

GUIDANCE ON CHOOSING THE ANGELIC REIKI TEACHER WHO IS RIGHT FOR YOU

Drawn to learn Angelic Reiki?

It's a soul call

Unsure how to go about choosing who to teach you Angelic Reiki?

See guidance below

If you are reading this, you have already felt the soul call to learn this uniquely powerful, complete system that Archangel Metatron calls "The New Healing for our Time".

Angelic Reiki is rapidly attracting more and more people worldwide not least because it is a tool of ascension - expanding consciousness, cutting karmic ties, shifting spiritual 'stuckness', emotional blocks, rigid mindsets, old thought forms not in tune with Divine Vibration and healing core issues that have their roots deep in the past.

Your introduction to Angelic Reiki is likely to be a deeply personal, life changing experience. As such, in choosing an Angelic Reiki Master Teacher it is important to find someone with whom you resonate and feel you can trust; also someone who, as Christine Core says, follows "the basic essentials of Angelic Reiki to keep this system of healing (as given by Archangel Metatron) intact and complete as it was given."

Finding a teacher local to where you live may seem ideal BUT are they really the best person to teach you? The call to work with Angelic Reiki comes directly from the Angelic Kingdom so allow your instinct and angels' guidance to lead you to the teacher who is absolutely right for you at this stage in your development.

Before making your choice, you might like to contact a number of potential teachers and speak to them in person. You may also wish to follow the guidance given below.

Things to Check before Choosing an Angelic Reiki Teacher:

- When did they learn Angelic Reiki?
- Who taught them (and who taught their teacher if you are interested in lineage back to Kevin and Christine Core)?
- How much have they practised Angelic Reiki healing (treating themselves and others) since learning Angelic Reiki?
- When did they start teaching Angelic Reiki and how many people have they taught
 - at Practitioner level 1&2?
 - at Masters level 3&4?
- What is the duration of each Angelic Reiki course/workshop they offer and do they involve in-person, rather than distant, teaching and attunements?
(In her July 2007 Angelic Reiki Standards document, Christine Core says that "anyone who receives Angelic Reiki attunements not in the space of a formal workshop over the recommended amount of time (c 2½ days for level 1&2; 3 days for level 3&4) has not undergone the initiations necessary to be practising the system)
- Do they honour the official guidelines and teach Angelic Reiki level 1&2 together, and level 3&4 together, or do they split the teaching up into 4 separate courses as per Usui Reiki?
- Do they tell you how long you should wait between Practitioner and Masters levels instead of allowing you to follow your own higher guidance?

- Can you ask questions during the training?
- What kind of manual is provided at each level?
- Is the certificate provided at each level the official Angelic Reiki one purchased by them from Kevin and Christine Core the founders of the system?
- When is the certificate awarded?
- What ongoing support do they offer at each level?
- If you are not currently a practising complementary therapist, do they offer (or advise where you can obtain) supplementary Professional Practice training covering such aspects as Conduct, Ethics, Confidentiality and Standards of Professional Practice; The Healing Environment; Legislative Aspects and Insurance; Health, Safety and Comfort of and Respect for the Client; Client Assessment, Contracts and Record Keeping; Communications Skills and Professional Interpersonal Transactions; Dealing with Healing Crises; Aftercare Advice and Support; Additional Skills to Enhance Practice; Practice Management; Critical Self Evaluation and Importance of Continuing Professional Practice?
- Are there people they have taught whom you could contact before making your final decision?
- If you choose to progress to the next level of Angelic Reiki, will there be any pressure to do your masters level with them?
- If your higher guidance prompts you to experience Masters level teaching with someone else, will the person who taught you at Practitioner level support your choice and wish you well?
- Having taken time to research in this way, what does your instinct now tell you? Who do you feel is the right person to be teaching you?

[Kay Zega's Angelic Reiki Credentials](#)

- Learned Angelic Reiki to Master Teacher level in 2005 with the founders Kevin and Christine Core.
 - Attended both of Kevin and Christine Core's Angelic Reiki Master Teacher Updates in 2006 and 2007.
 - Practised Angelic Reiki (through self treatments and operating as a professional practitioner) since 2005.
 - Taught Angelic Reiki at Practitioner, Master Teacher, and Master Teacher Update levels to men and women from across the UK as well as from other countries.
- The responsibility that attaches to teaching any spiritual discipline and especially Angelic Reiki - "The New Healing for our Time" - is not to be underestimated. As such, despite being a qualified and experienced college lecturer, Kay chose not to start teaching Angelic Reiki until she had 'lived' it and understood it sufficiently to honour the spirit of this powerful modality when teaching others.
- Offers certificated training in Practising Holistic Therapies Professionally for those new to operating as a practitioner as well as to those wishing to supplement their existing Angelic Reiki, Reiki or other therapy training with thorough coverage of the essentials of practising professionally within the law, with integrity and respect.

Kay Zega's Other Credentials

- Kay Zega's approach is gentle and motivational. She has many years' experience as a personal and spiritual development specialist, multi-therapist and person-centred counsellor and teacher.
- In addition to practising and teaching holistic therapies, she runs Stress Management workshops for a variety of organisations, treats adults and children for anxiety-related disorders and is involved with government projects providing nutritional advice for holistic wellbeing.
- Kay's unique interpersonal skills, deep spirituality and interest in quantum physics are evident in her teaching, counselling and therapies. Dedicated to all that supports physical, psychological, emotional and spiritual wellbeing, and promoting standards of excellence in both her practice and teaching/training, she attributes her joyful existence to the influence that holistic spirituality has had in her own life, as well as to her commitment towards encouraging:
 - Freedom from fear.
 - Compassionate truth seeking.
 - Respect, for others and for the differences in belief and opinion that abound.
 - Co-operation, so as to work in harmony with others, sharing energy, wisdom, knowledge and experience.
 - A spirit of inclusivity, compassion and acceptance, for the benefit of all.
- Her career roles have included Personnel and HR roles including Directorships; Management, IT and Training Consultancy; College Lecturer Posts; Chair of UK Reiki Federation and Joint Chair of Reiki Regulatory Working Group Education Subgroup.
- Kay holds a Masters Degree in HR Development; a Cert Ed, Training and Development NVQs including Assessor/Verifier Awards; Postgraduate Diploma in Management; Advanced Counselling qualifications; Complementary Therapy qualifications including: Angelic Reiki; Reiki; Sekhem; Indian Head Massage; Crystal Therapy; Touch for Health Kinesiology; EFT; NLP; Dowsing; Energy Dynamics, Chakras and Auras; Sound and Colour Healing; plus Mayan Cosmology and Galactic Time.
- She is bound by the Ethical Framework of the British Association of Counselling and Psychotherapy and the Codes of Ethics and Professional Practice of the British Complementary Medicine Association, the Association of Natural Medicine and the UK Reiki Federation.
- She is a member of the Chartered Institute of Personnel and Development, the BCMA, ANM, UKRF and BACP