**How experienced is your Reiki Master Teacher?**

**By Rosemary DeTrolio Reiki Master Teacher**

Are you considering learning Reiki?

With Reiki people popping up like daisies, you should know who is training you or working with you.

First, I would ask how experienced the Reiki Master Teacher is. I’d ask what style of Reiki did they learn and do they teach it. There are many styles of Reiki. Which style are they teaching you? How much practice have they had?

Next, I would ask if he or she has taught all of the Reiki levels and if so, how many students did he or she train? How many Master Teachers did he or she train? If you are training past level 2 this knowledge is imperative.

If you are at the start of your journey, a well-seasoned teacher can guide you through the various emotional clearing stages that occur at first level. Everyone needs to start somewhere, but I would certainly expect that a Master Teacher has used Reiki extensively, and has taught level 1 and 2 many times before training a level 3 Master, or Level 4 Master teacher student. Inexperience doesn’t make for the strongest teacher.

I’d like to know how the teacher was trained and by whom. Did they receive separate attunements, or was it a mad dash two levels in one weekend?

To learn each level completely, time and practice is necessary. Mind, body, spirit balance and clearing happen and as life lessons appear, the student needs to integrate them, understand, and release them.

Reiki is one of the systems where the attunement be done by Master teacher to student. **You can’t just learn it on the internet or receive an attunement long distance.**

An attunement is a process of transferring Reiki energy to open the healing channel. It is only possible to open this directly and in person from Reiki Master Teacher to student. The teacher grounds your energy and opens the healing channel working as a conduit.

You can receive a **long-distance healing energy** from a Reiki practioner who is at level 2, 3, or 4. This *is very different process than being attuned to Reiki. If you’re told differently, I’d be suspicious of the person’s integrity.*

There are reasons why I teach Reiki with a 3-6 month wait between levels. Next, see if you have a good fit with your future teacher. If you feel uncomfortable, find the person who is right for you. **Your intuition is important.** Don’t discount it.

It’s imperative that your teacher shows you grounding, psychic protection, and clearing exercises as a way to continue to balance yourself. It’s vital that your teacher tells you about the healing crises, and other odd occurrences, which may happen during your Reiki journey. Many good people have been scared off a path due to impartial training or a teacher who was not experienced.

Lastly, you should have contact with your teacher. It’s a student’s responsibility to practice, to ask questions, and show up.

I do teach all levels of Reiki and have used it since 1997. Interested in a session or Reiki instruction? However, if I didn’t train your previous levels, I will ask you retake a level with me, but I won’t charge to attune you again.

When I train a student, I do make sure there are no gaps in understanding, process, or protocol. I will ask to see your certificates to see who trained you and when.

I won’t take on a Master Teacher, unless I’m sure all requirements are met. When a student is trained by me, he or she is on solid ground. They represent me as their guide and teacher.

Contact me if you have any questions or concerns.

Visit [www.rosemaryd.com](http://www.rosemaryd.com) for the Reiki class information.

If you don’t see one posted, please contact me and I will give you an upcoming date and time.

Please visit my website or e-mail me. [info@rosemaryd.com](mailto:info@rosemaryd.com)

Rosemary DeTrolio