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Steps to Reiki Mastership



Continuing the journey ...
your own path to Mt. Kurama



Mikao Usui obtained mastership in the form of enlightenment on Japan's Mt. Kurama — where he arrived after a long years of spiritual seeking and struggling to answer questions about healing, meaning and purpose

According to the popular legend, he was struck unconscious after 21 days alone in nature. He woke up with the awareness of the light of Reiki within.



Most of us won't have such a dramatic experience, but our journey may resemble that of Usui Sensei. We feel like something's missing. We feel off track or misaligned. We take steps to feel better. We may sense a change is coming.

If you've been learning Reiki, you probably find yourself somewhere on the path of self awareness and transformation. Reiki Mastership might be the next step for you.



Reiki Master Classes

Master certificates can be received after attending an in-person half-day class.

Or an online class for little time or money.

The main teaching is the master symbol and how to give attunements.

This type of class is a way to receive a certificate, not to automatically expand your skills.



TRAVELING LIGHT

Mastership Mentorship

For my Reiki Master training, I wanted to offer students a well-rounded experience. I wanted to offer supervision, structure, and plenty of practice.

Understanding Reiki does not happen in an afternoon or weekend. There are plenty of quick certificates available, so I decided to offer something different.

My Mastership Mentorship is a year-long program. You will continue to work with clients, build confidence, start your own Reiki practice (if that's your goal), and learn more about the expansive world of Reiki.

The next pages describe what's included
and how it works:

3 Practice Sessions per Month



You'll continue building skills and deepening your practice providing Reiki treatments to practice clients. Your sessions will be logged, with support provided just as in Level Two.

It's time for you to branch out, start talking to people about Reiki. Perhaps get some business cards or communicate via website, social media, or live community outreach.

I Private Mentoring Meeting per Month



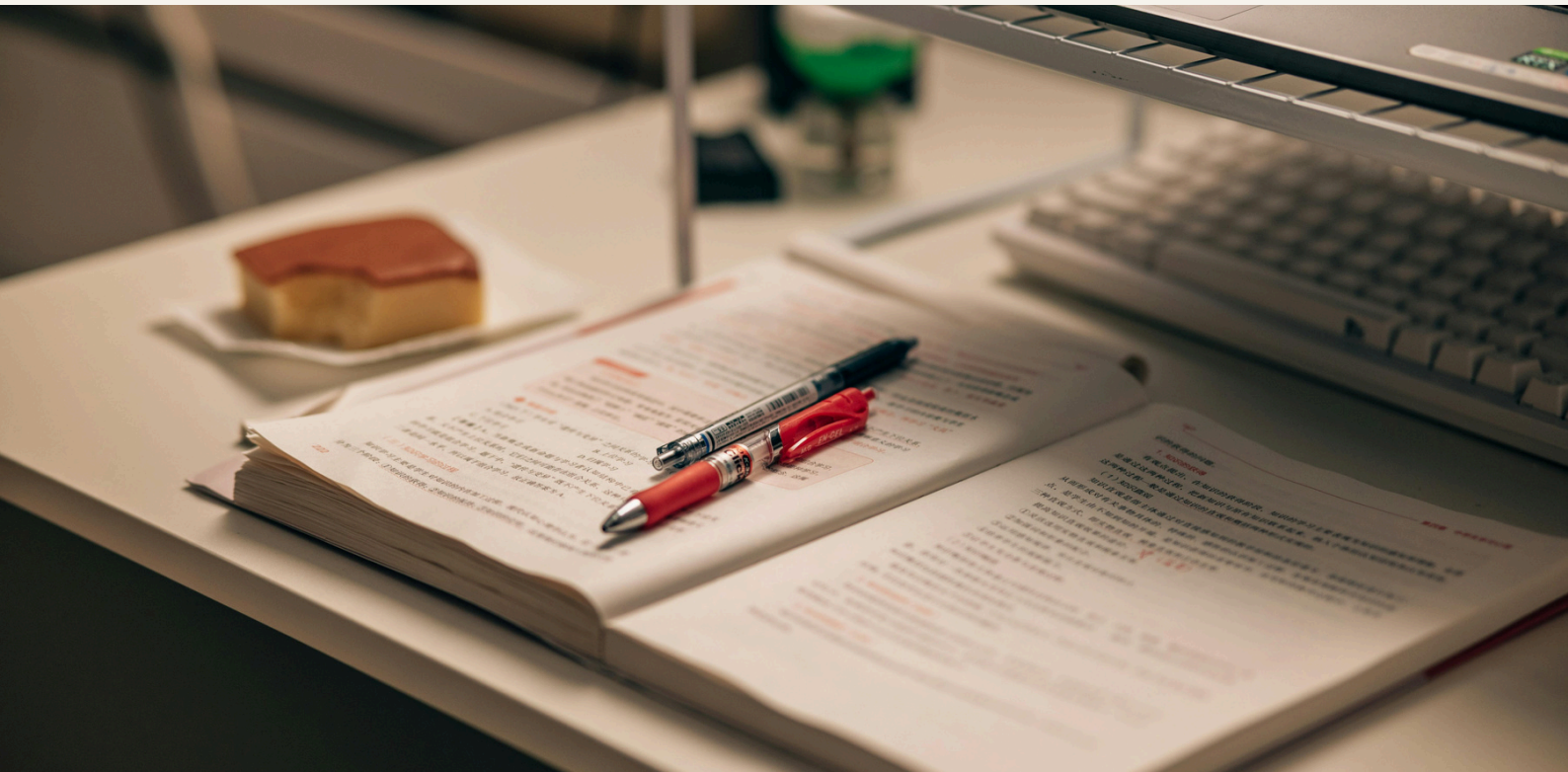
We'll meet in person or on Zoom to discuss your progress.

