

ASLOR

Association of the Original 7 Level System of Reiki Incorporated



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Standards of Teaching

The following standards for conducting Reiki seminars must be adhered to by all ASLOR Master Teacher Members.

1. Members accept that the ASLOR Standards of Practice also apply to teachers, with regards to their students.
2. A teacher must not grant a certificate to anyone who has not attended a seminar nor fulfilled all the requirements that are stated as the curricula here in.
3. Seminar sizes must be limited to a maximum of ten students per class to ensure that each student receives the attention that they require.
4. Students may re-sit classes, provided there is room available.
5. When Reiki is given to or taught to a child of 16 years or under, a parent or guardian must be present at all times or permission given in writing.
6. Members are responsible for reporting any ASLOR Master Teacher Member who breaches these Standards of Teaching.

The following curricula must be taught as the minimum information and activities for Reiki seminars taught by an ASLOR Master Teacher Member.

A. 3B Master Teacher: qualified to teach Reiki 1 and 2.

Reiki Degree 1

Time recommended: 8 hours.

Covers: Students are taught the history of Reiki and lineage of teachers. There is a discussion of the human energy system, a discussion of the Reiki Degree 1 attunements, guidelines for giving treatments, standard hand positions are shown and their benefits discussed.

Practical component: Students must give self-session and give a full-body treatment. Each student receives the 4 attunements of Reiki Degree 1, according to the ASLOR Reiki Degree 3B teacher manual. Each student is given the standard ASLOR Reiki Degree 1 course book and a certificate is awarded at the end of the course.

Reiki Degree 2

Eligibility: To ensure that the Reiki 1 energy is integrated properly, it is recommended that students stay at Reiki 1 for a minimum of 21 days before doing Reiki 2.

Time recommended: 13 hours.

Covers: Students are taught applications of the three Second Degree Reiki symbols. Students are taught how to send distant Reiki, send Reiki to clear emotional issues from the past, send Reiki to the future, and how to manifest using Reiki. Students are given practitioner guidelines. There is also a meditation using the first of the three Second Degree Reiki symbols.

Practical component: Students share chakra session and bliss session. Students are to take time drawing, physically stroking out and visualizing all the symbols. Students must perform at least one distant Reiki session. Each student is given the Reiki Degree 2 attunement, according to the ASLOR Reiki Degree 3B teacher manual. Each student is given the Second Degree symbols sheet and standard ASLOR Reiki Degree 2 course book, and a certificate is awarded at the end of the course.

Having completed Reiki 3B, I promise to teach the above minimum curricula when conducting Reiki 1 and Reiki 2 seminars. I promise to respect and maintain the integrity of the Reiki attunements and symbols, without changing them in any way or sharing this information with those in other systems of Reiki. I also promise to share the Reiki 3B information only with those of the teacher levels in this system.

B. 5B Advanced Master Teacher: qualified to teach Reiki 3A, 4 and 3B.

Reiki Degree 3A

Eligibility: It is advised that before doing Reiki 3A each student must attend a session with their teacher in which they must demonstrate that they are familiar with the Reiki 2 information: they must be able to precisely draw all three Reiki 2 symbols, explain the standard applications of the symbols, show how to do distant Reiki and show how to give the standard (bliss, chakra and full-body) sessions.

Time recommended: 16 hours.

Covers: Students review of Reiki 2. Students are taught applications of the Third Degree symbol. Students are taught how to give the First Degree booster attunement and the Second Degree booster attunement, how to give a bliss session incorporating the Third Degree symbol and how to use the Third Degree symbol for protection. Students participate in at least two meditations.

Practical component: Students practice drawing, stroking out and visualizing the Second and Third Degree symbols, practice the First and Second Degree booster attunements on others and themselves, and use the Third Degree symbol in chakra and bliss sessions.

Each student is given the Reiki Degree 3A attunement, according to the ASLOR Reiki Degree 5B teacher manual.

Each student is given the Third Degree symbol sheet and the standard ASLOR Reiki Degree 3A course book, and a certificate is awarded at the end of the course.

Reiki Degree 4

Time recommended: 7 hours.

Covers: Students review of Reiki Degree 3A and applications of the Fourth Degree symbol. Students participate in one meditation.

Practical component: Students practice drawing the Second, Third and Fourth Degree symbols, review of the First and Second Degree booster attunements integrating the Fourth Degree symbol, distant Reiki, and special heart sessions on self, others and tandem.

