

LRMT Resource Guide 2021

History of the Resource Guide

In 2012, William realized that some LRMTs were doing better with their paperwork and in managing their Reiki businesses than others. So, in order to help everyone do well, he suggested that those LRMTs with well-thought-out procedures share them with the other LRMTs. In this way, every LRMT would be able to make use of the best procedures the LRMT collective was using.

To do this, he suggested categories be setup for the different areas of expertise, and asked Laurelle, Colleen and Karen to interview all the LRMTs to discover who had the best procedures in each category.

A report was created for each LRMT based on their interview. Colleen and Karen then summarized all the areas and using the best procedures, created a document called, "LRMT Success: A Summary of LRMT Recommendations and Healing Suggestions." This document was sent to all the LRMTs at that time and is available on the "LRMT Forms and Info" page of www.reiki.org (Log into your Account, then – "Membership" – "Manage Your Membership" – "LRMT Forms and Information")

During the October 2020 LRMT Meeting we discussed creating a "Resource Guide" so that all the information would be in one document listing LRMT skills, articles, and videos. LRMTs were invited to submit a list of skills or areas of expertise that they were willing to share with other LRMTs, and to submit links to articles and videos that might help others. The "LRMT Resource Guide" was created from those submissions.

If you would like help, training or more information on any of the "Skills" listed under each topic, contact the LRMT. Links are included for all articles and videos.

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BUSINESS ORGANIZATION & COMPREHENSION

Skills: Organized Filing on your computer – Tammy Hilla - tammy@reiki.org

Planning - Jill Thiel - jthiel@mnreikicenter.com

Traveling to teach – Terry Dulin - terrydulin@hotmail.com

Traveling to teach – Dianne Thomas - underthewillow7@gmail.com

Strategies for renting office space – Julie Russell - rekioc@gmail.com

Health Fairs – Julie Russell - rekioc@gmail.com

Experience Running A Business Since 1993 – Karen Harrison - reiki@karenharrison.net

Experience with QuickBooks Since 1993 – Karen Harrison - reiki@karenharrison.net

Experience Managing Multiple Assistants as Contract Workers – Karen Harrison - reiki@karenharrison.net

Facilitating Meetings – Karen Harrison - reiki@karenharrison.net

Mediating Issues Between Two People – Karen Harrison - reiki@karenharrison.net

De-Clutter & Organize Your Work/Living Space - Joan Maute - joan@risinglightreiki.com

Basic Feng Shui for Optimizing Your Work/Living Space - Joan Maute - joan@risinglightreiki.com

Successful Business Practices:

Article: “Reiki Business Practices” by Karen Harrison & Colleen Benelli - <https://www.karenharrison.net/reiki-business-practices/>

Video:

MARKETING

Skills: MBA with focus on Marketing and growth – Pamela Allen-LaBlanc - pam@hiddenbrook.ca

Facebook: Creating, developing & maintaining a FB group to produce an active, flourishing community – Kathy Milanowski - beautyofcompassion@gmail.com

Facebook, Instagram, Mailchimp- Jill Thiel - jthiel@mnreikicenter.com

Connecting with your target market – Chellie Kammermeyer - chellie_kammermeyer@aol.com

Developing associated classes to go with Reiki – Chellie Kammermeyer - chellie_kammermeyer@aol.com

Copywriting/Editing (I have a Master's Degree in English) - Karen Caig - caigkaren@gmail.com

Voiceovers - Karen Caig - caigkaren@gmail.com

Connecting through Group Texts with Project Broadcast – Karen Harrison - reiki@karenharrison.net

Running a Monthly Podcast entitled “Reiki Call” Since April 2017 – Karen Harrison – reiki@karenharrison.net

Emailing Monthly Newsletters through Constant Contact – Karen Harrison - reiki@karenharrison.net

Running an In-person Reiki Circle since 2000 and Now Online In 2020 – Karen Harrison - reiki@karenharrison.net

Utilizing “Meetup” for Marketing – Karen Harrison - reiki@karenharrison.net

Offering other Resources to Reiki Students and Operating a Store – Karen Harrison - reiki@karenharrison.net

