

PROGRAM OVERVIEW

RATIONALE

When our students began asking for Reiki Master training, it was clear that most were not mainly interested in teaching. What they wanted was master-level energy and techniques including those for self-development and much more practical knowledge of how to use them for themselves and others. Alas, up to now, the only masterships available in Reiki were teaching masterships that usually bear little or no resemblance to healing and personal development and are concentrated essentially around how to teach Reiki workshops and perform attunements.

As we examined this situation, we became certain of several things: a.) Well trained and committed professional Reiki Practitioners whose main focus is healing and not teaching are needed and are not being produced by traditional training methods, b.) There is a wealth of information using old and new energies and methods to heal ourselves and others that needs to be shared, c.) the time is right to utilize all these resources to create an all-inclusive body of knowledge that will help bring more healing to ourselves, others, and the Earth.

The Reiki Master program is our answer to this need. It provides the stage in which the Reiki student may develop the knowledge, skill, energy, and intent to produce powerful healing, powerful changes, and hope for all.

We gave careful thought to the course's structure including its timeframe. One of our principal goals is to provide a framework that supports true learning. Here is what we mean; anyone can amass vast amounts of information on the Laws of Universal Life Energy and Reiki in a short period of time. If this was our **only** intent, we could have structured the Course over the span of twelve consecutive days: eight-hours each. Whoever is content with mere theory, will only attain Reiki knowledge and enrich the intellectual side of his spirit. That is all! To become a true Master of Reiki energy, one must have complete command of both **knowledge and skill**. To master these, the student must successfully complete each assignment before moving on to the next, as each new exercise builds upon a previously acquired skill. Just as in the arts and the trades, the student gradually develops to become a Reiki Master, then after a certain period of time, depending upon the individual, the student has the spiritual tools and experience to be a real Reiki Master.

When "mastery" comes too fast or even overnight, it can go to the student's head and create a negative ego. If you take all the presumptions away, and take the negative ego away, and allow yourself to learn, then Reiki's Universal Life Force becomes your teacher, and you can receive.

Just as with a glass, if it is full of water to start with you cannot pour in more. You have to empty before you can add something. Likewise with Reiki, you have to empty your ego. If your ego is filling you up, then you are not going to be receptive to how Reiki might instruct you. Reiki practitioners and instructors are human beings, no more and no less. False self-importance can only serve to separate us from each other, not draw us together in a common undertaking for the well-being of life.

The beauty of the practice, the intimacy of the practice, is revealed by working quietly and humbly with it, getting to know it. Reiki is beautifully opening. Just as with a flower, the petals peel back a little at a time as we give the practice our time, our attention, and our heart. In this way the capacity to heal with Reiki opens and continues to open, and to teach us. We are still learning. This is a life-long process.

Our Mastership is something that we will be doing the rest of our lives. To us, Reiki is working with Spirit, not just working with energy. We view that as an important element. It manifests itself in our lives in infinite ways: not just when we are at the table giving a session, but also in the way that we relate to others: people, animals, and events. We are all capable of tremendous growth and development in our lives and healing capacities if we choose it and work to attain it. A quote from Marianne Williamson expresses this thought eloquently. The quote is often wrongly attributed to South African President Nelson Mandela, who did use the quote once, with the correct attribution, in a speech at UN headquarters. The words come from Williamson's book, *A Return to Love: Reflections of the Principles of a Course in Miracles*.

"Our worst fear is not that we are inadequate: our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, 'Who am I to be brilliant, talented, beautiful, fabulous?' Actually, who are you not to be? You are a child of God, and your playing small does not serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God within us. It's not just in some of us, it is in everyone, and as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Neither a weekend course nor or a long apprenticeship will make a person a worthy Reiki Master. Likewise, performing many Reiki sessions also is insufficient. To be a true Reiki Master a student needs to be ready in many ways. In our view, a Reiki Master strives to understand what a client is seeking, and asks, "how can I best help this person? How can I truly be of service? Ultimately, Reiki is about service and unconditional love.