Each student is given the Reiki Degree 4 attunement, according to the ASLOR Reiki Degree 5B teacher manual.

Each student is given the Fourth Degree symbol sheet and the standard ASLOR Reiki Degree 4 course book, and a certificate is awarded at the end of the course.

Reiki Degree 3B

Eligibility: The student must have done Reiki Degree 7A with an ASLOR accredited or approved teacher and be actively practicing for a minimum of six months. The student must also have attended at least three Reiki 1 and four Reiki 2 classes. They must also give their purpose for being a Reiki teacher in written form.

Time recommended: 48 hours.

Covers: Students are taught the four attunements of Reiki Degree 1 and the one attunement of Reiki Degree 2, guidelines for teaching the theoretical and practical aspects of Reiki 1 and Reiki 2 seminars, how to prepare for Reiki 1 and Reiki 2 classes and how to present the minimum curricula required by ASLOR for those classes, including the Reiki 2 meditation. Students also participate in three meditations.

Practical component: Students practice the permanent attunements of Reiki 1 and Reiki 2, prepare an introductory speech and present different parts of the courses. There is also a review of all 7 Reiki symbols and booster attunements. The student presents all the theoretical and demonstration components of the Reiki 1 and Reiki 2 classes.

Each student is given the Reiki Degree 3B attunement, according to the ASLOR Reiki Degree 5B teacher manual.

Each student is given Reiki 1 and Reiki 2 seminar schedules, student forms, course notes, books, Reiki 1 and Reiki 2 certificates, and the ASLOR Reiki Degree 3B teacher manual in hard copy and on CD. A plaque is awarded at the end of the course.

Having completed Reiki 5B, I promise to teach the above minimum curricula to all persons whenever empowering them to Reiki 3A, Reiki 4 and Reiki 3B. I promise to respect and maintain the integrity of the Reiki attunements and symbols, without changing them in any way or sharing this information with those in other systems of Reiki. I also promise to discuss and share Reiki 5B information only with teachers of my level or above in this system.

C. 7B Grand Master Teacher: qualified to teach Reiki 5A, 6, 7A, 5B and 7B.

Reiki Degree 5A

Eligibility: It is advised that before doing Reiki 5A each student must attend a session with their teacher in which they must demonstrate that they are familiar with all the information from Reiki 1 to Reiki 4: they must be able to precisely draw all five symbols, explain the standard applications of the symbols, show how to do distant Reiki, show how to give the standard (heart, bliss, chakra and full-body) sessions and the First and Second Degree booster attunements.

Time recommended: 16 hours.

Covers: Students review of Second, Third and Fourth Degree symbols and First and Second Degree booster attunements. Students are taught the applications of the Fifth Degree symbol. Students are taught how to do the Third and Fourth Degree booster attunements. Students also participate in two meditations.

Practical component: Students practice drawing all 6 symbols, practice First, Second, Third and Fourth Degree booster attunements on others and themselves, and participate in sessions using the Fifth Degree symbol: throat, combination and spinal sessions.

Each student is given the Reiki Degree 5A attunement, according to the Reiki Degree 7B teacher manual.

Each student is given the Fifth Degree symbol sheet and the standard ASLOR Reiki Degree 5A course book, and a certificate is awarded at the end of the course.

Reiki Degree 6

Eligibility: It is recommended that there is at least 3 days between Reiki 5A and Reiki 6.

Time recommended: 2 hours.

Covers: There is a discussion of Reiki 6 attunement and students participate in one meditation.

Practical component: Students share two integration sessions.

Each student is given the Reiki Degree 6 attunement, according to the Reiki Degree 7B teacher manual.

There is no symbol, nor a course book for this level. A certificate is awarded at the end of the course.

Reiki Degree 7A

Eligibility: It is advised that before doing Reiki 7A each student must attend a session with their teacher in which they must demonstrate that they are familiar with all the information from Reiki 1 to Reiki 6: they must be able to precisely draw all six symbols, explain the standard applications of the symbols, show how to do distant Reiki and show how to give the standard (throat, heart, bliss, chakra and full-body) sessions and First, Second, Third and Fourth Degree booster attunements.

Time recommended: 16 hours.

