Chapter 1) Welcome and Recap

Welcome back!

This is our final class. The format was designed to be workshop-style, offering space for open dialogue, exploration, and follow-up questions as we wrap up the Professional Reiki Practitioner Training. Students were encouraged to participate actively and bring forward anything they had been reflecting on since the eighth class, where we focused on business skills for Reiki practitioners.

We also dedicated time to conclude the case studies portion of the program. In addition, we shared information and opened discussion around our new **Professional Practitioner Membership** level, followed by a Q&A session.

Chapter 2) Case Studies Wrap-up

To make this section easier to follow, we've turned the class dialogue into a Q&A format. This allows key takeaways to be presented clearly and concisely while preserving the flow of discussion and the insights shared.

Q: What kinds of case studies were reviewed in this class?
A: Several impactful case studies were revisited, illustrating the emotional range practitioners may encounter—from deeply challenging situations to inspiring healing journeys. These examples served as reminders to stay open, grounded, and emotionally steady in all situations.

Q: What's the difference between empathy and sympathy in Reiki practice?
A: The class emphasized the importance of empathy—being present and compassionate without becoming emotionally involved. Practitioners are encouraged to remain emotionally neutral so Reiki can flow freely without disruption from personal emotions.

Q: Why is detachment from outcome important in Reiki?
A: Detachment from specific outcomes was discussed as a key principle in Reiki practice. Trying to control results can interfere with the healing process. Practitioners were encouraged to trust the process and let go of expectations.

Q: How should practitioners approach working with close friends or family members?
A: Working with those close to us was acknowledged as emotionally complex. Practitioners were advised to be mindful of their ability to remain neutral and to seek outside support if needed. Maintaining healthy boundaries and knowing when to step back were identified as important practices.

Q: What if a client shares spiritual or intuitive experiences during a session?
A: The conversation addressed how to respond when clients report spiritual phenomena, such as seeing spirits or receiving intuitive messages. Practitioners were encouraged to honor their own limits, refer out when appropriate, and seek support or mentorship when navigating unfamiliar experiences.

Q: What support is available after the training?
A: The RERI Associate Reiki Practitioner Membership was introduced as an ongoing support resource. It includes access to a community forum and mentoring opportunities to help new practitioners feel supported rather than isolated as they begin their professional journey. This topic will also be covered in more detail in a later section of the class.

Chapter 3) Business Setup | Q & A

The conversation in this part of the class focused on practical questions about starting and running a Reiki business. To make it easier to review, we've organized the discussion into a Q&A format, keeping the original insights and guidance while adding and polishing the wording for clarity. Use this as a helpful recap or quick reference as you begin to plan your professional Reiki practice.

Q & A

Q: Do I need a full business plan before I begin my Professional Practice?
A: Not necessarily. You don't have to write a formal business plan unless you want to. But you *should* think through important aspects of your business, such as how you'll start, whether you'll work from home or rent a space, how much money you can put in without expecting immediate return, and what your goals are.

Q: What if I want to work with other practitioners, like in a shared space or a healing collective?
A: That can be a great idea—but it really depends on the group dynamic. Make sure everyone knows their role and what they're offering. Sometimes people team up with others doing tarot or sound healing or other modalities, and it can be confusing to clients. Try not to present yourself as doing *everything*. Be clear about what *you* offer and keep your energy aligned with that.

Q: Is it okay to start offering Reiki sessions from my home?
A: Yes, but we recommend only seeing people you know or referrals from people you trust. It's really important to protect yourself and your space. If you're doing sessions at home, it's best to avoid letting in strangers. Even if you trust someone, always stay aware and set clear professional boundaries.

Q: What's your advice on renting a space?
A: Renting is okay if the overhead is manageable. Just be cautious about signing a lease unless you're sure you can cover the rent for a while—even if no clients come in. A good guideline is to be able to sustain your business financially for at least 6 months without relying on income from clients. Otherwise, the pressure can throw off your energy and make it harder to grow your practice.

Q: I was thinking of sharing a room with a friend who's also doing energy work. Is that workable?
A: That can work beautifully, especially if your styles complement each other. Just make sure you have clear agreements about how to share the space, the costs, and the time. It can also be helpful to align on how you present your services so it doesn't get confusing to clients.

