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# Things You Must Know Before Trying Reiki

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## Reiki, Medicine & Self Care with Pamela Miles

The public has a reasonable expectation that all things Reiki are the same, but that's not the case, not at all. There's wide variation among Reiki practitioners.

The National Institutes of Health (NIH) agrees Reiki practice is safe. That means no license is needed. If a professional claims to be licensed, it's not a Reiki license, but perhaps a business license.

While Reiki practice is considered safe, and there are many fine Reiki professionals and teachers, it's a **Buyer Beware** market. You want to be an informed consumer to avoid disappointment (or worse).

I've practiced Reiki since 1986, and am the original Medical Reiki Master, having worked with academic medical centers including the NIH, Harvard, and Yale. I can help you make an informed choice.



## AVOID DISAPPOINTMENT! Here's what you need to know before trying Reiki.

1

### **There are no standards for Reiki *practice*.**

Every Reiki practitioner does their own thing, and they don't agree on what Reiki practice is or what a professional session should — or should not — involve. Make sure to get all the details upfront, including the practitioner's experience. Most professionals go pro on their own, without professional mentoring.

2

### **There are no standards for Reiki *education*.**

Some people identify as Reiki masters after watching a video, or after a brief in-person class. That's not sufficient training; you don't want to entrust yourself into their care. You need to ask for education specifics.

3

### **Family or friends who have taken Reiki training can practice on you informally.**

Informal treatment is effective, and often a good option when a family is addressing chronic illness or special needs.

For example, I've trained families with a child on the spectrum to practice Reiki, including the child, who experienced improved self-regulation.

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**While it's not traditional, many Reiki practitioners add other practices and even psychic readings, which you might not want.**

Ask in advance what a session involves. Many people experience the practitioner's psychic feedback as unwelcome, invasive, not credible, and sometimes hurtful.

5

**You can learn to practice Reiki on yourself.**

It's lovely to receive a session from someone you're comfortable with, but Reiki self-practice is just as effective, and practicing on yourself every day supports a healthy, balanced life. Invest in a quality First Degree training and it will pay dividends for life.

P.S. Choose your Reiki teacher and class carefully. [This article details](#) what to look for. And please [read about my small group](#), live, interactive online classes where you can learn traditional Reiki at home to see if that's a good option for you.



Reiki practice can be a turning point in your life. Using the tips I've shared, you be able to choose a Reiki professional or teacher who's a good fit for you.

You'll feel better after your first session, but the deepest healing comes with repeated sessions.

That's why learning self-practice makes sense. After First Degree Reiki training, you can also practice informally on family, friends, and pets.

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