

Becoming an ICRT Licensed Reiki Master Teacher

BY PAMELA ALLEN-LEBLANC, BSc, MBA

DURING A 2016 REIKI MASTER class, taught by William Rand, I received a tap on the shoulder to join the Licensed Reiki Master Teacher Program. “Are you sure?” I asked my guidance source. I was not enthusiastic about joining the program. It was much work, time and financial commitment. Also, considerable paperwork—my least favorite thing! At that point, I had been teaching Reiki for five years to outstanding students with tremendous results. I did not see how joining the International Center for Reiki Training (ICRT) intense training program would change anything. Boy, was I wrong!

William Rand developed a training system called the “Certified Teacher Training Program” in 1990 after setting up the ICRT. Goals included training practitioners and teachers and establishing and maintaining standards for teaching Reiki. Soon after, Laurelle Gaia took over the program and continued to develop it until 2015, when Senior Licensed Reiki Master Teachers (LRMT’s) Colleen Benelli, and Karen Harrison became co-directors of the program. Thirty-one highly-qualified practicing LRMT’s are the product of the program’s growth.¹

I took two Usui Reiki Master and two Karuna Reiki® Master classes from William Rand between 2011 and 2016. I had a successful practice and written several articles for the *Reiki News Magazine*. However, I still did not meet the minimum requirements to apply because I had never taken the Level I/II class from an ICRT Licensed Teacher and therefore was not a Professional Member of the Reiki Membership Association. The minimum requirements



state that you must have taught for a minimum of two years, read the 47-page *Licensed Reiki Master Teacher Training Program Manual*, and been a Professional Member for at least one year. You also need to attend an LRMT meeting at the ICRT Reiki Retreat and agree to continue upgrading your training.²

As much as I was reluctant to apply, I have learned over time to listen to Divine Guidance. And so, I attended the meeting at the Reiki Retreat, where Colleen Benelli urged me to complete the course I was missing so that the clock would start ticking, and I could apply within a year.

I took the Reiki Level I/II class from Carolyn Musial and learned how important it is to review courses! I had taught close to 100 Level I/II classes and thought I was doing well. But LRMT classes are extensive and taught with confidence, and with such an excellent delivery that attending that class changed my approach when teaching Level I & II Reiki. I learned so much, and it’s fair to say that Carolyn’s class changed me. Now, I had to apply for Professional Membership in the ICRT and wait a year. In the meantime, I completed the *Licensed Reiki Master Teacher Program Questionnaire* to apply, a document you can find on the www.reiki.org website.³ It took me four days to complete! I needed to list the number of students I taught at every level from the time I started teaching and provide a significant amount of additional information and references. This information is the first requirement to receive an invitation to apply. I received an invitation to apply a year after acceptance as a Professional Member.

Going through the requirements in the *Licensed Reiki Master Teacher Training Program Manual* was interesting. There are many requirements for the application process. I'm sure I did not have to do as much work when applying for my Master's degree in Business Administration! After working on reference letters and other components of the registration process, I went to a local monastery. I spent three days sequestered in my room, and in-between attending services finished the application. I submitted it on my 50th birthday!

A month-and-a-half later, I learned that they accepted me, that Holy Fire® Reiki had upgraded, and Colleen Benelli would be my mentor. Colleen also mentors Jill Thiel, who works with Reiki and organic gardening and runs the ICRT Facebook and Instagram social media pages, and Cami Coté, who combines Reiki, yoga and sound healing. It excited me that Colleen was my mentor, and I would also work with Cami and Jill. We have a monthly meeting as a group and a private session with Colleen. Once accepted, the REAL work began!

I started a three-year program which has over 1,000 hours of training, teaching, and testing! The program develops skills in many key areas to help you become an even more successful Reiki Master Teacher. Besides the training, we attend quarterly meetings to keep up-to-date and business coaching meetings. Karen Harrison says that quality training creates a quality program, and assures people that when they take classes from an LRMT, the training they get is top notch. Colleen Benelli says, "This is a significant program. We take it seriously, and we are looking for people who want to work at that level." Colleen also stresses that aside from a requirement of being at least 25 years old, the ICRT invites all ages should a potential LRMT applicant ask if they are "too old" to apply.

Karen also emphasizes that the program provides mentoring, and I have found it invaluable! She also highlights the involvement in a community of peers serious about ongoing learning and continuing development. Colleen mentioned that included in the training is your personal spiritual development, and I have found that to be true. William Rand works diligently to stay current with Reiki development and information, and as he is continually learning himself, it all becomes a part of the program. She hopes that one day, Reiki will become so mainstream as a healing modality that it can become a profession that people could choose out of high school. She has a dream of having a Reiki practitioner in every family, that inherent in the energy of Reiki is the intention made by Usui Sensei—

the originator in the 1920s of the system of Reiki most practiced today—to share it with the world. In the four short years before his death, during which Usui Sensei practiced Reiki, he trained over 2,000 Reiki practitioners.

According to William, the LRMT program is a beautiful program that has continually evolved. He finds that it is the Reiki energy which guides the program as opposed to any individual making decisions. Teaching Reiki is not meant to be competitive, and teachers should work together. I find this occurs here in my region, where Reiki practitioners from different lineages are friends and attend each other's Reiki shares and events. One of the Reiki Master Teachers in my town hosts me at her yoga studio to lead Usui/Holy Fire® III Reiki meditations, and several others carry my essential oils and attend meditations with the horses or riding lessons.