Writing Articles for Reiki News Magazine – Karen Harrison - reiki@karenharrison.net

Successful Business Practices:

Article: “Article: Developing Clients and Students for Your Reiki Business - Part 1” by Karen Harrison <https://www.karenharrison.net/developing-clients-students-reiki-business/>

Article: “Developing Clients and Students for Your Reiki Business - Part 2” by Karen Harrison <https://www.karenharrison.net/developing-clients-and-students-for-your-reiki-business-part-2/>

Article: “Create Your Business Identity” by Colleen Benelli - [Create Your Business Identity](#)

Article: “Defining Your Reiki Practice” by Colleen Benelli - [Defining Your Reiki Practice](#)

Article: “The Spirit of Your Reiki Business” by Colleen Benelli – [The Spirit of Your Reiki Business](#)

Article: “Introducing Reiki to Medical Personnel” by Colleen Benelli - [Introducing Reiki to Medical Personnel](#)

Video: “How to Build your Reiki Business: Social Media and Facebook” - Karen Harrison and Colleen Benelli - <https://www.youtube.com/watch?v=Bf0xjUDGCI0&list=PL2QhbO6oGj7TVAg4YNqIQglOjdJxYUkGF&index=10>

Video: “How to Build Your Reiki Business Intro” – Colleen Benelli and Karen Harrison - <https://www.youtube.com/watch?v=ZUMmT0GgJX8&list=PL2QhbO6oGj7TVAg4YNqIQglOjdJxYUkGF&index=12&t=31s>

Video: “Building your Reiki Business – Conference Calls (now substitute Zoom)” – Colleen Benelli - <https://www.youtube.com/watch?v=KoccnQLA8kE&list=PL2QhbO6oGj7TVAg4YNqIQglOjdJxYUkGF&index=33&t=10s>

PERSONAL HEALING ISSUES

Skills: Holistic Nutrition – Mary Spohn - maryspohn@yahoo.com

Overcoming Fear of Technology – Pamela Allen-LaBlanc - pam@hiddenbrook.ca

Healing trauma and self-limiting stories (one of my specialties) – Jules Davis - auralexreiki@gmail.com

Self-Reiki and Chakra Health - Lisa StarAhna - lisa@healingltc.com

Chronic Health Conditions - Jill Thiel - jthiel@mnreikicenter.com

Healing abuse and associated family dynamics – Chellie Kammermeyer - chellie_kammermeyer@aol.com

Listening to you to get to the heart of an issue – Mike Kammermeyer - mkammermeyer@mac.com

Journaling - Karen Caig - caigkaren@gmail.com

Essential Oils - Karen Caig - caigkaren@gmail.com

Health & Wellness Coaching – Joan Maute, Certified Personal Trainer - joan@risinglightreiki.com

Seeing and sharing the Soul's 5d perspective, lesson and purpose of an experience/dilemma and how to grow and move through it, if their freewill chooses, in a 5 to 10 min conversation – Rebecca Jesus - zenresourcefulliving@gmail.com

Using My Counseling and Reiki Skills to Heal Issues – Karen Harrison - reiki@karenharrison.net

Accessing a Variety of Resources for Healing – Karen Harrison - reiki@karenharrison.net

Private or Couples Personal Training Sessions - Joan Maute, Certified Personal Trainer - joan@risinglightreiki.com

Yoga Meditation and Relaxation Techniques - Joan Maute, Kriya Yoga - joan@risinglightreiki.com

Anxiety support: Tips & Secrets – Kathy Milanowski - beautyofcompassion@gmail.com

Successful Business Practices:

Article: “Reiki for Body Image” by Karen Harrison – <https://www.karenharrison.net/reiki-for-body-image/>

Article: “Healing Stuck Parts of Yourself with Reiki” by Karen Harrison - <https://www.karenharrison.net/healing-stuck-parts-of-yourself-with-reiki/>

Article: “Reiki for Sleep” by Karen Harrison - <https://www.karenharrison.net/reiki-for-sleep/>