The JOHN HARVEY GRAY CENTER for REIKI HEALING, L.L.C.

PO Box 696 Rindge, NH 03461

Phone: (603) 933-0943 www.learnreiki.org

Code of Conduct

Bearing in mind Mikao Usui's Reiki Precepts:

Just for today do not worry. Just for today do not anger.
Honor your parents, teachers and elders. Earn your living
honestly. Be kind to every living thing.

The John Harvey Gray Center for Reiki Healing Practitioner adheres to this Code of Conduct to bring their training to bear for the reduction of suffering

1. Maintain the confidentiality of the receiver. Maintain all information related to the receiver as confidential. Obtain written permission from the receiver before releasing any information to a third party.
2. Set appropriate boundaries between you and the receiver. Do not use sessions to further your own interest, gossip, or to further sexual interests. Likewise, avoid becoming emotionally involved with your client's problems. Do not engage in psychic reading while delivering Reiki.
3. As the Reiki practitioner, you are not responsible for the healing. Never promise that Reiki will heal or cure a condition. Explain to the receiver that Reiki enhances the body's ability to heal by reducing stress and inducing the relaxation response. Studies indicate that when stress levels are lowered, the immune system is better able to function. As the receiver relaxes during the Reiki session, he or she may produce more endorphins, hormones that reduce pain and bring about a sense of wellbeing. Reiki can be used as an adjunct to allopathic as well as alternative treatment.
4. Never diagnose nor prescribe. Never recommend supplements, vitamins, other substances, or healing practices. Recommending these would be considered prescribing.
5. Obtain written parental consent if the receiver is a minor. Always have a parent or guardian present while giving Reiki to a minor.
6. Be sure to clarify the difference in relationship when giving sessions to friends. Treat them as you would any other client, with professional demeanor.

7. Always ask permission to touch. Describe in detail where you will be placing your hands during the session. Honor the receiver's wishes not to touch certain positions. You may ask permission to keep your hands above those areas while delivering energy. If the receiver agrees, then deliver non-contact Reiki over these positions. Never place your hands over intimate areas such as the genitals or breasts. Reiki is not massage. The receiver must be fully clothed except for shoes and eyeglasses. Never knead, massage, or manipulate any part of the recipient's body, unless you possess appropriate licensing in your community. If the community you are practicing in prohibits touch unless you possess a massage license or equivalent, limit your Reiki practice to absent treatments only.

8. Follow proper hygienic procedures including all state, federal and CDC guidelines. Always wash your hands before each session. Always make sure that the space/and or materials you are using are as clean and free from contaminants as possible.

I _____ (Print name) hereby agree to adhere to this Code of Conduct.

SIGNATURE

DATE

WITNESSED BY

DATE

Reiki Master Training Agreement

This Agreement is between _____ (“_____”, or “you”), and The John Harvey Gray Center for Reiki Healing, L.L.C. You acknowledge that you have been granted permission to participate in the Reiki Master Program (the “Program”). In consideration for such right, and for other good and valuable consideration, receipt of which is hereby acknowledged, you agree to the following:

