
ETHICS & BOUNDARIES

What Are Ethics and Boundaries?

Ethics guide how we behave as healers. Boundaries define what is and isn't okay in our relationships with others. Practicing Reiki ethically builds trust, safety, and integrity.

Key Reiki Ethics for Level One:

1. Consent First: Always get clear verbal or written consent before offering Reiki.
2. Stay Humble: Reiki flows through you, not from you. You are a channel, not the source.
3. No Diagnosing: Reiki is not a medical practice. Never suggest that Reiki can "cure" illness.
4. Respect Privacy: What's said in a session stays in confidence, even with friends or family.
5. Don't Offer Advice: You're not expected to "fix" people. Hold space, don't give solutions unless asked.
6. Use Reiki for the Highest Good: Always practice from a place of love and compassion, not ego or control.

Boundaries to Maintain:

- Don't treat someone who is under the influence of alcohol or drugs.
- Don't push Reiki on someone who's not interested.
- Don't let friends or family guilt you into treating them if you're not feeling up to it.

Healthy Healer's Tip:

Look after your own energy. Regular self-Reiki helps you stay centred and clear, so your boundaries stay strong and kind.