

## **Reiki Federation Ireland Teaching Guidelines for Reiki Master Level 3**

### **Further training needed for Reiki Master Teacher Level**

Agreed by members present at RFI EGM February 2008 and AGM 2016

The following is the minimum content for Teaching Guidelines for Reiki Master Level 3:

- Please note: if a student is new to the Reiki Master/Teacher, the Reiki Teacher ensures that the student has a Reiki Level 1 and 2 Certificate prior to undertaking Reiki Master Level 3
- Assess the students knowledge of Reiki Level 1 and 2
- Review and revise all aspects of Reiki Level 1 and 2 in detail
- Sharing of feedback since Reiki Level 1 and 2 workshops and experience of using Reiki
- Review and revise 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 genital and breast areas are not physically touched and that clients remain clothed while receiving Reiki
- Receiving of Reiki Master Level 3 Attunement
- Meditation/visualisation
- Sharing of experiences from Reiki Master Level 3 Attunement
- Teaching the Reiki Master Level 3 symbols and practice of them physically
- Teachers must make students fully aware of the possible effects during and after a Reiki treatment
- Discuss the integration of Reiki energy following Reiki Master Level 3 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 experiences
- Overview and discussion of Reiki Lineages
- Course manual to be given
- Suggested Reiki resources list to be given
- A minimum of 7 hours supervised training by the Reiki teacher is necessary for this level, including a minimum of 4 hours practical experience of using Reiki Master Level 3
- A minimum of one meeting (minimum two hours), specific to Level 3 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
- Contraindications – The use of alcohol and/or mind altering substances is strictly forbidden when practising and teaching Reiki
- Special Recommendations – To assess and make decisions as to the suitability of giving Reiki to any person 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 the recipients' medication may need to be reassessed by their GP as Reiki can enhance the recipients' 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
- Information on additional Reiki training such as Reiki Practitioner Module and Reiki Master Teacher Module
- Reiki Master Level 3 Certificate to be given on successful completion of the course. Information to be included on the certificate for Reiki Master Level 3 to read: Reiki Master Level 3. This certifies that (Name eg. Jane Doe) has received the necessary practice, theory and attunements to complete Reiki Master Level 3.
- Overview of RFI and information on joining RFI.