1. You acknowledge and agree that all the materials (print, audio, video and other) used in the Program and in any workshop or presentation conducted by the John Harvey Gray Center for Reiki Healing, L.L.C. and Lourdes Gray (the “Materials”) are the exclusive property of the John Harvey Gray Center for Reiki Healing, L.L.C. (subject to any copyrights owned by other parties for third party materials included in the Materials). **You agree not to copy, share, or distribute these Materials.** You are not authorized to publish or reproduce the Materials for any commercial purpose or for general distribution to the public (such as, without limitation, by books, the Internet, or other media).
2. You may utilize the techniques learned in this course to help yourself and others. You may attune your clients individually to Reiki Level I for them to practice Reiki self-treatment or give Reiki sessions to family members, friends, and pets. You may teach **individual clients, one client at a time**, the Reiki I self-treatment technique, how to deliver Reiki in three patterns, how to give Reiki to their pets, and how to perform Reiki for emergency situations. **However, you agree NOT to utilize or share the attunement procedures and techniques learned in this course for the purpose of teaching Reiki I, Reiki II, Advanced Reiki II, Reiki Master, Reiki Master Teacher, or any other Reiki courses, teaching/attuning groups, and grant certifications in the aforementioned.**
3. Completing the Reiki Master Program in no way guarantees that you will be accepted in the Reiki Master Teacher Program. Experience and maturity in your Reiki practice, excellent communication skills, thorough command of all Reiki levels, including the Reiki Master Program and a strong commitment to protect Reiki are some of the qualities we look for in prospective Reiki Master Teacher Apprentices. Enrollment in the Reiki Master Teacher Program is not available currently.
4. **No rights to the John Harvey Gray Center for Reiki Healing, L.L.C. name, the Reiki Hands Logo registered trademark, or any other trademarks or logos owned by the John Harvey Gray Center for Reiki Healing, L.L.C. or Usui-Gray Integrated Reiki System, Inc. are being granted by this Agreement.**
5. You agree to keep all information and training presented in this Program strictly confidential as well as the information shared by other students. Discussions during our MeetUps or posts to the Reiki Master Student Facebook group are also included as confidential. As a student of the program, you agree to keep all communications and discussions within these boundaries.

6. You agree to not solicit business or sell products or services of any kind to the students of the John Harvey Gray Center for Reiki Healing, L.L.C. without the Lourdes Gray's prior written permission
7. You understand that your position in a Reiki lineage is determined by the highest level of training received and successfully completed in that lineage. Your Reiki lineage would follow the lineage of the teacher with whom you have completed the highest level of training. You agree to always disclose your Reiki lineage accurately.
8. For the purpose of your 100 session Practicum, class assignments and exercises, and practice sessions at Reiki Master Zoom Meetups, you agree to only practice techniques taught by the John Harvey Gray Center for Reiki Healing, L.L.C.
9. You acknowledge that in order to graduate from the Program, you must satisfactorily complete all assignments, quizzes, final exam, 100-Session Practicum and Vision Quest. You must also demonstrate knowledge and proficiency in performing the attunement procedure for Reiki Level I, and all the techniques presented in this Program.
10. You acknowledge and agree that the Reiki Master Program tuition is non-refundable. You have a minimum period of 6 months and a maximum period of 12 months to complete the Program.
11. You acknowledge and agree that the John Harvey Gray Center for Reiki Healing, L.L.C. and Lourdes Gray may terminate your participation in the Program for any violation of this Agreement, of The John Harvey Gray Center for Reiki Healing Code of Conduct, or of the rules established by the John Harvey Gray Center for Reiki Healing, L.L.C. for the Program.
12. You acknowledge that this Agreement is governed by New Hampshire law. You are subject to the jurisdiction of New Hampshire courts of the United States of America for violation of the terms of this agreement. You acknowledge that the terms of this Agreement apply during and after the Reiki Master training. Termination in no way limits the pursuit of additional remedies for violation of this Agreement including, but not limited to, reimbursement of attorney's fees and court costs for seeking the enforcement of its provisions.

Signed: _____ Date: _____

Witnessed: _____ Date: _____

Disclaimer

The laws, rules and regulations regarding the teaching and practicing of Reiki vary from state to state, and from country to country. Lourdes Gray and The John Harvey Gray Center for Reiki Healing, L.L.C., make no expressed or implied representations or warranties that the undersigned student will be able to teach or practice Reiki in their home state or country after taking this course. It is the sole responsibility of the undersigned student to research and to otherwise become aware of the laws, rules, and regulations of the state or country in which she or he resides if she or he intends to teach or practice Reiki and/or utilize the theories and techniques taught in the course.

Signature

Date

Witnessed by

Date

Permission to Videotape

I, (print name) _____, for myself grant permission to Lourdes Gray, the John Harvey Gray Center for Reiki Healing, L.L.C., to videotape me for the purpose of creating instructional videos.

Lourdes Gray and the John Harvey Gray Center for Reiki Healing, L.L.C., have the right to use and re-use in any manner, everything I said, did or contributed in connection to this video.

