

A guide to professional conduct for Reiki Healers

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PROFESSIONAL CONDUCT.

*Create a safe and gentle place for the treatment.

*Ask before starting the treatment what the complaints are, and what medical attention has been received. It is good practice to keep confidential records, and this will be essential if you wish to work in a clinic or open a therapy centre, it will also be needed if you want practitioner insurance.

*Unless you are qualified to do so, do not diagnose or give any advice about medical Treatments.

*Wash your hands before and after giving any treatment.

*Avoid strong smelling foods on treatment days, and do not wear overpowering aftershave or perfume.

*It is advisable to wear loose clothing and to remove sharp jewellery when giving or receiving treatments.

*Soft background music can be helpful, but do remember to check with the Client Beforehand.

*Have the client lay down with the shoes off and arms and legs uncrossed.

*Before beginning make sure that you have told the client of any sensations that may occur. And they understand what a Reiki Healing involves.

*Make sure that the client is comfortable and warm, pad out any hollows under their lower back and knees with pillows or rolled up blankets, and have a light blanket or towel available if they should feel cold.

*Have tissues at hand in case of emotional release.

*Begin by asking that the energy flows through you for the highest good for this client. Place your hands very lightly on the client and try not to move your hands abruptly from one position to another.

*When giving treatments try to be relaxed and as quiet internally as you can, this will all come with practice, in time your hands will just seem to float above the client with very little effort from yourself.