

Reiki – Shoden Level I



REIKI is an energy healing modality that originated in Japan.

The word Reiki means:

Rei – Universal

Ki – life force energy

Shoden is the Japanese word for 'first teaching'.

Reiki Shoden Level I teaches you to bring in the universal energy to promote healing in yourself and others.

With Shoden you learn the basic fundamentals of Reiki – how it works, its benefits and why we need to practice on ourselves by tapping into the unlimited source of pure universal energy. Self-healing is the focus of Shoden level and a wonderful bi-product of completing Level I is personal awareness.

For those interested in working on a deeper and more professional level, then Okuden Level II will be the next step for you to complete.

Because Reiki is working with universal energy, each student will give and receive a one-hour treatment. Many hands-on exercises and meditations are used in the group environment during Shoden.

Traditional Japanese Reiki techniques are taught and practiced to build on this energetic knowledge and to aid your own self-healing process to bring balance and harmony into everyday life.

You will receive three (3) traditional Japanese attunements (energy blessings) that clear the body's meridians (energy channels). The body adjusts to the energetic change with each attunement. After completing Shoden Level you will be capable of performing Reiki on yourself, your family, friends and pets and even plants.

Reiki Shoden Level I training includes:

- The history of Reiki & Lineage
- 21 day Cleansing Process
- How to treat yourself and your family and friends
- How to give and receive a one-hour Reiki treatment
- How to connect to your original energy (hara)
- Chakra System
- How to use Japanese techniques to enhance your energy
- What you can use Reiki on besides your family and friends – such as plants and animals
- Becoming initiated into the system of Reiki with three (3) Japanese attunements
- Over a 3 week period – 3 – 3.5 hours per week

On course completion, each student will receive a Reiki Level I manual and Certificate

SPECIAL PRICE ... \$295 (normally \$355)

Commencing Monday morning 18th November from 10.30 am – 2.00 pm