

REIKI AUSTRALIA

MODEL FOR PROFESSIONAL PRACTICE OF REIKI

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1. Introduction

This document proposes a model for the implementation and operation of professional Reiki treatment practice.

The Model for Professional Practice of Reiki has been designed to support and preserve the nature of Reiki, including the oral tradition at the heart of the lay practice. The professional standards will provide a foundation for the professional accreditation of Reiki practitioners.

This document describes the following aspects of the model:

- The background of the project
- The context for lay and professional practice
- The rationale for creating the model
- The objectives of the model
- An overview of the model
- Supporting mechanisms for its implementation and operation.

2. Background of the Project

At the first National Reiki Conference 2001 the delegation agreed:

- to preserve Reiki as a spiritual practice and healing art;
- to honour the diversity of Reiki practices in Australia;
- to form a national self-regulating body Reiki Australia (*formerly Usui Reiki Practitioner Alliance*) and to establish and maintain a minimum set of national standards for the professional practice of Reiki treatment;
- to acknowledge Spiritual Lineage Bearers and *Founders as embodying the essence of Reiki through their form of practice; and
- to endorse the methodology of national consultation proposed by the Community Services & Health Training Authority & Industry Training Advisory Board (CS&HTA ITAB) for the development of HTP qualifications.

Note: *Founder has been introduced in the spirit of inclusiveness to cover practices whose form does not include a Lineage Bearer. This has been included as a necessity as part of the natural evolution of the project.

Since 2001, Reiki Australia has been conducting national consultation with the Australian and international Reiki community and consulting with government bodies, with the aim of developing national standards for professional practice. This process of national consultation was guided by the key principles of: inclusiveness and informed consultation.

3. Context

This section defines the underpinning principles of the model and the environment in which it will operate.

- 3.1 Whilst Reiki Australia acknowledges the professionalism of Reiki masters in their teaching of Reiki in the lay practice, this document uses the term 'professional practice' to refer to the delivery of Reiki treatments in commercial or externally regulated settings (as in commercial, community and health organisations). A glossary of terms is included at the end of this document.
- 3.2 Reiki lay practice is the foundation for the Reiki treatment industry.
- 3.3 Lay practice is a personal practice intended for treatment of the self, family and friends. Lay practitioners may or may not choose to move into professional practice.
- 3.4 The professional practice of Reiki involves working with the public on a commercial or volunteer basis and requires professional standards and expertise.
- 3.5 The key roles involved in Reiki practice are: student, initiating Master and mentor. The student role is understood to apply to all those initiated into Reiki, from beginner to Master, as the individual's spiritual journey with Reiki unfolds.
- 3.6 The ongoing Master/student relationship is seen as fundamental to the lay practice; it is desirable for this relationship to be carried forward into professional practice.
- 3.7 Traditionally Reiki training has been for the lay practice only. Certificates are provided for Reiki I and Reiki II 'Degree/stage'^{*1} training and classes are held ideally over a minimum of two days each. There is a wide variation in class content, size of classes, fees charged and time taken to provide training. Some teachers have included practices which are not part of Reiki and for which they themselves are sometimes not trained.
- 3.8 Reiki I and Reiki II training does not provide students with the competency required for professional practice.
- 3.9 Spiritual Lineage Bearers and Founders of practices are acknowledged as authorities for the definition of form of the practice they embody.
- 3.10 There are many forms of Reiki practised in Australia; of these very few are clearly defined.
- 3.11 Aligned teaching masters in the lay practice support the continuation and integrity of the form by teaching students in alignment with the form as defined by the Lineage Bearer or Founder of that form.

4. Rationale for Creating the Model

The development of a model for the professional practice of Reiki treatment will guide, support and nourish the evolution of the Reiki treatment industry. The following issues and concerns provided the impetus for creating a model to inform the development of professional standards.

¹ Degree in this context refers to the Reiki terminology for a short course in Reiki, and does not correlate with an academic qualification.

