



Reiki Federation Ireland

many paths, one voice

Reiki Federation Ireland Teaching Guidelines for Reiki Level 1

Agreed by members present at RFI EGM September 2006 and RFI AGM April 2009.

First Level Reiki is not to be used on a professional basis. The following is the minimum content for First Level Reiki Training:

- Definition of Reiki
- The Reiki Principles
- How Reiki actually works
- The ways in which Reiki can be used
- The benefits of Reiki
- The history of Reiki
- First Level Reiki Attunement
- Meditation/Visualisation
- Sharing of experiences from First Level Reiki Attunement
- Teaching 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
- Each student to practice giving and receiving a full Reiki treatment under teacher's supervision
- Teachers must make students fully aware of the possible effects during and after a Reiki treatment
- A minimum of four hours is devoted to hands on healing to include practice
- Explanation of the energetic systems of the body including the aura, chakras and endocrine system
- Brief introduction to the various levels of Reiki
- Teaching on the integration of Reiki energy and possible experiences following the Reiki One 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 a Reiki Teacher is necessary for this level.
- A minimum of one follow up meeting (minimum two hours), specific to the first 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 1 Certificate to be given upon successful completion of the course. Information to be included on the certificate for Reiki Level 1 to read: Reiki Level 1. This certifies that (Name eg. Jane Doe) has received the necessary practice, theory and attunements to complete Reiki Level 1.
- A minimum of six weeks before the Reiki Level 2 Attunement can be received
- Overview of RFI and information on joining RFI