Article: “Reiki for Fitness” by Karen Harrison - <https://www.karenharrison.net/reiki-for-fitness/>

Article: “Listen with Reiki” by Colleen Benelli - [Listen with Reiki](#)

Article: “Reiki Clarifies Opinions” by Colleen Benelli - [Reiki Clarifies Opinions](#)

Article: “Reiki Heals the Shoulds” by Colleen Benelli - [Reiki Heals the Shoulds](#)

Video: “Reiki for Body Image” – Karen Harrison - <https://www.youtube.com/watch?v=R4BWdukoniw&list=PL2QhbO6oGj7TVAg4YNqIQglOjdJxYUkGF&index=8>

Video: “Empath Help with Reiki” – Karen Harrison - <https://www.youtube.com/watch?v=zAmmGP3eas&list=PL2QhbO6oGj7TVAg4YNqIQglOjdJxYUkGF&index=9>

PRACTITIONER SKILLS

Skills: How to acquire new clients/students through promotions like free events – Jules Davis - auralexreiki@gmail.com

Energetic Clearings - People, Places and Items - Terry Dulin - terrydulin@hotmail.com

Converting clients into students- Jill Thiel - jthiel@mnreikicenter.com

Working another job while going through the program – Terry Dulin - terrydulin@hotmail.com

Connecting to Reiki Symbols – Dianne Thomas - underthewillow7@gmail.com

Intuitive Reiki skills – Dianne Thomas - underthewillow7@gmail.com

Healing Spirit attachments – Terry Dulin - terrydulin@hotmail.com

Essential Oils to remove energy blocks, release emotions, and grounding - Karen Caig - caigkaren@gmail.com

Innovating Methods for Healing – Karen Harrison - reiki@karenharrison.net

Working with Challenging Clients – Karen Harrison - reiki@karenharrison.net

Listening to Reiki and Jesus during sessions to Determine what to do – Karen Harrison - reiki@karenharrison.net

Working with Christians – Karen Harrison - reiki@karenharrison.net

Successful Business Practices: Texting my regular clients on the 1st of every month to ask them if they would like to schedule a session that month. They appreciate the reminder for their own personal care – Susannah Spanton - info@reikimelody.com

Article: “Develop a Thriving Reiki Practice-Part One” by William Rand - https://www.reiki.org/sites/default/files/RMAarticles_ThrivingPracticeOne.pdf

Article: “Develop a Thriving Reiki Practice–Part Two” by William Rand - https://www.reiki.org/sites/default/files/RMAarticles_ThrivingPracticeTwo_0.pdf

Article: “Improving the Value of Your Reiki Practice through Reiki Sessions-Part 1” by Karen Harrison <https://www.karenharrison.net/improving-the-value-of-your-reiki-practice-part-1-reiki-sessions/>

Article: “Reiki for Mental Health Professionals-Part 1” by Karen Harrison - <https://www.karenharrison.net/reiki-for-mental-health-pros/>

Article: “Reiki for Mental Health Professionals-Part 2” by Karen Harrison -
<https://www.karenharrison.net/reiki-for-mental-health-pros-two/>

Article: “Reiki Aura Clearing and Psychotherapy” by Karen Harrison -
<https://www.karenharrison.net/reiki-aura-clearing-and-psychotherapy/>

Article: “Transforming Emotions with Reiki” by Karen Harrison -
<https://www.karenharrison.net/transforming-emotions-with-reiki/>

Article: “Meditating with Reiki” by Karen Harrison –
<https://www.karenharrison.net/meditating-with-reiki/>

Article: “Reiki and Christianity” by Karen Harrison –
<https://www.karenharrison.net/reiki-and-christianity/>

Video: “Tips from a Counselor for Reiki Sessions and Classes” – Karen Harrison -
<https://www.youtube.com/watch?v=8PQpH0gY4ZU&list=PL2QhbO6oGj7TVAg4YNqIQglOjdJxYUkGF&index=14&t=4s>

Video: “How to Check Chakras with a Pendulum” – Karen Harrison -
<https://www.youtube.com/watch?v=VmYyzBG6iTY&list=PL2QhbO6oGj7TVAg4YNqIQglOjdJxYUkGF>

