

Reiki Teaching Guidelines

Reiki Level 1

Below is a guideline of what the UKRF believe should be taught at the first level:

- Description of 1st level Reiki and attunement(s).
- Number of attunements (depends on style).
- Definition of Reiki
- A Reiki history
- The Reiki principles
- Practical uses of Reiki
- Creating a Healing Space
- Guidelines for self-treatment including opportunity to practise
- An awareness of where Reiki should be used with caution
- Guidelines for giving a seated treatment plus opportunities to practise - hand positions
- Guidelines for giving a full-treatment plus opportunities to practise - hand positions
- Recommended reading/updating of knowledge to keep abreast of new developments
- Codes of Ethics
- Written handouts or instruction Manual supplied
- Basic Reiki Techniques
- Basic Protection and Cleansing
- An Introduction to Meditation - Gassho, Joshin Kokyu Ho
- Case Studies
- Course Certificate supplied - include level, style, name of teacher, date of training
- Arrangements made for on-going mentoring/support
- Lineage