

Supporting Reiki Students


BY MARIANNE STREICH

Watching students take the gift of Reiki into the world is one of the great joys of being a Reiki teacher. It is my desire—and I believe my responsibility as a teacher—to help students continue to grow in their knowledge and practice of Reiki, whatever their Reiki path; to do all I can to help them realize ever greater self-healing, and to encourage them in sustaining the enthusiasm and commitment that accompany the successful completion of Reiki training. Here are some of the ways that I provide ongoing support for students. I would be delighted to have readers email me with additional suggestions as I continually explore new ways to nurture the practice of Reiki.

- I hold a monthly Reiki Circle for students only, allowing time to share experiences and ask questions, as well as give and receive Reiki. The Circles also provide an opportunity to reinforce best practices.
- I encourage students to avoid the hazard of comparing themselves with others. Comparison is a slippery slope that can result in a student not practicing Reiki because they deem themselves not good enough. It is easy to find others whom one may perceive to have “hotter hands,” greater ability, more training, better intuition, etc., etc. I remind students that it is only through practicing what they know NOW that they can grow their knowledge and open their hearts to being increasingly powerful channels. It is only through practice that Reiki can teach and reveal to the practitioner his/her individual style and relationship with the energy.
- With permission, I share students’ contact information with fellow students and encourage each student to choose a Reiki partner and to exchange treatments on a regular basis.
- Often students worry about “doing Reiki right.” They may be afraid they won’t remember the hand positions correctly or follow all of the steps in a standard treatment, or that their Reiki may not be strong enough. I remind them that there are only two essential requirements for an effective Reiki treatment: 1. Intend that Reiki flow. 2. Place your hands on yourself or another person.



- I am available to students for questions and support on an individual basis. Hearing from students in this way not only affirms their experience and clears up uncertainties they may have, but also reveals ways in which I can become a more effective teacher.
- Periodically I offer a “Reiki Refresher” evening. Attendees determine the topics for this 2-3 hour event. The format is question and answer, sharing experiences, and demonstration.
- I offer 2-3 hour seminars periodically on a particular aspect of Reiki, such as, “Working with Your Reiki Guides.”
- I encourage students to subscribe to *Reiki News Magazine* as a source of inspiration and valuable information.
- If a newly trained Master wishes and my schedule permits, I will co-teach his/her first Reiki class.
- I encourage students to seek ways to volunteer to give Reiki. They may, for example, volunteer to give ministers and staff at their church Reiki treatments, or volunteer to give Reiki at an event for HIV positive women, or participate in a program giving treatments to hospital patients.
- Occasionally I email students with brief, to the point information about one particular aspect of Reiki or something new that I have learned.
- This year I offered my students the opportunity to start the New Year with a complimentary Reiki treatment from me, to be scheduled during the month of January. It gave me a chance to reconnect with students I may not have seen in a while, a way to thank students who are regular clients, and the opportunity to remind students who are not actively practicing Reiki just how wonderful a treatment is.

Nurturing my Reiki students is tremendously gratifying to me, and I believe it is an important component of that essential circulation of giving and receiving that increases the healing power of Reiki, individually and throughout the world. 

—Marianne practices and teaches Reiki in Seattle. She can be reached at mariannestreich@mac.com, 206.523.4456, or through her Web site: www.reikiforliving.com

You are invited to share your Reiki wisdom in this space as well. Articles are to be a maximum of 500 words and should be submitted as Word documents by email to: GTMFR@reiki.org