

# GUIDELINES ON REIKI TRAINING

These recommendations are to be used as a guide only, and are not mandatory. They are the result of a consultation with the UK Reiki Federation membership in 2003, and the conclusions reached in the summary Report on the Draft Core Curriculum February 2004

## Reiki Level 1

### Basic Requirements

Minimum contact training time	12 hours
Minimum post-course mentoring and support	4 hours
Minimum number of days' training	2 days
Maximum number of students per class per tutor (no minimum)	10

### Minimum contents

Description of Reiki Level 1

Attunement to Level 1

Defining Reiki

Reiki History

Development of Reiki and awareness of other styles

The Reiki principles

Practical uses of Reiki

Guidelines for self-treatment plus opportunities to practise

An awareness of possible contra indications.

Treatment of others

Guidelines for giving a seated treatment plus opportunity to practise.

Guidelines for giving a full treatment plus opportunity to practise.

Recommended reading/updating of knowledge to keep abreast of new developments

Awareness of UK Reiki Federation Code of Ethics

Written handouts or instruction manual supplied

An introduction to meditation

Course Certificates supplied (on completion of any required assignments etc)

Arrangements made for ongoing mentoring/support

A Reiki diary to be kept – a journal of self treatment

A journal of any treatments given to others

Opportunities for development including attendance at Reiki Shares

Students encouraged to recognise the value of self treatment and also of receiving Reiki from others, as part of their continuing self development.

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## Reiki Level 2

### Basic requirements

Minimum suggested elapsed time between Reiki 1 and 2	3 months
Minimum contact training time	12 hours
Minimum number of days' training	2 days
Maximum number of students per class per tutor (no minimum)	10
Minimum post-course mentoring and support	6 hours

### Minimum content of workshop

Review of prior Reiki learning and development  
Description of Reiki Level 2  
Attunement to Level 2  
The symbols, their origins, meanings and uses  
Distant healing and its application  
Creating a healing space  
Meditation and creative visualisation  
Mental/emotional treatment  
Healing and the Law  
Recommended reading/updating of own knowledge to keep abreast of new developments  
Awareness of UK Reiki Federation Code of Ethics  
Written handouts or instruction manual supplied  
Course Certificates supplied  
Arrangements for ongoing mentoring/support  
Reiki diary – a journal of self treatment including the use of symbols  
Journal of any treatments given to others including the use of symbols  
Opportunities for development including attendance at Reiki Shares  
Students encouraged to recognise the value of self treatment and also receiving Reiki from others as part of their continuing self development.

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## Reiki Level 3 (Master Practitioner Level)

*The exact title of this level of training will depend on style of Reiki being undertaken, for example it may also be referred to as level 3a or Advanced.. In some styles it may be taught as one level ie Level 3 and 4 as listed here, being taught as one level, which may be called “Master” or “Master Teacher”. The UKRF would recommend that if taught as one level then it should clearly indicate that this is to Teacher level.*

### Basic requirements

Review of prior learning and development

There is no minimum suggested elapsed time between Reiki 2 and Reiki 3 training as this will depend on individual personal development and negotiation with the Reiki Master/teacher, however, the minimum period from Reiki first level training to Practitioner qualification (including practice to complete case studies) should be at least 12 months i.e. Certificate is not issued until at least 12 months after first level training.

Minimum case studies	6 clients x 4 treatments
Minimum supervised treatments	3

### Minimum content of workshop

Responsibilities of Mastership

Transformational tools and techniques (at the discretion of the Reiki Master/teacher)

Attunement to Level 3 (3a/Master Practitioner)

Master symbol/s, descriptions and duties

Practice in using Master symbol/s

Journal of self treatment

Journal of treatments given to others

### Other

Awareness of other CAM therapies and their benefits

First Aid skills – recommended

Awareness of anatomy and physiology (not a full qualification)

Communication and listening skills

Business, professional and ethical studies

Awareness of current Health and Safety legislation

### Practitioner requirements

Continuing professional development of at least 15 hours per annum

Practitioner holds professional indemnity and public liability insurance

### Recommended post workshop elements

Reiki diary – ongoing journal of self treatment including the use of symbols

Ongoing journal of any treatments given to others including the use of symbols

Opportunities for development including attendance at Reiki Shares

Students encouraged to recognise the value of self treatment and also receiving Reiki from others, as part of their continuing self development

Professional support from the UK Reiki Federation Registered Reiki Master/teacher

for a minimum of two hours in the three month period during the first two years of practice.

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## Reiki 4 – Master/Teacher Level

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Since the adoption of National Occupational Standards in Reiki it would be recommended that Reiki teachers have an awareness and understanding of National Occupational Standards.

### Basic requirements

Review of prior Reiki learning and development

Meet with full practitioner requirements as previously detailed

Have a minimum of two years’ experience as a Reiki practitioner/advanced practitioner

Length of apprenticeship training to be decided upon with each student in accordance with experience – minimum contact training time 30 hours

Minimum length of training to allow for practice and experience 6 months

### Minimum content of workshop

Additional attunements and symbols (at the discretion of the Reiki Master/teacher)

Responsibilities of teaching

How to attune at Reiki 1, 2, 3 and 4 (or 3 and 4 combined)

Observation of attunements

Supervised attunements

Preparation of Manuals

Running workshops, co-teaching experience

Transformational tools and techniques, at the discretion of the Reiki Master/Teacher