Video: “Clear Your Energy Field with Reiki and a Scarf” – Karen Harrison -
<https://www.youtube.com/watch?v=czHULhrrRQo&list=PL2QhbO6oGj7TVAg4YNqIQglOjdJxYUkGF&index=11>

Video: “Reiki Call - June 2017 - How to use Essential Oils with Reiki” – Karen Harrison -
https://www.youtube.com/watch?v=KoX1-4i_Q_s&list=PL2QhbO6oGj7TVAg4YNqIQglOjdJxYUkGF&index=19

Video: “Transforming Emotions with Reiki” – Karen Harrison -
<https://www.youtube.com/watch?v=YkDGFQYJ9ZA&list=PL2QhbO6oGj7TVAg4YNqIQglOjdJxYUkGF&index=25>

Video: “Reiki Call -Jan 2020 - Clearing Spirit Attachments” - Terry Dulin and Karen Harrison -
<https://www.youtube.com/watch?v=wSudurGp3pY&list=PL2QhbO6oGj7RWz9cXztwSsFsPZQmbtBIP&index=25>

Video: “Reiki Call - Oct. 2020 - Animal Communication” – Karen Harrison -
<https://www.youtube.com/watch?v=sZk7xR9quMI&list=PL2QhbO6oGj7RWz9cXztwSsFsPZQmbtBIP&index=31>

Video: “Reiki Call - Nov. 2020 - Chronic Health Conditions” – Karen Harrison -
[https://www.youtube.com/watch?v=hD0DRd41rqA&list=\(PL2QhbO6oGj7RWz9cXztwSsFsPZQmbtBIP&index=32](https://www.youtube.com/watch?v=hD0DRd41rqA&list=(PL2QhbO6oGj7RWz9cXztwSsFsPZQmbtBIP&index=32)

SUCCESS CONSCIOUSNESS

Skills: Goal setting, planning, fulfillment & restructuring - inside a big game that brings me joy! – Kathy Golden - kathy@thegoldenreikicenter.com

How to be success driven without success stress. Trusting the process – Kathy Golden - kathy@thegoldenreikicenter.com

Empowering your Mentor (as a Student Teacher) to get the most out of the relationship – Kathy Golden - kathy@thegoldenreikicenter.com

Manifesting Clients and Students with Reiki, Prayer, Crystals, and Moon Rituals - Lisa StarAhna - lisa@healingltc.com

Applying your pre-reiki background in your teaching and with clients – Mike Kammermeyer - mkammermeyer@mac.com

Journaling for Self-Discovery - Karen Caig - caigkaren@gmail.com

Essential Oils for Positive Mindset - Karen Caig - caigkaren@gmail.com

Traveling for Self-Discovery and Empowerment - Karen Caig - caigkaren@gmail.com

Deciding to be the Best Reiki Master I can Be – Karen Harrison - reiki@karenharrison.net

Experience Mentoring since 1995 - Karen Harrison - reiki@karenharrison.net

Successful Business Practices:

Article: “Abundantly Overflowing: Ways to Manifest” by Karen Harrison - <https://www.karenharrison.net/abundantly-overflowing-ways-to-manifest/>

Video: “Daily Practices for Abundance” - Karen Harrison - <https://www.youtube.com/watch?v=PdaanQIKNEI&list=PL2QhbO6oGj7TVAg4YNqIQglOjdJxYUkGF&index=18>

TEACHING SKILLS

Skills: Teaching and operating an online practice in a small space – Kathy Golden - kathy@thegoldenreikicenter.com

How to acquire new clients/students through promotions like free events – Jules Davis - auralexreiki@gmail.com

Hybrid classes - Additional ways to set them up – Jules Davis - auralexreiki@gmail.com

Develop and maneuver presentations on Google Slides or PowerPoint – Teresa Jantz - touchpointtherapy@gmail.com

Teaching tips that help with different learning styles (former teacher) – Teresa Jantz - touchpointtherapy@gmail.com

