



Choosing a Reiki Class

by Pamela Miles, Reiki master

Pamela Miles is an integrative health care consultant in New York City and Reiki master practicing since 1986 who has pioneered Reiki practice in hospitals and academic medical settings, including Harvard, Yale and the NIH. A leading spokesperson for Reiki practice in the media (*The Dr. Oz Show*, *U. S. News & World Report*, *Allure*, etc.), she is the author of *REIKI: A Comprehensive Guide* and various peer-reviewed medical papers and magazine articles. More resources available at ReikiInMedicine.org.

The best scenario for learning to practice Reiki is an in-person group class with a qualified, responsive Reiki master who is also a skilled teacher, and who offers students on-going support.

A group class is a richer experience than going solo. Interacting directly with people in the same room, both the teacher and other students, enlivens the learning experience in ways even the most sophisticated technology cannot replace.

Here are some points to consider when choosing a Reiki class and Reiki master:

The teacher's Reiki competence –

Does she practice daily self-treatment? What was her Reiki training? What is her Reiki lineage? Was she a Reiki professional offering treatment to the public before becoming a Reiki master? What teaching experience does she have? What avenues has she created to offer students continuing support? It takes time to become a skilled Reiki master/teacher—and I mean years.

The quality of the teacher's presence –

Is she welcoming, non-judgmental, even-tempered, professional, and anything else you feel is important in a teacher? Does she have clear boundaries? Does she communicate clearly?

Your rapport with the teacher –

This is an important relationship, so contemplate your values. If you are choosing between a teacher you like vs. one with more experience or a bigger reputation, I'd go with the one you like, especially if she will continue to be accessible to you, as long as she is qualified and committed to her students.

First degree-only class –

Give yourself the benefit of taking a class that is devoted to basic hands-on practice, with a focus on daily Reiki self-treatment. The class should include the four First degree initiations; protocols for self-treatment and informally offering Reiki to others (this is not professional training); an accurate overview of the history of the practice, starting with Mikao Usui; and ample in-class practice time. The goal is for you to feel comfortable continuing your daily self-treatment at home by the time the class ends.

Continued...

Time -

Ten hours or so is a reasonable amount of time for a small group class. It's preferable for the class to be spread out over two or more days, so you have the opportunity to practice at home and bring your questions to the next session.

Accessibility of the location -

Is it necessary for the class to be easily accessible, or is it possible for you to travel to study with a Reiki master you feel drawn to?

Fee -

Did your mom ever tell you (as mine did), "You get what you pay for?" Low fees might indicate low confidence, little experience, or lack of grounding. You want a teacher who appreciates the value of Reiki practice in today's world. After all, you live in the world, don't you? This is a one-time investment that brings dividends for life; it makes sense to be generous to yourself.