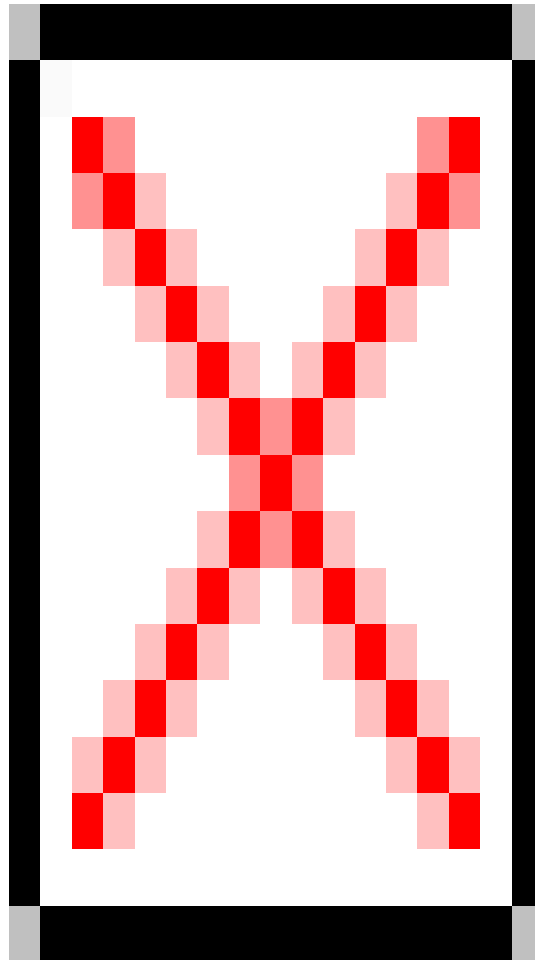


Reiki - What It All Be Like

Home of the 30 Day Reiki Challenge!!!

Top 10 Things to Consider when Choosing a Reiki Teacher

Duane Flowers · Wednesday, April 16th, 2008



Some people have trouble selecting the right Reiki teacher and I think its safe to say that all Reiki teachers are not created equally. To that end I've compiled ***a list of things to consider when choosing a Reiki teacher...*** these are not commandments... just suggestions... they are not in any particular order and may change at a moments notice as more important considerations come to mind... :-)

- **resonance** - choose someone you are comfortable with, if you get a bad feeling trust your instincts.
- **lineage** - choose someone with a lineage you are comfortable with (***for some people this is more important than for others and at different stages in one's Reiki developments this may change in importance***).
- **experience** - chose a teacher with a level of experience that

you are comfortable with. It is good to bear in mind that **some new teachers are better** than some teachers with many years of experience.

- **location** - you may (if given the option) prefer to have a teacher who is close to you so you can easily meet when desired. More distance may also be desirable for some (especially if you live in a one-horse town) so choose accordingly.
- **distance vs. local attunement** - while I'm not a very big fan of most distance Reiki teachers **there are certainly a few gems out there** and sometimes there's is no option. It was quite a search for me to find an English proficient Reiki teacher here in Japan.
- **price** - its a fact that some teachers are more expensive than others and also that price does not necessarily denote quality. When possible look for referrals to ensure you are getting what you are paying for.
- **advancement** - some teachers tend to rush you to the next level even if you are not ready while others seemingly wait forever. You may wish to find out the teacher's policy in this regard and make sure it fits with your expectations.
- **# of students** - some teachers I've met have taught hundreds of students and yet I would never see fit to recommend them... others have taught but a few, yet they are excellent teachers. Generally speaking, there's a reason why someone has hundreds of students, but not always... be sure to check it out.
- **spirituality** - some people are interested in Reiki as a spiritual path while others are not... therefore **one's teacher should should reflect one's path.**
- **commitment** - does the teacher walk the walk and talk the talk? Do they practice Reiki even in their off hours? Do they have a lifestyle conducive to the **Reiki spirit**? These are all valid considerations.

Good luck in your quest and **don't settle for mediocrity when choosing a Reiki teacher...** sometimes the most unlikely person might be just what you need!!

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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