> <li>●Begin to sit with CKR daily (21 consecutive days)</li> </ul>
2 12/19 TO 1/1	<ul style="list-style-type: none"> <li>●Koki ho Breath</li> </ul>	<ul style="list-style-type: none"> <li>●CKR</li> </ul>	<ul style="list-style-type: none"> <li>●Sacred Space creation</li> <li>●Charge space with all symbols</li> </ul>	<ul style="list-style-type: none"> <li>●Holy Love 1</li> <li>●Reiki II Placement</li> </ul>	<ul style="list-style-type: none"> <li>●Clear/charge: meds, food, water, car</li> </ul>	<ul style="list-style-type: none"> <li>●Charge Light (full, using symbols)</li> <li>●Sacred Space (full)</li> </ul>	<ul style="list-style-type: none"> <li>●Emphasis on creation of Sacred Space using CKR and charging with all symbols.</li> <li>●Charge room, home, workplace, car.</li> <li>●Finish CKR (21 days)</li> <li>●Begin to sit with HSZSN</li> </ul>
3 1/2 to 1/15	<ul style="list-style-type: none"> <li>●Enkaku Chiryō</li> </ul>	<ul style="list-style-type: none"> <li>●HSZSN</li> </ul>	<ul style="list-style-type: none"> <li>●Intention</li> </ul>	<ul style="list-style-type: none"> <li>●Holy Love 2</li> <li>●Reiki II Placement</li> </ul>	<ul style="list-style-type: none"> <li>●Holding Space</li> <li>●Distance work</li> <li>●Teddy Bear/Proxy</li> </ul>	<ul style="list-style-type: none"> <li>●Distance session walk through</li> <li>●Informal</li> <li>●Formal</li> </ul>	<ul style="list-style-type: none"> <li>●15 minute distance each other</li> <li>●15 minute distance someone you love.</li> <li>●Complete sitting HSZSN</li> </ul>

**Whole Self Unity**  
**Unity Reiki Online – Level II**  
**Tentative Schedule December 5, 2020 – February 13, 2021**

<b>Week</b>	<b>Japanese Technique</b>	<b>Symbol Focus</b>	<b>Hygiene Focus</b>	<b>Meditations</b>	<b>Discussion/New Information</b>	<b>In Class Practice</b>	<b>Homework</b>
<b>4</b> 1/16 to 1/29	<ul style="list-style-type: none"> <li>●Gyoshi Ho</li> <li>●Byosen Scan</li> </ul>	<ul style="list-style-type: none"> <li>●SHK</li> </ul>	<ul style="list-style-type: none"> <li>●Structure</li> </ul>	<ul style="list-style-type: none"> <li>●Holy Love 3</li> <li>●Reiki II Placement</li> </ul>	<ul style="list-style-type: none"> <li>●Body Layers: physical, emotional, mental, spiritual</li> <li>●Structure overview</li> </ul>	<ul style="list-style-type: none"> <li>●Coaching the whole structure</li> </ul>	<ul style="list-style-type: none"> <li>●15 minute distance each other</li> <li>●15 minute distance person/place/thing</li> <li>●Begin to sit SHK</li> </ul>
<b>5</b> 1/30 To 2/12	<ul style="list-style-type: none"> <li>●Reiji Ho</li> </ul>	<ul style="list-style-type: none"> <li>●All</li> </ul>	<ul style="list-style-type: none"> <li>●Guidance</li> </ul>	<ul style="list-style-type: none"> <li>●Holy Love 4</li> <li>●Meet Reiki Guides</li> </ul>	<ul style="list-style-type: none"> <li>●Structure Discussion &amp; technique synthesis</li> <li>●Affirmations and reprogramming (SHK)</li> </ul>	<ul style="list-style-type: none"> <li>●More structure coaching and practice sessions</li> </ul>	<ul style="list-style-type: none"> <li>●15 minute distance on unknown person</li> <li>●15 minute distance on each other</li> <li>●Complete sitting with SHK (1/8)</li> </ul>
<b>6</b> 2/13	<ul style="list-style-type: none"> <li>●Jackikiri Jokaho</li> </ul>	<ul style="list-style-type: none"> <li>●All</li> </ul>	<ul style="list-style-type: none"> <li>●Client Interview</li> </ul>	<ul style="list-style-type: none"> <li>●Heavenly Banquet Hall</li> <li>●Reiki II Placement</li> </ul>	<ul style="list-style-type: none"> <li>●Business forms</li> <li>●Marketing</li> <li>●Ethics</li> <li>●Exchanges</li> </ul>	<ul style="list-style-type: none"> <li>●Free form sessions with each other</li> </ul>	<ul style="list-style-type: none"> <li>●Class complete</li> </ul>