We will recap your sessions with practice clients and you will update me on your personal learning project (see next page.)

This is also the time to begin building your professional practice, if you want one, and I'll support you with that as well.

You're also welcome to join my public Open Office Hours.

Life Path Alignment Project



You will choose an aspect of Reiki for your topic of special interest to focus your learning and practice.

Perhaps you are interested in Reiki in relation to another healing modality. Or maybe you'd like to research different Reiki chiryos. Maybe the Japanese roots of Reiki would be your area of interest.

You could also focus on a specific application of Reiki, such as headaches, back pain, prep for surgery, mental health, etc.

This can be casual learning for your own sake. It can be niche development for your business. It can be a community project. It's for you. How do want Reiki to express in your life?

1 Group Meeting per Month



Monthly Group Practice and Check In

Group practice will vary in focus and may include:

- Reiki Share for us to practice together
- Offer treatments to community
- Share a topic of discussion, e.g., share about your special topic
- Additional group practices with students of different levels.

Group practice content and scheduling of extra events will depend on students' interest and availability to attend.

Repeat Reiki Levels One + Two



You are invited to attend live meetings to repeat Reiki Levels One and Two at no charge* any time they are offered.

If you have not completed Reiki Level One and Two with me, you will need to do so before continuing with the Mastership Mentorship.

**You may request feedback if you repeat the Insight Questions and 21 Days Self Healing Log. A small fee will be required to review and reply with feedback to your entries. Optionally, we can use part of your included private monthly meeting to discuss. Or you can use monthly Open Office Hours to briefly review your journals.*



Ask Yourself

Where are you on your journey right now?

After Reiki Level Two with me:

Do you still have more seeking to do? Are you searching for something you can't quite name? Maybe restless or driven to find new answers? Is Reiki still the right path for you?

Is it time to explore other methods or teachers?





Going Deep Not Wide

Or would it be better to explore the path offered by a deeper connection to Reiki — and a deeper connection to yourself?

Are you ready to know yourself better?
Can you trust that you have the answers within?

Do you want to see what it really means to practice Reiki?

This is the path of the mastership mentorship I offer.



