

Let's talk about the word *master*. Some people don't feel comfortable progressing with this level since they don't feel like a master, yet. It's good to be humble about your Reiki practice, but don't let that stand in your way of continuing to learn. The concept of a Reiki master is something that we earn and step into over a long period of time. True Reiki masters are the ones that keep studying, learning, and doing many Reiki sessions. If we truly want to earn the title Reiki Master we must continue to learn new skills, practice Reiki, and deepen and commit to a spiritual practice. We are Reiki masters and we are also continuing to move down the path to more and more mastery.

Reiki teachers all have different rules about how long you have to study at Reiki Level 2 before you can take your Reiki Master training. Some people have studied Reiki Level 2 for a year or so, and some learn Reiki Levels 1, 2, and 3 very quickly together. Let your intuition guide you about how long you need at each level before you progress.

It reminds me of how I felt when I got my black belt in Okinawan Goju Ryu karate. A black belt is like a Reiki Master, but I was surprised when I went to my first black belt class. I thought I had arrived and that I had reached the goal, the endgame of my training. The senior students were doing new forms and breaking down each move, really studying its application. There was so much more to learn that I had never even imagined was possible.

Rather than feeling puffed up about my achievement, I felt humbled and awestruck. The senior level black belts informed me that the belt was there to keep your pants up and that was about it. In the past, the belt was there to keep your uniform tidy and it turned black over time due to sweat and hard work.

If you study Reiki this way, you will feel like a master before you know it. With the Reiki Master level, we also learn deeper spiritual healing techniques. This is when you would learn past life healing techniques and perceive how people's past lives are still affecting them in this life. Past life work is exciting and interesting and it perfectly blends spiritual healing with your increased psychic abilities.

At Reiki Level 3, your psychic abilities will weave seamlessly into your healing sessions, so that it all becomes one and it's hard to separate out what is Reiki and what is psychic ability. This is also part of mastering this level of Reiki. You may also become aware of where your clients need spiritual healing. It might be past life events that have not fully been processed and are bleeding over into this life. It also might be the spiritual roots of mental health and physical issues. Sometimes our clients have deep pain and problems that have their roots in past lives. As healers, we might have difficulty find the root cause unless we are able to do this level of spiritual healing.

Spiritual healing might also include helping people work through the lingering energetic connections we have with relationships that have ended. Reiki Masters will see these energy cords that connect us in unhealthy ways in our relationships. Looking at the spiritual contracts between people and learning to do cord cutting is a powerful way that you can help your clients. It brings almost instant relief to painful relationships.

Many people at the Reiki Master Level will learn how to do psychic surgery. It's a very useful technique that we might use to heal a ripped chakra, "sew" up a torn aura, and even remove strange objects that we can feel that are energetically embedded into people's energy

fields. For example, I recently did a session on someone who had gone through a painful breakup. She was still very sad and depressed about it, weeping throughout the session even though she knew it was not a healthy relationship for her. Once she was on the table, I had a vision of a knife stabbed into the back of her heart. She said she felt that way since there had been a huge betrayal in the relationship. I gently removed this energetic knife and had to sew up her leaking heart chakra. It was really a broken heart. It felt like a very karmic relationship, so it was important to explore the soul contract she had with this person. I could see a past life where she had been this person's mother and she still felt like she had to mother and protect him, despite his tendencies towards self-destructive behavior.

She was relieved to learn about this dynamic. It helped explain her feelings towards him and also why this might not be a good pick for a romantic partner. We finished the session with a cord cutting, which helped release the unhealthy desire she had to saving, fixing, and rescuing him and find some closure for her.

You can see from this example how all those spiritual issues wove together to create a painful block for her. The Reiki Master Level is all about being able to perceive these connections and then using these advanced healing techniques to help the client release a wound at the spiritual level. It's powerful stuff! At this level, it's also very good to learn about how to handle clients who have deeper trauma, as many of your clients will. People who have unhealed traumas are drawn to all kinds of healing work and may well seek out energy healings, as well as counseling and other methods. More and more Reiki practitioners are being called on to help people who have severe trauma and this is something that you need training for as a Reiki Master. It's a horrible feeling to be in the middle of a Reiki session and have a

client reveal a deep trauma and not know how to handle it. Sadly, this happens all too frequently. Becoming skilled on how to assist someone who is healing from a trauma is critical training for Reiki Masters. We also need to learn how to hold onto ourselves in those sessions, because they can be difficult to witness. When we ourselves are traumatized by hearing the story of a client's trauma, it is called *secondary trauma*. We need to learn how to care for ourselves when that happens.

The last and maybe most important piece of Reiki Master training is to find a way to bring your Reiki out into the world. For some, it's a practice with clients, which is how I do it. For some, their Reiki practice might be part time, something done out of love on their days off. Other people are called to volunteering. Reiki Masters volunteer in hospitals, nursing homes, and hospice centers. They hold babies in the neonatal wards or they are nurses who give the blessing of Reiki every time they touch a patient.

Reiki is a fabulous additive for anyone who works hands on with others. Hairdressers, massage therapists, and physical therapists greatly benefit from adding Reiki into their tool kits. Reiki blends in so nicely with other healing modalities that energy and body workers can use it along with their other modalities.

It's an important part of your Reiki journey to understand where Reiki is calling you to use it in the world, and then do so. Perhaps you are called to work with animals or children. Maybe it's lots of kitchen table Reiki with your friends and family. Or, maybe you are drawn to using long-distance Reiki for the upsets and disasters that are on the news. Reiki is like a prayer

that can be a powerful healing agent on a global level. Don't underestimate the power of this, even though it might seem ordinary and humble.

Your guides will send you "clients" of all kinds and in all ways, when you are open to it. It might be a friend or family member in need. It might be a client paying for a session or person you see in need in your community. It might be a public tragedy, or a small, unnoticed interaction with the person standing behind you in a check-out line. When we have the spirit of Reiki, it moves through us any way it can and that is a beautiful thing.

It has been my honor and privilege to be one of your Reiki teachers and I wish you wonderful, healing experiences as your Reiki journey continues. Let us conclude with the wisdom of Usui Sensei and the Reiki precepts.

Just for today do not worry.

Just for today do not anger.

Honor your parents, teachers, and elders.

Earn your living honestly.

Show gratitude to everything.

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