Teaching Reiki in hospitals: 1) What topics are extra for in hospital teaching
2) Starting a fund to be able to implement the program – Tracey Sullivan - tracey@reikiintegration.com

Classes with students Online, In Person, and Hybrid - Jill Thiel - jthiel@mnreikicenter.com

Teaching additional classes (Crystals, Drumming, Children's Reiki) – Julie Russell - reikioc@gmail.com

Incorporating Reiki into Businesses – Julie Russell - reikioc@gmail.com

Creating healthy boundaries – Chellie Kammermeyer - chellie_kammermeyer@aol.com

Classroom Management - Karen Caig - chellie_kammermeyer@aol.com

Working with Challenging Students, Setting Boundaries – Karen Harrison - reiki@karenharrison.net

Creating PowerPoints and Using them in Class – Karen Harrison - reiki@karenharrison.net

Using Energy Experiments as a Teaching Tool – Karen Harrison - reiki@karenharrison.net

Making History Interesting – Karen Harrison - reiki@karenharrison.net

Making Ethics Interesting – Karen Harrison - reiki@karenharrison.net

Running a 21-day Self-Reiki Challenge – Karen Harrison - reiki@karenharrison.net

Managing a Facebook Group for Students – Karen Harrison - reiki@karenharrison.net

Offering Work Study Program for Students to Earn \$300 off Master Level Classes – Karen Harrison - reiki@karenharrison.net

Traveling to Teach Reiki in other Cities – Karen Harrison - reiki@karenharrison.net

Group Dynamics – Karen Harrison - reiki@karenharrison.net

Organizing Online Classes into Chapters – Kathy Milanowski - beautyofcompassion@gmail.com

Successful Business Practices:

Article: “Secrets of a Traveling Reiki Master” by William Rand - https://www.reiki.org/sites/default/files/RMAarticles_TravelSecrets_0.pdf

Article: “Traveling to Teach Reiki in Other Cities” by Karen Harrison - <https://www.karenharrison.net/traveling-to-teach/>

Article: “Reiki on the Road” by Karen Harrison - <https://www.karenharrison.net/reiki-on-the-road/>

Article: “Running a 21 Day Self-Reiki Challenge” by Karen Harrison - <https://www.karenharrison.net/21-day-self-reiki-challenge/>

Article: “Create a Reiki Work-Study Program” by Karen Harrison - <https://www.karenharrison.net/create-a-reiki-work-study-program/>

Article: “Reiki Ethics Knowledge” by Karen Harrison – <https://www.karenharrison.net/reiki-ethics-knowledge/>

Article: “Improving the Value of Your Reiki Practice through Reiki Classes (Part 2)” by Karen Harrison - <https://www.karenharrison.net/improving-value-reiki-practice-part-ii-reiki-classes/>

Article: “Space Clearing and Blessing” by Karen Harrison - <https://www.karenharrison.net/space-clearing-and-blessing/>

Article: “What Can You Do with Reiki?” by Karen Harrison - <https://www.karenharrison.net/what-can-you-do-with-reiki-energy/>

Article: “Going Deep with Reiki” by Karen Harrison – <https://www.karenharrison.net/going-deep-with-reiki/>

Article: “Holy Fire Makes It Easy to Teach Reiki Classes” by Karen Harrison - <https://www.karenharrison.net/holy-fire-reiki-makes-it-easy-to-teach-reiki-classes/>

Article: “Placements, the Easier Way” by Karen Harrison – <https://www.karenharrison.net/placements-the-easier-way/>

Article: “Reiki for Empaths and Highly Sensitive People-Part 1” by Karen Harrison - <https://www.karenharrison.net/reiki-for-empaths/>

Article: “Reiki for Empaths and Highly Sensitive People-Part 2” by Karen Harrison - <https://www.karenharrison.net/reiki-for-empaths-and-highly-sensitive-people-part-2/>

Article: “Lessons from Holy Fire Reiki” by Karen Harrison – <https://www.karenharrison.net/lessons-from-holy-fire/>