- 4.1 Without standards there is no sound basis for professional accountability, informed consent and research.
- 4.2 Reiki Australia seeks to manage the potential risk that may arise from practices that have developed over time to include non-Reiki practices e.g. inappropriate physical interaction, psychic reading. There is no controlling mechanism in the Reiki lay practice over this organic development, however, standards are vital for professional practice.
- 4.3 A standard based on definitions of form will support professional accountability and informed consent.
- 4.4 A standard for professional practice that is implemented by professional associations would relieve medical and other healthcare practitioners and institutions of the burden of determining appropriate treatment practices in the absence of standards, or where current standards are inadequate or inconsistent.
- 4.5 Standards for Reiki practice will enable healthcare and community services to create policies for employment of Reiki treatment practitioners.
- 4.6 Reiki practice fundamentally differs from other complementary therapies in that it is both a spiritual practice and a healing art.
- 4.7 Reiki has been categorised as a complementary therapy and is included in the United States National Center for Complementary and Alternative Medicines (NCCAM) classification of complementary therapies as an Energy Medicine. However at this stage no standards have been developed.
- 4.8 Although common standards apply to lay and professional practice, additional standards, which are inappropriate for lay practice, are needed for professional Reiki treatment. In order for the spiritual integrity of Reiki to be preserved in professional practice existing lay standards need to be linked to professional practice.
- 4.9 There is a need to link the definition of form to the professional standards to ensure that there is only one definition for each form of practice. Reiki Australia acknowledges the authority of the Spiritual Lineage Bearers as custodians of the traditional sacred knowledge contained in their respective forms of practice.
- 4.10 The alternative approach of basing the standard on the practices of individual masters, practitioners, or groups of masters carries the inherent risk that inappropriate practices may be endorsed, posing a risk to the vulnerable patient/client.
- 4.11 With the imminent inclusion of Reiki treatment practice in the Health Training Package, there has emerged a need to create a model which will help ensure that the diversity of forms of practice and the sacred content of each practice are preserved.

5. Objectives of the Model

The proposed model for implementation of professional standards for Reiki treatment practice is designed to achieve the following objectives:

- 5.1 to honour Reiki as both a spiritual practice and a healing art;
- 5.2 to define standards for professional Reiki treatment practice;
- 5.3 to establish the spiritual essence of Reiki as the foundation of professional practice;
- 5.4 to preserve the richness, integrity and primacy of the lay practice; and
- 5.5 to define mechanisms for the implementation of the professional standards

6. Overview of the Model for Professional Practice of Reiki

The Model for Professional Practice of Reiki will describe and illustrate the functions, roles and relationships of the various contributing bodies in establishing and maintaining standardised professional Reiki treatment practice. Features of the model include:

- standards for Reiki treatment practice and a structure for inclusion in the Health Training Package (HTP);
- processes for determination of and endorsement by the Reiki industry of forms of Reiki practice to be included in the initial package;
- structure and processes for endorsement, supervision and mentoring of Reiki practitioners in professional practice; and
- relationships between and roles of key stakeholders including Lineage Bearers, Founders, Reiki masters and practitioners, Reiki associations, Regional Training Organisations (RTO's) employers and government bodies.

7. Supporting Mechanisms

The following mechanisms are designed to facilitate the effective implementation and operation of the Model for Professional Practice of Reiki. They have been developed to address the key issues identified during the national consultation process.

- 7.1 The following have been employed to ensure that the integrity of forms of practice and the spiritual/ sacred material for each practice is preserved when Reiki treatment practice qualifications are included in the HTP; they provide a link between the lay practice as the foundation, to professional practice:
 - Acknowledgement of the Lineage Bearers as the particular authority on their form of practice and teaching;
 - Consulting with Lineage bearers and Founders to clarify the definitions of practices;
 - Inclusion of definition of form as a basic standard in the qualification;
 - Retaining the teaching of all levels of Reiki i.e. Reiki 1, Reiki II and Master training in the lay practice; and
 - Allowing for provision for students enrolled in the qualification to review Reiki 1 and II classes with a Master/ teacher in the lay practice whose practice is consistent with the definition.
- 7.2 Identification of forms of practice that are nationally deliverable. This implies clear definition, widespread use and the capacity for supervision and mentoring. Additional forms can be incorporated in the future under agreed guidelines.

