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What is REIKI?

REIKI is a Japanese word pronounced RAYKEE, which translated means *Universal Life Force Energy*. Reiki is an ancient system that can be experienced by either "hands on" or by distance (remote) healing. The Reiki treatment encourages physical, mental and emotional healing and spiritual growth. Reiki is one of the oldest forms of healing known to mankind.

- **Reiki not only works on the physical level** it can relieve pain, help to regenerate organs and tissue, but also Reiki loosens blocked energy, promotes total relaxation, and works on the mental and emotional levels re-establishing mental well-being and spiritual equilibrium.

- **Reiki is a transformational tool** to help the development of higher levels of consciousness and spiritual awareness. It awakens the inner self to know that it IS part of all creation.

- **Reiki can be used for self healing** daily self treatments will maintain well being, reduce stress and encourage the body's natural healing abilities.

- **Reiki can be used to promote growth and health** of plants and to germinate seeds.

- **Reiki can be used to heal the Earth** and to direct healing energy to troubled areas of the planet.



Disclaimer

Reiki Healing is NOT a substitute for treatments prescribed by a doctor. It is not guaranteed to cure, prevent or treat any illness, although many benefits have been experienced by those who have received treatments. Reiki compliments the healing process and you will absorb the amount of energy you will need at any point in time.

TREATMENT INVOLVES?

Lying on a Reiki table fully clothed, or seated if necessary. Reiki is a non-evasive, deeply relaxing, hands-on therapy that restores balance and calm to the mind, body and spirit, through the free flow of energy from the practitioner's hands to where it is needed. Reiki works on every level and is gentle yet powerful.

TRAINING INVOLVES?

Reiki Level 1

4 attunements over 2 days.
Overview of history, learn hand positions, practise and trade treatments.

Reiki Level 2

2 attunements over 2 days.
Learn sacred symbols and distant healing, practice and trade treatments. Crystal Grid.

Reiki Advanced Level

Over 2 days. Traditional breathing and cleansing techniques. Empowerments i.e. Reiju. Practice and trade treatments. Psychic Surgery.

- **Reiki is for life, you will not need further attunements.**

What it costs?

Treatment: £35 per hour

Training to Reiki 1 Level: £100

Training to Reiki 2 Level: £175

Training to Reiki Advanced Level: £175

Training to Usui Reiki Master level or Karuna Reiki® Master. Please call to discuss..