



The Value of Reviewing Reiki Classes

BY CAROLYN MUSIAL

HAVE YOU EVER THOUGHT about reviewing a Reiki class—that is retaking a level that you have already taken? If not, I highly recommend that you do! I have personally taken each level of Reiki a few times, from different teachers and from the same teacher, and the experience has always been wonderful.

Reiki always meets you where you are, so you will always learn. When we welcome Reiki into our lives and work with the energy—especially with daily self-Reiki—we are continually healing, growing and expanding. Reviewing a class is another way to continue on that journey. Even if you had the same class from the same teacher, and that teacher used all the same words to explain and instruct, you would still learn because you would “hear” things differently and you would experience the class and the energy on a different level than the previous time (or times) you took that class. Your experience is deeper, the healing more profound. Your questions are different. Your understanding and “knowing” expand.

Some students review a class simply to be in the energy and experience a healing weekend or retreat. Some may find they are ready to teach and would like to take a class as a refresher. Sometimes we are drawn to the teacher or the form of Reiki that is offered.

I have been teaching Reiki for 17 years, and I still feel guided to review

classes occasionally. I LOVE being a student in a Reiki class simply to BE in the energy! I love to learn from the teacher and observe and participate in their way of teaching. I often find myself thinking, “I would never have thought to explain it that way!” I truly feel that reviewing classes helps me to be a better teacher—open to new ideas and techniques and learning different ways to reach my students. And it is always fun!

As a teacher, I always invite Reiki to teach the class—to teach through me, speak through me—so that the students in that class receive exactly what they need. Even though Reiki directs the flow, I am still responsible for the curriculum and making sure that we cover everything in the class outline. As a student, I am able to completely let go and simply experience the class. As a result, I have experienced profound healings when I review a class. I continue to be amazed at how Reiki works, always bringing us exactly what we need at that time. I am reminded that there is no limit to where Reiki can take us; the potential is limitless.

I asked a few of my students why they reviewed classes. Mary Beth Wollenschlaeger, a Reiki Master Teacher, told me that “there is an expression that goes, “When you get off the train you are no longer the same person you were when you boarded,” meaning we are always changing. So reviewing a Reiki class makes perfect sense to me. It’s like tak-

ing a new class! I feel I always learn something deeper and I enjoy meeting new Reiki people.”

Reiki Master Brigid Martin shared the following with me:

This is a journey. So theoretically, the learning should never stop. As a public-school reading specialist, I am always seeking out new professional development opportunities in my field. Although I know a lot, there is always more to be learned. I view Reiki as no different. New information emerges, and I think we have a responsibility to keep ourselves informed about best practices.

During my first Reiki I course, the instructor teaching the course said that you can never take Levels I & II enough. One teacher simply does not have all the answers. Personally, this makes sense to me. By re-taking classes, you may hear new ideas, learn new techniques, or simply better synthesize older concepts. For example, I knew that you could use Reiki on everything and anything. But did I actually do that? No. Yes, I gave Reiki to myself, my husband, the cats and the house—but not everything. After having retaken Reiki Levels I & II however, I find myself giving Reiki to absolutely everything, anyone and every situation I can!

Arlene Lina, a Reiki Master Teacher, recently reviewed a Holy Fire II Karuna Reiki® Master class with me. Arlene has reviewed all levels of Reiki a few times, so I asked her why she chose to do that. She

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replied, "I review the classes for the increasing healing energies and for the exposure and experiences of the diverse energies of others in the class."

Evelyn King (formerly Evelyn White-side), a Reiki Master Teacher for many years, told me that she reviewed the ART/Master class and then Reiki I & II as she wanted to become a professional member of the Reiki Membership Association (RMA).¹ Evelyn decided to review the Holy Fire II ART/Master class with William Rand and expected to learn more about advanced Reiki techniques and receive the Ignitions for the Holy Fire II Master Level. I also wanted to learn from a Reiki Master that I had learned to respect and admire over the years. What she did learn was how easy it is to do the experiences, placements and ignitions. What I learned was how important it is to just let go and trust the Holy Fire to work the way it needs to for each student. I was happy to learn about setting up the Crystal Grid, Reiki Moving Meditation, Healing Fire Ignitions and the rest. I learned much more than I had in the first Reiki Master class many years ago.

To complete her requirements for professional membership in the RMA, Evelyn decided to review the Usui Holy Fire II Reiki I & II class with me last year. In our conversation after the class, she said she "expected to learn how to teach following the class outlines, and how to teach Levels I and II together." I asked her what she learned by reviewing or retaking the class. Evelyn said:

It was so helpful to watch someone teach this class so thoroughly and with ease and grace. It was helpful to see what emphasis was put on what. I liked the way the experiences and placements were done. I loved how the teacher was present to each student and not

getting caught up in any of the drama of the stories some of the students shared. Most of all, it was helpful to see how the students fared over the weekend. Many of them felt "unfinished" at the end of the first day and shared that resolution seemed to come by the end of the second day. This was good evidence to me about the benefit of teaching I and II together. I learned new ways to use the symbols, and opened to new music.

In summary, Evelyn said, "Receiving the healing and nurturing energy of Holy Fire was so helpful after a busy few weeks of teaching and seeing clients. I felt that a lot of clearing and deep healing was taking place. Even though I had experienced these placements and experiences before, they seemed just as in-depth and healing as the first time."

When we open to Reiki, we learn that Reiki guides us on a path that is just right for us, and that certainly includes reviewing classes. This journey is never ending, and it only gets better. After 19 years of working with Reiki, I like to say that nothing surprises me about Reiki, yet everything amazes me! I recommend that you fully embrace this ever-expanding, wonder-filled journey. ✨



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¹ For more information on the RMA, please visit www.reikimembership.com.

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