

HOW CAN I LEARN REIKI



Reiki Practitioner

All the training that I offer; is completed in small groups to ensure that you, as the student are given the most complete learning experience possible and with the sole outcome of ensuring that you walk away with the confidence to use your new skills.

Choosing the right Master for you is essential and a massive message that was passed on to me from my Master.

It is the start of an unbelievable journey of self-healing, self-awareness and personal growth.

Being at ease and comfort with your Master is paramount to maximise your learning experience, to enable your own growth and gain the ongoing support from your Master and hopefully your long lasting Friend.

Reiki is trained in four levels.

The first degree of training initiates you to be able to give yourself healing treatments. This is an important level as ultimately Reiki is about healing yourself and this also restores your harmony and balance and prepares your inner channels for the next levels.

The Second Degree of Reiki heightens and deepens your flow of energy and your commitment to Reiki itself. You can also, if you wish, give Reiki to others on a professional level after the full training period has been completed.

The Master Practitioner, or third degree deepens your level of commitment even further. And the final stage enables you to teach others.

Feel free to have any discussions with me to help you make your decision. It is a huge decision and needs to be right for both parties.

Also Offered:

A 12 month mentored training which incorporates both levels I and II Reiki, personal practice, advanced training and more.

Reiki - 1st Degree

The first degree of Reiki is for people who wish to learn how to heal themselves and others.



The first degree is about your own self-healing and to give to friends and family – you are not able to offer Reiki treatments as a practice (charge), nor are you able to attain insurance at this level.

The course is an initial, full 2 day course or 4 consecutive days of 3-4 hours, followed by a 21 day period of self-healing and then an additional follow up to complete the course.

This affords the time to really soak in the teachings and practice the techniques; enabling you to leave with a real confidence.

During the course, you will receive 4 attunements, which will awaken and attune specific chakras.

The course includes:

- Understanding what Reiki is
- The Reiki principles
- What can Reiki help?
- The history of Reiki
- Attunements
- Techniques of how to use Reiki on yourself
- Chakras and colours
- Anatomy & physiology
- How to use it on others (friends & family)
- Code of ethics
- Contra-indications and precautions
- Reiki Lineage
- Practice time to establish learning outcomes and confidence.

COST : £185.00

Cost Includes:

- Initial training in a small group environment. (Usually 2-3 people)
- A full manual for your future reference
- Follow up approx. one month after the initial course
- Certification

Ongoing support as required

Individual training can be organised by arrangement (cost £240.00)

12 Month Mentored Training

(Full mentoring and in depth training to Practitioner level)

This program supports you to get the best out of your training and personal development. It requires a lot of self-practice, and case studies, advanced and additional training for deeper understanding and Reiki shares, giving and receiving treatments.

It includes the following over the year:

An initial Reiki treatment

3 x half hour sessions prior to first full day training

(Consecutive evenings)

2 x full day training and attunements (Reiki one)

A number of Reiki treatment throughout the year

Deeper training around the history and philosophy of Reiki

Reiki shares

Self-healing and development journaling (specific for your journey)

Giving and receiving treatments

Further training on the principles of Reiki

Incorporating meditation within Reiki practice

Training day on symbols, deeper meaning and uses

Two days training and attunements (Reiki two)

Case studies and practice (both distant and in person)

Further training on anatomy

Reiki Observations x 2

Further training – additional hand placements for specific conditions

Advanced training around Japanese Reiki styles.

Coaching: opening a practice (practical and inner work)

Investment: £995.00

(This can be paid in installments by arrangement)

REIKI 2nd Degree

Reiki Second degree training and attunements.

This course is the next stage of your Reiki journey and will help you develop your own Reiki practice for yourself, family & friends. You may also offer professional treatments sessions after training, if this is your path.

This training is completed over a two day period and affords the time to really soak in the teachings and practice the techniques; enabling you to leave with a real confidence. (2-4 people per course only)

As with all my Reiki training offered, the small group and time allocated also enables the relationship between Master and Student to really gel and forge, further maximising this learning experience.

The course includes:

- Reviewing Reiki 1 and Reiki 2 outcomes
- 2 Attunements and 3 symbols
- Additional hand positions
- Distant Healing
- How to use Reiki 2 for specific imbalances
- Additional techniques including Mental & emotional Healing and forgiveness
- Other uses of Reiki
- Contra-indications and precautions
- Setting up in practice
- Reiki Lineage
- Practise time to establish learning outcomes and confidence.

Cost: £245.00 per person

- 2 day course and attunements
- Full manual for future reference
- Follow up approx. 6 weeks after course date
- Certification
- Ongoing support as required
- Individual training can be organized by arrangement (Cost £295.00)



Further training to meet the requirements of The Reiki Council and CNHC registration also offered via our mentoring program.

REIKI MASTER AND TEACHER TRAINING

This is discussed individually with interested parties. Considerable experience is required.