



Are you ready for Reiki Level 3?

Reiki Mastery Readiness Self-Discovery Guide

Reiki practitioners who have completed Level 1 and Level 2 are invited to clarify where you are on your Reiki journey.

Discover your best next step, whether that's the Master level of training or another option.



Reiki Mastery Readiness Self-Discovery

Reflect on your Reiki Journey thus far, and look ahead...

*You've established your practice.
You share Reiki with confidence.
Next ... become a Reiki Master?*

How do you know if you're ready to complete basic Reiki training and take your practice to the next level?

This self-assessment is designed to help you understand where you are and how to move forward.

Whatever next step lies ahead for you, we want to help you embrace it with enthusiasm and feel at peace with where you are.

There's always more to explore and deeper levels to reach in your Reiki practice, so there's no hurry to get it all done - you never can!

Not everyone needs Level 3 Master training right now. And maybe you do! Let's find out.

What you will discover from this Guide

- Clarity about your Reiki Path
- A sense of accomplishment for how far you've come
- Renewed inspiration for the journey ahead
- Guidance to discern your strengths and challenges
- Help choosing your best next step
- Renewal of your passion for your Reiki Path



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Section 1 ~ Level 1

1. My personal Reiki practice (choose one)
 - ☐ Has never been a regular part of my life (0 points)
 - ☐ Is something I used to do and have forgotten (1 point)
 - ☐ Is occasional, when I remember or really need help (2 points)
 - ☐ Is intermittent or inconsistent, but I do have one (3 points)
 - ☐ Is a regular part of my daily life (4 points)
2. My personal Reiki practice includes (select all that apply, 1 point for each)
 - ☐ Hands-on self-healing
 - ☐ Chanting, contemplating or using the Reiki Precepts
 - ☐ Receiving Reiki healing sessions
 - ☐ Other (explain)
3. My understanding of Reiki history includes (select all that apply, 1 point for each)
 - ☐ When and where Reiki began
 - ☐ Who founded Reiki
 - ☐ Who brought Reiki to the world
 - ☐ Why there are different Reiki traditions
4. My understanding of Reiki basics includes (select all that apply, 1 point for each)
 - ☐ What all Reiki traditions have in common
 - ☐ When to use Reiki and when not to use it
 - ☐ Byosen and hibiki, or felt sensations during Reiki
 - ☐ How Reiki energy flows and where it goes





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Section 2 ~ Level 2

5. I am familiar with the Reiki Focus/Power, Harmony/Balance and Connecting/Distance symbols (choose 1)
- ☐ Not at all (0 points)
 - ☐ I learned them, but don't remember (1 point)
 - ☐ I know some of them somewhat but not all (2 points)
 - ☐ I know the symbols but not really how to use them (3 points)
 - ☐ I know them thoroughly and use them frequently and easily (4 points)
6. Sending a Reiki session to someone far away or to the future or past is (choose 1)
- ☐ Not something I know how to do (0 points)
 - ☐ I learned to do it, but I don't remember (1 point)
 - ☐ I know how to do it, but I don't do it often and I may be a bit rusty (2 points)
 - ☐ I can do it, but still have questions and don't feel really confident (3 points)
 - ☐ I know how and practice it with ease (4 points)
7. Scanning and beaming
- ☐ I don't know what those are (0 points)
 - ☐ I've heard of them, but not learned them (1 point)
 - ☐ I learned this in class but don't remember (2 points)
 - ☐ I have done it occasionally but don't feel confident (3 points)
 - ☐ I'm familiar with these and use them easily (4 points)





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Section 3 ~ Sharing Reiki

8. When I talk about Reiki ...
- ☐ I actually try to avoid it because I'm not prepared (0 points)
 - ☐ I just say whatever comes out, and it's not comfortable (1 point)
 - ☐ I try to explain it the same way all the time, but it doesn't always come across well (2 points)
 - ☐ I'm experimenting with how to talk with different people in different ways, learning from each experience (3 points)
 - ☐ I feel comfortable and confident talking about Reiki with anyone (4 points)
9. Offering Reiki sessions in person
- ☐ Doesn't happen - I don't feel ready (0 points)
 - ☐ Has happened a few times, spontaneously, but without a lot of success or positive experiences (1 point)
 - ☐ Happens when the need arises, and I feel okay about it (2 points)
 - ☐ Is something I feel comfortable and confident doing and would like to consider doing more (3 points)
 - ☐ Is something I do regularly through volunteering, caring for a friend or family member, or in my professional work (4 points)





