

Reiki Vibes Top 10 Tips for Choosing a Reiki Practitioner

Tip 1: Ask around to see if your friends and family have seen a Reiki practitioner before.

Tip 2: Before going to see the practitioner, ask for references or a website with testimonials or further information.

Tip 3: Prior to booking your first appointment, see the location in person. *Key point: make sure it's a space that you feel you will be able to relax in!*

Tip 4: You are not required to commit to a set amount of appointments.

Tip 5: During your first session ask about what Reiki is, its history and what the session will be like.

Tip 6: Reiki Associations are a great place to start your search for a qualified Reiki practitioner.

Australia: <http://www.reikiaustralia.com.au>

Canada: <http://www.reiki.ca>

USA: <http://www.iarp.org>

United Kingdom: <http://www.reikiassociation.org.uk>

Tip 7: Your Reiki session is about you so do not hesitate to ask for a change of music, room temperature decreases, fresh air, or blankets if you are cold.

Tip 8: There is no need for you to disrobe for a Reiki session.

Tip 9: Reiki can be given with or without the practitioner physically touching you. If you are not comfortable being touched, you can tell them so.

Tip 10: Reiki should never be given to you without your permission. Your ability to grant your permission is an essential part of the process of receiving Reiki.

Yours in health,

Tania Bakas and Tracy Lydiatt



Tania and Tracy are both members and registered practitioners with the Canadian Reiki Association. They met in 2006 while completing their Master/Teacher training in North Vancouver. They are co-owners of Reiki Vibes Holistic Healing and have recently published a collection of stories about Reiki. *Reiki Vibes Heartwarming Stories* is available for purchase on their website or through major book sellers worldwide.



Reiki Vibes Holistic Consulting
Suite 876- 1641 Lonsdale Ave
North Vancouver, British Columbia
V7M 2J5 Canada
info@reikivibes.com
<http://www.reikivibes.com>