

Avoid the mistakes I made,

make the *right* decsions when embarking on your Reiki journey with my quick guide

#### "It's the simplest things in life that are the most extraordinary", Paulo Coelho.

It is easy to become a Reiki healer, and it is such a simple practice that anyone can do it. That said, the Reiki path to self-healing and healing others is a journey of many facets. It can be exhilarating, difficult, profound, magical, uncomfortable and joyful to say the least. The more you work with Reiki, the greater the depths of experience and understanding you will uncover about energy, yourself and the world around you.

Reiki can be a small part of your daily routine or you can weave it into every area of your life, it can open you up to a whole new world and universe if you let it. The more I've worked with Reiki and incorporated it into my life, the better my life has become, in every way.

"Sometimes the simplest things are the most profound."

## Quick guide ~ How to become a Reiki Healer

This guide offers a brief overview on the key points to consider, when you are looking into becoming a Reiki healer. Let us start with an overview of the levels in Reiki.

#### The Training

The Reiki Certified Courses consist of three levels of practice. These levels are Reiki 1, 2 & 3; each level has its attunement process. Attunement is the process of adjusting your channel or vibration so you can receive Reiki energy.

When you have completed the Reiki 1 course & attunement, you are ready to practise Reiki on yourself, your friends, and your family.

Reiki 1 is a great place to start, and if you are not interested in working with clients, at least in the beginning, this may be all you need; however, there are other benefits to learning Reiki 2.

Reiki 2 enables you to become a certified Reiki practitioner, perform Distant healing (DH), and receive an attunement to several Reiki symbols which you can use in your healing practice.

\*DH may sound beyond the realms of possibility if you have never had any experience with distant healing or other remote energy work; I had trouble wrapping my head around it for a long time and didn't do it for many years. I only used DH when I had no other option, The first time I did it I was amazed at the results and the positive feedback from my client. Since my first time performing DH, I've had confirmation after confirmation of its effectiveness, so much so that the logic part of my brain has given up arguing against it! I even prefer it now to in person healing!

The Reiki 3 course, and attunement is Master level. At this level you receive an attunement to the master symbol which you may use in your practice. This master-level course has an optional teaching element. For those who decide to take the teaching path, you will be certified to perform attunements and Reiki training.

\*Make sure you check with your Reiki Master that they offer the teaching element if you are considering teaching in the future.

At each level of attunement, the flow of Reiki energy gets stronger; some people do Reiki 2 & 3 purely for this reason.

Traditionally, Reiki students would only do Reiki 3 once they had become competent in their practice at Reiki 2. Today Reiki Masters offer training in all 3 together, which is a mistake. Reiki students need time to practise and gain experience working with energy and performing self-healing and healing others before becoming attuned as a Master.

#### Which is better, an online or in-person Reiki course?

I received most of my Reiki training in person, either 1-2-1 or as a group. When I did my training, there wasn't an online option. However, I have had subsequent support and training online so I can compare those experiences and offer my thoughts.

Firstly, you must do what you feel comfortable with and follow your gut feeling.

The most significant benefit of the group experience is the opportunity to practise in person with other people on your course. Everything else can be delivered online relatively quickly. This includes the Reiki attunements, which work just the same whether you are in the room with the Reiki Master or on the other side of the world. The group training course was fun on the day, but I was a little jaded because I struggled after finishing the course. Having support afterwards is really important to the success of your Reiki practice and your Reiki path. Unfortunately, it wasn't until many years later I found the support I needed. The mentoring was delivered in person and online, and both were invaluable.

The advice I would like to give you is to ask different questions. Ask who is the Reiki Master that is right for you? What is it that you NEED and WANT from the course and teacher? Then the Online/offline question becomes redundant, the important thing is finding the right person to support you regardless if they are local, or the other side of the world.

#### **Ongoing support from Reiki Master**

I only realised it much later, but what I needed most on my Reiki Journey, particularly in the early days, was mentoring and support from a Reiki Master. All my attunements and courses were in person, either 1-2-1 or as a group. The teachers were very nice and helpful on the day, sadly after the course had ended... tumbleweed.

