



## REIKI 2 INTEGRATION – READINESS APPLICATION FORM

### Purpose:

This form helps assess whether you feel grounded, prepared, and energetically steady enough to begin offering healing to others. There are no right or wrong answers—only an honest reflection of where you are on your journey.

### Personal Details

Name:

Email:

Phone Number:

Date of Reiki 2 Attunement:

Reiki 1 & 2 Teacher (optional):

### Section 1 – Your Reiki Background

1. Have you completed your Reiki 1 self-healing period?

Yes  Partially  Not yet

2. Please describe your experience with self-healing practice so far:

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3. Have you practiced any Reiki techniques since completing Reiki 2?

Yes  No

If yes, please describe:

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## Section 2 – Emotional & Energetic Readiness

4. How would you describe your current emotional well-being?

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5. Do you feel you can hold space for someone else's emotions without becoming overwhelmed?

Yes  Sometimes  Not yet

Additional comments:

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6. Are there any ongoing personal challenges that may affect your ability to offer healing to others?

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## Section 3 – Confidence & Intuition

7. How confident do you feel about offering Reiki to others?

Very confident  Growing confidence  Unsure  Not confident yet

8. Areas where you need the most support:

- Grounding & protection
- Understanding the symbols
- Trusting intuition
- Holding space for others
- Practical experience
- Other: \_\_\_\_\_

9. Are you ready to commit to guided practice sessions?

Yes  I think so  Not at this moment

## Section 4 – Intention

10. Why do you feel called to begin offering healing to others now?

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11. What is your intention for joining this Reiki 2 Integration program?

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12. Additional information you feel is important to share:

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**Final Confirmation**

I confirm that the information I have given is honest and reflects where I am on my Reiki journey.

Signature:

Date: