



Australian Reiki Connection Inc.

ARC Criteria for the Teaching of the USUI System of Reiki: Level I/Shoden

The following amend and replace the former ARC Performance Criteria Guidelines for the Teaching of the Usui System of Reiki: Level I/Shoden

Conducting a Level I/Shoden Workshop

****Non Professional Reiki Channel****

All Reiki teaching will be conducted in line with professional standards of instruction and in an appropriate environment

All students having completed an ARC Inc recognised **Level I/Shoden** workshop will be proficient and ethical Reiki Channels, able to demonstrate a working knowledge of Level I/Shoden

- Instruction will be provided in workshop format or one on one as appropriate, over a minimum of **10 teaching hours**. These teaching hours specifically cover the teaching of the Usui System of Reiki content including student questions, practise time and feedback but excluding breaks and additional material (see Note**)
- Workshops will be limited to not more than 20 students per individual Reiki Teacher for Level I/Shoden
- The Reiki Teacher, being hands on attuned by their Teacher, will have the required qualifications, knowledge and proficiency to teach the Usui System of Reiki and to attune students
- Students will be individually attuned using one or more hands on attunements. It is recommended that there are four separate attunements. This will enable the student to have the best possible experience and to integrate the attunement process
- Individual attunements will be given using hands on physical contact and not by any other means, (by distance, over the Internet, or by self attunement)

In accordance with the fundamentals of the Usui System of Reiki, students will be taught:

- An introduction to Reiki: Reiki as a Spiritual Practice, what Reiki is, and an understanding of what it is not
- The History of the Usui System of Reiki
- What the Usui System of Reiki includes: i.e. the Precepts, Principles and Ethics, meditation, hands on healing and the importance and meaning of lineage traceable back to Usui
- Reiki for self-healing
- Reiki for the healing of others including full body and seated treatments
- Ongoing regular personal practise of Reiki and its importance

Teachers will provide:

- A certificate of attunement
- A copy of the teacher's relevant teaching lineage
- Ongoing appropriate support and development



****NOTE:**

- There are Four Usui Reiki Symbols. **Three** are taught at the Level II/Okuden and **One** at the Master-Teacher Level/Shinpiden
- No symbols are taught at Level I/Shoden
- Where additional materials are introduced these are to be clearly identified and distinguished from the teaching of the Usui System of Reiki Teachings
- Additional materials may include any material that the teacher considers might benefit a student's energetic and personal development however these **MUST** be explicitly explained as not being part of the Usui System of Reiki. (e.g. the use of crystals, the chakra system, symbols)
- Must not include: distant, internet or self attunements; symbols or attunements from other energetic practices/modalities/teachings or other information presented as being part of the Usui System of Reiki

Certificate:

The certificate of attunement will be presented either at the end of the workshop or preferably up to 21 days after, which allows for home based practise of the precepts, self-treatment, treating others, reactions, feedback and questions. A Usui System of Reiki **Level I/Shoden** certificate of attunement must not be a joint certificate with any other healing modality

Manual:

A manual of the **Level I/Shoden** Workshop is to be presented to the student by the Teacher either during or at the end of the workshop. The manual is to include a copy of the relevant '**Teaching Lineage**' (if there is more than one teaching lineage). The manual need not be an exact copy of the Training Manual used by the Master Teacher to prepare for and teach the Reiki Level I/Shoden workshop. It should be either a clip-in presentation folder or spiral-bound book of the information taught in the workshop with blank pages for the taking of notes to ensure that the Student(s) can recap/refresh as required afterwards

Additional Information and Resources:

Reiki history

Version provided by the Teacher's Teacher etc.

<https://www.australianreikiconnection.com.au/history-of-reiki>

<https://www.australianreikiconnection.com.au/about-reiki>

Reiki definition

Reiki (pronounced RAY KEY) two Japanese Kanji, when translated into western dialect, mean Universal Life Force Energy or Spiritual (non religious) Energy

The Usui System of Reiki is a Complementary, safe, vibrational/energy healing practice/therapy, that promotes balance in mind, body and spirit. It is painless, non-manipulative, non-invasive, it does not interfere with any form of medical treatment

<https://www.australianreikiconnection.com.au/reiki-today>

<https://www.australianreikiconnection.com.au/copy-of-about-arc>

ARC Code of Ethics

https://docs.wixstatic.com/ugd/01cecd_d2f198a8bc2442e2ab6f28052ee99449.pdf

Adopted by the Members of the Australian Reiki Connection Inc. by special resolution at the Special General Meeting on 13th June 2015 as agreed standards. ARC Inc. CoM (effective immediately)



Australian Reiki Connection Inc.

