

AURA CODE OF ETHICS

In becoming Members and Associate Members of AURA, persons trained in the Usui System of Reiki*, and other persons with or without experience of Reiki, choose to honour the Reiki energy, the memory and teachings of the founders of Reiki, themselves, all Reiki lineages, all sentient beings and the planet Earth, and choose to commit to and support the AURA Code of Ethics.

1. Honouring the Reiki energy

- ◆ Being in agreement with and consciously striving to meet the Reiki Ideals of Mikao Usui:
 - *Just for today do not anger*
 - *Just for today do not worry*
 - *Just for today be grateful*
 - *Just for today do an honest day's work and earn your livelihood without hurting anyone*
 - *Just for today be kind to every single living thing*
- ◆ Recognizing the fundamental unity of all beings and honouring life in all its forms
- ◆ Being open to new manifestations and explanations of universal life force energy and actively seeking to increase their understanding of the Reiki energy

2. Honouring the memory and teachings of the founders of the Usui System of Reiki

- ◆ Being aware of and attentive to information about the lives and work of Mikao Usui, Chujiro Hayashi and Hawayo Takata, their students and subsequent lineages in both Western and Eastern contexts
- ◆ Honouring alike the stories and myths of the creation of the Usui System of Healing, the verifiable findings of research and the illumination provided by Spirit throughout the history of Reiki, acknowledging that they are humble seekers of understanding rather than possessors of an immutable truth.

3. Honouring Self

- ◆ Working actively on their own healing, personal and spiritual development
- ◆ Acknowledging the role of Reiki energy in their lives and its contribution to everything they say and do
- ◆ Choosing to recognise, honour and act upon the perception of a Higher Self within the human form
- ◆ Understanding that perfection is not an attainable goal, and seeking healing, humility and courage as the basis for action.

4. Honouring all Reiki lineages

- ◆ Respecting and valuing all members of the Reiki community
- ◆ Respecting others' right to believe and do things differently from them and promoting harmony and friendship between all members of the Reiki community
- ◆ Working actively in co-operation with all Reiki people without regard for their lineage or organisational affiliation

- ◆ Refraining from making negative judgments, criticizing or disparaging any member of the Reiki community, their Reiki beliefs or practices.

5. Honouring all sentient beings and the planet Earth

- ◆ Living consciously as an exceptionally blessed member of the planetary community and choosing to use the powers of rational thought, intention and Reiki to promote the healing and well-being of all life on Earth.

6. Upholding the AURA Code of Ethics and Code of Conduct

- ◆ Supporting the members of AURA in applying and upholding this Code of Ethics and the AURA Code of Conduct

**Reiki, as in Reiki System, Reiki Practitioner and Reiki Master refers in this context to the Usui System of Reiki. The term "Reiki" is also used in reference to intelligent, guided universal life force energy.*