



REIKI AUSTRALIA  
*In Touch*

**21<sup>st</sup> May 2004**

**Amended 11/05/2022**

## **Codes of Ethics**

*To be reviewed within five years*

### **General Introduction**

The creation of this Code of Ethics is a commitment on the part of all members of Reiki Australia to uphold the values and statements of highest intention that follow. Its initial focus will be to uphold the integrity of Reiki as spiritual practice and healing art, and to ensure that our Members use their knowledge, skills and art for the benefit of others, to intentionally do no harm, to respect our clients through our honesty, compassion, and tolerance, and to honour ourselves and one another.

### **Explanation – Reiki**

Reiki is a spiritual practice and healing art. The English meaning of the Japanese name for the practice is commonly translated as Universal Life Energy, or Universal Life Force. The Reiki practitioner is a conduit for the energy that is called Reiki.

In accordance with the traditional practice of Reiki, the Reiki practitioner uses a sequence of hand positions over the client's body, and generally, passive hand contact is used. This patterning of hand positions correlates with the major systems and organs of the body as well as certain energy centres. The practice of Reiki does not require the removal of apparel, since clothing, and other materials such as plastic, wood, metal or plaster casts are not a barrier for the energy. Reiki is open to be interpreted by, and accepted within, each person's belief system. It stands on its own as a therapy, and may complement and

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enhance other therapies, including orthodox medical treatment. The basic outward form of the System is a hands-on healing practice, which touches all levels of our humanity: physical, mental, emotional, and spiritual. Empirical evidence shows that Reiki addresses the client's needs on all these levels.

**Reiki Lay Practitioner** - a person who is initiated into Reiki.

**Reiki Level 1 Practitioner** – a person who has completed Reiki Level I training.

**Reiki Level II Practitioner** – a person who has completed Reiki Level II training.

**Reiki Master** – a person who has completed master training and who teaches their chosen form of Reiki.

**Healing in the Reiki context** - refers to the concept of making 'whole' (derived from the Anglo-Saxon word 'haelan' - to be or become whole) and incorporates aspects of physical, mental, emotional, and spiritual dimensions. The process of healing is not focused on curing, which commonly implies relief from physical or total absence of disease. However, as a result of the process of healing a cure may result.

Although Psychic Reading has been taught and practised by some Reiki Masters and practitioners as part of Reiki practice, for the purposes of this document, the practice of Psychic Reading, from whatever source, is deemed to be a modality quite separate from the practice and teaching of Reiki.

**Client** - any person who is the recipient of a Reiki treatment.

**Significant others** - those persons whom the client perceives as playing an important role in the life of that individual.

### **Interpretation of Terms for the purpose of this Document**

**Empirical evidence** - consists of observations made known to us by way of our senses. This form of evidence is a requirement of the scientific approach, which ensures that the findings of a scientific study (e.g. the benefits of a therapy) are grounded in reality, rather than the personal belief of the researcher/practitioner. (Polit, D.F & Hungler, B.P. 1995 Nursing Research Principles and Methods, 5<sup>th</sup> Edition, p.10 Ed. J.B. Lippincott Co., Philadelphia).

## **Preamble**

Upon entering the practice of Reiki, each practitioner accepts the responsibility and trust vested in the practice of Reiki, and the corresponding obligation to adhere to and maintain Reiki Australia's ethical standards. Reiki practitioners have a responsibility to clients, society, and Reiki Australia, to provide safe, competent care. The Code of Ethics for Reiki Practitioners in Australia is a guideline to set national minimum standards for accountable practice.

The Code has been developed to ensure responsible Reiki practice and is relevant to all those who practise Reiki as a spiritual practice and healing art.

## **Definitions**

### **Empathy**

- Empathy requires one to empty oneself to enable one to actively comprehend the experience of another. It is a personal state.

### **Compassion**

- Compassion requires one to be in a state of compassion, which facilitates non-judgment, acceptance and equality. It is a universal state.

## **Code of Ethics**

### **Purpose of the Code of Ethics**

- To identify the fundamental moral commitments of Reiki practice.
- To maintain the integrity of Reiki as a spiritual practice and healing art.
- To provide Reiki practitioners with guidelines for ethical practice and self reflection.
- To provide guidelines for the protection and wellbeing of clients and students.

