
WHAT COMES NEXT

Completing Reiki Level One is the beginning of a lifelong journey. You now carry Reiki with you—it will always be there to support, guide, and flow through you. What you do with it is entirely up to you.

Your Next Steps in Practice

- Daily Self-Reiki
- Continue giving yourself Reiki every day. This helps you grow in confidence, strengthens your connection to the energy, and supports your own healing.
- Practice on Others
- Offer Reiki to family, friends, and anyone who is open to receiving. Each experience builds your trust in Reiki and your own intuition.
- Integrate Reiki into Daily Life
- Use Reiki with plants, food, drink, and situations. Let it become part of your everyday living, not just a healing “session.”
- Journaling & Reflection
- Keep a Reiki journal to track your experiences, insights, and growth. This helps you see how your practice is unfolding over time.

Further Training

- Reiki Level Two (Okuden)
 - Deepens your connection to Reiki.
 - Introduces sacred symbols for focused healing.
 - Teaches distant healing so Reiki can be sent across time and space.
 - Strengthens your practice if you want to work with clients in the future.
- Reiki Level Three / Master Level (Shinpiden)
 - Expands your spiritual growth and connection to Reiki.
 - Introduces the Master symbol and advanced techniques.
 - Prepares you for teaching Reiki to others, if you feel called.

There is no rush—trust your own timing. Some people wait months, others years and some don't do any further training at all. Reiki meets you where you are.

Living Reiki as a Path

- The Reiki Precepts are a lifelong practice—return to them daily.
- Reiki can become a form of meditation, prayer, and spiritual grounding.
- Over time, Reiki will feel less like something you “do” and more like something you are.
- Walking the Reiki path means living with compassion, gratitude, and openness.

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Inspiration for the Journey

Reiki is not just a skill you've learned—it's a doorway you've opened.

Every time you place your hands, every time you pause to connect, you are bringing more light into the world.

You don't need to be perfect. You don't need to "do it right." Reiki flows where it's needed, always with love.

Trust your journey. Trust Reiki. And trust yourself. 💜