



Shamanic Reiki Master Teacher and Life Empowerment PRACTITIONER AND TEACHER ETHICS

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Please read this document attentively and in its entirety. As a Shamanic Reiki Master Teacher and/or practitioner, you commit to adhere to all contents of these pages.

Covid-19 Ethics

All in-person sessions and/or in-person training will be offered ONLY in strict accordance with state and national Covid-19 health and safety restrictions and guidelines.

General Ethics

The Shamanic Reiki practitioner and/or teacher creates a healing environment in which the client feels safe, comfortable, and respected. Please refer to detailed suggestions in the book, *Shamanic Reiki* (Roberts & Levy), for how to create a healing environment.

No specific religious or spiritual practice or belief system is promoted or required to receive and benefit from a Shamanic Reiki session or training level.

The Shamanic Reiki healer's and teacher's greatest tools are her or his own authentic presence, the environment they create, and the commitment to treat each client with genuine care, attention, and respect. Regardless of background or spiritual orientation, each client is a participant in a sacred relationship, with the intention to invite for the client a greater experience of wholeness.

The practitioner and teacher view each person as inherently connected to the life force, with his or her own pace and method of opening to healing and wisdom energy. Whether healing or learning does or does not occur is not the responsibility or the doing of the practitioner or teacher, who is a channel – a hollow reed – for energy. **This is not a strategic practice.** A hands-on Shamanic Reiki session allows the client's innate intelligence in participation with spirit and nature's spiritual energies to restore well-being, harmony, and balance.

Confidentiality

The Shamanic Reiki practitioner and teacher will not share any information about any client (or the details of what is shared verbally in a client session) to a third party without the prior complicit and written consent of the client. If a client is under 18 years of age the practitioner will obtain consent from the parent or guardian.

For supervisory-related issues, it is acceptable to present session work using a fictitious name or to use the client's first name only, with no identifying details.

If notes are taken about your clients, they are to be kept in a confidential and secure location.

If a practitioner wishes to use the details of client sessions for published writings or for other educational purposes, the client's identity must be masked. The name must be changed as well as any and all details that may link the reader back to your client. In such situations, anonymity is aided by altering as many details as you can. For instance: a client's gender, geographical location, relationships, and other identifying details.

Presentation

As a Shamanic Reiki practitioner and teacher, you will:

Be honest in how you present yourself and your practice, as well as in how you communicate and relate with your clients, students, other practitioners, and your community.

Be clear and accurate when you communicate with others about what the practice of Shamanic Reiki is. Also, be clear about your own level of experience and training.

Always present yourself professionally, and do not use copyrighted materials on your website or in your brochures, manuals, or classes unless you have prior permission from the author or give full credit to the material source. (Also, do not use Shamanic Reiki materials that are not meant for those who have not engaged in those specific trainings.)

Hold your practice of Shamanic Reiki in the highest regard – while at the same time honoring practitioners and teachers of other holistic and mainstream disciplines. Refer your clients and students to other professionals when you know this will benefit them.

Clarity of Role

A Shamanic Reiki practitioner should become an Ordained Healing Minister through one of the many churches that support – in community and in court – the role of a hands-on healer.

You must acknowledge that you, as a Shamanic Reiki practitioner and teacher, neither treat nor diagnose physical and/or emotional disorders. This means that you NEVER determine through intuitive means and share with a client that they have – or *may* have – a particular physical or psychological and/or emotional condition. It also means that you NEVER claim to be able to treat, to heal, to cure, or to prescribe medications, or to make suggestions or offer feedback or opinions about current medications, or to in other ways address particular physical and/or mental and psychological/emotional conditions, or in any way to interfere with the care your client is receiving from a licensed medical or other practitioner.

Unless you are a chiropractor, medical physician, or massage therapist, etc., you are not sanctioned to use your hands to manipulate the muscles or tissues of the body, only to lay the hands on the body for healing.

Shamanic Reiki is a complementary therapy that can be pursued simultaneously to professional psychotherapeutic and medical care. Let your clients know this. You must be clear that Shamanic Reiki does not take the place of qualified professional medical or therapeutic support. Suggest to those clients who are concerned about their physical and psychological wellbeing that they seek the professional medical and/or therapeutic support most suitable to them. It is helpful to have a disclaimer attached to your materials and website (see example). Likewise, it is advised to have a list of local licensed professional health care providers and other community resources on hand that you can share with your clients.

Aside from the above, Shamanic Reiki practitioners apply Shamanic Reiki approaches. They do not therapeutically 'process' with people (SHAMANS DON'T PROCESS) nor do they focus on or 'treat' specific problems or parts of the body or the nervous system, etc. And, Shamanic Reiki does not work or focus in that way, as it relates to the whole soul being — the whole person, spirit, body, mind, all as one, not separate.

In Shamanic Reiki you do not compartmentalize. If a client comes to you stating that they have a serious or life-threatening diagnosis from a medical practitioner or that they experience consistently low energy, you listen. You don't give your medical opinion and you don't focus on the problem or their symptoms. You listen as Sacred Witness to the feelings around what they are saying. Really hear them and be with them in an uncomplicated way, as is presented in your materials on how to communicate with clients.

