



Chapter 1: Welcome and Introduction

Welcome to this transformative journey as you step into the **Professional Reiki Practitioner Training**. Today marks the beginning of an incredible chapter in your Reiki path—one that will deepen your practice, expand your knowledge, and empower you to bring healing into the world in a profound way.

First and foremost, **congratulations** on making this commitment to yourself, your growth, and the people you will serve through Reiki. It is no small decision to walk this path—to dedicate yourself to not only mastering Reiki but also embodying its principles in your daily life. By enrolling in this training, you have answered a calling—one that speaks to the healer within you, the compassionate soul who seeks to bring balance, peace, and transformation to others.

Your presence here is a testament to your **dedication**. This journey is not just about refining your skills—it is about deepening your understanding of energy, strengthening your intuitive wisdom, and stepping into the role of a true Reiki professional. It is about learning to hold space for healing, to trust in the universal life force energy, and to serve with integrity, humility, and love.

As you move forward, you will gain not only advanced techniques but also **the confidence to step fully into your role as a healer**. There will be moments of deep insight, challenges that push you to grow, and experiences that shift your perspective in ways you never imagined. But know this—you are not alone. You are part of a community that stands beside you, offering support, wisdom, and encouragement every step of the way.

We have no doubt that each of you is here for a reason. You have been guided to this training because you are ready. Ready to embrace your gifts. Ready to heal, to inspire, and to make a difference in the lives of those who will seek your guidance.

So, as we begin this journey together, I invite you to open your heart, trust in the process, and allow yourself to grow beyond what you think is possible. Your Reiki path is unfolding beautifully, and we are honored to walk alongside you in this sacred journey.

Chapter 2: Brief Introduction Of The Instructors

Before we begin, we'd like to take a moment to introduce ourselves and share our journey with you. As your instructors, we are not just here to teach—we are here to **mentor, guide, and support you** as you step into the role of a professional Reiki practitioner.

Our Reiki path has been shaped by years of hands-on experience, working with clients in **both private practice and hospital settings**. We have had the privilege of providing Reiki to individuals facing serious health conditions, supporting patients in medical environments, and complementing conventional care with energy healing. We've seen firsthand how Reiki can bring comfort, balance, and deep healing to those in need—whether they are navigating illness, emotional challenges, or personal transformation.

Beyond the clinical setting, our private practice has given us the opportunity to work deeply with clients over time, guiding them through their healing journeys and witnessing their growth. These experiences have reinforced the importance of **professionalism, ethical responsibility, and intuitive sensitivity** in Reiki practice. We've learned that being a Reiki practitioner is not just about technique—it requires **self-awareness, integrity, and the ability to hold space for healing with confidence and compassion**.

Throughout this training, we will share **practical insights, hands-on experiences, our expertise and professional guidance** to help you develop the skills and confidence needed to serve as a Reiki practitioner. Like we said earlier, our goal is not just to teach you how to be a Reiki Practitioner, but to prepare you to step into this role with **competence, authenticity, and a strong ethical foundation**—whether you choose to work in wellness centers, hospitals, hospice care, private practice or personal growth. We are excited to move forward in helping you to achieve your goal and we hope you are excited about this very special program that will transform your lives.

Chapter 3: Program Overview

Practicing Reiki in a **professional setting** is a deeply rewarding yet multifaceted journey. It requires not only **technical skill and spiritual awareness** but also **business acumen and ethical integrity**. Establishing yourself as a professional Reiki practitioner takes time, dedication, and a commitment to continuous learning.

Throughout this program, we will explore the **key aspects of building a successful Reiki practice**—from deepening your skills as a healer to understanding the business and ethical considerations that shape a professional Reiki career. Our curriculum is designed to provide a **comprehensive foundation** that supports both your **personal evolution and professional development**.

In this training, you will learn:

- How to refine your Reiki skills and apply them effectively in **private practice and clinical settings, including hospitals and wellness centers**.
- Essential business strategies, from setting up your practice to attracting and retaining clients.
- The importance of **self-care and professional ethics** in maintaining a sustainable, long-term practice.
- How to mentor and support clients beyond the treatment session, helping them on their healing journey.
- How to navigate the **complexities of professional Reiki practice** with confidence, authenticity, and a strong ethical foundation.

Beyond the classroom, ongoing mentorship, community support, networking opportunity, professional development opportunities and valuable resources are essential for growth. These benefits are all available through our Associate Reiki Practitioner membership, providing you with the support you need to thrive. Your first year membership is included in this course, and we encourage you to build relationships with experienced practitioners and like-minded peers for guidance and encouragement.