### **Introduction to Code of Ethics**

Reiki practice is undertaken in a variety of settings. Any particular setting may be affected to some degree by factors that are not within a Reiki practitioner's control or influence. These include resource constraints, institutional policies, management decisions, and the practice of other health care providers. Reiki practitioners also recognise the potential for conflict between the client's needs and those of others within the setting. Such factors may affect the degree to which Reiki practitioners are able to fulfil their moral obligations and/or the number and type of ethical dilemmas they may face.

The Code contains six broad value statements. Reiki practitioners may use these as a guide in reflecting on the degree to which their practice demonstrates the stated value. As a means of assisting in interpretation of the six expressed values, a number of explanatory statements are provided. These are not intended to cover all the aspects a Reiki practitioner should consider, but can be used as an aid in further exploration and consideration of ethical concerns in Reiki practice.

The Code is not intended to provide direction for the resolution of specific ethical dilemmas, nor can this document adequately address the definitions and of terms and concepts which are part of the study of ethics. If faced with an ethical dilemma, Reiki Australia members are encouraged to contact the Reiki Australia Ethics Committee. Members are also encouraged to undertake discussion and educational opportunities in order to identify ethical dilemmas, as well as apply ethical reasoning and clarify for themselves issues related to the fulfilment of their legal, moral and ethical obligations.

Reiki practitioners are independent moral agents and sometimes may have a personal moral stance that conflicts with participation in certain procedures. Reiki practitioners should not refuse involvement if there is any possibility of danger to the life or welfare of any person (for example: if a client is considered to be at serious risk to self or others, then appropriate referral may be necessary). Reiki practitioners accepting employment positions where they foresee they may be called upon to be involved in situations that would be in conflict with Reiki as a spiritual practice and healing art, have a responsibility to acquaint their employer or prospective employer with this fact.

The Code needs to be responsive to the needs and changes within the practice of Reiki as it evolves and finds its place alongside other healing practices.

### **VALUE STATEMENT 1**

**REIKI PRACTITIONERS RESPECT PERSONS' INDIVIDUAL NEEDS, VALUES AND CULTURE IN THE PROVISION OF THEIR CARE.**

#### **Explanatory Statements**

Reiki treatment should be made available to all, irrespective of race; spiritual values; economic, social or health status; age; gender, and gender identity; disability; or any other ground.

Respect the client's autonomy, needs, beliefs and values, which include culturally sensitive care and the provision of as much comfort, dignity, privacy and alleviation of anxiety as possible.

### **VALUE STATEMENT 2**

**REIKI PRACTITIONERS AND MASTER/TEACHERS RESPECT THE RIGHTS OF PERSONS TO MAKE INFORMED DECISIONS ABOUT THEIR REIKI CHOICES.**

#### **Explanatory Statements**

Individuals are entitled to make decisions related to their own welfare. Reiki practitioners have a responsibility to inform a person about the Reiki treatment being offered. Any claims about the effectiveness or likely outcomes of Reiki should be based on a body of empirical evidence or emerging research.

Individuals must have free choice to accept or refuse Reiki treatment, and Reiki practitioners must respect their decision. If persons are not present or able to speak for themselves, Reiki practitioners have a role in ensuring, where possible, that someone is able to accurately represent the person's perspective.

Factors that affect a person's capacity to give informed consent include illness, age, and lack of time to reflect (such as in an emergency situation). However, Reiki practitioners must respect such persons' right to accept or refuse Reiki treatment at any stage, to enable them to maintain some degree of self direction and self determination, e.g. children.

Masters should be aware of the following two features of Reiki teaching methods that could compromise their potential students' future Reiki opportunities.

1. Lineage of initiation

Initiation and training in a lineage that can be traced to the founder of the System of Reiki, Mikao Usui, is a criterion used by Reiki organisations throughout Australia to confirm that a practitioner is in fact a practitioner of Reiki (as opposed to other healing practices). Masters who are unable to provide students with a lineage of initiation are required to inform prospective students of the implications of this so students can make an informed decision.