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Section 4 ~ Your Reiki Path

- 10.** When I think about my Reiki journey so far, I feel:
- ☐ I don't really feel like I have a Reiki journey (0 points)
 - ☐ I'm just getting started (1 point)
 - ☐ I know I've had some Reiki training and experiences, but it's all pretty jumbled and vague in my mind (2 points)
 - ☐ I'm clear on where I've been so far on my Reiki journey (3 points)
 - ☐ I understand where I've been with Reiki so far, have some idea where it may take me, and I can communicate this with others (4 points)
- 11.** Why you started Reiki training
- ☐ I don't know (0 points)
 - ☐ It called to me strongly at the time (1 point)
 - ☐ I generally wanted to help myself and others (2 points)
 - ☐ I had experienced Reiki, other healing modalities and/or spiritual paths, and wanted to learn and practice more (3 points)
 - ☐ I knew I felt called to be a Reiki practitioner and provider, either as a stand-alone practice or a complement to my other work and practices (4 points)





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12. How clear you are about your Reiki Path

- ☐ I have no idea (0 points)
- ☐ I am open and curious (1 point)
- ☐ I have some ideas about my unfolding Reiki Path (2 points)
- ☐ I have been getting clearer and following my Reiki Path for some time now (3 points)
- ☐ I feel clear, confident and excited about my Reiki Path as it continues to develop and I co-create it with my practice and continuing education and experience (4 points)

Section 5 ~ Reiki Mastery

13. Why you want to take Reiki Master training

- ☐ I just want the Master title (0 points)
- ☐ I don't feel comfortable or confident with my training so far, and I hope the next level will give me what I'm looking for (1 point)
- ☐ I want to learn more and become a better practitioner and provider, though I don't really know how Level 3 will do that for me (2 points)
- ☐ I want to add the Level 3 skills to the solid foundation of my Reiki practice for self-care and sharing with others (3 points)
- ☐ I clearly feel that my Reiki Path is calling me to continue with this training, practice and practical experience so I can teach or empower others as well as my own deepening healing journey (4 points)

Total possible: 52 points

Your Results





Reiki Mastery Readiness Self-Discovery

What did you learn about yourself?



40-52 You're ready for Master Class!

- ▶ You have mastered the basics, brought Reiki into your life in real and practical ways, and built the confidence you need to move forward. Well done!

Next step: Enjoy your accomplishments so far, book a call with me and fill out the application for the class.

26-39 With study and support, you may be ready for this class

- ▶ You have some Reiki training and practice under your belt and you're ready to deepen your understanding and experience. Keep going!

Next step: Fill out the class application and let's chat about your next step. It may be Level 3 Master training, with some review and catch-up, or there may be something else that's more supportive and satisfying for you now.

Under 26 ~ Discover your best next step toward Reiki Mastery

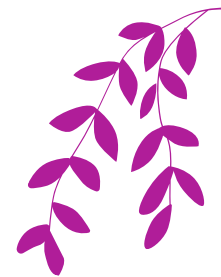
- ▶ You are becoming clear on what your Reiki journey has in store for you, and how you can cultivate your practice from here. You could be a Reiki Master one day if you keep going!

Next step: Fill out the application as a roadmap of where you're heading. Let's chat about what program would best support you in reviewing, deepening and rounding out your Reiki skills and experience.





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Your Next Steps Toward Reiki Mastery

You now have a sense of where you are on your Reiki Path, and how ready you may be for Reiki Master training. Next

- Find out more about the Essential Art of Reiki Level 3: Mastery training at www.essentialarts.net/reiki-mastery-2026-application and apply.
- Schedule a call with me to review your application and get started or clarify your best path to Reiki Mastery.

If you're ready for class and your application is approved, this call will include your Reiki 3 Attunement!

If you're not quite prepared for Level 3 training, this call will help you clarify your next steps toward Reiki Mastery for next year's class.

I look forward to supporting you in bringing your unique Reiki Path and Practice to life, for your own greatest wellbeing and service to others.

**SCHEDULE
YOUR CALL**

**APPLY
NOW**



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Your Reiki Master Teacher Dawn Hancy



I look forward to working with you!

Hi, I'm Dawn Hancy, Reiki Master Teacher and founder of Essential Arts. I guide people of all genders and backgrounds, especially caring professionals, to share Reiki with clarity, confidence, and compassion, and to manifest your visions, intentions and desires for yourself and the world.

Since discovering Reiki in 2009, I've been inspired by its simplicity and depth. Teaching since 2018, I've helped students and practitioners like you cultivate Reiki's quiet wisdom and awaken your natural superpowers.

Through my practice, community programs, and partnerships, I enjoy Reiki as a path of self-care, service, and transformation. Reiki reflects our sacred Divine Essence and unique gifts, and my passion is helping you discover and nurture yours.

This year, I'm also training two wonderful Student Teachers, Diane Alves and Lindsey Warren, so you'll have the guidance and support of three Reiki Masters!

🙏 Reiki blessings,
Dawn