Chapter 4: Curriculum

Below is an **overview of our curriculum**, structured into six key modules:

Module 1: Reiki Healing Deep Dive

Healing the Physical Body:

- How Reiki supports **physical healing**
- Techniques for addressing **chronic pain and illness**
- Integrating **meditation and mindfulness** into Reiki practice

Healing the Mind & Emotions:

- Differentiating **mental vs. emotional struggles**
- Overcoming **subconscious programming** (in-depth training and practice)
- Techniques for **emotional release, resilience, and healing from trauma (fear, guilt, grief, PTSD, addiction)**

Healing on a spiritual level:

- **Facilitating Spiritual Healing in Clients**
 1. Understanding the spiritual aspects of healing and how Reiki supports spiritual growth.
 2. Identifying and addressing spiritual imbalances, blockages, and disharmony.
 3. Guiding clients in reconnecting with their higher self, intuition, and life purpose
- **Techniques for Spiritual Healing**
 1. Using Reiki to clear energetic blockages and restore spiritual alignment.
 2. Incorporating guided visualizations, affirmations, and intention setting in sessions.
 3. Supporting clients through spiritual awakenings, transitions, and deep inner work.
- **Ethical and Professional Considerations in Spiritual Healing**
 1. Respecting clients' spiritual beliefs and boundaries.
 2. Providing guidance without imposing personal beliefs.
 3. Encouraging self-empowerment and ongoing spiritual exploration beyond Reiki sessions.

Module 2: Professional Client Practice

Conducting Healing Sessions:

- Performing **professional Reiki sessions**
- Advanced **hand positions and techniques**
- **Self-care practices** for practitioners

Professional Practice & Ethics:

- Ethical guidelines and **client communication strategies**
- Importance of **consent, boundaries, and confidentiality** (HIPAA considerations)
- Creating a **safe and supportive healing environment**

Communication & Client Education:

- Educating clients and **explaining Reiki effectively**
- **Maintaining professional boundaries**
- Supporting clients' **spiritual growth with integrity**

Module 3: Mentoring & Client Support

The Role of a Mentor:

- Understanding the **difference between mentoring and therapy**
- **Guiding clients and students** while maintaining professional boundaries
- Leading by **example and integrity**

Developing Mentoring Skills:

- Techniques for **effective mentoring**
- How to handle **manipulative behaviors or difficult clients**
- Case studies

Supporting Clients' Healing Journey:

- How to encourage clients on their **healing path**
- When to transition a client to **mentorship or deeper support**
- Exploring the **RERI Associate Teacher Program** for additional skills

Module 4: Business Skills for Reiki Practitioners

Setting Up a Reiki Practice:

- Creating a **business plan** and obtaining **legal permits**
- Setting up a **healing space that aligns with your practice**

Marketing & Client Acquisition:

- Building a **professional brand and online presence**
- Effective marketing strategies (**social media, website, networking**)
- Strategies for **client retention and referrals**

Financial Management:

- Setting **fair and sustainable pricing**
- Understanding **bartering, package discounts, and ethical pricing**

Module 5: Documentation & Case Studies

Keeping Detailed Client Records:

- Proper documentation of **client sessions** (HIPAA considerations)
- Using **case studies for learning and professional growth**

Enhancing Your Professional Practice:

- Learning through **mentorship and peer collaboration**
- **Discussing case studies** to improve techniques and client outcomes

Module 6: RERI Associate Reiki Practitioner Membership

Membership Benefits:

- **Group branding** and practitioner bio listed on our website
- **Referral network and professional community**
- Access to exclusive **business and practice resources**

Maintaining Professional Status with RERI:

- **Continuing Education Credits (CEC)** required every two years
- Ongoing **mentorship, networking, and support**

Chapter 5: Expectations

Expectations

- Actively engaged in both classes and assignments.
- Ask questions even though you feel they are not important or pertinent
- We encourage participation in RERI community programs
- Join class on time
- If you miss a class, recording is available. Keep in mind that you will miss opportunities to ask questions and be involved in discussion which is a valuable part of the program. To complete the program and be awarded the certificate, you are required to attend 80% of the live classes.