In the above case, you may suggest they come in for a Shamanic Reiki session three days in a row then for regular weekly sessions. You explain that the energy will support greater harmony for them and whatever imbalances their body is displaying and that as the heart, mind, and body are inseparable, they will all respond to the Shamanic Reiki energy practices and approaches. Reiki energy itself is innately directed, guided by the innate intelligence of the client. The gifts of greater relaxation and ease following a session will also support your client in whatever capacity.

Overall, stay grounded in the practice as it is designed to address deeper reasons for imbalance — the core issues — and to assist the person in coming into greater

wholeness on all levels. You do not know, and neither can you strategize, how this will play out. You never know, so allow the mind to rest — get out of the way.

Respect

Respect other ways and energy practices even if you hold, espouse dissimilar values and/or methods. For instance, though we practice intuitive forms of Reiki blended with shamanism, we honor traditional Reiki circles and teachers and acknowledge their role in bridging ancient healing ways into mainstream arenas.

Respect each student's personal approach and pace to learning and encourage her or his unique spiritual unfolding. Recognize that each student has a unique purpose in life. As a teacher, you have the responsibility and joy of supporting your student to discover and manifest their gift to benefit their clients and all sentient life. Encourage each student's innate knowledge and creativity. Be honest and compassionate in your feedback and guidance.

Relate with Clients respectfully and with care, feeling gratitude, and offering your full attention to each person who comes for a session. Have a friendly, positive attitude and relate with all clients equally regardless of race, religion or spirituality, belief systems, health, gender, age, social status, sexual orientation, etc.

Respect each client's unique pace of healing, being clear that the practitioner does not heal the client but facilitates the client's ability to access her or his inner wisdom, resources, and energy.

Always respect natural touch boundaries — for instance, don't assume it is appropriate to hug a person following a session. In some cases, it definitely is not. In all cases, you should ask before opening to hug a person. This should be a non-threatening and non-imposing gesture.

Respect that the gift of Shamanic Reiki should be available to all who desire and seek it — it is advised that you consider offering reduced fees, barter, or trades when appropriate. Also consider offering a free-of-charge healing circle, as outlined in the *Shamanic Reiki* book, in your community.

Professionalism

As a Shamanic Reiki practitioner, you will explain to your client what happens in a session, what type and amount of exchange is expected for a session, how long the session will last, and how the client can prepare for the session. It is also advised that you share this information on your website and in your promotional materials. Also, share with your client any materials and resources that will support their continued wellbeing after the session is complete; when they return home.

Be clear with clients and disclose on all website and promotional materials what levels of training you have attained and your related experience and education.

Regarding the above, explain to each client exactly what will take place in the session, prior to the beginning of your time together.

Encourage clients to offer feedback and let them know they can request that the session be discontinued – to stop or to change course at any time.

- **Be clear in promotional materials and discussions that Shamanic Reiki sessions are always done fully clothed. The exception to this is if a session is offered during medical situations, in which case your client's body should be appropriately draped with the medical practitioner present in the room.**
- **Do not ever imbibe mind-altering substances prior to, or during sessions, or engage in illicit or illegal activities with clients.**
- **Never diagnose or treat, whether medical or psychological-emotional conditions (details above).**
- **Under NO circumstance should a Shamanic Reiki practitioner ever touch a client's sexual or genital areas, or breasts, or make sexual comments, 'jokes' or sexual references of any kind.**

Self-Care & Evolvement

As a Shamanic Reiki practitioner and teacher, you will be continuously evolving and aspiring to be mindful of your own wounds, habit patterns, and healing process, and to make every attempt to stay physically and emotionally healthy. You will commit to a life-long journey of evolvment to wholeness and self-awareness.

You will aspire to fine-tune your awareness of your own personal issues, so you'll recognize when they are triggered: during a session or while teaching a class. These can be sexual and power issues, fears, inadequacies, addictions, etc. It is normal to have a range of feelings and reactions during sessions and in classes, yet the Shamanic Reiki practitioner and teacher does not act upon what arises. Be aware that the people who come to you to learn or for healing will often mirror your own issues.

You agree to:

- Strive to become aware of potential areas of confusion that may arise in client work that is caused by the practitioner's actions, attitudes, or manner.
- Become aware of your own touch needs, history, and issues.
- Monitor your own need for attention and praise and reflect upon your ideas about what 'healing' is, as well as what a healing practitioner can and cannot do.
- To the best of your ability, live the ideals and suggestions you espouse, develop humility as well as a good sense of humor, and the ability to put your clients at ease.

A note on personal sharing:

Personal sharing is best done when the intention to do so is client-driven. This means that you do not burden the client with your own needs and feelings, and you never share inappropriate material. Observe when your own needs are at play and feel out how much to share and when. However, when you share in a personal way that is not burdensome, it can put your client at ease as they see that you, too, are vulnerable and human. You won't always be clear around these issues – take a deep

breath, check in with yourself and observe your client's body and energy language, then do what feels right.

All will flow better when you are clear in yourself about your personal space boundaries and what exchange for services really works for you, and try to adhere to a clear session length with some flexibility.

If you have a professional practice, you are encouraged to utilize outside supervisory or mentoring support. Be open to feedback from your peers and mentors.