



UNLOCKING THE POWER OF REIKI

5 TIPS TO GET THE MOST FROM YOUR
REIKI PRACTICE





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We all deserve to be happy and healthy. When we feel better, we make better choices. Choices that help us continue to feel and function better.

That's been my life's mission for the past 30+ years as a Reiki professional — to help you and thousands of others feel and function better.

This guide is designed to help you get the most from your Reiki practice, whether you're new to Reiki, or you've been practicing for a while.

WHAT IS REIKI?



REIKI IS A PRACTICE

Reiki is a spiritual practice - like meditation, yoga, or tai chi. Because it's spiritual, you can turn to it to heal and to discover your purpose and meaning in life.

As with other spiritual practices, you'll get the most benefit when you practice self Reiki daily.



HOW REIKI WORKS

We don't know everything about how Reiki or any spiritual practice works. Spirituality, after all, is the realm of mystery.

We do know about your body's balancing, self-healing response to Reiki practice, which brings relief and helps you heal the root imbalance, rather than mask symptoms.



WHAT REIKI IS *NOT*

Traditional Reiki practitioners don't actively do anything. Rather, we passively and mindfully place our hands, and the person's system responds according to its innate wisdom.

Traditional Reiki does not include practices such as balancing chakras, hypnosis, or using psychic abilities.



HOW SELF REIKI HELPS

You don't need to go to a Reiki practitioner to receive a Reiki session. You can learn to practice Reiki on yourself, and informally on family, friends, and pets. While you'll feel improvement during your very first Reiki session, deeper healing takes more time and repetition.

A scenic landscape featuring a large, leafy tree in the upper half of the frame, its branches spreading across the top. Below the tree, a grassy hillside slopes down towards a valley. In the distance, rolling hills and mountains are visible under a soft, hazy sky. The overall tone is peaceful and contemplative.

EVERY MOMENT
IS AN
OPPORTUNITY TO
CHANGE YOUR
PERSPECTIVE.



TIP NO.

01

PRACTICE DAILY

Don't make the mistake of leaving your self-practice up for grabs, fitting it in on the fly. Commit to daily self practice by giving it a home in your daily schedule.

The secret is to choose a time that's a good fit for your existing schedule, a time when adding something new to your schedule will create the least friction.



CHOOSING YOUR TIME

For many people, the time of least friction is when they're in bed at either end of the day, but you can practice at any time that works for you.

Find a time in your day, every day, that you can commit even a few minutes to placing your hands for self-practice and letting your awareness drop within, into your timelessness.

You'll benefit no matter what time of day you practice, and get the most benefit when you make a point to practice daily.



BE CONSISTENT

Consistency matters. It puts an expiration date on the uncertainties that pile up.

It might take a little effort to be consistent in the beginning. Get motivated by identifying 2-3 areas where you'd like more ease. Check in every few days or weekly to notice any improvement.

It's easy to forget about something that's no longer bothering you. Making a point to notice what's improved will help you be consistent in your practice.

TIP NO.

02

FIND OR CREATE YOUR SAFE SPACE

A full self Reiki session is best practiced with your eyes closed. Because of this, you'll want to create a space where it's safe for you to close your eyes for self practice each day.

Most people find it convenient to self practice in bed as you awaken or drift off to sleep, but you might have another place in mind.

Choose your spot and make time to self practice there daily.





TIP NO.

03

DON'T GET HUNG UP ON TECHNIQUES

Your technique doesn't have to be any better or more complicated than placing your hand(s).

No intention, no calling for help, no worry.

Place your hands and enjoy.

Let your mind go, and check in with yourself from time to time.

The most important part of Reiki practice is that you START. As you feel yourself responding to your practice, of course you'll want to continue.





TIP NO.

04

USE A SELF-PRACTICE PROTOCOL

The best way to practice self Reiki is the way you actually will practice. Practicing Reiki isn't abstract, it's practical.

