



Evolving Shamanic Reiki Master Teacher LEVEL ONE QUESTIONS FOR REFLECTION

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Welcome, Shamanic Reiki Adventurer, to the LUNGTA Spiral, EV1!

From the foundation of the SRMT and Life Empowerment yearlong program, EV1 invites you to deepen into the journey to nourish your confidence, deepen into your authentic self, and share your richness with others.

EV1 is a compassionate and conscious container for us to work with our blind spots, shadow aspects, subtle ego tendencies, and habitual patterns. These are our teachers; they hold our greatest light and gifts.

Our willingness to open is all that's needed. It's an exciting, creative process that enhances how we hold a sacred and clear space for others.

We acknowledge the courage it takes to commit to evolvment. Just as we expect of our clients and students — we must be on the path ourselves.

It is within the spirit of courageous and creative evolvment, that we invite you to respond to, and reflect upon, the questions below.

Thanks for your time. Enjoy the reflecting!

1. How would you describe your gifts as a healer and teacher?
2. Why are you drawn to the EV1 program?
3. What Physical, Energetic, and/or Spiritual practices and exercises do you do – how long you have been doing them, and how often? Why do you do them?
4. How would you describe your overall physical wellbeing? What physical issues and/or symptoms do you struggle with, how do these affect you and how do you feel about and relate with these? How do you physically and energetically care for yourself?
5. How many hours per week do you have for ‘free’ nature time: to wander and explore, incubate, connect and restore? How do you approach nature time and, do you do any nature-based practices? What’s your longing – your dream, about connecting with nature?

6. What challenges are you currently working with and how are you relating with these?

7. What challenges have you worked with in the past?

8. How would you describe your overall emotional wellbeing and your 'joy' level – how do you nourish your spirit and heart? Also, how do you care for/support yourself emotionally?

9. What are your 'go to's' when you feel stressed, threatened, or overwhelmed? For example: anger, grief, numbness, blame, internalized chastising, fatigue, busyness, fear, or other. We all have them. What do you feel about these and what's your level of workability? In other words, how do you recognize and work with these responses?

10. How do you feel after seeing a client? After teaching?

11. What do you appreciate about your healing journey, your personal journey to the wholeness you inherently are?

12. How do your growth edges contribute to your unique gifts as a healer and teacher? In other words – what are the **jewels** of your difficulties? How have they made you **stronger**? How have they made for a **richer** life journey? What is your approach and commitment to uncover and embrace your personal shadow aspects, to unravel the intelligence and messages they hold for you – to claim the gifts they conceal.

13. How have you manifested your gifts into the world? Where do you see yourself in a year? Five years?

ENJOY the reflections! Commit to re-visit these responses throughout our year together!

From my heart to yours,

Llyn