2. Initiation and training in the physical presence of the initiating Master  
Reiki organisations throughout Australia commonly require their members to have been initiated into Reiki in person and in the physical presence of their initiating masters. When a Master chooses to conduct Reiki training and initiation in ways other than in person (e.g. via the internet, telephone or other such means) this has the potential to disadvantage their students by limiting their future options. Again, the Master has an obligation to inform the student of this, so the student can make an informed decision about the form of their Reiki training. Students may prefer to be initiated into another form of Reiki or by another Master, rather than compromise their future Reiki organisation membership and other opportunities.

### **VALUE STATEMENT 3**

REIKI PRACTITIONERS PROMOTE AND UPHOLD THE INTEGRITY OF REIKI AS A SPIRITUAL PRACTICE AND HEALING ART.

#### **Explanatory Statements**

Quality Reiki practice includes treatment provided by individuals appropriately qualified in professional practice as determined by Reiki Australia.

Promotion of Reiki practice includes valuing continuing education as a means of maintaining and increasing knowledge and skills. Continuing education refers to all formal and informal opportunities for education.

Research is necessary to the ongoing development and understanding of the practice of Reiki. Research should be conducted in a manner that is ethically defensible.

### **VALUE STATEMENT 4**

REIKI PRACTITIONERS HOLD IN CONFIDENCE ANY INFORMATION OBTAINED IN A PROFESSIONAL CAPACITY, AND USE PROFESSIONAL JUDGMENT IN SHARING SUCH INFORMATION.

#### **Explanatory Statements**

The practitioner respects the client's rights to determine who will be provided with their personal information, and in what detail. Exceptions may be necessary in circumstances where the life of the person or of other persons may be placed in danger if information is not disclosed.

When personal information is required for teaching or research, care must be taken to protect the person's anonymity and privacy. Consent for research must always be obtained.

Reiki practitioners protect persons in their care against inadvertent breaches of privacy by confining their verbal communications for professional purposes to other practitioners involved in the care of the client.

Reiki practitioners have a moral obligation to adhere to practices that limit access to personal records (whether written or computerised) to appropriate personnel.

## **VALUE STATEMENT 5**

**REIKI PRACTITIONERS RESPECT THE ACCOUNTABILITY AND RESPONSIBILITY INHERENT IN THEIR ROLES.**

### **Explanatory Statements**

As independent agents, Reiki practitioners have moral, legal and ethical obligations in the provision of Reiki practice.

When participating with other health care providers in the provision of comprehensive health care, the Reiki practitioner recognises the perspective and expertise of each team member.

Reiki practitioners may have personal values that may cause them to experience distress in relation to participating in certain procedures. Practitioners have a moral right to refuse to participate in procedures that would violate their reasoned moral conscience (that is, they are entitled to conscientious objection).

Reiki practitioners need to recognise the boundaries of their scope of practice and make appropriate recommendations to clients, or referrals to practitioners in the broader health care system.

## **VALUE STATEMENT 6**

**REIKI PRACTITIONERS VALUE THE PROMOTION OF AN ECOLOGICAL, SOCIAL AND ECONOMIC ENVIRONMENT THAT SUPPORTS AND SUSTAINS HEALTH AND WELLBEING.**

### **Explanatory Statements**

In the practice of Reiki, the practitioner will have an awareness of the relationship between the environment and the health of persons, and will assist in protecting them from any environmental hazards.

Reiki practitioners will value the development of policies that enhance the practice of Reiki.

Reiki practitioners acknowledge that the social environment in which persons reside has an impact on their health, and in collaboration with other health professionals and consumers, initiate and support action to meet the health and social needs of the public.



## **Discipline**

All Members are bound by the Code of Ethics, and, on joining Reiki Australia, shall be required to sign that they have read, and subscribe to, the above Code. Any Member found to be in breach of this Code shall be liable to disciplinary action under the rules of the organisation.

Any member who suspects any breach of this Code of Ethics has a responsibility to notify the Chair of Reiki Australia in writing of the alleged breach in the interests of the public, the Members of Reiki Australia and the integrity of the practice of Reiki.

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