Q: What about offering free sessions to friends and family—should I keep doing that while I'm starting out?
A: It's fine to offer a few free sessions when you're practicing, but once you're starting your business, it's important to have a fair energy exchange. When people don't pay, they often don't take the session seriously or don't feel the value. It also drains your energy. You don't have to charge full price to friends, but you can ask for a donation or trade—or even say, "This is my profession now." That boundary really matters.

Q: How do I avoid feeling pressured to offer my services for free when someone asks?
A: You can say something like, "Right now I'm working on establishing my business, and I'm asking everyone to support that by offering a fair exchange." You can also offer a few "practice sessions" at a discount while you're still building your confidence. But remember: your time and your energy are valuable.

Q: Is it possible to make a living doing Reiki full-time?
A: Yes—but it takes time. Don't expect instant income. Many people keep a part-time or full-time job while they're building their Reiki practice. That way, you don't feel desperate or stressed about money, and your sessions stay aligned and grounded.

Q: Any final advice for starting my Professional Practice?
A: Keep things simple and focused. Protect your time and energy. Start with people you trust. Let things grow naturally. You don't have to have all the answers right away—but don't be afraid to ask questions and get support when you need it. And above all—stay true to your calling.

Chapter 4) Associate Practitioner Membership

As we wrap up the program, we want to introduce you to your next step—**the Associate Practitioner Membership**. This membership is your bridge between graduation and professional practice. It's our way of continuing to support your journey as a healer and providing you with practical tools and community as you launch your work.

What's Included in the Membership:

- **Monthly Mentoring Calls**: You'll be invited to participate in monthly group calls focused on developing your professional practice. These calls are interactive and designed as open Q&A sessions where you can bring your questions about client work, business setup, communication skills, and more.
- **Weekly Practice Sessions**: Continue your self-care and spiritual balance with regular group practice sessions designed to help you stay grounded and vibrant.
- **Professional Business Tools**: We're currently building a collection of downloadable templates and forms that support your Reiki practice—from intake forms and session logs to disclaimers and marketing resources.
- **Directory Listing**: Once you're ready to receive clients, your name and bio can be listed in our professional directory on our website so clients can find you. Just let us know when your practice is ready to go live.
- **Peer Community**: You'll have access to a private forum dedicated to associate practitioners—where you can ask questions, offer insights, and stay connected with your cohort and alumni.
- **CEU Opportunities**: To maintain your professional membership status, you'll be invited to earn Continuing Education Units (CEUs) through workshops, special events, and possibly future retreat offerings. We're still finalizing the tracking system and credit requirements (likely to be earned every 2 years).

- **Exclusive Discounts**: As a member, you'll receive a 20% discount on all eligible classes, workshops, and the annual retreat for this year.
- **One Private Mentoring Session**: As part of our founding group, you'll receive one complimentary 1-on-1 mentoring session to help you focus on areas where you want extra support.

This first year of membership is **completely free** for all of you as a graduation gift. After the first year, you'll be invited to renew your membership to continue accessing these professional resources.

Chapter 5) Final Q & A and Congratulations

During the final part of the class, we opened the floor for questions and reflections from the group. Here are some highlights:

Q: Will CEUs be available at the retreat?

A: We're looking into offering CEUs for certain sessions during the retreat. There's also a possibility of hosting additional CEU-focused activities in future retreats, including more advanced practitioner training or an extra day of mentoring and self-work.

Q: How many CEUs will we need, and how will they be tracked?

A: We're still finalizing the exact number of CEUs needed to maintain professional membership, but it will likely be on a two-year cycle. A simple tracking system will be put in place for you to record your credits.

Q: Can you provide more support for business setup?

A: Yes! Business planning resources, pricing guides, and legal setup tips (like forming an LLC) are being developed and will be shared soon. You can also bring these questions to the mentoring calls.

Q: What if I'm not ready to start a business yet?

A: That's perfectly fine. You don't have to rush. You can stay in the field, continue practicing, and begin building slowly. Consistency and belief in yourself are key—start with just a few hours a week.

Q: Can we use the community forum to ask business-related questions?

A: Absolutely. The forum is there for exactly that—peer support, questions, inspiration, and shared learning.