

# Reiki Workshops

## What is it?

'Reiki is an ancient healing and self-development therapy. The Usui system of Reiki is a natural way to balance the body's energy, therefore increasing its ability to heal itself on all levels.

"The healing power of Reiki can be activated in any person's hands. Once activated, that person can use the power of Reiki to radiate a gentle, nurturing energy from their hands to treat both themselves and others."



Paul Cockram

Much Love and Happiness

*Paul Cockram*

Traditional Usui Reiki Master

## Who should attend?

You should attend if you want to learn a simple and safe healing system that works on Mental, Emotional, Physical, and Spiritual levels of life.

## How can Reiki benefit you...

Reiki is a safe and gentle way of healing, yet its results are powerful. Some of the benefits of Reiki treatments are:

- Reduce stress in your life
- Raise self esteem
- Treat common health problems sport injuries, flu, migraines, burns and allergies etc.
- Easing the pain of chronic illness
- Treat emotional disorders, depression, anxiety, insomnia, etc.
- Attain balanced health and happiness
- Enhance intuition and awareness

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Reiki is neither a form of mind control, philosophy or religion and does not require any change in lifestyle or belief system.

## What you get...

### Saturday

We start the day with talking about the history of Reiki. We look at where Reiki started. After morning tea, we take a look at the energy systems of the body. You learn about your energy system and look at how it affects your life.

In the afternoon, we teach you about how Reiki works and what it does. Finally, before you go home we show you how to treat yourself with Reiki. You learn all the benefits of doing a self treatment. Also, you get to do a treatment in class, so we can check you have all the techniques correct.

### Sunday

Sunday morning starts off with lots of uses for your Reiki. Learn how to treat animals, plants, food, cuts and bruises etc, flowers, acute and chronic illness, and lots of other uses. Before lunch we will do a Reiki group treatment and also talk about the other levels of Reiki.

I should say that there is no need to go any further in your Reiki training. You will be very good at giving Reiki with the first level. I explain the other levels just in case you wish to go further, so you will know what to expect.

The afternoon is spent showing you how to treat someone in a professional way. We look at health, hygiene, safety, and legal issues that you should know about, just in case you decide to treat the public. You will be very confident treating people because you get to treat someone in the course. You get one back too, so you know what it is like to give and receive.

Throughout the workshop, you are given 4 attunements to Reiki. The attunements are what give you access to the Reiki energy. You need to have them to be able to use Reiki.

We spend a lot of time actually treating in the class. It's a very practical workshop. Even if you have no energy healing experience, you will learn this therapy very easily. Anyone at any age can learn to use Reiki.

### **Reiki has been clinically tested to be a very effective therapy in many hospitals throughout the world.**

*The Centre for Integrative Medicine at George Washington University Hospital (Washington, D.C.), Samuels Centre for Comprehensive Care at St. Lukes-Roosevelt Hospital Centre (New York, NY), California Pacific Medical Centre (CA), Albert Einstein Medical Centre, Philadelphia, Pennsylvania are all hospitals currently treating patients with Reiki.*