ARC Criteria for the Teaching of the USUI System of Reiki: Level II/Okuden

The following amend and replace the former ARC Performance Criteria Guidelines for the Teaching of the Usui System of Reiki: Level II/Okuden

Conducting a Level II/Okuden Workshop

****Professional Reiki Treatment Practitioner****

All Reiki teaching will be conducted in line with professional standards of instruction and in an appropriate environment

The prerequisite is an ARC Inc. recognised **Level I/Shoden** workshop. It is also a requirement that an interval of at least **21 days** and preferably of **2-3 months** has passed since the completion of the **Level I/Shoden** workshop. Application for Membership of the Australian Reiki Connection will not be successful if the applicant does not meet the minimum 21 day criteria. The suitability of each intending student will be individually assessed by the Reiki Teacher

All students having completed an ARC Inc recognised **Level II/Okuden** workshop will be proficient and ethical Reiki II Practitioners able to demonstrate a working knowledge of Level II/Okuden

- Instruction will be provided in workshop format or one on one as appropriate, over a minimum of 10 teaching hours. These teaching hours specifically cover the teaching of the Usui System of Reiki content including student questions, practise and feedback but excluding any additional material (see Note**)
- Workshops will be limited to not more than 10 students per individual Reiki teacher for Level II/Okuden
- The Reiki Teacher being hands on attuned by their Teacher will have the required qualifications, knowledge and proficiency to teach the Usui System of Reiki and to attune students
- Students will be individually attuned using one or more hands on attunements. It is recommended that there are three separate attunements, conducted one for each individual symbol and that this will enable the student to better integrate and experience each symbol
- Individual attunements will be given using hands on physical contact and not by any other means, (by distance, over the Internet, or by self attunement)

In accordance with the fundamentals of the Usui System of Reiki, Students will be taught:

- The three Usui System of Reiki symbols, their meanings, uses and sacredness
- Only three symbols are taught to students at Level II /Okuden
- An understanding of the practical applications of the three symbols
- How to use the symbols for hands-on and distant healing
- The ethics required when using the symbols
- Ongoing regular personal practise of Reiki and its importance

Teachers will provide:

- Instruction on professional practice requirements and obligations
- Instruction on informed consent
- Information on confidentiality
- Information on keeping Client Records
- A certificate of attunement
- A copy of the teachers relevant teaching lineage
- Ongoing appropriate support and development

**NOTE:

- There are Four Usui Reiki Symbols. **Three** are taught at the Level II /Okuden and **One** at the Master-Teacher Level/Shinpiden
- Where additional materials are introduced these are to be clearly identified and distinguished from the teaching of the Usui System of Reiki Teachings
- Additional materials may include any material that the teacher considers might benefit a student's energetic and personal development however these **MUST** be explicitly explained as not being part of the Usui System of Reiki (e.g. the use of crystals, the chakra system, other symbols)
- Must not include: distant, internet or self attunements, symbols or attunements from other energetic practices/modalities/teachings or other information presented as being part of the Usui System of Reiki
- Teachers are advised to inform the students that they will need to comply with all relevant government regulations and Professional Practice Principles and provide resources for this information (see additional information and resources below)
- Professional Practice Principles include but are not limited to;
Treatment Practice / Professional Conduct / Informed Consent / Client Record Keeping / Non Diagnosis / OH&S Matters / Business Skills /
First Aid Training and the Code of Conduct for unregistered health practitioners / Combined Liability Insurance Cover / Police Check / Working with Children Check

Certificate:

The certificate of attunement is to be presented either at the end of the workshop or no later than 21 days after completion of the workshop allowing for home based practice of the symbols, treating others, both hands-on and distant, reactions, practise, feedback and questions. A Usui System of Reiki **Level II/Okuden** Certificate of Attunement must not be a joint certificate with any other healing modality

Manual:

A manual of the **Level II/Okuden** Workshop will be presented to the student by the Teacher either during or at the end of the workshop. The manual is to include a copy of the relevant '**Teaching Lineage**' (if there is has more than one teaching lineage). The manual need not be an exact copy of the Training Manual used by the Master Teacher to prepare for and teach the Reiki Level II/Okuden workshop. It should be either a clip-in presentation folder or spiral-bound book of the information taught in the workshop with blank pages for the taking of notes to ensure that the Student(s) can recap/refresh as required afterwards



