

QUESTIONS TO ASK A REIKI TEACHER (and my answers)

How long have you been working with Reiki? What training have you had?

I began my Reiki training in 2014 with Terry Rogers, the founder and director of Gainesville Center for Reiki, under whom I studied levels 1, 2, 3 and teacher training. In 2015 I studied with and was certified as a Reiki Master Teacher by Cindy Zsolnai, PhD. My Shihan training with Terry Rogers included an apprenticeship from 2016 to 2018. In 2021, I studied with William Lee Rand and became certified as a Holy Fire® III Karuna Reiki® Master and registered teacher of that system, which Mr. Rand founded. I also received a master teacher attunement to the system of Kundalini Reiki Millennium through the founder of that system, Ole Gabrielsen, in 2021.

Additionally, continual self-study, practice, and making Reiki a lifestyle choice have given me invaluable training. Reiki is an important part of my life. I'm looking forward to a trip to Japan in 2022 for the occasion of the centennial celebration of the system of Reiki developed by Mikao Usui. On that trip I will be hosted by Justin Stein, PhD, an internationally renowned authority and researcher on the history and system of Reiki. I'm very excited!

How often do you teach?

I teach first and second degree Usui Shiki Ryoho Reiki classes, generally once monthly on a regularly scheduled basis. I can also be available to teach private and special group classes. Master training is offered from time to time and involves the student committing to an apprenticeship term and minimum 6 month training program.

How do you personally use Reiki?

Reiki is a focal point of my existence. I practice self-treatments daily as a method of promoting and maintaining energetic, emotional, and physical health, balance, and well-being. Family and friends request treatments from me on a regular basis. Since I am a licensed massage therapist in the state of Florida, I provide Reiki treatments for clients who request it. (In the state of Florida, you must have an LMT license or other qualifying state-regulated professional license in order to practice Reiki professionally.)

I volunteer for an international distant healing organization, which was established in 1996; and, in that capacity I serve as a group leader, working with other volunteers to coordinate and facilitate healing requests from all over the world, including long-term distant healing requests, weekly healing requests, and healing requests for pets and animals.

As well, I stay current on the latest in clinical and academic research regarding Reiki. I network with various leaders in the Reiki community. I seek out continuing education opportunities for myself. I am a member of the International Association of Reiki Professionals. I am also a member of various social media groups dedicated to Reiki. And, of course, I teach Reiki!

What is your lineage?

My lineage in Usui Shiki Ryoho is that of:

Usui / Hayashi / Takata / Samdahl / Lazonby / Rogers.

This is an important piece of information for you to consider, as this will become a lineage available to you as well if you choose to study Reiki with me. The concept of lineage is not always understood in Western culture; and, in my classes I explain this aspect of Reiki in depth, so that you will have a clear understanding and great appreciation for this honorable line.

As stated above, I am also a registered Holy Fire® III Karuna Reiki® Master – practitioner and teacher and Kundalini Reiki Millennium Master Teacher.

Will this training initiate me into, or progress me within the Usui lineage?

Yes! Classes offered in the lineage of Usui Shiki Ryoho initiate you into the Usui lineage. See above for the exact chain of teachers. In the system of Holy Fire® III Karuna Reiki® students are required to have already attained the level of Reiki Master in any style or lineage. In the system of Kundalini Reiki, it is also suggested that the student have reached the level of Reiki Master in any style or lineage.

What qualifications are required to take Usui Shiki Ryoho Reiki training?

First degree (Shoden) prerequisites:

1. Your willingness and desire to learn about Reiki.

Second degree (Okuden) prerequisites:

1. Your willingness and desire to further your Reiki practice and studies.
2. Successful completion of Reiki I training. If you have completed your first degree with another teacher, a copy of your certificate and a short interview will be required.
3. It is highly recommended that you allow a minimum of 21 days after receiving your first degree attunements before obtaining your second degree attunements.

What do you cover in your Usui Shiki Ryoho classes? How many hours of class time is included? How much time is instructional, and how much is hands-on practice? What are the specific things I will be able to do after taking the training? What are your fees, and will I receive a certificate and a manual?

FIRST DEGREE (SHODEN): The first degree class is a one-day event, generally lasting from 9:00 a.m. to 6:00 p.m. For my regularly scheduled classes held at my facility, lunch is also served. Approximately 50% of the class time is instructional and 50% is hands-on training and practice.

