



Reiki eZine by Taggart King

[Liberate Your Reiki!] Structuring Your Reiki Course

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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Structuring Your Reiki Course



At Reiki Evolution we have a steady stream of students coming to us to re-take their Reiki courses because they weren't very happy with their original Reiki training, and we hear quite a few horror stories about wholly inadequate Reiki training courses.

The main criticisms fall into three categories:

- Aimless drifting through the day of the course, talking about things unrelated to Reiki
- Emerging from the course without a clear idea of what Reiki is or how to use it
- Hardly any hands-on practice at actually doing Reiki, but a lot of talking

So if a student ends up spending their time on a course sipping herb tea while chatting randomly about what everyone thinks of Reflexology or what the last Natural Healing Exhibition everyone went to was like, as if there was no time pressure at all, drifting through the day not really finding out very much about Reiki and not having much of an opportunity to try doing Reiki, that course is not good enough.

Work out your course structure

Effective Reiki courses need to have a definite structure, where the teacher knows in advance what they are going to say, what they are going to demonstrate, what exercises and practices they are going to talk their students through, and what they aim for their students to know and be able to do by the end of the course.

You set a schedule and stick to it because if you spend an hour too much on one particular task or practice then you end up rushing, and skimping, on another area. You need to keep an eye on the time, and stick to your schedule as far as is practical.

Work out what you are going to cover in the morning, and what you are going to cover in the afternoon. Give your students a definite mid-morning break, at a definite time, so you break the morning, and the afternoon for that matter, into two separate sessions, and give your students a definite lunch break; I think lunch should be at least 45 minutes.

Students need a chance to get out of the room, get some fresh air and maybe go for a bit of a walk to clear their heads

In your pre-planned sessions you're there to talk about, demonstrate and supervise people practising Reiki. In your scheduled breaks you can chat about whatever you like, and remember that you need to have a decent break for lunch, too, to clear your head and get some fresh air and a change of scenery.

Reiki Evolution First Degree courses

As an example, here's a list of the 'main headings' from our Reiki First Degree courses:

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