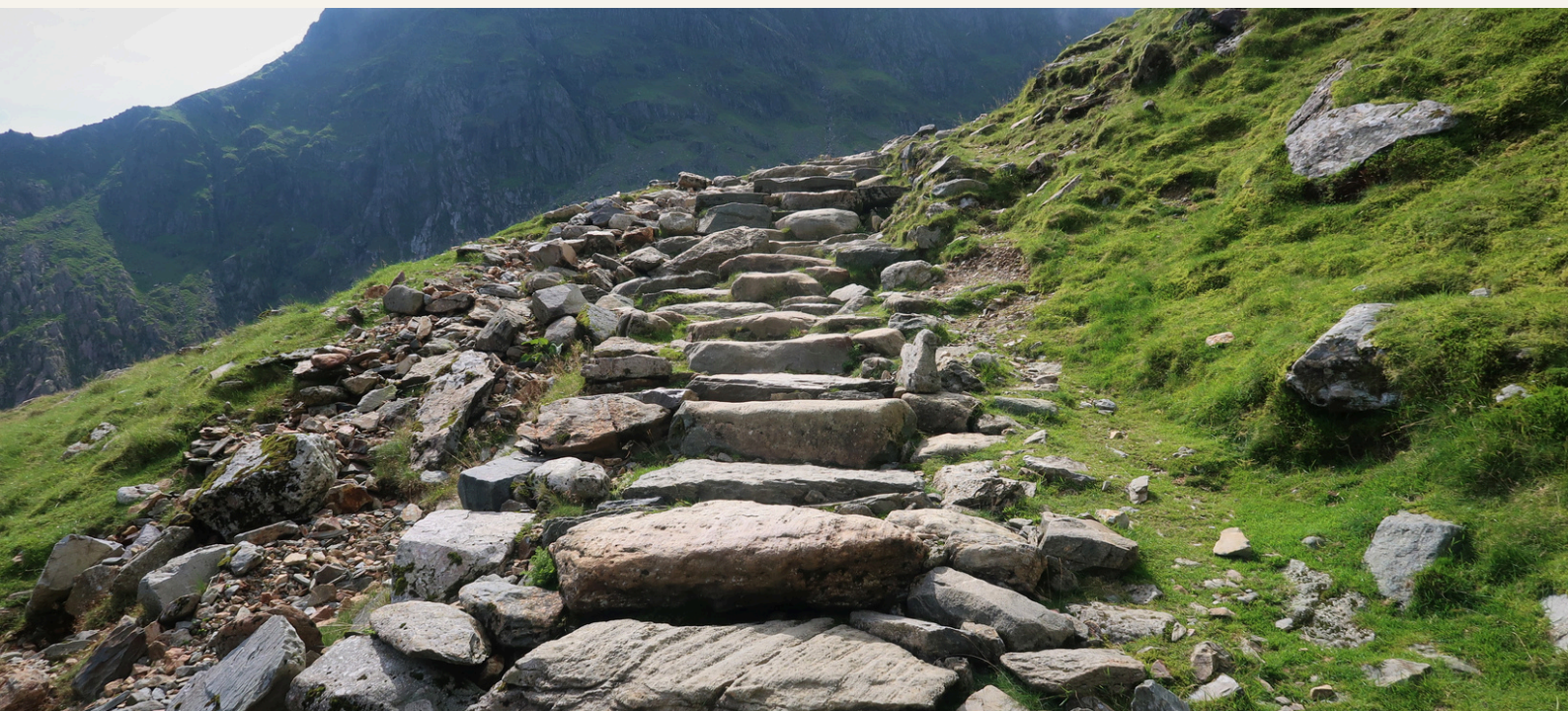


Your Own Mt. Kurama

If you come with me, I will act as your guide and witness.

You probably won't retreat from your life to a mountain. Your journey may take place in the midst of family, friends, community and work.

But within the structure of daily life, you will find a quiet, internal path that is yours alone. You'll find it in your Reiki Practice.





Use the upcoming questions to
help you clarify next steps.



Which describes you?

- **You feel complete with level two.**

You want to practicing casually, for yourself, family, friends, volunteer work, etc.

You don't need further support.

- **You want a shorter Reiki master training with a different teacher.**

You just want to learn to pass attunements and how to draw the master symbol.

You won't need further support.

- **You prefer the mastership mentorship I am offering.**

You want to continue integrating the Reiki principles and practice into daily life. You want support in upleveling your Reiki skills, perhaps beginning your own private practice. You want authentic living.

- **You want the certificate now, but you also want the practice to advance your skills.**

You want to attend both a short master training and mentorship with me to practice and receive guidance in a structured format.

- **You may want a longer, more thorough path to Reiki mastership, but you feel it's time to move on to a different teacher.**

You are curious about other styles of Reiki or teaching and feel it's time to broaden your experience.



Is your decision clear?

Before you move forward, be honest about where you are, and which next step is right for you.

We can meet if you want support in deciding.

We also have options to stay in touch, even if you choose another path.

I want to work with you in the way that makes sense for you and your personal journey!

Let's talk.

Contact me at lisab@bostonreiki1.com

Or schedule a Zoom meeting: [BOOK NOW](#)