- 7.3 Definition of processes for alignment and endorsement of Masters to their chosen form of practice.
- 7.4 Development of a strategy for practitioners to achieve alignment with a defined form of practice of Reiki.
- 7.5 Definition of processes for supervision and mentoring.
- 7.6 Definition of competencies required for professional Reiki treatment practice.
- 7.7 Design of a flexible structure with multiple levels of qualification, which supports diverse industry needs and environments.
- 7.8 Development of a strategy for implementation of the Model for Professional Practice of Reiki, that engages the Reiki community at all levels.
- 7.9 Continuation of the process of national consultation throughout the implementation process (surveys, forums and discussion groups, association contacts etc).
- 7.10 Definition of the relationship between all stakeholders in the Reiki treatment industry, including Reiki Masters, Lineage Bearers, Founders, students, lay and professional practitioners, client, RTO's, Reiki associations, government bodies, allied professionals etc.

The definitions relate to three aspects of the model:

- the practice of Reiki
- Reiki Australia’s accreditation process
- Professional Practice context

Term	Definition
Alignment In alignment	Practising Reiki consistently within a defined form of practice. Following all of the guidelines and elements of that form.
Degree	In the Reiki context this term refers to the levels of training in the lay practice i.e. 1 st degree or 2 nd degree and not to an academic qualification.
Diversity of form	A number of different forms of Reiki are currently taught and practised in Australia and overseas. These may differ in regard to fundamentals such as methods of initiation, underlying philosophy, treatment procedures, hand positions and sequence etc.
Endorsed master	In the context of the Model for Professional Practice of Reiki the term ‘endorsed’ refers to a master who is acknowledged by the Lineage bearer or founder as practicing in alignment.
Founder of practice	A Founder of a form of practice significantly changes an established and traditional system by fusion of practices or by adding to or subtracting from elements or aspects of an original system. A Founder is acknowledged by elders and peers in the Reiki community.
Form of practice Form	A system of Reiki practice which has been defined by a recognised Lineage Bearer or Founder, specifying such elements and aspects as treatment practice methodology, initiation process, underpinning philosophy and spiritual practice.
Grand Master	A living individual/s generally acknowledged as ‘lineage bearer’ and/or recognised ‘head of discipline’. This term is specific to Usui Shiki Ryoho.
Lay practice	In the Reiki context lay practice is a personal spiritual practice intended for treatment of self, family and friends. Masters in the lay practice teach Reiki as a spiritual discipline and healing art to their students.
Lineage bearer	The spiritual head or energetic holder of a lineage of a particular system of practice acknowledged by elders and peers of the Reiki community. Lineage bearers only relate to those systems of Reiki which have spiritual lineage as an element.
Lineage of initiation	The direct line of initiating masters which connects the student to Dr Mikao Usui. In practices which have spiritual lineage as an element, the lineage of initiation connects the student to the Spiritual Lineage.
Mentor Lay practice	An individual acknowledged by a Lineage Bearer, Founder or the peer community as practising in alignment and having the skills and experience required to support and guide the Reiki student.
Original system of Reiki practice	A system of Reiki healing which has evolved from a body of knowledge over a long period of time and which has been refined

	but not changed from its essence or core principles as distinct from systems which have been created by individual masters or groups of masters.
Public practice	In the context of the Model for Professional Practice of Reiki, public practice refers to working with the public on a commercial or volunteer basis. Becoming a Reiki practitioner who delivers Reiki treatments to the public often arises organically out of the healing aspect of Reiki lay practice.
Professional practice	In the context of the Model for Professional Practice of Reiki, professional practice refers to professionally qualified practitioners working with the public in a professional capacity on commercial or volunteer basis.
Professional Reiki treatment practitioner	Reiki practitioner who has undergone training and assessed as being competent in providing Reiki treatments in a variety of health and community settings.
Reiki master	A Reiki master is an individual who has received the training and initiation into mastery in a system traceable to Dr Usui and is committed to living a Reiki way of life. Masters are trained to initiate others and pass on the gift of Reiki.
Reiki treatment practitioner	An individual initiated into first, second or master level of Reiki, and who provides treatment to others on a commercial or volunteer basis.
Spiritual	The non-physical aspects of self; the relationship with spirit and its presence in all things.
Spiritual lineage	The succession of lineage bearers belonging to systems of Reiki which include spiritual lineage as part of the definition of their form.
Supervisor/Professional Mentor	An individual endorsed as practising in alignment, having the knowledge and experience in relation to a designated form to oversee a practitioner in their professional treatment practice.