



Reiki Master Teacher Douglas Lee-Regier, MA, LMT offers Reiki as a healing treatment in his massage practice at New Dimensions in Wellness as well as giving classes and attunements to Reiki, Levels I, II, & III. Therefore, you too can be '**attuned**' to be a Reiki practitioner.

## What is Reiki? Who can benefit from it? Who can practice Reiki?

I offer Reiki to all of my clients who wish it in my massage & bodywork practice which consists mainly of myofascial release / craniosacral therapy treatments. I also use Reiki in everything I do, from family, to work, and even social life. It's really quite simple and automatic once you are '**attuned**' to the practice.

I define Reiki as "universal wisdom energy flow." What this means is that each of us has an unlimited amount of energy flow (spelled as ki in Japanese, chi in Chinese) surging throughout our beings. What's needed is a cohesive direction for this energy to flow. That's where the rei comes in.... Rei means "spiritual or 'universal' wisdom." The Reiki practitioner's job is to open the space for this wisdom to come in and direct the ki, the energy or chi, in the way that is totally healing and in the best interest of the client and all concerned.

So as a Reiki practitioner, you find something that needs to be healed – from a headache to a major disease or lifetime condition. You do not expect to cure it or magically dismissed the condition, but rather for it to be helped along in the healing process. The practitioner simply welcomes the 'universal' wisdom to direct the energy flow in this direction.

Anyone who has been '**attuned**' to Reiki can practice this act of aiding in the healing process.

An attunement consists of a class, usually about one day per level and there are three levels of Reiki. During the class, the instructor explains the history, lineage and method of doing Reiki. Then each student receives a personal empowerment to begin immediately practicing the healing modality and the students practice on each other.

**During the attunement to Level I of Reiki, the student / practitioner is taught to “turn on,” or tune into, the “universal wisdom energy flow.” The class includes a rite of passage wherein the teacher passes the tradition along to the student. From that time on, the new practitioner can practice Reiki on anyone who agrees to receive it, usually for some kind of exchange such as love or money.**

**In Level II the practitioner is taught to use certain symbols to strengthen and further empower the flow of energy in the recipient, including distance recipients, again, not through the use of our own power, but simply by allowing the energy to flow. These symbols heighten the experience for both the practitioner and recipient. Again, this attunement happens in a one day class consisting of learning the symbols, how they work and what they are used for. The day includes a symbolic passing of the power of using the symbols to the new Level II practitioner as well as a time for practicing on each other.**

**Level III consists of learning a new symbol to heighten the power or intensity of Reiki even more. The Level III practitioner, called a Reiki Master, may simply use this new level in their practice or may go on to become a Reiki Master Teacher who can then be taught to attune other Reiki students to all levels of the practice. The teacher skills will be learned as a separate part of the Level III training, with an additional fee, called an exchange of energy.**

**Fee scale as exchange of energy: The fee should be seen as an exchange of energy, a way of energetically bringing the training to the seeker.**

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