**SRMT PROGRAM & PRATICUM CHECKLISTS**

*Refer to this list through the year, and check off each requirement you complete. At the end of the program, send your checklist to the Mentor who reviewed your Practicum. (This includes a ‘program list’ as well as a Practicum checklist.)*

 **PROGRAM CHECKLIST**

**Tele-Gatherings**

\_\_\_\_ Attend ‘live’ a minimum of 9 Tele-Gatherings and listen to recordings for those missed (contact Stacey if you have conflicts or special circumstances)

**Q & A and Special Focus Sessions**

\_\_\_\_ Attend ‘live’ a minimum of 4 calls and listen to recordings for those missed (contact Stacey if you have conflicts or special circumstances)

**Mentor and Peer Support**

\_\_\_\_ Monthly call with Mentor

\_\_\_\_ Monthly (or more frequent) check-in with Peer(s)

**General**

\_\_\_\_ Honor Lunar and Solar Cycles (including monthly dark and pre-full “Moon Water”)

\_\_\_\_ Journey to and merge with the Reiki symbols

\_\_\_\_ Establish a strong relationship with the Shamanic Reiki Spiral

\_\_\_\_ Journey to the Elements on a regular basis

\_\_\_\_ Keep a Journal of your experiences

\_\_\_\_ Connect with your Altar

\_\_\_\_ Journey to your Sacred Place, Spirit Guides, the Grandmother Tree and our Stone Circle

\_\_\_\_ Design a House Cleansing and Blessing (EARTH Spiral)

\_\_\_\_ Design a Land Cleansing and Blessing (EARTH Spiral)

\_\_\_\_ Create a Shamanic Reiki Client Session outline (AIR Spiral)

\_\_\_\_ Practice *Air Camaying* (AIR Spiral)

\_\_\_\_ Practice *Water Camaying* (WATER Spiral)

\_\_\_\_ Utilize the GOLDEN TRIAD for client sessions

\_\_\_\_ Create a SR Level One teaching outline (WATER Spiral)

\_\_\_\_ Create a SR Level Two teaching outline (FIRE Spiral)

\_\_\_\_ Create an Attunement Ritual or Ceremony for Levels One and Two (FIRE Spiral)

Recommended:

\_\_\_\_ Tune into Maya Energy of the Day

**Reading**

***EARTH Spiral***

\_\_\_\_ 1-2 books of your choice focused on the EARTH

\_\_\_\_ *Shamanic Reiki* chapters 1, 5, 6, 10, 12

\_\_\_\_ *The Good Remembering* chapters 1, 2, 3, 4, 7

\_\_\_\_ *Shapeshifting Into Higher Consciousness* chapters 1, 2, 3, 4

\_\_\_\_ *Speaking with Nature* chapters Blackberry Plant, Banana Slug and Earth Worm, Black Bear,

***AIR Spiral***

\_\_\_\_ Optional: 1-2 books of your choice focused on AIR

\_\_\_\_ *Shamanic Reiki* chapters 4, 6, 8

\_\_\_\_ *The Good Remembering* chapters 5, 6

\_\_\_\_ *Shapeshifting Into Higher Consciousness* chapters 5, 6

\_\_\_\_ *Speaking with Nature* chapters: Snowy Owl, Elk, Wood Sorrel, Earth Goddess Nunkui

***WATER Spiral***

\_\_\_\_ Optional: 1-2 books of your choice focused on WATER

\_\_\_\_ *Shamanic Reiki* chapters 1, 2, 3, 11

\_\_\_\_ *The Good Remembering* chapters 8

\_\_\_\_ *Shapeshifting Into Higher Consciousness* (what interests you)

\_\_\_\_ *Speaking with Nature* chapters: Artesian Spring & Mist, Glacial Silt, Lady of the Sycamore

\_\_\_\_ *Healing with Form Energy and Light* pages 43 & 44

***FIRE Spiral***

\_\_\_\_ Written materials about shamanic FIRE Ceremony

\_\_\_\_ *Shamanic Reiki* chapters 9, 10

\_\_\_\_ *The Good Remembering* chapters 9, 10

\_\_\_\_ *Shapeshifting Into Higher Consciousness* chapters 7, 8

\_\_\_\_ *Speaking with Nature* chapters Corn, Elk and Snake, and the Hidden Folk, Spirit of the Land and Star Beings and Starry Princess

Recommended:

\_\_\_\_ Read *Healing with Form Energy and Light*

**BODY, HEART, EARTH Disciplines**

\_\_\_\_ Conscious Breathing: 5 minute daily breathing practice of your choice

\_\_\_\_ Light Breathing Practice: 5 minutes daily, to follow above breathing practice

\_\_\_\_ Daily 10 minutes or more of a mindfulness-awareness

meditation practice

\_\_\_\_ Tong Len Practice *as outlined in SSHC*: 5 minutes *once per month or more*, the above practices must be done prior

\_\_\_\_ Daily Self-Reiki for 10 to 30 minutes

\_\_\_\_ At least one hour of Aimless Wandering per week in nature - make offerings, and attune to nature. You can also practice Cosmic and Earth Channeling, the Siberian Mark Exercise, Retrieving Physical Huacas (SSHC), and - Retrieving Vital Essence from Trees (SSHC)

\_\_\_\_ Regular Earth-rooted practice that supports BODY, HEART, and EARTH and increases energetic resilience, such as Qigong, Yoga, the Tibetan Five Rites, etc.

Recommended:

\_\_\_\_ Practice the Tsa- Lung regularly, as outlined in *Healing with Form, Energy and Light*

 **PRACTICUM CHECKLIST**

**Personal**

\_\_\_\_ Daily Self-Reiki treatments (per above)

\_\_\_\_ Receive a complete Shamanic Reiki session, or Reiki treatment at least once per month

**Client Work\***

\_\_\_\_ Full Shamanic Reiki session with same client weekly for one month (4 sessions)

\_\_\_\_ Long Distance Shamanic Reiki session with first client (1 session)

\_\_\_\_ Long Distance Shamanic Reiki session with second client (1 session)

\_\_\_\_ Long Distance Shamanic Reiki session with third client (1 session)

\_\_\_\_ Full Reiki session with same client 3 days in a row (3 sessions)

\_\_\_\_ Full Shamanic Reiki session with same client 3 days in a row (3 sessions)

\_\_\_\_ Full Shamanic Reiki session with same client weekly for four months (16 sessions)

\_\_\_\_ Full Shamanic Reiki session with same client weekly for four months (16 sessions); second client

\*Speak with Stacey if you have special circumstances or needs concerning any of the Practicum requirements. This may include – if you have a desire to focus the Practicum on your work with animals, etc.