

Reiki Teaching Guidelines

Reiki Level 2

Reiki 2 taken after Reiki 1 is historically perceived to be sufficient for professional practice.

Below are the UKRF Guidelines for level 2, having already taken level 1.

- Review of prior Reiki learning and development
- Description of second level Reiki & attunement
- The symbols, their origins, meanings and uses
- Distant healing and its application
- Creating a healing space
- Meditation and creative visualisation – including Hatsu Rei Ho
- Further Reiki Techniques
- Protection & Cleansing
- Mental/emotional treatments
- Healing and the law
- Recommended reading/updating of own knowledge to keep abreast of new developments
- Awareness of UK Reiki Federation Codes of Ethics
- Written handouts or instruction Manual supplied
- Course Certificate supplied – include level, style, name of teacher, date of training
- Arrangements for on-going mentoring/support
- Lineage discussed and provided Case Studies