

FAQ's About Reiki Energy & Attunement

Q. Who can learn to do Reiki?

A. Reiki is a very simple technique to learn and is not dependent on one having any prior experience with healing, meditation or any other kind of training. It has been successfully learned by over one million people from all walks of life, both young and old. The reason it is so easy to learn that it is not taught in the usual way something is taught. The ability to do Reiki is simply transferred from the teacher to the student through a process called an attunement that takes place during a Reiki class. As soon as one receives an attunement, they have the ability to do Reiki and after that whenever one places their hands on themselves or on another person with the intention of doing Reiki, the healing energy will automatically begin flowing.

Q. How long does it take to learn Reiki?

A. A beginning Reiki class is taught on a weekend. The Level One class is at least six to eight hours. Along with the attunement, it is necessary that the student be shown how to give treatments and also to practice giving treatments in class.

Q. What is a Reiki attunement?

A. A Reiki attunement is the process by which a person receives the ability to give Reiki treatments. The attunement is administered by the Reiki Master during the Reiki class. During the attunement, the Reiki Master will touch the students head, shoulders, and hands and use one or more special breathing techniques. The attunement energies will flow through the Reiki Master and into the student. During the attunement, some students feel warmth in the hands, others may see colors or have visions of spiritual beings. However, it is not necessary to have an inner experience for the attunement to have worked. Most simply feel more relaxed.

Q. Can I treat myself?

A. Yes, once you have received the attunement, you can treat yourself as well as others. This is one of the unique features of Reiki. The one most healed and changed by Reiki energy can often be the Healer.

Q. If I become attuned, must I then become a Reiki Master?

A. No, in fact, most people become attuned to treat themselves and their friends and families. Not all Reiki Healers are called to be Masters nor have any desire to develop a business becoming a Reiki Practitioner. Reiki Master training is by invitation only.

Q. How many levels are there to the Reiki training?

A. In the Usui/Tibetan system of Reiki taught by the Center, there are four levels. These include one, two, Advanced and Master. They are also known as Degrees.

Q. How much does each attunement cost?

A. Level 1 & 2 are \$125. Advanced Reiki Training (Level 3) is \$225. Reiki Master Training is \$475.

Q. How long should you wait to proceed to the next level?

A. There are not set times, it depends upon the amount of practice you have and whether you feel ready to move on. Generally, I recommend 3-6 months between Level 1 & 2, 9-18 months between 2 & 3. The Master training is by invitation only, if you have expressed a desire to teach Reiki to others.

Q. What does it feel like to give a treatment?

A. When giving a Reiki treatment, the Reiki energy flows through the practitioner before leaving the hands and flowing into the client. Because of this, the practitioner receives a treatment also. As the Reiki energy flows through the practitioner, she/he will feel more relaxed and uplifted. Spiritual experiences sometimes take place. The practitioner sometimes receives insights about what the client needs to know to heal more deeply.

Q. Can I treat animals or plants?

A. Animals love Reiki too. They seem to have a natural understanding of what Reiki is and its benefits. Once a pet has received a Reiki treatment, they will often let you know that they want more. Plants also respond well to Reiki.

Q. Are there any side effects from a Reiki treatment?

A. Most of the time a person will feel relaxed and uplifted by a Reiki treatment. However, sometimes a person will have what is called a healing crisis. As a person's vibration goes up, toxins that have been stored in the body will be released into the blood stream to be filtered by the liver and kidneys and removed from the system. When this happens, sometimes a person can get a headache or stomach ache or feel weak. If this happens, it is a good idea to drink more water, eat lighter meals and get more rest. The body is cleansing as part of the healing process so this is a good sign.

Q. What can be treated with Reiki?

A. Reiki has had a positive effect on all forms of illness and negative conditions. This includes minor things like head or stomach aches, bee stings, colds, flu, tension and anxiety as well as serious illness like heart disease, cancer, leukemia, etc. The side effects of regular medical treatments have also been reduced or eliminated. This includes the negative effects of chemotherapy, post operative pain and depression as well as improving the healing rate and reducing the time needed to stay in the hospital. Reiki always helps and in some cases people have experienced complete healings which have been confirmed by medical tests before and after the Reiki treatments. However, while some have experienced miracles, they cannot be guaranteed. Stress reduction with some improvement in ones physical and psychological condition are what most experience.

Q. Where can I learn more?

A. The International Center for Reiki Training is a great resource. www.Reiki.org Some of this article comes from William Rand, Usui, Tibetan and Karuna Reiki Master.

Yolinna Spirit: Linda Miller, Usui Reiki Master www.yolinna.com

