

Reiki Federation Ireland Teaching Guidelines for Reiki Level 2.

Further training needed for Reiki Practitioner Level

Agreed by members present at RFI EGM February 2007 and RFI AGM April 2016.

The following is the minimum content for Second Level Reiki Training:

- Please note: If a student is new to the Reiki Master/Teacher, the Reiki Teacher ensures that the student has a First Level Reiki Certificate prior to undertaking Reiki Level 2
- Revision of all aspects of Level 1 in detail
- Sharing of feedback since first level workshop and experience of using Reiki
- Revision and practice of Reiki hand positions for self-healing, chair treatment, and lying on a plinth. With regard to hand positions it must be emphasised to students that the genital and breast areas are not physically touched and that clients remain clothed while receiving Reiki.
- Introduction to the Reiki Level 2 symbols
- Receiving of Second Level Reiki Attunement
- Meditation/visualisation
- Sharing of experiences from Second Level Reiki attunement
- Teaching the Reiki 2 symbols and practice of them physically
- Each student to practise giving and receiving Reiki using the Reiki 2 symbols
- Teachers must make students fully aware of the possible effects during and after a Reiki treatment
- Explanation and practice of distant/absent Reiki Healing
- Teaching on the integration of Reiki energy following Reiki Level 2 workshop
- Teacher to emphasise the importance of using Reiki self healing every day
- The ethical use of Reiki in the student's life is emphasised
- Teaching of the importance of personal energy management, self care and well being while giving Reiki
- Opportunities for students to share workshop experience
- Course manual to be given.
- A minimum of 14 hours supervised training by the Reiki Teacher is necessary for this level, plus a minimum of ten hours practical experience of using Reiki Level 2.*
- A minimum of one meeting (minimum two hours), specific to the second level workshop is necessary within three to six weeks, to include questions and answers, opportunity for the group to share experiences, the giving and receiving of Reiki.
- Suggested Reiki resources list
- **Contraindications** – The use of alcohol and/or mind altering substances is strictly forbidden when practising or teaching Reiki
- **Special Recommendations** – Practitioners reserve the right, at their discretion, to refuse Reiki to members of the general public for reasons of personal safety, including the abuse of alcohol and mind altering substances
- While Reiki is not contra-indicated to any medication we advise that clients' medication may need to be reassessed by their GP as Reiki can enhance the clients' rate of recovery.
- Students in the practice of Reiki must refrain from diagnosing or promising cures
- It is a legal requirement that children up to the age of sixteen (16) years must be accompanied by a parent/ guardian during the Reiki treatment
- Reiki Level 2 Certificate to be given on successful completion of the course. Information to be included on the certificate for Reiki Level 2 to read: Reiki Level 2. This certifies that name (eg. Jane Doe) has received the necessary practice, theory and attunements to complete Reiki Level 2.
- A minimum of three months before Reiki Level 3 Attunement can be received
- Overview of RFI and information on joining RFI

(* **Explanatory Note:** Practical experience may consist of self-healing, treating family and friends, distant healing, Reiki share and any other form of practical experience at the discretion of the Reiki Teacher.)