Additional Information and Resources

ARC Code of Ethics:

https://docs.wixstatic.com/ugd/01cecd_0718c325b4884f2f887312c04772ba05.pdf

ARC Code of Professional Practice:

https://docs.wixstatic.com/ugd/01cecd_f75ec73abb194f90ab4a49f501f17845.pdf

ARC Complaints Policy and Procedure

https://docs.wixstatic.com/ugd/01cecd_ef9e363a4764441bb91ac0d7c34e112b.pdf

NATIONAL Code of Conduct for unregistered health practitioners

https://docs.wixstatic.com/ugd/01cecd_3ee1a2b99781439d90a8229684f3ef27.pdf

<https://www.australianreikiconnection.com.au/national-code-of-conduct>

Note: code-regulation regimes are operating in four states: NSW, South Australia, Queensland and Victoria. Jurisdictions with previously existing schemes will consider adjustments to their codes and arrangements to achieve national consistency. ARC requires Members in ACT, TAS, NT, WA - where the legislation is still in process to adhere to the Victorian (National Code) [Check to see if your State has since implemented the National Code through Parliament].

<http://www.coaghealthcouncil.gov.au/DesktopModules/EasyDNNNews/DocumentDownload.ashx?portalid=0&moduleid=529&articleid=40&documentid=71>

NSW Code of Conduct for unregistered health practitioners

<http://www.hccc.nsw.gov.au/ArticleDocuments/69/Code%20of%20Conduct%202012.pdf.aspx>

SA Code of Conduct for unregistered health practitioners

<https://www.sahealth.sa.gov.au/wps/wcm/connect/15322e804e8ed19baf1daf3a30168144/Unregistered%2BHealth%2BPractitioners%2Bfact%2Bsheet-PC-PL-20130212-2.pdf?MOD=AJPERES&CACHE=NONE&CONTENTCACHE=NONE>

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public%20content/sa%20health%20internet/clinical%20resources/safety%20and%20quality/governance%20for%20safety%20and%20quality/credentialling/unregistered%20health%20practitioners>

Reiki Education Services

Professional Practice - Reiki Treatment Delivery and Practice Administration

<https://reikieducationservices.com/courses>

Alexandra Browne-Hill

Foundation/Advanced Care of Palliative Clients for Reiki and Reflexology Practitioners

<https://www.alexandrabrownehill.com.au/other-available-courses/>

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**Australian Reiki Connection Inc.
ARC Criteria for the Teaching of the USUI System of Reiki:
Master Teacher Level/Shinpiden**

The following amend and replace the former ARC Performance Criteria Guidelines for the Teaching of the Usui System of Reiki: Master Teacher Level/Shinpiden

**Conducting a Master Teacher Level/Shinpiden Workshop
Reiki Master Teacher**

All Reiki teaching will be conducted in line with professional standards of instruction and in an appropriate environment

The prerequisite is an ARC Inc. recognised **Level II/Okuden** workshop. It is also envisaged that an interval of at least **ONE YEAR** has passed between completion of the **Level II/Okuden** workshop and the undertaking of the Master Teacher Level/Shinpiden

Membership of the Australian Reiki Connection Teaching Category of Membership will not be successful if the applicant does not meet the requirement of a period of one year as a qualified Level II/Okuden Practitioner

The suitability of each intending student will be individually assessed by the Reiki Teacher. Students should where feasible attend and observe their Reiki Teacher at Usui System of Reiki **Level I/Shoden Workshops & Level II/Okuden Workshops** Where deemed necessary and appropriate, additional training or other supportive action should be taken before Master Teacher Level/Shinpiden is undertaken

The Reiki Teacher will through assessment and observation of the student be satisfied as to whether the student is able to:

- Demonstrate regular and responsible practice of Reiki in their life
- Show an understanding of the commitment involved in becoming a Reiki Teacher and agreed to undertake and honour this commitment
- Make a further commitment to self-master their life according to the principles and ethics of the Usui System of Reiki
- Have a good understanding of Reiki theory and practice
- Show knowledge of their Reiki Lineage
- Consider the time frame necessary to fully achieve the aims of the workshop
- Authenticate past training (e.g. by producing certificates and providing evidence of hands-on attunements)

