

HOW IS REIKI USED?

Reiki can be used on many levels for healing

- As a First-aid measure to reduce immediate pain and trauma.
- As a full body treatment for a deeper healing to release any energy blockages and relieve the ailments they cause. Most conditions will respond.
- To stimulate the elimination systems of the body and promote detoxification.
- To promote deep relaxation for stress relief.

The essence of healing is that it is a change of state for body and mind. Every system in the body has its own inner wisdom and "knows" what it must do to give balance and harmony to the whole.

Healing is an individual process which takes its own time. All that is needed to begin is a willingness and intent to engage in the process and be part of it. No one else can heal you – you heal yourself. Reiki works gently with both body and mind to aid the process.

HOW IS REIKI GIVEN?

A full treatment is given with the recipient lying fully clothed except for shoes on a couch or sitting in a chair. It is usually a hands-on treatment with the therapist placing their hands on a sequence of positions on the body to transmit the Reiki energy.

It is not intrusive or in any way embarrassing and most people enjoy the contact. When receiving Reiki you will feel pleasant warmth or tingling in the area being treated. Most people easily relax deeply feeling a release of tension and anxiety which allows healing to begin. In this state of deep relaxation the healing systems of the body are free to make whatever adjustments are necessary to improve health. Some people fall asleep during treatment and awake fully refreshed and revitalised.

Reiki can help anyone – you do not have to be ill to benefit from its calming and relaxing effect.

REIKI ATTUNEMENTS



Level one Attunements

Cost £100.00*

Level two Attunements

Cost £125.00*

The cost includes:

Reiki Attunements, residential accommodation, food and Training workshops throughout the weekend

Reiki Level Three Master & Teacher (3A & 3B)

Cost £150.00*

NON residential one day course, light lunch and training

*20% discount if booked 2 weeks before course begins

For further Information:

Tel Sandra 01772 761897

or

John 01772 497969

Various course dates are available.

Please contact us at any of the contact points below for details.

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WEBSITE: www.shared-earth.org.uk

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FIRST DEGREE – Healer.
SECOND DEGREE - Practitioner.
THIRD DEGREE - Master/Teacher.

Reiki Training is about connecting to the Energy, developing your sensitivity to the flow of energy, beginning your own healing and expanding your mind to allow you to channel the energy effectively.

The courses provide an excellent introduction to and progression through Reiki healing and is open to anyone age 16 or over who is interested in learning how to use this gentle healing method.

A course is for a minimum of 2 and a maximum of 10 students to allow personal attention and adequate time for practice. Dates for these courses are available as required.

Reiki Master/Teacher level cost includes participation in next Reiki Course to enable you to begin to pass on the Reiki energy to others.

This courses includes:

- ☞ Discussion of why you are here and what do you want from Reiki
- ☞ What is Reiki?
- ☞ How does Reiki act? – interaction of Reiki with the energy system of the body
- ☞ The Reiki principles explained. How to integrate them into your life.
- ☞ The History of modern Reiki
- ☞ Your place in the Reiki Lineage
- ☞ How is Reiki learned?
- ☞ Meditation and Attunements to the Reiki energies
- ☞ Paired practical session – feeling the energy flow in yourself and others
- ☞ How is Reiki used?
- ☞ How does healing occur?
- ☞ Introduction to basic human anatomy
- ☞ Introduction to the Chakra system
- ☞ Links between body and mind
- ☞ How to give Reiki healing to yourself and to others
- ☞ Practical session – give and receive a Reiki treatment. Use the techniques you have learned.
- ☞ Ways to strengthen your link with Reiki
- ☞ Level specific Pathworking CD
- ☞ Comprehensive course manual

You are encouraged and very welcome to attend any of the Reiki shares we run we offer advice and support to all of our students for as long as they require it.

WHAT IS REIKI?

The name “Reiki” derives from a two part Japanese character which translates roughly as “Universal Life Force”. This is the unseen energy which fills the universe and animates all living things. It is the same energy which flows through the energy conduits (Meridians) of the body.

Without it nothing could grow or heal. Applying Reiki to the body is a gentle but powerful way to support and enhance the life force energy in any living thing and is a useful aid to healing both physical and emotional problems. It is suitable for any age group and all states of health. Reiki cannot be used to do harm. It is non-denominational, non-religious and available to all age groups and states of health.

Reiki also has a gentle philosophy which acts to reduce stress and tension in life. Many people who use Reiki find that, with time, this philosophy profoundly alters how they view themselves and the world.

THE REIKI PRINCIPLES:

JUST FOR TODAY:

I do not worry,
I am not angry,
I honour everyone around me,
I earn my living honestly,
I show gratitude to every living thing.

You may wish to think about the Reiki principles and see how they could fit into your own life-style.