

Finding the right Reiki teacher.

By H de Waal - 11 August 2010

As Westerners we often value something only when it is expensive. At times, the more expensive items are indeed more valuable. When it comes to Reiki, it is not always the case. It is more important that you find a teacher that is best suited to YOU rather than allowing the costs to be the deciding factor. Reiki is not just a healing modality; it is also a way of living.

It would be a wise choice to do some research before making a decision on a teacher, as well as research on the style of Reiki they teach. There are so many teachers *and* styles of Reiki - which can be confusing. Some are just a way of making money. I personally believe in the more authentic way of learning Reiki, but with a Western approach. The way Reiki is taught needs to be enjoyable and uncomplicated.

Be wary of Reiki masters who wear a specific "costume" and have a "*holier than thou*" conduct. They often operate from their ego and that is not in harmony with Reiki. Also be careful of types of Reiki which are trademarked or claims that it is the best and most original Reiki to learn. There are styles of Reiki that claims to be the most authentic or most evolved. That is not true. Reiki, as Usui has developed it, evolves with us. That is the beauty of this particular healing art. There are so called masters who would like to be someone's guru, therefore taking all the credit for themselves and not to Reiki. Reiki is a gift from the Universe and a true master only passes it on. A Reiki Master is only a Reiki practitioner that is qualified up to the teacher's level.

Here are a few points to consider when deciding on a master:

- Check or ask the lineage of the Master.
- Does the Master teach all the levels of Reiki?
- How long has the Master been teaching?
- Is the Master still practising Reiki and for how long?
- How many students have been trained by the Master?
- What qualifications are required to take Reiki Training?
- What form will the class have and over what length of time?
- Which topics does the Master cover in the class?
- How many people does the Master have in a class?
- Where will the class be held and does it suit you?

- Is the class fee affordable?
- Do you receive a manual and certificate?
- What are the specific things you will be able to do after taking the training?
- Is there ongoing support after the training?
- Is there a Reiki support group or community to join after training?
- Does the Master recommend and allow integration time between levels?
- And the most important point: What does your intuition or gut-feel tell you about the Master?

An experienced teacher is always a good option, but do not discard "young" teachers, since they can potentially facilitate a life changing experience. A good teacher will be someone who are not insecure to share knowledge AND wisdom. Search for a Reiki Master that is perfect for YOU. I will always recommend a person who is authentic and "walks their talk". That - to me - is a true Master.