

Traditional Japanese Reiki

Guidelines for Required Documented Sessions

Before graduating and receiving degree certification, students must complete documented Reiki sessions outside of the class. Sessions are to be submitted to the Instructor within the 6 week period prior to the student graduating and receiving certification. Sessions can be delivered via paper or electronic delivery. Instructors are encouraged to retain copies of the sessions in their student files.

Required documented sessions per degree:

Shoden: 10 hands-on documented Reiki sessions – *see criteria below*

Chuden: 20 distant documented Reiki sessions – *see criteria below*

Okuden: 30 combination 15 hands-on and combination 15 'Distant' Practice Reiki sessions utilizing the fourth shirushi and Traditional Japanese Reiki techniques from Chuden class 15 distant sessions documented Reiki sessions – *see criteria below*

Shinpiden: No documented sessions required

NOTE: Documented session forms & guidelines are available for download at:

traditionaljapanesereiki.com/Class-Forms

Mail completed forms to: Traditional Japanese Reiki, PO Box 1160, Colfax, CA 95713

Criteria For SHODEN:

- After class and prior to graduation, **students must complete and submit 10 documented 'Hands-on' Practice Reiki sessions** in order to receive Shoden degree certification.
- **Eligible Practice Reiki Session recipients** may include but are not limited to self-treatments, adults, children, pets, animals and/or nature, however sessions must be **10 varied, separate sessions**, and performed on **10 varied, separate recipients- in other words, only one session per person/subject may be submitted**. For example, you should not do 10 sessions on yourself only. Instead 10 Shoden sessions might include- *1 self-healing; 3 different adults; 2 different pets; 1 tree; 1 meal; 2 different plants.*
- Hands-on Practice Reiki Sessions may be full one hour sessions done on adults, or shorter sessions on self, children, pets, plants, food, etc. Session lengths may vary depending upon recipient and do not need to all be 1 hour in length. Sessions can be performed on (volunteer) human recipients as well as pets, animals, plants or trees, or "inanimate" objects such as food, books, medicine, rocks, etc. in order for the student to become sensitive to and aware of different forms of energy.
- It is advisable that hands-on sessions on adult human recipients should be approximately one hour in length so that students may learn time management in the case they should decide to become a professional Reiki practitioner.
- It is **NOT** advised for students to do hour long hands-on sessions when working on children, pets, animals, plants, trees, etc. Students should be reminded that children, plants and trees usually require only short, brief sessions, and that children, pets and other animals will let the practitioner know when they are done by moving or walking away, and the student practitioner is to be respectful of the their wishes.
- Practice Sessions are to be performed outside of class and submitted to the Instructor within the approximate 6 week timeframe between class and graduation/certification.

Criteria For CHUDEN:

- After class and prior to graduation, **students must complete and submit the following Practice Reiki sessions** in order to receive Chuden degree certification.
 - **11 Distant sessions** may be performed on anyone, anything, or any situation whether in the present, the past, or in the future using one or more of the shirushi (symbols). No set time limits are suggested/required as sessions are 'distant' and therefore out of the realm of time and space. Sessions may be long as the student feels is necessary.
 - **9 sessions performed** using the **Traditional Japanese Reiki techniques**. Each technique must be practiced and documented at least once.
 - Practice Reiki Sessions must be **20 varied, separate sessions**, and performed on **20 varied, separate recipients/situations** - *in other words, only one session per person/subject/situation may be submitted*
 - Practice Sessions are to be performed outside of class and submitted to the Instructor within the approximate 6 week timeframe between class and graduation/certification.
 - See '**Guidelines for Required Documented Sessions**' for more details on criteria
 - **Forms** and **Guidelines** are available for download at traditionaljapanesereiki.com/Class-Forms
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Criteria for OKUDEN:

- After class and prior to graduation, **students must complete and submit 30 documented** combination of **15 'Hands-on'** and combination of **15 'Distant' Practice Reiki sessions** utilizing the fourth shirushi and **Traditional Japanese Reiki techniques** from Chuden class, in order to receive Okuden degree certification.
- Practice Reiki Sessions must be **30 varied, separate sessions**, and performed on **30 varied, separate recipients/situations**- *in other words, only one session per person/subject/situation may be submitted*
- Practice Sessions are to be performed outside of class and submitted to the Instructor within the approximate 6 week timeframe between class and graduation/certification.

To see a complete list of Class Standards and Requirements, please visit:

traditionaljapanesereiki.com/Class-Forms

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