

Absolute Reiki Professional Courses

Integrated First Degree Reiki Practitioner Course.

- Six Hours of Pre Course Study
- Workshop – One day practical training
- One Comprehensive Manual – 193 Pages
- One Audio CD – Commentary & Guided Meditations
- Free Ongoing Support – Phone and Email
- Join the Reiki Evolution Internet Support Group
- Newsletter – Keeping you up to date at all times

Each course provides accurate up to date information on the theory and background behind Reiki and the techniques you learn. You will have plenty of practical experience during the one-day workshop and the opportunity to ask any questions you may have about Reiki. The one-day workshop will have a maximum of four students. The manual and audio CD provides all the information covered on the course and more.

Pre-course study.

Students receive the course materials in advance of their practical one-day workshop. This allows students to absorb the background and theory behind Reiki at home in their own time. The manual works in conjunction with the audio CD and students follow guidelines provided for their pre-course study.

1. What is Reiki
2. The History of Reiki
3. The practical aspects of Treating others
4. The Effects of Reiki

This information is reviewed briefly during the workshop and any questions can be addressed. However, the focus of the workshop is to provide practical training and experience for the student.

Tuning into Reiki.

On the day of the workshop students receive three Reiju empowerments, a ritual used to give students a permanent ability to work with Reiki for themselves and others. These empowerments are traditional Japanese empowerments that introduce you to Reiki by opening up the channels that Reiki flows through, allowing students to work with energy, without being drained of their own personal energy.

Learning to work with Reiki.

On the morning of the course, students learn some simple exercises that will help them to start sensing energy. Students also learn a meditation called Hasurei that boosts and purifies the energy that flows through them. Hasurei also helps to increase the students' awareness of energy and mindfulness. Hasurei is a traditional technique that has not been a part of Western Reiki for many years. There are several sections to the meditation and these techniques have come from Tendai Buddhism with some connections to other spiritual techniques and energy cultivation techniques such as Qi Gong. Students can use these exercises daily to continue to strengthen their Reiki ability.

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Learning how to self-treat.

The final part of the morning is spent learning about two different approaches to treating yourself. Students will learn about the Western style 'Hands on' treatment and the Usui Self treatment meditation, which uses visualisation and intent to self-treat. A demonstration of hand positions will be given for the western self-treatment and students will be guided through the Usui Self Treatment Meditation. Therefore, students can work with both methods if they want too.

Give treatments to other people.

The majority of the afternoon involves learning how to treat others. Students will watch a demonstration and explanation on how to treat others. Then carry out a treatment on another student, under instruction with the opportunity for feedback at the end of the session. Each student will give a treatment, receive a treatment, and provide feedback on their experience.

Students will learn techniques that allow them to notice areas that need more attention during the treatment. This includes feeling the energy field or aura to see if any areas are depleted and scanning for intense areas that may be felt in the students' hand. These techniques mean that students can start to adapt their treatments to individual needs. Students will be given some standard hand positions to follow so students can follow a structured treatment, whilst practising skills and building their confidence. Eventually students will be able to move away from the standard hand positions and work more intuitively and uniquely with each individual.

Finally.

To finish the day students will be given basic guidelines for treating plants and animals. Distant healing is covered in more detail at Second Degree Level but students will be provided with a simple technique that will allow them to do distant healing at this level.

The course manual.

Taggart King of Reiki Evolution has written the majority of the manual and kindly allows his masters to pass on the manual to their students. This means you will have a comprehensive manual, which covers everything on the course and more besides, so there is no need to take notes. On the course, you can relax safe in the knowledge that everything we do is there in the manual for you to take home with you. The manual also contains the transcript of an interview with Mikao Usui, a selection of 'Gyosei' (thought – provoking poetry that Usui chose specially for his students to contemplate as part of their training) and Mikao Usui's principles to live by: the Reiki precepts that derive from edicts of the Meiji Emperor.

Certificate and course fees.

The Reiki First degree course costs £150. A £70 deposit is required to confirm your place on the course and is non-refundable. Once you have completed the course, you will receive a certificate to show you have successfully completed the First Degree Reiki Course.

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Ongoing support.

Once you have completed your course you will be able to keep in touch with me by phone or email. This means if you have any problems or simply wish to talk about your experiences or exchange ideas you can. It also means I can keep you updated with any new ideas or information that I may receive. You will be able to receive free empowerments once a month to boost your connection to the energy and any other help you may need. You can also receive a distant empowerment every Sunday. You will be able to attend Reiki shares every other month, where Reiki people can get together to exchange experiences and ideas and swap treatments with each other. You will have the option to join the ReikiEvolution Internet support group. Providing an ideal place to share experiences and exchange ideas with lots of like-minded people of all levels. I believe that long-term support is crucial to training as a Reiki practitioner. Nobody knows everything there is to know about Reiki and you and I will continue learning for the rest of our lives.

Course Schedule

Note: Please arrive at 9.30 am ready to start at 10 am and finish no later than 5.30 pm

- General Introduction and study pack review
- Receive Reiju Empowerment
- Practise some simple exercises to feel your energy and that of other people.
- Second Reiju empowerment
- Learn and Practise Japanese technique called Hatsurei Ho
- Final Reiju empowerment.
- Learn and practice the Usui Self treatment meditation
- Learn hand positions for a full western style treatment
- Demonstration and explanation on treating others
- Practise giving a treatment to your partner.
- See what it is like to receive a treatment from someone else.
- Final talk on distant healing, treating animals and plants.

You will be free to ask questions throughout the day so please do speak up if you have any concerns or questions.

Reiki Course Dates for 2014

30th August 2014 in Loughton

11th October 2014 in London

13th December 2014 in Loughton

[Click here to visit the website and book your course.](#)