The benefits you will receive in this first-degree class include:

- * You will gain a general understanding and be able to explain the origins of Reiki, the different levels of Reiki training, and the different lineages associated with Reiki.
- * You will gain an understanding and be able to explain how Reiki differs from other energetic modalities.
- * You will gain an understanding and knowledge of the teachers who make up your lineage in Usui Shiki Ryoho.
- * You will become attuned to Reiki energy through 3 attunements and be able to feel Reiki flowing from your hands.
- * You will learn the system of Reiki, its structure, precepts, and techniques appropriate for level I practice.
- * You will be able to perform Reiki treatments on yourself, as well as others.
- * You will learn different hands-on techniques appropriate to level 1 Reiki, as well as exercises from the Japanese Usui Reiki Ryoho lineage.
- * You will learn ethical considerations in your Reiki 1st degree practice.
- * Along with a comprehensive class manual, you will receive a Class Resources that will provide valuable recommendations and links for you to further your education and self-study efforts and will also be available on-line to review for periodic updates.
- * You will receive after-class support from me as needed to assist you in using Reiki to aid you in your efforts to attain peace, happiness, and joy; improve your health, state of mind, spiritual growth; and make Reiki a part of your life.

Tuition for regularly scheduled Reiki first degree classes held at my facility is \$150.00 with a \$25 deposit requested at the time of reserving your seat in the class. You will receive a Reiki textbook, a class manual, handouts, and additional class resources. Upon successful completion of this course, you will earn and receive a Certificate qualifying you as a Reiki Shoden practitioner in the lineage of Usui Shiki Ryoho.

(Additional charges may apply for individual/private classes and/or special group classes. Please call for further information on rates and availability.)

SECOND DEGREE (Okuden): The second degree class is a one-day event, generally lasting from 9:00 a.m. to 5:00 p.m. For my regularly scheduled classes held at my facility, lunch is also served. Approximately 40% of the class time is instructional and 60% is hands-on training and practice.

The benefits you will receive from this second-degree class include:

- * A review of Reiki first degree practices and experiences, as well as a review of Reiki history.
- * You will learn about past and present prominent figures in Reiki, both in the United States and throughout the world.
- * You will gain an understanding of the differences between first and second degrees of Reiki.
- * You will learn 3 Reiki symbols, including how the symbols came to be, the meaning of each symbol, how to draw them, how to pronounce the kotodama for each symbol, and how to apply and use the symbols in your practice.
- * You will receive 3 additional Reiki attunements, which will substantially enhance and strengthen your ability to flow Reiki energy.
- * You will learn hands-on level 2 techniques for healing yourself and others, including applications for achieving goals, emotional healing of past events, healing addictions, overcoming fear and other negative emotions, and more.
- * You will learn distance healing techniques appropriate for second degree to be able to send healing to yourself and others at a distance, including past, present, and future.
- * You will learn ethical considerations in your Reiki second degree practice.
- * You will receive a Reiki textbook, along with a comprehensive class manual, and a Class Resources list, that will provide valuable recommendations and links for you to further your education and self-study efforts and will also be available on-line to review for periodic updates.
- * You will receive after-class support from me as needed to assist you in using Reiki to aid you in your efforts to attain peace, happiness, and joy; improve your health, state of mind, spiritual growth; and make Reiki a part of your life.

Tuition for regularly scheduled Reiki second degree classes held at my facility is \$150.00 with a \$25 deposit requested at the time of reserving your seat in the class. You will receive a Reiki textbook, class manual, handouts, and additional resources

document. Upon successful completion of this course, you will earn and receive a Certificate qualifying you as an Okuden practitioner in the lineage of Usui Shiki Ryoho. (Additional charges may apply for individual/private classes and/or special group classes. Please call for further information on rates and availability.)

Can I take notes and tape record the class? I absolutely encourage note taking in class if that is a process that serves your personal learning style. I prefer that classes not be recorded for reasons of preserving the confidentiality of all participants, the distraction it would cause, and because I would have no control over how the information is used outside of the class.

How many symbols will I learn? No symbols are taught in Reiki First degree. classes. Three symbols are taught in Reiki Second degree. One symbol is given in Master training.

Is there a Reiki support group in my area or can you help me establish one? Will you openly support me in being a successful Reiki practitioner or master? There are always ways to connect with other Reiki practitioners and groups, limited only by your personal motivation and desire to establish those connections. Your class materials will include information on different groups and organizations associated with Reiki. As your teacher, I will be available to offer support and guidance to you. I am always interested in facilitating and supporting Reiki Share groups as well. I also offer my graduate students the opportunity to audit a future class. And, I offer private mentoring sessions.

Do you have a positive respectful attitude toward other Reiki practitioners and masters, regardless of lineage or affiliation? Absolutely. We are so blessed to live in a time where communication with others all across the globe is so easy. As stated above, I have also trained in other systems of Reiki.

Your Usui Shiki Ryoho Reiki Lineage Under My Training



Dr. Mikao
Usui



Dr. Chujiro
Hayashi



Hawayo
Takata



Virginia
Samdahl



Barbie
Lazonby



(Charles)
Terry Rogers



Julie
Mossburg