

SOLISTHERAPIES

gentle healing for mind, body and spirit

Training

Reiki Courses

Everybody is able to channel Reiki. You only need to be attuned to Reiki by a Reiki Master.

Reiki courses are completely totally different to any other courses you may have been on. On the Level One workshop you will learn how to switch on Reiki healing energy at any time and in any place, for the rest of your life. Level Two will greatly step up your healing abilities and you will learn to do distance healing.

Being attuned to Reiki will empower you to heal yourself on all levels, and bring peace, and joy into your life. You will leave my workshops with a warm Reiki smile in your heart.

I have been practising Reiki for over a decade and teaching for more than five years. I love to see ALL my Level One workshop students channel Reiki healing energy through their hands for the very first time. It is joy to behold!

During both 1st degree and 2nd degree groups are kept small with a maximum of 4 students ensuring my undivided attention. My students have commented on how comfortable they feel being in a small group and have left the workshops feeling confident in their ability to use Reiki both professionally or otherwise.

Reiki 3rd degree (Master) is a very special step to take in your life, and is usually done on a one-to-one basis although it can be done with more than one person if requested.

Reiki 1st Degree (Shoden) - one day workshop with certificate

This level is for self-healing and can be used on family and friends.

You will learn:

- A brief history of Reiki and how it was discovered by Mikao Usui
- Lineage, meaning of the word Reiki, the 3 degrees of Reiki
- Discussion of the uses of Reiki
- 4 Attunements
- Hand positions for self healing
- Ethics and procedures for healing others
- Healing positions for healing others
- Scanning and beaming
- Practise working on each other – introduction to chakras as we work and related illnesses.
- Sensations felt with Reiki (biofeedback)
- Hatsurei ho meditation

Reiki 2nd degree (Okuden) - one day workshop with certificate & manual

This is for those who wish to practise professionally or for those who just want to learn more.

You will learn:

- What Reiki has done for each person so far.
- The benefits of Reiki 2 – spirit guides and intuitive healing
- To draw and pronounce 3 Reiki symbols.
- Level 2 Attunement
- When and how to use the 3 symbols
- The use of each individual symbol with hands-on practise in sensing and comparing the qualities of the energy of each symbol.

- Discussion of effects.
- Discussion and practice in using the Distance Healing symbol
- Self-healing meditation

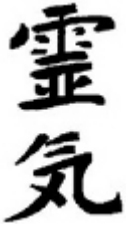
Reiki 3rd degree (Shinpiden) - one day workshop with certificate & manual

(Maximum of two students)

You will learn:

- Introduction to Reiki Mastership: Overview of the course.
- Discussion of the Usui and 'Tibetan' Master symbols and their uses.
- Master attunement.
- The Reiki Kotodama: exploration of sacred sound
- Learning the sacred sound of all four Reiki symbols
- Experiencing and comparing the energy of the different sounds
- Learn how to use the Kotodama for self-healing and self-development and during treatments.
- Full and detailed practise session in performing attunements
- Discussion of different level attunements
- The importance of intent
- The importance of Intuition - 'Reiji ho' method

The Reiki Principles



- Just for today, I will give thanks for my many blessings.
- Just for today, I will not worry.
- Just for today, I will not be angry.
- Just for today, I will do my work honestly.
- Just for today, I will be kind to my neighbour and every living thing