

## Spiritual Apprenticeship Book Club Homework – Week 7

The Reiki Apprenticeship - ©Tuesday May Thomas [www.tuesdaymaythomas.com](http://www.tuesdaymaythomas.com)

- 1) Have you ever received healing from modalities (not limited to) Reiki, Therapeutic Touch, Chakra Healing, Tuning Forks, Sound Therapy etc? What is your experience with them/it?
- 2) How would you imagine receiving 'healing' on a regular basis (once or twice a week or month) would affect your health, mind, body and emotions?
- 3) Did you ever want to learn a healing modality? Which one, and why?
- 4) Have you been 'initiated into' learning a healing modality, such as when a student receives their 'level one attunement' with Reiki? Describe your experience of initiation. How did you feel during and after the initial experience? Are you consciously inviting it into your daily life and integrating what you have learned as a conscious part of your life? How has your initiation served your life path of self-healing and self-mastery?
- 5) What part of your life is ready for healing now? Are you ready to work on it?