Chapter 6. Defining the role of a Professional Reiki Practitioner

Professional Reiki Practitioner vs Informal Approach

Here are some of the key differences:

1. Training & Certification:

- **Professional Reiki Practitioner:** A professional Reiki practitioner has received formal training through a recognized Reiki lineage or system (e.g., Usui Reiki). They usually complete levels (I, II, Master and more) that are structured and involve both practical and theoretical components. They are certified by a reputable Reiki organization or teacher.
- **Informal Approach:** They may have self-learned or received a basic attunement but not the amount and depth of study required by teachers or schools that take the practice seriously. Their abilities, knowledge, training levels, experience and understanding can vary greatly.

2. Experience & Skill Level:

- **Professional Reiki Practitioner:** A professional has typically practiced for a significant amount of time, refining their skills and deepening their understanding of Reiki energy work. Experience is the greatest teacher and feedback from clients helps them improve their skills and effectiveness in healing. They also have a support network to help them understand and address various challenges.
- **Informal Approach:** Someone who uses Reiki informally may not have as much experience or depth of practice. They might offer Reiki to friends or family, but this limits their exposure as well as experience in dealing with a broad spectrum of clients. Seldom do they have a support network.

3. Ethical Boundaries & Professionalism:

- **Professional Reiki Practitioner:** A professional will follow ethical guidelines, which include a high level of confidentiality, respect for the client's own beliefs and background or culture. In addition, they provide a safe, clean, and neutral space for healing. They should have liability insurance and operate within a professional code of conduct.

- **Informal Approach:** In an informal setting, there is usually less awareness of boundaries, ethics and confidentiality. less awareness or enforcement of boundaries, and the practitioner may not necessarily adhere to a strict ethical code. They may practice Reiki in a relaxed, casual manner, without formal consideration of confidentiality, consent, or professionalism.

4. Approach to Client Care:

- **Professional Reiki Practitioner:** A professional will typically engage with clients in a way that accounts for the physical, mental, emotional or spiritual aspects of the client. When these things are considered, they provide follow-up care or suggest other healing modalities. The professional approaches each session with clear intentions and professionalism and a consistent and structured approach to the healing process.
- **Informal Approach:** An informal practitioner is less likely to maintain a clearly structured professional approach in all matters. They often do sessions spontaneously with little or no awareness of the client's needs or concerns. They may provide Reiki without clear intentions or follow-up.

5. Business & Marketing:

- **Professional Reiki Practitioner:** A professional usually operates like a business, providing Reiki as a paid service. This would include marketing, scheduled appointments, clear pricing and client-focused approaches.
- **Informal Approach:** An informal Reiki practitioner may or may not charge for the service. Their business practices are probably inconsistent and lack professionalism.

6. Self-Development & Continued Education:

- **Professional Reiki Practitioner:** Professionals most often maintain ongoing education and self-development. Many attend workshops, retreats, or advanced training to deepen their practice and understanding of Reiki and energy healing. Professionals often participate in community or professional networks for mutual support and learning.
- **Informal Approach:** Informal practitioners seldom pursue training beyond the initial attunement. They may be limited in their ability to follow through.

7. Results & Effectiveness:

- **Professional Reiki Practitioner:** Professionals tend to provide more effective and consistent healing experience. Their experience helps them approach each individual's needs in a more focused and tailored fashion. They are likely to have feedback from clients that can speak to their effectiveness.
- **Informal Approach:** The informal practitioner can be inconsistent in their effectiveness. Some individuals may experience benefit; however, the results may be less beneficial than from an experienced professional that takes all aspects of an individual's circumstances into account.

Conclusion:

The Professional Reiki Practitioner is more likely to be better trained, have more experience, a structured practice and an ethical approach. While the informal practitioner usually lacks in these areas. Both may practice Reiki with the good intentions of healing; however, the professional practitioner is more likely to be oriented to a professional approach which includes structure, effectiveness, safety, and ethical behavior resulting in better overall care.

Chapter 7. Student Portal Overview

The **Student Portal** is your central hub for everything you need throughout this training, your dedicated space for accessing all course materials and important updates throughout the program.

As an enrolled student, you have access to the **Student Portal Page**, where you'll find the link to join live classes, along with direct access to your course (**PRPT-1**) and its lessons, class materials such as intake forms, consent templates, recorded lectures, reading lists and assignments. In addition to the student portal page, you can also navigate to your course through the **"Courses" tab** in the main menu for easy access.

Please keep in mind that the **Student Portal Page is updated periodically** with new information, announcements, and resources. By regularly checking the portal, you'll ensure you have the most up-to-date information and tools to enhance your learning experience.

If you ever need technical support, feel free to **reach out to Mei Yin** for assistance.