Article: “The Evolution of Teaching Reiki Online” by Colleen Benelli – [The Evolution of Teaching Reiki Online](https://www.karenharrison.net/the-evolution-of-teaching-reiki-online/)

Article: “Reiki Your Way” by Colleen Benelli - [Reiki Your Way](https://www.karenharrison.net/reiki-your-way/)

Video: “Tips from a Counselor for Reiki Sessions and Classes” – with Karen Harrison - <https://www.youtube.com/watch?v=8PQpH0gY4ZU&list=PL2QhbO6oGj7TVAg4YNqIQgIOjdJxYUkGF&index=14&t=4s>

Video: “What are Chakras? | Chakras and their meanings explained” - Karen Harrison - <https://www.youtube.com/watch?v=Xci03weK4C4&list=PL2QhbO6oGj7TVAg4YNqIQgIOjdJxYUkGF&index=13>

Video: “How to Create and Charge Your Reiki Crystal Grid” – Karen Harrison - <https://www.youtube.com/watch?v=Z86bir7NHhU&list=PL2QhbO6oGj7TVAg4YNqIQgIOjdJxYUkGF&index=3>

Video: “Reiki Practice Solutions-Tips from a Counselor” - Talk at ICRT Reiki Retreat - Karen Harrison - <https://www.youtube.com/watch?v=8PQpH0gY4ZU&list=PL2QhbO6oGj7TVAg4YNqIQgIOjdJxYUkGF&index=14>

TECHNOLOGY

Skills: Navigating the reiki.org website and managing your account and students – Tammy Hilla – tammy@reiki.org

Building Websites – Mary Spohn - maryspohn@yahoo.com

Search Engine Optimization – Mary Spohn - maryspohn@yahoo.com

Setting up a podcast Reiki from the Farm™- Pamela Allen-LaBlanc - pam@hiddenbrook.ca

Online events: How to use Eventbrite, Meetup, Google, FB etc. to maximize attendees – Jules Davis - auralexreiki@gmail.com

Microsoft Word & Excel - Terry Dulin - terrydulin@hotmail.com

Mailchimp, Wordpress, Photoshop, Illustrator, InDesign, Word, Excel, Pages, Adobe - Jill Thiel - jthiel@mnreikicenter.com

Working with an SEO Marketing Company to Maximize Keywords and Google Ranking – Karen Harrison - reiki@karenharrison.net

Making Facebook Live Videos – Karen Harrison - reiki@karenharrison.net

Making YouTube Videos – Karen Harrison - reiki@karenharrison.net

Successful Business Practices:

Article: “Presenting Online” by Karen Harrison - <https://spark.adobe.com/page/CqAuN/>

Video: “DIY for How to Create Better Phone Videos” – with Karen Harrison - <https://www.youtube.com/watch?v=KA2aLMuOWYQ&list=PL2QhbO6oGj7TVAg4YNqIQgIOjdJxYUkGF&index=24>

Video: “Tips for using PicMonkey – Building your Reiki Business with Social Media, Scheduling Facebook Posts” – with Colleen Benelli and Karen Harrison - <https://www.youtube.com/watch?v=NPbicDBsDEs&list=PL2QhbO6oGj7TVAg4YNqIQgIOjdJxYUkGF&index=26&t=20s>

Video: “Tips and Tricks for Creating Social Media Videos” – with Karen Harrison and Colleen Benelli - <https://www.youtube.com/watch?v=ngGetIOhMEs&list=PL2QhbO6oGj7TVAg4YNqIQgIOjdJxYUkGF&index=30&t=3s>

Video: “Building Your Reiki Business Conference Calls” – Karen Harrison <https://www.youtube.com/watch?v=KoccnQLA8kE&list=PL2QhbO6oGj7TVAg4YNqIQgIOjdJxYUkGF&index=34>

OVERVIEW FOR ALL AREAS

Skills: Copy Editing - Joan Maute - joan@risinglightreiki.com

Video: “Business Tips for your Reiki Business” – with Karen Harrison and CPA, Janie Frederick - <https://www.youtube.com/watch?v=aoEW1UgOP9s>