

3 Paths of Reiki

WHICH IS YOURS?

Take this short quiz to find out how Reiki fits your life and goals



Welcome!

Before we begin the quiz, have you ever considered ... that “reiki” doesn’t have only one definition or purpose?

It’s true! Here are three different categories people fall into when they feel drawn to reiki.



Relaxation



Practitioner



Life Activation

After taking the quiz, you'll understand each path.

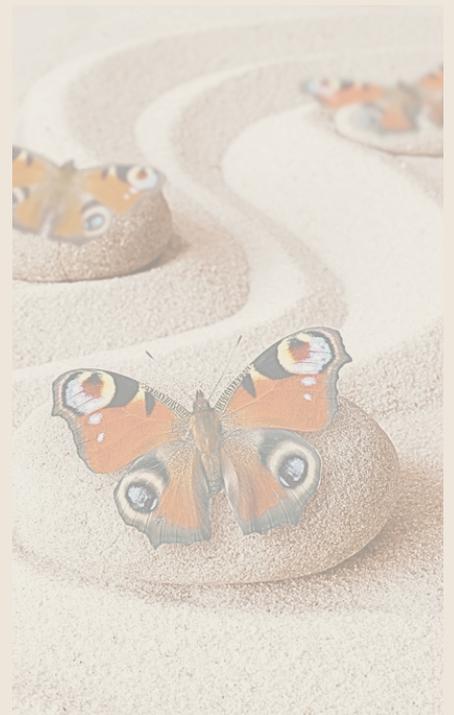
You'll recognize the energy you're working with right now — so you can see how reiki will work best for you.

Simply choose the answers that resonate the strongest!



The quiz is quick and simple!

- Take a breath as you read each question.
- Choose the option that best describes you.
- Count your A's, B's, and C's
- Read the description for your path!



Let's begin!

Question 1 — What draws you to reiki?

- A. I want relief from anxiety, pain or stress-related symptoms. I think reiki is good to balance and reset your whole system.
- B. I'm fascinated by healing and energy work, and I wonder if I'm meant to support or teach others.
- C. I feel "off" or blocked. I need change. I want to understand my patterns, what holds me back and how to move forward.



Question 2 — Describe your experiences* with reiki treatments so far:

- A. It felt calming or dreamy in the moment. I felt better and I want reiki to be part of my self-care routine (*or it already is.*)
- B. I loved it and found myself thinking, "I could see myself learning this for myself and others. I wonder how that works."
- C. It was deeply relaxing, but it also awakened something: bits of intuition, glimpses into my "shadow" side. Something unlocked.

**If you haven't experienced reiki yet, which response aligns with how you imagine reiki to be?*

Question 3 — What do you want from healing?

A. I want to end a cycle of negativity. I've been spiraling and I want it to stop so I can feel like myself and get back to life.

B. I want personal healing, but I also want to know how it works, because I want to help others on their healing journey as well.

C. I want to change my health, work, or relationships. I want to remove resistance, release what's not mine, live authentically.



Question 4 — Do you have a healing or energy practice right now?

A. I like the idea, but realistically, *receiving* support is what I need. It feels heavy to commit to something I have to do daily.

B. Not yet, but I'm interested in learning what it takes to do reiki rather than simply receive it. (*Or, I have a practice, or have tried, but always interested in learning more!*)

C. I've tried all kinds of things, but I'm not sure they've had the effect I was hoping for. I'm open and curious about new ways.



Question 5 — How would you decide if a reiki session hadn't "worked?" What would you do?

A. I wouldn't feel noticeably calmer or lighter afterward. I'd look for a new practitioner, or try something besides reiki.

B. The outcome wouldn't be what I'd expected. I'd want to know why, and more about how reiki *does* work.

C. Maybe I'd relax, but I wouldn't feel as though I'd actually *changed*. I'd ask if this was normal, and what else I could do.



Question 6 — Which step forward sounds logical for you?

A. Booking a session when I feel overwhelmed or off. Allowing time for self-care is important right now.

B. Learning to do reiki. I've been considering it personally or professionally. I want to stop wondering and take the next step.