I release Lourdes Gray and the John Harvey Gray Center for Reiki Healing, L.L.C., from any and all claims and liabilities arising out of injury or damage to myself in any way resulting from participation in the videotaping. This Release shall be binding upon me and my heirs, personal representatives, and assigns, and shall be governed by and construed under the laws of the State of New Hampshire without regard to conflicts of law principals.

I agree that my appearance on this film is not a performance and does not entitle me to wages, salary, benefits, or other compensation.

Date: _____

Signature: _____

Print Name: _____

Home Address: _____ City _____

State _____ ZIP _____ Email _____

My Goals for The Reiki Master Program

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Signature: _____ Date: _____

Print Name: _____

CLIENT SIGNATURE FORM FOR CERTIFICATION

I HAVE RECEIVED THE FOLLOWING REIKI SESSION OR SESSIONS FROM

_____, REIKI MASTER PRACTITIONER APPRENTICE.

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I CERTIFY THAT I HAVE PERSONALLY PERFORMED THE ABOVE SESSIONS.

DATE

SIGNATURE

Practicum guidelines: Up to 50% of the 100-session practicum may be in the form of self-treatment. For the remaining 50%, 25% will be hands-on (no more than 5 sessions per client), and 25% absentee (no more than 5 sessions per client).

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Vision Quest

Since the beginning of civilization, people have returned to nature to seek spiritual guidance and personal growth. There is something about being close to nature that provides renewed energy and healing to all. A vision quest gives us a break from our daily routine. It is a time when the stresses of daily living can be temporarily left behind and the participant enjoys solitude, peace, rest, and healing. It is also a time to learn, reconnect and grow. The “vision quest” name originated with early Native American traditions. It was then a rite of passage for young males who sought spiritual wisdom and guidance. Today, people from all over the world, from all faiths and religions, enjoy the practice of surrounding themselves with nature and becoming still within.

The purpose of this **Vision Quest** is to provide you with a quiet time to practice Reiki self-treatment, work on your 100-session practicum, and become more acquainted with the Reiki Master Energy.

Our **Vision Quest** has been modified in the following ways: a.) The time involved is shorter than most vision quests. b.) You **may consume food, and drink, and take prescribed medications**. You may do the vision quest **indoors**, as long as the **location is as close to a place in nature as is possible**. By a “place in nature,” we mean a natural setting away from the noises, confusion, and stresses found in a city. Such a place could be on a beach, outside under a tent, in a forest, at a retreat, a monastery, in a quiet motel/ hotel room, or **in your home**. We would like for you to place yourself in nature as closely as is possible, but **not without full attention to your own personal safety and security**. (You may have your cell phone with you for emergencies.) If you choose to stay in your home, choose a room where you can be alone, and make sure that whoever is present in the home is **also aware of your need for complete solitude and silence, without interruptions or noises**.

Vision Quest Basics:

1. You are to be **alone for 24 hours**. Bring your **journal and pen**. You may **choose your location and start time**, but you must be **in a quiet place alone**, with no radio, TV, newspaper, computer, music of any kind, reading material, iPad, alcoholic beverages, or **human contact**. Pets are okay to stay with you as long as they are peaceful and calm. Walking meditation is permitted. You may have a cell phone with you in case of an emergency.
2. You may bring **food, water, and prescribed medications**. You may wear **comfortable clothing** and have **comfortable bedding**. There are **no clock radios allowed**, but you **may bring an alarm clock**.
3. You must **begin the Vision Quest by calling in the Reiki Master Energy ...all of the meditations you have learned in the Reiki Master Programs are allowed**. After that, you must **write a page** in the journal **every four hours**.
4. You must **do nothing illegal** (including recreational substances) **nor physically, emotionally, or spiritually harmful to yourself or others**.

5. You **must not do any routine chores**, e.g., cooking, cleaning, and laundry.
6. At the end of the 24-hours **write a final page in your journal**. Be prepared to bring it to the next class. **COMPLETION OF THE VISION QUEST IS A REQUIREMENT FOR GRADUATION.**