Here's how I self-practice each morning:



HAWAYO TAKATA'S SELF REIKI PROTOCOL

I've practiced self Reiki every day since I first learned in 1986. To offer myself a full self Reiki session, I place my hands on these areas of my body, in this order:

- Crown of head
- Face
- Throat
- Back of head
- Upper chest
- Lower ribs/solar plexus
- Navel
- Lower abdomen.

I lie on my side for the first three placements.

Then, I roll onto my back for the remaining five placements.

Some people prefer to lie on their back for all eight placements. That's fine! What matters is that you're comfortable.



TIP NO.

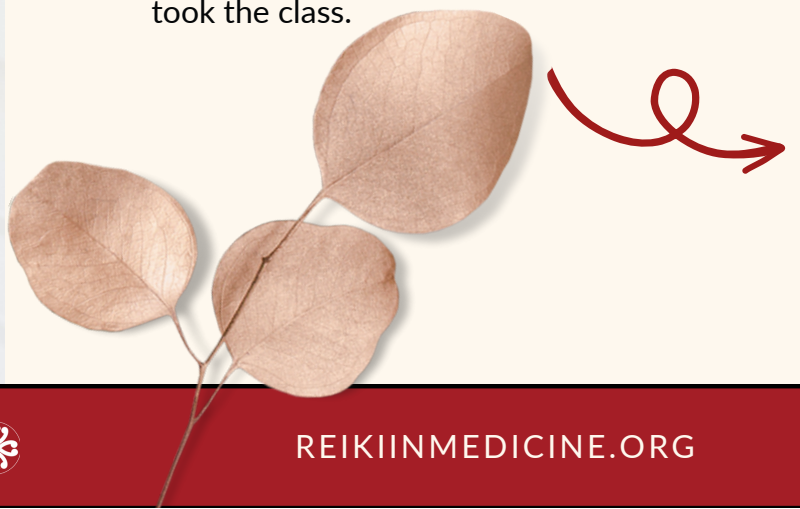
05

CHOOSE YOUR REIKI CLASS CAREFULLY

Learning to practice Reiki is an important decision.

Once you've decided to learn, you'll need to do some research. Please be mindful about where you get your Reiki information. Not all Reiki is the same, and there are no standards for Reiki classes or practice.

Be sure to choose a training that includes both in-class and at-home practice, so you feel confident you know how to practice when the class ends. If you don't feel confident, it's unlikely that you'll continue to practice on your own, and after all, that's the reason you took the class.



HOW DO YOU DECIDE?

Most people don't realize there are many approaches to Reiki practice, and no standards for Reiki training. People decide for themselves if they want to teach, so you need to be informed and decide for yourself who meets your standards.

Historically, Reiki practice has been taught in person in small groups with a qualified, responsive Reiki master who's also a skilled teacher, and who offers students ongoing support.

If possible, look for a group class. It's a much richer experience than going solo.



ONLINE VS. IN-PERSON

You can learn to practice Reiki from a qualified teacher in a live interactive format either online or in-person.

Each format has its advantages and limitations.

If you choose an in-person class, confirm that you will actually practice on yourself, and then on one another, as that's the main advantage of being in the same room.

[Here's a printable list of things to consider before choosing your course.](#)

LEARN REIKI ONLINE

An online, live, interactive class means you can learn to practice Reiki from the comfort and safety of your own home. There's a lot to be said for that.

In my experience teaching small group live, interactive videoconference First Degree Reiki training since January 2019, people seem to learn better at home. My online students become just as engaged in their practice as my in-person students did.

Learning online means you can start practicing self-Reiki even if you're housebound, or not able to find a convenient in-person training that meets your standards. You can also avoid additional costs, such as travel or child care.

LIVE ONLINE TRAINING

If you are a Reiki professional and want to reach more people faster, check out Reiki Professional Academy where I share what I've learned from 30+ years of professional practice.

REIKI PROFESSIONAL
ACADEMY



THANK YOU FOR READING!



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