

ABOUT REIKI COURSES

Reiki is simple to learn and anyone can learn it. You do not need to have any prior experience of such things and you do not even need to believe in Reiki: it will still work for you!

On an introductory “First Degree” course you will learn how to tune back into the life-force energy around and within you and learn how to use Reiki to find balance. You will also learn a simple set of ‘rules to live by’ set down by Reiki’s founder. Reiki is not a religion and it is practised by people from all walks of life.

CAN I USE REIKI ALONGSIDE MEDICAL TREATMENT?

Reiki is not a substitute for medical treatment. If you have any symptoms of illness you should see your doctor.

Reiki is safe and will complement any form of complementary or medical treatment.

A Reiki Practitioner will not diagnose or recommend any form of treatment.



**LEARN REIKI AND
MAKE A CHANGE FOR
THE BETTER**

*Bring things into
balance with Reiki*



WHAT CAN REIKI DO?

Anyone can benefit from a course of Reiki treatments, no matter your age or your state of health, and beneficial changes can take place over a fairly short space of time.

Reiki can produce:

- * Deep relaxation
- * Reduced stress & anxiety
- * Boosted energy levels
- * A feeling of inner calm, contentment and serenity
- * A speeding up of the natural healing process

Reiki can also help you to:

- * Feel more positive, confident and better able to cope
- * Deal better with stressful people and difficult situations
- * Develop a strong sense of purpose and clear-thinking
- * Remove some of the 'clutter' from your life
- * Enjoy a better quality of life

TREATING YOURSELF

Once you have learned Reiki, you will be able to treat yourself. This is a wonderful relaxing process that will leave you feeling content, comforted and at peace with yourself and the world. You can "self-treat" every day!

WHAT IS REIKI?

Reiki (pronounced "Ray-key") is a simple Japanese energy-balancing method that is used by millions of people all over the world. It is most well known as a hands-on energy treatment technique, and many people have regular Reiki treatments.

Reiki was discovered by Dr Mikao Usui in the early 1900s in Japan. People use Reiki for relaxation, self-healing, for spiritual- or self-development, and to treat others.

Those that practice Reiki are called Reiki Practitioners or Reiki Masters.

Reiki is not a religion and is open to all people regardless of race, religion or gender.

HOW TO USE REIKI

You don't have to treat the general public in order to practice Reiki, it could be that you simply want to learn Reiki for yourself, your friends or family.

By simply working on yourself with Reiki for a little while most days, you will begin to experience its many benefits.

Equally, you may find working with the public incredibly rewarding and decide this is what you want to do with your life. You may want to set up your own Reiki Practice or work within an established spa or wellness centre. Reiki Masters can also specialise in working with animals or volunteering in hospitals for example.