All students having completed an ARC Inc recognised **Master Teacher Level/Shinpiden** workshop will:

- Be proficient and ethical Reiki Master Teachers - able to demonstrate a working knowledge of Master Teacher Level/Shinpiden
- Be able to demonstrate a theoretical and practical working knowledge of the Usui System of Reiki Level I/Shoden and Usui System of Reiki Level II/Okuden and requirements to teach these levels
- Have acquired the theoretical, ethical and practical working knowledge to teach a suitable candidate to Master Teacher Level/Shinpiden



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- Instruction will be provided in workshop format or one on one as appropriate, over a minimum of 18 direct contact teaching hours. These teaching hours specifically cover the teaching of the Usui System of Reiki content including student questions, practise time and feedback but excluding any additional material (see Note**)
- The Reiki Teacher being hands on attuned by their Teacher will have the required qualifications, knowledge and proficiency to teach the Usui System of Reiki and to attune students
- Students will be individually attuned to Teacher Level using one or more hands on attunements as appropriate for the initiation of a Teacher
- The individual attunement will be given using hands on physical contact and not by any other means, (by distance, over the Internet, or by self attunement)

In accordance with the fundamentals of the Usui System of Reiki, Students will be taught:

- The requirements and fundamental principles handed down in the Usui System of Reiki tradition for the attainment of the title of **Usui System of Reiki Master Teacher/Shinpiden**
- The Usui System of Reiki fourth or Master symbol, its meaning, uses and its sacredness
- Only the fourth symbol is taught at Master Teacher Level/Shinpiden
- An understanding of the practical applications of the fourth/Master symbol
- Procedures for carrying out hands-on attunements at Reiki **Level I/Shoden**, Reiki **Level II/Okuden** and Reiki **Master Teacher Level/Shinpiden**
- The ethics required when using the symbol
- The importance of ongoing/regular personal practice of Reiki and future professional development

Teachers will provide:

- A certificate of attunement
- A copy of the teachers relevant teaching lineage
- Opportunities and resources for ongoing professional development
- Ongoing appropriate support and resources for personal development

****NOTE:**

- There are Four Usui Reiki Symbols. **Three** are taught at Level II/Okuden and **One** at Master Teacher Level/Shinpiden
- Post course professional development teaching and practise components are to be delivered either in person or via distance learning determined by and provided for each student by the Reiki Teacher. These may include case studies.
- Where additional materials are introduced these are to be clearly identified and distinguished from the teaching of the Usui System of Reiki Teachings
- Additional materials may include any material that the teacher considers might benefit a student's energetic and personal development however these **MUST** be explicitly explained as not being part of the Usui System of Reiki (e.g. the use of crystals, the chakra system, other symbols etc)

- Must not include: distant, internet or self attunements, symbols or attunements from other energetic practices/modalities/teachings or other information presented as being part of the Usui System of Reiki
- Teachers are advised to inform students of the need to comply with all relevant government regulations and Professional Practice Principles and provide resources for this information (see *Level II/Okuden*)
- It is recommended that additional training, skill is undertaken as for example; Cert IV in Training and Assessment / Basic Counselling / Business Management etc.

Certificate:

The certificate of attunement is to be presented either at the end of the workshop or after completion of the post course components/instructions allowing for home based practise of the symbols, attunements, practise feedback, questions and follow up with their Teacher

A Usui System of Reiki **Master Teacher Level/Shinpiden** Certificate of Attunement must not be a joint certificate with any other healing modality

Manual:

A manual of the **Master Teacher Level/Shinpiden** workshop will be presented to the student by the Teacher either during or at the end of the workshop. The manual is to include a copy of the relevant '**Teaching Lineage**' (if the teacher has more than one teaching lineage).

This manual need not be a full/exact copy of the Training Manual used by the Master Teacher to prepare for and teach the Master Teacher Level/Shinpiden Workshop. It should be either a clip-in presentation folder or spiral-bound book of the information taught in the workshop with blank pages for the taking of notes to ensure that the Student can recap/refresh as required afterwards

Additional Information and Resources

Training.gov.au Professional Training Courses

<https://training.gov.au/Home/Tga>

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NOTICE:

The Committee of management of ARC Inc. reserves the right, should it be deemed correct and necessary to do so, to change, amend or substitute relevant words in order to clarify, simplify, update or correct the criteria without devaluing, negating either the meaning or the authority of the criteria.