

## HOW TO CHOOSE A REIKI CLASS

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When I took my first Reiki class eight years ago, I had to wait until a Reiki Master came to my area; now there is a seeming explosion of Reiki Masters. How can one know which to choose? Are they the same or is there a big difference between them?

Reiki is simply the Japanese word for the energy that gives life. Reiki is also the name for a natural system of healing. Dr. Usui, the founder of the system of Reiki healing, made an arduous journey of many years to discover the power to heal. The journey, sparked by an inner pull, culminated in a 21-day fast and meditation. During meditation on the final day of his fast, he went into an altered state of consciousness for several hours, after which he had the power to heal and to pass on this power to others. He was what today we would call a Reiki Master.

How does someone become a Reiki Master today? It varies. It can take anywhere from one weekend, costing \$400, to years of development under the guidance of one or several Reiki Masters, costing \$10,000.

How does one decide which Reiki Master to choose when looking for a Reiki class? It is deserving of careful thought and depends on one's own value system. I encourage people to interview several Reiki Masters before deciding. Following are some questions that may help you decide. There is no right or wrong answer to these questions. They should be answered truthfully as to what is most important to **you**.

- Do **I** prefer interesting experiences or inner growth?
- If inner growth is important to me, how do **I** grow best--with a quick blast or with something slow and steady?
- When I talk to this Master, how do I feel in my **body**? Is there some tension in my stomach? Or does my whole body sigh with a sense of peace?
- Do I learn something about **myself** as I speak with this Master?
- Why did this person choose the Reiki Master he or she studied with? Do the reasons echo within me as reasons that are important to **me**?
- How long is the class? What does it consist of? Is this what **I** want?
- If all the Reiki Masters charged the same price, which one would **I** choose.
- Which is more important to **me**, money or studying with this person?

Money is always an important factor. In the United States, many of us look for the best deal. In Reiki, the best deal comes from listening to the **heart**. If you feel drawn to a particular Reiki Master, the payment will work out. Sometimes we need to develop a sense of trust in this energy, which delights in giving Life.

More questions will come to you as you interview Reiki Masters. Listen to your body's response as you talk. Ask all the questions that come to you. Enjoy the process of discovery. You **will** find the Reiki Master best suited to **you**.

Please note the ideas expressed in this article are the author's alone and not necessarily representative of the Reiki Alliance.

Meg Siddheshwari Sullivan, a Reiki Master since 1991 and a member of the Reiki Alliance, founded the Reiki Center of the East Bay. A registered nurse for thirty-six years, she holds a master's degree in rehabilitation nursing. The Center is the first natural healing service to earn Consumer ValueStar, the symbol of very high customer satisfaction.

[Please note also that I decided to discontinue being a ValueStar member sometime after this article was published]