

Workshops

Arranged by appointment.

Reiki Level 1

One day 9.am – 5pm. 1 hour lunch break.
Cost \$200.00.

Reiki Level II

One day 9am – 5pm. 1 hour lunch break.
Cost \$200.00

Reiki Master Level

2 day Workshop. 1 hour Cost lunch break.
Cost: \$750.00



10 Reasons to Give Yourself the Gift of Reiki !

1. Reiki is first and foremost for self care and self healing.
2. Reiki is easy to learn.
3. Reiki is simple and easy to do requiring no fancy tools or elaborate set up.
4. Reiki is always available and can be given anywhere, at any time.
5. Daily self-treatments bring balance to body, mind and spirit, reducing stress and strengthening well-being.
6. Reiki can be used as often as needed, especially at those times when pain, anxiety and stress are being experienced.
7. Reiki provides support and healing for all physical conditions.
8. Reiki provides support and healing for all emotional traumas and concerns.
9. Reiki is not a dogma, specific doctrine, belief system, or religion; however, it can be a path to deeper spirituality.
10. Reiki is a gift to share with others; friends, family, pets and plants can all benefit from this unique energy.

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Reiki

The Gift that Keeps on Giving!

Reiki Training

Reiki is taught in three levels.

Reiki I initiates one into the Reiki energy. One is able to give both self-treatments and treatments to others and for many this is as far as they take their training.

Reiki II initiates one more deeply into the Reiki energy and for those who wish to become Practitioners it is recommended that they continue to this level. The Reiki symbols and Distance Healing are taught at Level II.

Reiki III (also known as the Master or Teacher Level) is for those who wish to teach Reiki.

History shows that Mankind has always known healing energy could be accessed and passed on to another through the laying on of hands. New scientific theories and research give us some explanation as to how this is possible. Everything is energy and vibrates at a specific frequency, the denser the object, the slower the vibration.

Energy Healing has always involved accessing energy or building up one's own energy in order to pass it on to another. There are many different forms of Energy Healing. Some require many years of training and development. Many require strong focused consciousness in order to shift and move the energy.

Reiki (pronounced Ray - Ki), was discovered in 1922 by Dr. Mikao Usui, a Japanese Buddhist monk. He went on to develop the practice and pass it on to many students. Reiki is often translated as "Universal Life Energy". Rei = Universal and Ki=Life Energy. However according to an article by William Rand "Rei as it is used in Reiki is more accurately interpreted to mean super-natural knowledge or spiritual consciousness. This is the wisdom that comes from God or the Higher Self. This is the God Consciousness which is all knowing. It understands each person completely. It knows the cause of all problems and difficulties and knows what to do to heal them. It is the God consciousness called Rei that guides the life force called Ki in the practice we call Reiki. Therefore Reiki can be defined as "spiritually guided life force energy."¹

Today Reiki has grown and developed into many different branches. Some teachers have added and adapted what they were originally taught and a new

type of Reiki was born. However in order for it to be Reiki they all have four things in common:

1. The ability to perform Reiki comes from receiving an attunement, rather than developing the ability over time through the use of meditation or other exercises.
2. All Reiki techniques are part of a lineage, meaning the technique has been passed from teacher to student through the attunement process, starting with the one who first channeled the technique.
3. Reiki does not require that one guide the energy with the mind, as it is guided by the higher power that knows better than we do.
4. Reiki can do no harm.

While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to receive, learn and/or use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not.

Reiki balances and works on four levels of existence; physical, emotional, mental and spiritual. Reiki works on cause rather than the effect of disease; treats the disease rather than the symptoms and accelerates healing (this may cause some initial discomfort as one heals at a faster rate).²

1 Rand, William, Reiki, The Healing Touch, First and Second Degree Manual.

2. Mitchell, Karyn, Reiki, A Torch in Daylight.

Reiki

1. Supports the body's natural ability to heal itself.
2. Vitalizes both body and soul.
3. Re-establishes spiritual equilibrium and mental well-being
4. Functions on all levels, whether mental or spiritual, bodily or emotional.
5. Balances the body's energies.
6. Loosens up blocked energy and promotes a state of total relaxation.
7. Cleanses the body of poisons.
8. Adjusts itself according to the needs of the recipient.
9. Works with animals and plants.
10. Is an extremely pleasant, holistic method of healing.
11. Can never do damage in any way, since it only flows in the quantities necessary for the recipient.
12. Is channeled through the practitioner. Each person may experience the energy differently.
13. Can be a pathway to deeper spirituality.
14. Is like breathing. Once it is activated it is with you always, silently, gently and powerfully.
15. Is a completely self-contained natural healing system. It is complete and whole in and of itself and yet it acts synergistically with all other types of healing.
16. Is always available. Once one is attuned to it Reiki will always be available whenever you need it.

Reiki is not

1. A dogma, a specific doctrine or belief. Nor is it a religion, a cult or a belief system.
2. A form of mind control or hypnosis.
3. Imagination or wishful thinking.
4. Only for healing or when you are ill.
5. Limited to only a select few.
6. Dependent upon a certain state of mind.'
7. Taught by just anyone nor is it taught like any other kinds of knowledge. You need a properly trained Reiki Master/Teacher to activate this energy through a precise attunement process.

Reiki cannot be learned through reading books.