



Reiki eZine by Taggart King

[Liberate Your Reiki!] Reiki Teaching: How To Run A "Reiki Practice Day"

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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Reiki Teaching: How To Run A "Reiki Practice Day"



What is a Reiki practice day?

This is I suppose a little bit like a Reiki share, where people have the opportunity to give and receive Reiki treatments, but they are doing this in pairs, or in groups of three, while under the supervision of a Reiki teacher. So it is more of a follow-up teaching day, where students can get some more practice and have their questions answered. It could be organised as a half-a-day for people at First Degree and a half-a-day for people at Second Degree, or you could mix both levels together. You don't have to follow a really rigid structure, and you can be guided by the needs of the participants on the day.

Why run a Reiki practice day?

Reiki practice days are ideal for people who have taken a First Degree course and who haven't had too much of a chance

to treat other people, so they're not feeling too confident yet and maybe they haven't received sufficient positive feedback from people they have worked on to feel that Reiki is definitely working for them.

Such a day is also ideally suited for people who have recently completed a Second Degree course and would like some supervised practice so they can explore the new approaches they were taught on their Second Degree course. They can explore using intent, for example, practise opening to intuition, and they will receive probably more useful feedback from the person they are treating than would be the case if they were practising on a non-Reiki-attuned volunteer.

Reiki practice days are also suitable for people who learned Reiki some time ago and now want to get back into treating other people, and would like a bit of advice or support before unleashing themselves again on friends and family, and the general public!

What do people get out of such a day?

Two things: confidence and reassurance.

You create a safe place where people are all there to help and support each other, and you provide helpful and supportive comments, suggesting things, confirming that students are doing things well and can trust any impressions that they may be having about where to spend longer during a treatment, say, or in terms of where they feel they need to rest their hands. You can encourage them when they are feeling the energy field or scanning, and reassure them that they don't need to worry about 'getting things wrong'.

Students can have their questions and nagging doubts dealt with: things may have occurred to them since their course that they were wondering about but they didn't want to bother their teacher about that, and you can deal with those things face-to-face. Or things may happen during their supervised treatments that prompt them to ask questions that they had forgotten they wanted to ask about.

Of course, no-one has answers to every question about Reiki, and sometimes the answer might be "no-one knows" or "nobody knows and it doesn't matter anyway"; it can be useful for people to hear that.

What you will need

You will need a venue, of course, big enough to accommodate one treatment table for every 2-3 participants. You'll need something that you can play some background music on, and it is nice to have refreshments on hand. Partly this can be a social occasion where students talk to and support each other, and you can facilitate this.

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