C. Allowing a new part of me to emerge. I've felt stuck for too long. I'm just going through the motions. I want to feel more alive.



Question 7 — What sounds the most uplifting?

- A. Allowing ease and lightness into my system. I want to stop thinking, or start thinking more positively.
- B. Working with energy so I can work on self-healing, and then support others. I want to make change in the world!
- C. I've been on the healing path for some time (*or I'm just starting*). *Something in me* needs expression. I'm ready to unlock it!



Question 8 — What does your heart say?

- A. "Let me rest and forget."
- B. "Let me learn and share."
- C. "Let me heal and change."



So which path feels true for you?

Count your A's, B's, and C's.

Mostly A → Relaxation Path

Mostly B → Practitioner Path

Mostly C → Life Activation Path

Learn what each path means for you. The full descriptions are on the next page.

Is it a tie? Your path may be shifting or multifaceted. That's not uncommon. Take a few breaths and discern: What is needed right now? What comes further down the road? Or is this a good time to pause or back up a bit?



Relaxation



Practitioner



Life Activation

A: Relaxation Path

receive self-care, rest, support

Often the people on this path haven't tried reiki but are curious, or they had it once or twice and want to get back into it. Reiki at this stage is viewed as a wellness session like a massage or facial. It's a service provided by someone else to help you feel balanced, refreshed and back to yourself!



Continue exploring this path if these mostly fit:

- Your energy is low and it's your turn to receive instead of always giving
- You're new to reiki and want to see what it's like
- You're overwhelmed, in pain or worried, can't stop thinking
- Your nervous system needs to shift out of fight or flight
- Drifting away in a dreamy flow state sounds amazing

You can book your reiki session right away. If you have a question or need more information, email me at lisab@bostonreiki.com

[Book a Session](#)

B: Practitioner Path —

learn reiki with clarity, confidence, solid foundations

Often the people on this path are interested in energy work and want to learn reiki to help others. They may currently work in the field of healing, health or wellness, or feel called to do so. They are often caregivers or empaths who need to learn to protect their energy so they can assist others without being overwhelmed. Healing, helping and compassion is their passion!



Continue exploring this path if these mostly fit:

- You've thought about learning reiki for yourself, loved ones, or clients
- You work in, or feel drawn to, the healing, health, and wellness professions
- You have interest or exposure to energy work, meditation, spirituality, etc.
- You've learned reiki in the past, but need additional training or support
- You're ready for a thorough, guided, experience, not a single half-day class

[TravelingLight.World](#) is where you'll find reiki classes. There you'll find an Information Portal to get a better idea of what it's like to learn reiki →

[Visit Info Portal](#)

C: Life Path Activation — a journey of insight, alignment, and purpose

The people on this path are interested in energy work, yoga, meditation, or other spiritual or somatic practices. They hadn't thought of reiki as a means to self-healing and transformation, but are excited to learn that ***that's exactly its original intent***. They feel a need for change, or some part of their life feels blocked. They're ready for a steady, unhurried walk — even if it has ups and downs — toward the best and truest version of themselves!



Continue exploring this path if these mostly fit:

- You love the idea of reiki as self-healing first — and sharing it with others to assist *them*, and also deepen *your own* interpersonal skills
- You're ready for deep inner work (including meeting your shadow side)
- You want to understand your patterns, beliefs, and reactions
- You love personal reflection, journaling and feedback
- You feel your life shifting and want to navigate it intentionally

Here's what the **Traveling Light: Life Path Activation** might look like. It's personalized to your goals and timeline, but this is a suggested route →

[Learn More](#)

Working With Me / Pricing

lisab@bostonreiki.com

reiki and other wellness services:

www.bostonreiki.com

reiki classes and mindbody healing:

see prices and details at

www.travelinglight.world

The prices for *Reiki Practitioner* and *Life Path Activation* programs are straightforward.

They depend simply on the individual classes you choose, and which tier of the Inner Healing Circle you join (if any.)