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## REIKI ASSOCIATION of IRELAND

### Code of Ethics

#### *Introduction:*

This Code of Ethics should be read in conjunction with the Statement of Identity of RAI. Members of RAI recognise Reiki as a Japanese word meaning life force energy. We also understand the word Reiki as it is used to refer to the system of healing using this energy which is made available to a person through initiation by a Reiki Master. We recognise that Reiki can be given by gentle touch or distant treatment and can heal the body, mind and spirit of people, animals and plants.

#### **1. We observe the Reiki Principles in our practice and in our lives.**

The Reiki Principles are:

*Just for today do not worry*  
*Just for today do not anger*  
*Honour your parents, teachers and elders*  
*Earn your living honestly*  
*Show gratitude to every living thing.*

- 2. We recognise and honour the fact that people who practice and receive Reiki come from many different religious and cultural backgrounds.** Reiki is not a religion or belief system and we make no distinctions on the basis of race, class, sex, belief or sexual orientation.
- 3. We treat ourselves regularly** recognising that Reiki is for self-healing first and to ensure that we are in a fit state to treat others.
- 4. We honour and respect those we give Reiki to.**

- We normally give treatments lasting at least one hour.
- We conduct ourselves in a courteous and honourable manner, with integrity, sensitivity and tact.
- We take care to ensure that the person being treated is as much at ease as possible. This includes ensuring that the place in which a treatment is given is comfortable and a verbal explanation of the treatment is given.
- We will be in a fit state to give a treatment (e.g. not under the influence of alcohol or drugs, exhausted or ill).
- We will not behave in a way which could be interpreted as indecent or as sexual harassment or assault.
- We respect the confidentiality of all personal information confided by those we treat and will seek their permission before disclosing it to any third party unless required to do so by law.
- We do not give treatment unless a person or someone able to represent their wishes gives their permission. We recognise the right of the person to refuse treatment.
- We do not offer any kind of diagnosis or advice neither of which forms part of a Reiki treatment.
- We honour and respect the role of other health professionals, not interfering with their treatments or advice. We recognise that this is particularly important when visiting hospitals.
- We make it clear that we do not have the knowledge or skill of doctors.
- We do not use any titles (including R.A.I.) or descriptions to give an impression of medical or other qualifications we do not have. We make it clear that membership of the Reiki Association of Ireland is not an accreditation.
- We do not claim to be able to cure any problem but to offer physical and spiritual comfort which may bring some relief.
- We keep clear and comprehensive records of professional treatments.
- We recognise the importance of receiving something in exchange for treatments given.

**5. We honour the completeness of Usui Shiki Ryoho and value its simplicity.**  
 We acknowledge the fact that Reiki requires no addition or embellishment; its

beauty lies in its simplicity. When we use other therapies or belief systems in conjunction with Reiki we make the distinction clear to those we treat or teach.

**When disputes occur we are willing to do our best to reach agreement.** Members of the Reiki Association of Ireland acknowledge the importance of this Code of Ethics. If our actions are not in accordance with them we are willing to discuss any problems with the RAI Council and freely give any explanations we are asked for. If there is any unresolved disagreement we may call upon the Method for Settling Disputes, which is a process which recognises the need for all points of view to be heard and valued. Every effort will be made to reach agreement. If no agreement can be reached, or if after due consideration it is so decided, we will withdraw from membership of the Reiki Association of Ireland.

**7. Those of us who hold the honour of being Reiki Masters recognise the additional responsibility this brings and conduct ourselves accordingly.** This includes:

- Honouring everyone we teach Reiki to.
- Honouring the Usui System of Reiki Healing as defined by the Office of Grand Master in our teaching of Reiki;
- Acknowledging the Sacredness of Form of the Initiations;
- Realising the Reiki Principles in our daily lives;
- Practising Reiki by giving and receiving treatments;
- Pursuing our ongoing personal and spiritual growth;
- Being willing to interact with Masters of all disciplines and the Reiki Community.

**8. We acknowledge the importance of paying membership subscriptions on time,** to support the work of the Reiki Association of Ireland. We agree that if our renewal subscription has not been received two months after the due date our membership will be deemed to have lapsed.