



Shamanic Reiki Master Teacher and Life Empowerment PRACTICUM OUTLINE

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The Shamanic Reiki Practicum is an exciting aspect of the SRMT! You will learn so much! As your practice quickly evolves by immersing in the practice of Shamanic Reiki, your clients will benefit, and as you deepen into the hands-on work you will build a solid foundation of experience, from which to be a good practitioner and teacher.

Those of you who already have a Shamanic Reiki (or other modality) client base will find it easy to integrate the Practicum into the work you are already doing. For those of you who do not have a practice or a client base, remember that you can contract to work with friends, acquaintances, other apprentices in this program, family, etc.

The *Shamanic Reiki* book is your main reference, know it and use it well!

When the Practicum assignments are listed as “Shamanic Reiki”, please bring in as many aspects of the work presented in the *Shamanic Reiki* book as you can (working with the elements such as flowers and stones, removing or transmuting intrusions, releasing deleterious cords, balancing energetic blocks, visiting past life events, and preventing soul loss) at a pace you feel comfortable with, and as your client’s needs reveal. As everyone moves into the Practicum period, we will share more specifics about session work, and address your questions and experiences.

You will want to ask someone who is open to Shamanic Reiki and master-level work, is willing to fill out the reflection forms, and will commit to the number of sessions you request. Your client can give you a monetary exchange for the sessions, or you can consider another exchange, or that the commitment to receive the work and offer feedback on the reflection forms is an adequate exchange. This

will be up to you. There is no right or wrong about this, only that you and your client are in agreement and feel comfortable with whatever you arrange. You may do these sessions with someone, or with a client, that you are already working with.

With the three (3) consecutive-day session requirement, and the weekly sessions over four (4) months requirement, keep in mind that you can combine these and also that these clients are ideally folks who are struggling with serious, long-term, or persistent issues.

Keep in mind that although Reiki and Shamanic Reiki are complementary therapies to allopathic medicine, and, so, will support whatever medical care they are receiving, please encourage your clients to ask their medical practitioner if they have any questions or concerns.

Please use the Practicum Reflection Forms for every client session that you do, absentee as well as in-person. Also, write in your journal or the Practitioner Reflection Form for the work you do on yourself. We will request that copies of these forms be submitted **at the end of the program** to your Mentor. More information on who to submit your forms to will come as we get closer to the end of our program.

If you have concerns that your work or other commitments will prohibit your ability to do the entire Session Practicum as outlined here, or if you simply desire more time – beyond our year together – to complete the Practicum, please let us know your concerns. The more sessions you do and the more experience you gain, the better. However, as we recognize that people have work, family, and other commitments, as well as different personal styles and rhythms – we are happy to explore alternatives that are just right for you.

Here is the Practicum. Read it and please write down any immediate questions. Re-read it a couple of times later and write down any other questions you may have. We will address your questions on one of the Tele-Gatherings.

Please note that you should be doing self-treatments and receiving your own sessions from another practitioner throughout the time that you are working

on/with others. Please begin client assignments for the Session Practicum no later than mid-point through the AIR Spiral.

PRACTICUM

1) Do Reiki self-treatments daily.

A “Reiki self-treatment” can be as simple as a 5-minute session done while sitting on the bus, taking a break at work, or lying down for a nap. It may simply involve the three head positions: eyes/forehead, brain hemispheres/temple, and occipital ridge at the back of the head. These three positions are powerful consciousness-shifters and rejuvenators. Do a full treatment on yourself whenever you can; once a week ideally, and once per month minimally. Reiki is an amazing tool that will change your life!

2) Receive a full (Shamanic) Reiki treatment at a minimum of once per month from another practitioner (at least Level II).

It is ideal for these to be Shamanic Reiki sessions. If and when that is not possible, get a straight Reiki session. Receiving a Reiki session at a Reiki clinic will count as a full session.

3) Contract to do a full Shamanic Reiki session on the same client weekly for one month.

4) Contract to do an Absentee Shamanic Reiki healing session as outlined in the book *Shamanic Reiki* for - three (3) people - from beginning to finish.

5) Contract to do a hands-on Reiki-only session on the same person three (3) days in a row.

6) Contract to do a Shamanic Reiki session on the same person three (3) days in a row.

7) Contract to do full Shamanic Reiki sessions on two (2) separate people weekly for three (3) months. This is a total of 12 sessions* per person.

8) PRACTICUM ELECTIVE: Conduct a Community Healing Circle as outlined in the Shamanic Reiki book.

It is ideal if you gather practitioners who want to continue the circle on a monthly basis, with or without you being present after the circle is initiated. Llyn, Stacey, Rob, and Emily are happy to support you through this process. If you do not feel ready to do a “full-on” public circle, you can begin small with a home-based circle or HEARTH with friends, family and/or neighbors.

Please note: When you pass the Practicum forms into SRW they will be kept confidential. However, if you, or your client, do not want their name used on the form, feel free to use their initials or a fictitious name.

TO CLOSE

Invite Shamanic Reiki as a living teacher and allow spirit and the elements to work through and with you! Do remember to include in your personal journaling any “big” dreams as you immerse in the work. Also, reflect on how you might feel or perceive that you are changing and evolving as you engage your clients and sessions. Your journal entries will help you to be a good teacher, as you will have your own experiences to reflect back on.

Take a nice deep breath, and – know that there is no right or wrong. Soften the inner critic. Know you will make mistakes, sometimes downright silly ones.

AND - this really isn't about you, is it?

It's about offering to another and allowing the Intelligent Force of Life and Nature's Spiritual Energies to follow that commitment/intention like an arrow – to work through you. The relationship is really between these forces and your client. You will enhance this connection through how you set up your environment, how you prepare for your session, by adopting a comfortable and folksy manner, and by trusting and RELAXING.

ENJOY!

*Please note that rarely does it work that a client can come twelve weeks in a row. If there's a gap of a week or two at some point, that's natural and fine. These don't have to be regular client 'paid' sessions, they could be by donation or free, as the 'exchange' they are giving you is to support your Practicum, and to provide feedback for each session. If you have a hard time finding someone to work with regularly, you can ask to practice on a family member or a friend. Lastly, if you're working with someone who commits to the 12 sessions and there's an unexpected large gap of time between one session and the next, you can do Absentee Shamanic Reiki Healing in the interim. But try to stay with the in-person, and hands-on sessions, as much as possible.

Lastly, some people choose to work with plants, trees, animals, bodies of water, and the Earth (land) instead of people. Please speak with us if you desire to create an alternate focus for your Practicum. We are happy to support you and nourish alternative callings!!