

# About Associação Portuguesa de Reiki

## Mission

The Portuguese Association of Reiki - Kurama, was created on 22 May 2008 and constituted on October 2, 2008. Its statutory objectives are:

- Unify the various schools, teachers and therapists Reiki in Portugal, with the aim of creating a code of ethics for self-regulation;
- Disseminating Reiki therapy and philosophy;
- Answer questions and share knowledge of the Supreme Good;
- Forward proposals for the recognition of Reiki as an unconventional therapy;
- Publicize the need for palliative care and provide them with entities that recognize how Reiki therapy.

Its creation comes from the need to provide a public clarification of unconventional therapy Reiki, through the dissemination of its history and principles, as well as to clarify any doubts related. The Association is in no way associated with a single school or private schools or serving principles, nor is it required to practice or concepts but wants all its members follow a code of ethics necessary for self-regulation and the five that follow principles of Reiki. Self-regulation is the best practice for this therapy to be publicly recognized and credible.

## Vision

The Association aspires to become a reference entity between their national counterparts and international support for the Reiki practitioner, in all its aspects, as well as awareness and recognition of complementary therapy, and the development of the spirit of solidarity through volunteering in the community.

We work with the guidance for unity within the diversity of opinions, trying to aggregate all the recognized Associations in Portugal for the development and credibility of this complementary therapy.

## Values

The Association has the pillars on the principles transmitted by Mikao Usui, which reflect:

- Legality
- Impartiality
- Ethics
- Transparency
- Commitment
- Responsibility
- Accuracy
- Efficiency
- Creativity
- Innovation
- Sustainability
- Solidarity

## Principles of association

Any reiki student or practitioner can become an Associate of APRMK. This is because our mission is the union, in good principles, of the Schools, Masters and Reiki students.

We only teach Reiki in in-place classes and strongly advise against distance training

## Regulation

- Standard
- Code of ethics
- Education

## Projects

2012 Year for the Training and Professionalization in Reiki



### Project Reiki Without Crisis



This project was being developed since August 2011, segmented into two parts the main - the support for the practitioners of Reiki and teaching dedicated to the unemployed , as a form of support to their well-being and balance .

These projects may be required for any public or private institution, provided that in the context of supporting the unemployed.

We seek associations and social partners interested in developing this project in the extension of support and the tool data to participants.

For more information about this project , please send us an email to [info@montekurama.org](mailto:info@montekurama.org)

### Living + Energy



This project is dedicated to the Seniors, with two strands - the teaching and volunteering . Teaching Reiki is done through the institutions that are dedicated specifically to this layer of the population

UNAGUI - University Self-taught in Guimarães

Third consecutive year of teaching Reiki to Seniors (classes from level 1 to level 3)

Students are already starting to do volunteer spot

Project Rebuild Life - Municipality of Amadora

Second consecutive year of teaching the Senior (Classes Level 1 and Level 2)

Red Cross

Volunteers at the centers of Caselas day, St. Elizabeth and St. Eloy (Lisbon).

## Positive Youth



Project of support to children and young people with goals different depends on some of their ages. Reiki for young people have given very positive results because in addition to assisting in the practice itself well-being and balance emotional has motivated them also to help others of their age and in areas where they reside.

Teaching young people 14-18 years with the goal of self-treatment, after 1 year of experience, started the project of treatment and follow other teenagers

Fraterna

- Second consecutive year of training to young people aged 3 to 15 and 17 - Gondar, Guimaraes.
- The institution is also done volunteer work for youth and punctually to the family

Reiki for Children

- Training for children 5 years - November 2011

Support for People with Disabilities

The Association has developed and intends to extend its project of volunteering to support the Person with Disabilities. This volunteer also includes the formation of one work of institutions .

- Cerciama
- Cercigui

## Other Initiatives

