



Online Reiki Training Event Guide

I'm glad you are on your Reiki journey with me! Reiki is truly amazing, and I look forward to sharing the energy of Reiki with you.

Here is some helpful information to make your Reiki workshop experience enjoyable and engaging!

Before the Workshop

✓ **Prepare Your Sacred Space**

- Since we'll be meeting in our virtual classroom on Zoom, you'll be learning from the comfort of your home. Take a moment to choose a space where you can fully relax and immerse yourself in the Reiki experience.
- Ideally, set your computer on a desk, coffee table, or another stable surface. You may also want to have a place nearby where you can recline or lie down (on a sofa, bed, or yoga mat) within earshot of the computer for Reiki self-treatment, attunements, and guided meditations. Of course, you're also welcome to remain seated.
- Some students enjoy creating a calming atmosphere by lighting a candle or using aromatherapy oils like lavender, peppermint, orange, or another favorite scent.
- It can also be helpful to keep your schedule light so you can fully engage with the Reiki experience.
- And don't forget to have water, tea, and a few snacks on hand to keep yourself comfortable throughout the class.

✓ **Journal Your Journey**

- Begin to notice what shifts you are experiencing in your life as a result of deciding to learn Reiki. You may feel inspired to journal at times during the Reiki weekend. Also, set the intention for what changes you'd like to experience in your life as a result of connecting with the energy of Reiki.

✓ **Line up your Reiki Recipients (Reiki I & II only)**

- On Saturday, you'll need 1 person to work locally and 2 people to work remotely. (Note: You could do Remote Reiki on someone in your home). **See details below.**

Reiki Workshop Schedule*

	Pacific	Mountain	Central	Eastern
Reiki I/II (Saturday)	Saturday 8:00am - 5:00pm 1-hour Lunch 12:00pm - 1:00pm Remote Reiki 4:00pm	Saturday 9:00am - 6:00pm 1-hour Lunch 1:00pm - 2:00pm Remote Reiki 5:00pm	Saturday 10:00am - 7:00pm 1-hour Lunch 2:00pm - 3:00pm Remote Reiki 6:30pm	Saturday 11:00am - 8:00pm 1-hour Lunch 3:00pm - 4:00pm Remote Reiki 7:30pm
Reiki I/II (Sunday)	Sunday 8:00am - 11:00am Hands-on Reiki 9:30am	Sunday 9:00am - 12:00pm Hands-on Reiki 10:30am	Sunday 10:00am - 1:00pm Hands-Reiki 11:30am	Sunday 11:00am - 2:00pm Hands-on Reiki 12:30pm
Reiki Master	Sunday 12:00pm - 5:00pm	Sunday 1:00pm - 6:00pm	Sunday 2:00pm - 7:00pm	Sunday 3:00pm - 8:00pm
Reiki Teacher	Monday 3:00pm - 6:30pm	Monday 4:00pm - 7:30pm	Monday 5:00pm - 8:30pm	Monday 6:00pm - 9:30pm

* Times are approximate.

We'll take **5-10 minute breaks** throughout the event.

Zoom details: You'll get an email reminder with our Zoom link each day of class, and you'll find a Zoom button inside the classroom portal. You can join the class 10-15 minutes early and relax to some music. Access your classroom portal at www.lisaguyman.net. If you'd like a quick 5-minute Zoom tech check, the week before the class, email lisa@lisaguyman.com

Reiki I & II

Remote Reiki

Saturday around 4:00pm PT / 5:00pm MT / 6:00pm CT / 7:00pm ET

If possible, get permission from 2 people for the long-distance Reiki practice (you can even do Remote Reiki with someone who lives in your house). Once you have someone in mind, ask if they'd like to receive Reiki during the class exercise. If you are reluctant to ask the person you have in mind, no worries, we'll ask permission in another way. Another option is to send Reiki to one person and one pet.

- This is done remotely (it doesn't involve a phone call or having the person "on the line").
- The recipient does not need to be available during the practice.
 - If they are available and they can meditate or lie down, you can let them know with a quick call or text when we get close to the practice time.
- The person or pet doesn't need to have any kind of issue (health or otherwise).
 - Many seek Reiki to boost well-being and to experience a sense of peace and calm.
 - Most recipients of Reiki report feeling relaxed and clearer.

Hands-on Reiki

Sunday around 9:30am PT / 10:30am MT / 11:30am CT / 12:30pm ET

This guided Reiki treatment experience will last about 40-50 minutes.

Allow wiggle room in case we start up to 15 minutes later

In this exercise, I'll guide you as you give a Reiki treatment to someone (a person or pet) in your home.

Is there someone you can practice on in-person?

If you have a housemate, you can give them a hands-on Reiki treatment. Your lucky recipient can relax on a massage table (ideally) or a sofa, bed, or yoga mat (although this may be less comfortable for you as the Practitioner).

Don't have someone in-person to practice on?

- No problem! You can still get the full experience by practicing on someone remotely for this 50-minute session.
 - Ideally, the recipient should be available and willing to completely relax and recline for the entire Reiki treatment (in their home).
 - During the session, you'll be visualizing the Reiki treatment. Some Reiki Practitioners find it helpful to use a teddy bear or doll to visualize hand placements.

Reiki Master Level

Reiki is a path of awakening to who you truly are. It's more than just a healing practice - it's a path to your spiritual development. Achieving the Reiki Master Level can lead to profound personal and spiritual growth.

Go beyond the foundations of the Reiki I/II symbols and hand placements as you deepen your relationship with the 3 "P's" of Reiki:

- Practice
- Principles
- Presence

In this class, you'll explore and practice the **Energetic Release Technique**, which adds a new dimension to your Reiki practice and deepens your experience of Reiki. You can use this technique to facilitate the release of energetic blockages with your clients, clearing the way for greater inner peace and balance.

Reiki Teacher Level

Get a peek behind the scenes of the Teacher's perspective of Reiki! With this "360 view" of everything that goes into teaching Reiki, you'll also build your confidence in your practice of Reiki.

Taking the Reiki Teacher level furthers your spiritual growth as a Lightworker and opens the doors to greater possibilities for your Reiki journey.

In this class, I'll demonstrate how to give a Reiki Attunement and walk you through giving Reiki Attunements to your classmates.

Some of my students are passionate about teaching group classes, while others enjoy the intimate nature of teaching 1:1 private classes.

Even if you don't plan on teaching Reiki, having the ability to offer attunements is a beautiful gift. There might be situations or moments where someone close to you is interested in learning, and you'll have the capacity to attune them and guide them in the practice of Reiki.

I'm looking forward to seeing you at the Reiki Workshop - it's going to be amazing!

Your Reiki Mentor,

A handwritten signature in black cursive script that reads "Lisa".

P.S. If you haven't saved your spot yet in my Reiki Training, [click here](#) to enroll.