



Centred-Self

Love, Light and Healing

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Reiki Training

Reiki is an ancient hands-on healing gift rediscovered by Dr. Mikeo Usui in the late 19th Century. Everyone has this gift but few of us have developed it. The Reiki attunements can 'wake up' this innate ability we all have giving us access to the universal source of unconditional love.

Reiki is not 'taught', instead it is transferred to the student during an attunements process carried out by the Reiki Master (Teacher). These attunements open the crown, heart and palm chakras and form a personal link between the student and the Reiki source. Once you have received the Reiki attunements you will have Reiki for the rest of your life. It does not wear off and you can never lose it.

Our courses are a spiritual journey, as well as a learning experience and are in-depth with meditations and practical observations.

First Degree– This is a one/two day attunement workshop (depending on numbers) to teach the basics of Reiki to those who wish to use it for their own personal development and healing, on close friends and family members only.

As well as your 3 attunements, the syllabus includes the history of Reiki, its nature, instructions on how to treat yourself and others, information on the chakras, creating a healing space and the role of the mind in healing. There will be time to practice your new skill and come to grips with your relationship with the energy. It is useful to keep a record of your treatments/feedback at this stage.

The cost is £75 and includes lunch and refreshments, a comprehensive course manual, a certificate of attunement and on-going support for as long as it is needed.

Second Degree, also known as the Therapists Degree. This workshop allows an opportunity to explore and discuss your experiences since first degree attunement and to compare these with others at your level.

You will receive a further 2 attunements. You will also be introduced to the three sacred symbols. We will look at scanning the energetic body and raising the intuition level for our energy work, and you will learn how to send distance healing. Instruction and time for practice will be given.

Case studies are required in order to fulfill the criteria to pass this level.

The cost is £75 and includes lunch and refreshments, a comprehensive course manual, a certificate of attunement and on-going support for as long as it is needed.

For those students who do not intend to teach, this level completes their formal Reiki training.

The fee for each level includes as much ongoing support and tuition as the student feels necessary.

Reiki Training (continued)

What can I expect after my attunement?

First and foremost, Reiki is about personal growth and healing and so although most of us have working with others or our animals as a final goal, we need to be sure that we are prepared for the changes that being attuned to Reiki will bring into our lives, as it almost certainly will.

The Reiki attunements can start a cleansing process affecting the physical body as well as the mind and emotions. Toxins that have been stored in the body may be released along with the feelings and thought patterns no longer useful. This is known as clearance and for 21 days after your workshop and attunement to each degree of Reiki, you will be encouraged to self heal and treat yourself gently, as this can sometimes be a difficult time. You may typically experience feelings of sadness, anger, restlessness etc, but they don't last and you will have the methods of self healing that you will be taught to assist you and get you through it. It is not a forgone conclusion that you will experience anything at all, indeed for some the effects can be something as simple as going off coffee temporarily!

After second degree attunement, you should experience a significant increase in energy during treatments. It also enables you to send energy through time and space (distance healing).

My Reiki Courses and Workshops

I try to keep groups as small as possible to maximize individual attention and ensure you get the most from your course. Depending on when you book, there is normally a maximum of 4 people but I am happy to run tuition on an individual basis if necessary.

There is no compulsion for you to continue your Reiki training with me. While most people stay with the same teacher, it isn't uncommon for people to have a different teacher for each degree. The right person often comes along when you are ready.

However, when I guide anyone through the attunement process, I feel it is my responsibility to be there for support wherever possible, so I encourage students to stay in touch with myself and each other. Reiki share/support events can be arranged and these are often a useful source of advice as well as a social get-together of people of like minds.

Please contact me if you would like any further information.

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