William also says the goal of the program is to develop spiritual consciousness and business skills to make sure the two work together in harmony. This goal was a learning experience for me. I have a Master's degree in Business Administration and was a very successful businesswoman before becoming a Reiki Master Teacher in 2011. I worked diligently to keep the "business practices" out of my "Reiki practice," thinking the two did not belong together. Both Colleen and William stress that they do because people need to hear about us and to find us if they are to enjoy the beautiful gifts brought into our lives by Reiki.

I am updating my marketing information and website. After getting into the LRMT program, my classes are growing. It makes me so happy that more people are finding out about Reiki, and they are accessing the many benefits through sessions and classes. In talking with other LRMTs, their experience is that most of the teachers at least double the number of students they teach, and some are doing even better than that!

I attended the 2019 Reiki Retreat in Sedona, AZ, and its LRMT meeting. As one of the recent "graduates," it was exciting to see the number of people interested in the program. And while there is no guarantee an applicant will get in, if becoming an LRMT appeals to you, it would not hurt to complete the two-page *Licensed Reiki Master Teacher Program Questionnaire*. The program evaluates successful candidates and matches an available mentor to work with an accepted applicant.

The organization is now accepting international applications as well—Karen Harrison is working on this program. I am the first Canadian LRMT to have gone through the program, and I teach in Canada, the US, England, and Australia.

Vidya Singh from India also attended the Retreat. She has been teaching since 1995 and repeated her levels with William in 2000 to qualify for application as a Licensed Reiki Master Teacher. Vidya says magic and miracles entered her life after attending William's classes. She now teaches in six countries and has students from 21 countries. She credits the fact that teaching her granddaughter Reiki at the age of 7 enabled the granddaughter to graduate with a post-graduate degree from Oxford University at 21.

Kris Valentine, a physiotherapist, is in her first year of the program and joined because she wanted to provide a bridge between holistic and traditional American health care. She felt that becoming an ICRT LRMT would grant her credibility and give her a broader reach. She loves that the LRMT's are a group of wonderful people who support each other and that there are so many experienced LRMT's who will share their expertise and knowledge as they encourage your success.

Joan Maute said she entered the program because she knew that teaching Reiki is her life purpose. The program requires a financial commitment, stated in the program literature. Joan said it was worth every penny and more and further added that going through the program allowed her to make Reiki her sole income source.

Arthur Baird joked that although he is the youngest participant in the LRMT program, he is also probably the reason there's no time limit to complete the program! He found that the program brought up his healing issues and reiterated that it is a LOT of work, but stated that it is gratifying work.

Chellie and Mike Kammermeyer are one of the first couples to go through the program. Mike said that it brought them closer together as they do everything together with Reiki. He said although they always got along, they get along even better now, with Reiki being such an integral part of their lives. It pleases him they get to retire together, teaching Reiki.

Although she admitted the program is considerable work, Tracey Sullivan wants people to know that it IS possible to hold down a full-time job and go through the program at the same time. She has been in the program for two years and will soon be co-teaching with her mentor, Karen Harrison. Besides holding down a full-time job, Tracey travels with her career. She thinks it's because Reiki makes what you are doing easier and says, "So, don't let a full-time job hold you back."

Once we are through the program, we sign a contract agreeing to uphold the standards of the ICRT, agree to teach at least 40 students in at least eight classes per year and to attend the Reiki Retreat every second year. We commit to being present at LRMT meetings and business coaching

meetings when possible, as Colleen says they are designed to "develop you to be a professional leader in the Reiki field." That is happening. And opportunities are opening for me, which I could not even have imagined. My classes have evolved.

My husband attended my very first Level I/II class in 2011 and attended my first solo class after becoming an LRMT this year. He said, "Wow, the classes are not at ALL the same. I learned SO much more," and I have to agree. There has been so much personal growth with this program as well; it is difficult to put into words.

As a bonus, I feel privileged to be working with Colleen and Robyn Benelli and Sioux Strong, helping to develop a new Animal Reiki course that the ICRT will soon offer. Although there is still work to do before the course workbook is ready for publication, and we sometimes have to wait for the energy to be ready, we hope to have it available soon. It's been an absolute honor to have taken part in this creation process. We can't wait to tell you more about it as it moves toward completion, so watch for the article about it in the next *Reiki News Magazine*.

There is one common opinion about the LRMT program, even though many of us are still in the thick of all the work necessary to complete the program—we all highly recommend it. I guess you can't get any better endorsement than that!

You can learn more about the LRMT program at www.reiki.org/icrt-licensed-reiki-master-teacher-program. ❄️

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Endnotes

- ¹ Should you want to review the credentials of the International Center for Reiki Training, Licensed Reiki Master Teachers, you may use this link: <https://www.reiki.org/meet-icrt-licensed-reiki-master-teachers>.
- ² https://reiki.org/ReikiClasses/TeacherLicensingProgramManual_071519.pdf.
- ³ <https://reiki.org/lrmtstudentquestionnaire.pdf>.