I didn't believe I had a strong connection to my intuition or knowing or sensing. Whilst the courses offered some practical hands on healing, I didn't realise it at the time but I needed much more coaching. For a long time, I felt like a fraud when practising Reiki and constantly questioned and second-guessed myself. I lacked confidence in my ability to channel Reiki. Having a mentor to show me how to develop my skills, answer my questions and guide me would have made all the difference. Not having the

support I needed resulted in a slow progression along my path, quitting Reiki several times before becoming a Master.

Finding a Reiki Master who will support you will accelerate your progress and help you develop your relationship with Reiki, yourself and energy work. I wasn't the only one who lost their way with Reiki; many people I have spoken to have given up Reiki and all without exception lacked much needed support and guidance from a Reiki Master.

So, check out what aftercare the Reiki Master offers; It's important they have a system of initiating contact because, let's face it, how many of us take people up on their verbal gestures of "you know where I am" or "I'm always here for you". None of us likes to feel we are bugging a person every 5 minutes with questions or requests for help. Ask the Reiki Master, do they offer any other relevant courses or programs to supplement their Reiki Students development? Do they provide suggestions of reading materials, or practices or exercises to consider?

Or you could ask a general question. What do they do to support their Reiki students on their Reiki Journey? Of course any aftercare, supplementary course or support system will not be free. It will be the best investment you will make, if you are serious about practising Reiki, self-healing, or spiritual development.

# What concerns and burning questions do you have? What is stopping you from committing to Reiki healing?

Be clear in your mind of your concerns and questions about learning Reiki. Put these questions to the Reiki Master you are considering before you commit to the training.

#### Be clear about why you want to be a Reiki Healer.

Do you want to heal yourself or heal others? Do you want Reiki to help you on a spiritual path, are you fascinated by working with energy and want to learn how it works? Knowing what your goals are will help you navigate the path more easily and make the decisions which are right for you.

The intention is everything and listing down what you want to get out of becoming a Reiki healer will help you measure your success and keep you on track to achieving your goals. One thing I would have done was to keep a diary of my progress and experiences along the way. Listing down your intentions and what you want is a great way to start your Reiki healing journal.

### Different types of Reiki - Usui is the original

If you are learning Reiki for the first time, start with the original Reiki system, 'Usui Reiki', which the founder of Reiki, Dr Usui, developed. The Usui practice will offer an excellent foundation to learn other forms or techniques if you feel drawn to them later on.

### Do I need any qualifications to become a Reiki healer?

No, you do not need to have any qualifications; you need a pure intention to heal and do no harm when working with Reiki.

#### The benefits of becoming a Reiki healer

The benefits I have experienced include:

- Control my anxiety and stress.
- Prevent panic attacks
- Improved my health and contributed to healing illnesses.
- Healed bad habits.
- More control over my life, thoughts and emotions.
- Unique experiences working with Reiki on myself and others.
- Enabled me to bring mental, emotional and physical relief to 100's people.
- It has given me the most rewarding career I could have ever imagined.
- I have learned to work with intention and create positive outcomes for myself.

#### And many more...

Ultimately working with Reiki and combining it with Reiki mindfulness, meditation and breathwork, I am more empowered than ever. Becoming a Reiki healer is quick and easy. The Reiki Path is a lifetime journey, and it is incredible and transformative when you have the guidance you need.

Of course, I would love you to consider me as your Reiki Master and mentor as I believe I can offer the best mentoring and support because I know what a difference it made to me. It has made me strive to help people like me. I want you to benefit from what I enjoy now without having to take the long, arduous journey I took. I want you to succeed because your world and my world will be better if you do. Whatever your next step, I trust this guide will help you navigate it. Ultimately, you need to feel inspired, comfortable and supported by your teacher.

Take good care of yourself Ruth x Reiki Master

I will be getting in touch with you to let you know I am here to help you and answer any questions you have about starting your exciting Reiki Journey and if you can't wait for me to get in touch feel free to email me on **Ruth@happyme.one** 



Information on my Reiki Program can be found here <a href="https://happyme.one/Reiki-Program">happyme.one/Reiki-Program</a>