Covers: Students review the First, Second, Third and Fourth Degree booster attunements. Students are taught the applications of the Seventh Degree symbol. Students are taught how to give the Fifth, Sixth and Seventh Degree booster attunements. Students also participate in two meditations.

Practical component: Students practice drawing all 7 symbols, practice all seven booster attunements on others and themselves, share chakra session using all seven symbols, bliss session incorporating the Seventh Degree symbol and three integration sessions.

Each student is given the three Reiki Degree 7A attunements, according to the ASLOR Reiki Degree 7B teacher manual.

Each student is given the Seventh Degree symbol sheet and the standard ASLOR Reiki Degree 7A course book, and a certificate is awarded at the end of the course.

Reiki Degree 5B

Eligibility: The student must have done Reiki Degree 3B with an ASLOR accredited or approved teacher and be actively teaching Reiki 1 and Reiki 2 for a minimum of 1 year. The student must have attended at least three Reiki 3A and three Reiki 4 classes. They must have attended at least one Reiki 3A and one Reiki 4 class taught by the teacher who they choose to teach them Reiki 5B. It is advised that they re-sit both Reiki 3A and Reiki 4 within six months of doing Reiki 5B. And they must give their purpose for being a Reiki 5B teacher in written form.

Time recommended: 48 hours.

Covers: The student is given guidelines for teaching the theoretical and practical aspects of Reiki 3A, Reiki 4 and Reiki 3B courses. The student is taught how to prepare Reiki 3A, Reiki 4 and Reiki 3B classes, taught to present the minimum curricula required by ASLOR, and given in-depth theory of Second, Third and Fourth Degree symbols and attunements. Instructions on giving Reiki meditations are also included. The student participates in three meditations.

Practical component: The student practices the permanent attunements of Reiki 3A, Reiki 4 and Reiki 3B, and reviews all seven booster attunements and the permanent attunements of Reiki 1 and 2. The student must also present all the theoretical and demonstration components of the Reiki 3A, Reiki 4 and Reiki 3B courses.

The student is given the Reiki Degree 5B attunement, according to the ASLOR Reiki Degree 7B teacher manual.

The student is given Reiki 3A, Reiki 4 and Reiki 3B seminar schedules, course notes and books, Reiki 3A and Reiki 4 certificates and the ASLOR Reiki Degree 5B teacher manual in hard copy and on CD. A plaque is awarded at the end of the course.

Reiki Degree 7B

Eligibility: The student must have done Reiki Degree 5B with an ASLOR accredited or approved teacher and be actively teaching Reiki 3A and Reiki 4 for a minimum of 1 year. They do not have to have taught Reiki 3B. They must have sat in at least three Reiki 5A, three Reiki 6 and three Reiki 7A classes. They must have attended at least one Reiki 5A, one Reiki 6 and one Reiki 7A class taught by the teacher who they choose to teach them Reiki 7B. It is advised that they re-sit Reiki 5A, Reiki 6 and Reiki 7A within six months of doing Reiki 7B. And they must give their purpose for being a Reiki 7B teacher in written form.

Time recommended: 48 hours.

Covers: The student is given guidelines for teaching the theoretical and practical aspects of Reiki 5A, 6, 7A, 5B and 7B courses. The student is taught how to prepare Reiki 5A, 6, 7A, 5B and 7B classes, taught to present the minimum curricula required by ASLOR, and in-depth theory of Reiki 5 and Reiki 7 symbols and comprehensive theory of all attunements. Instructions on how to give Reiki meditations for all levels is also included.

Practical component: The student practices all 24 attunements. The student must present all the theoretical and demonstration components of Reiki 5A, 6, 7A, 5B and 7B courses.

The student is given the three Reiki Degree 7B attunements, according to the ASLOR Reiki Degree 7B teacher manual.

The student is given Reiki 5A, 6, 7A, 5B and 7B seminar schedules, course notes and books and the ASLOR Reiki Degree 7B teacher manual in hard copy and on CD. A plaque is awarded at the end of the course.

Having completed Reiki 7B, I promise to teach the above minimum curricula to all persons I empower to Reiki 5A, Reiki 6, Reiki 7A, Reiki 5B and Reiki 7B. I promise to respect and maintain the integrity of the Reiki attunements and symbols, without changing them in any way or sharing this information with those in other systems of Reiki. I also promise to discuss and share Reiki 7B information only with other 7B teachers in this system.