

## Questions to ask a Reiki Master about Reiki Training

- How long have you been working with Reiki? What training have you had? How often do you teach? How do you personally use Reiki? What is your lineage?
- Will this training initiate me into, or progress me within, the Usui lineage or is it part of another school of Reiki?
- What qualifications are required to take Reiki training?
- What do you cover in your classes? How many hours of class time are included? How much time is instructional, and how much is hands-on practice?
- What are the specific things I will be able to do after taking the training?
- What are your fees, and will I receive a certificate and a manual?
- Can I take notes and tape record the class?
- How many symbols will I learn?
- Is there a Reiki support group in my area or can you help me establish one?
- Will you openly support me in being a successful Reiki practitioner or master?
- Do you have a positive respectful attitude toward other Reiki practitioners and masters, regardless of lineage or affiliation?

Be aware of how you feel about their answers and if they are responding in a loving manner that is supportive and empowering. Listen to your heart and you will be guided to the right teacher.

## Prerequisites for Reiki Training

The following represent the prerequisites for training with an ICRT Licensed Reiki Master/Teacher. Our Licensed Teachers participate in an advanced training program after their Reiki Master training. Their training includes a minimum of 105 hours of in class training and 100 hours of documented Reiki treatments, a written test, and supervised teaching practice.

Each ICRT Licensed Teacher is bound by our Code of Ethics and agrees to teach the standardized curriculum in all their classes. ICRT Licensed Teachers are required to maintain an active Reiki practice.

**USUI REIKI TRAINING:** Reiki I (prereq. none), Reiki II (prereq. Reiki I), Reiki I & II (prereq. none)

**USUI/TIBETAN REIKI TRAINING:** Advanced Reiki Training (prereq. Reiki I & II), Reiki Master Training (prereq. Advanced Reiki Training), Advanced Reiki with Master Training (prereq. Reiki I & II)

**KARUNA REIKI® TRAINING:** Karuna Reiki® Practitioner I & II (prereq. Center's Advanced Reiki Training or Reiki 3A equivalent from other schools), Karuna Reiki® Master (prereq. experience as an Usui Reiki Master)

## ICRT Ethical Standards

1. Agree with and work to fully express the Usui Ideals, the Center Philosophy, and the Center Purpose.
2. Respect and value all Reiki practitioners and masters regardless of lineage or organizational affiliation. To refrain from making negative statements about other Reiki practitioners or masters.
3. Actively work to create harmony and friendly cooperation between all Reiki practitioners and masters regardless of lineage or organizational affiliation.
4. Encourage all students to use their own inner guidance in deciding whom to receive Reiki treatments from or who to study Reiki with, including the possibility of studying with more than one teacher.
5. Openly encourage all your clients and students to do the best job possible with the Reiki program they are guided to use.
6. Always work to empower your clients and students to heal themselves. Encourage and assist them in their personal growth as well as in the development of their Reiki practice.
7. Always treat your students and clients with the greatest respect. Never engage in any illegal or immoral activity with your clients or students. Never touch their genital area or breasts, never ask them to disrobe, or never make sexual comments or references.
8. Abstain from the use of drugs or alcohol during all professional activities.
9. Practice Truth in Advertising: be willing to openly discuss the subjects covered in your Reiki classes, the fee that is charged, and the amount of time spent in class with any prospective students. Ads should state what the student will be able to do upon completion of the class.
10. Never use another person's copyrighted material in your classes without permission and giving credit.
11. Be open to the continuing process of enhancing your professional qualifications, training, experience, and skills.
12. Actively work on your own healing, to embody and fully express the essence of Reiki in everything you do.
13. Educate the client regarding the value of Reiki and explain that it does not guarantee a cure, and is not a substitute for medical or psychological treatment
14. Acknowledge that Reiki works in conjunction with other forms of medical or psychological care. If a client has a medical or psychological condition, suggest that, in addition to receiving Reiki treatments, they see a health care practitioner, if they are not already seeing one.
15. Never diagnose medical or psychological conditions or prescribe medications. Never suggest that a client change or end dosages of substances prescribed by other licensed health care providers or suggest the client change prescribed treatment or interfere with the treatment of a licensed health care provider.

