

# *Absolute Reiki Professional Courses*

## **Integrated First Degree Reiki Practitioner Course.**

- Comprehensive materials including a 100 + page manual, Teaching guide Manual, two CD's with guided meditations and Commentary, a DVD with commentary and demonstrations is provided in advance of your workshop.
- One Month's pre-course training at home
- Two days of live training, meeting other students building confidence interacting with each other and sharing experiences.
- Working with a small group of no more than four. So the atmosphere is relaxed and friendly.
- You can meet your teacher and be confident that you are carrying out the exercises correctly and ask questions throughout the day.
- You will receive long term support after your course, including staying in touch and meeting your teacher and other students at regular intervals

### **What you will learn on your Reiki Mastership training course:**

As with all the courses students receive their study materials in advance allowing you to become familiar with the theory and techniques at Master level. Providing the maximum amount of time to get plenty of practical experience during your course.

### **Theory:**

Learning more about the original Reiki system

Learning about the new symbols and spending time meditating on those energies

Learning about the Kotodama and how to pronounce each sound

Familiarizing yourself with the two connections rituals – Reiki Attunements and Reiju

Empowerment

### **The Original System**

Students will develop their understanding of the original system and how that compares with Western approaches. This knowledge will help students to get even closer to the original teachings that Usui provided. Students who hope to go on and teach will have background knowledge of both approaches to be able to pass on accurate information about all aspects of Usui Sensei's teaching to their students.

### **Why do Reiki Mastership?**

Regardless of whether you want to become a teacher or not, Reiki mastership offers new insights into Reiki and even a Reiki master will tell you that the journey doesn't end there. You can continue to enhance your experience of energy, learning to work with higher frequencies as well as learning how to empower yourself on a regular basis. Continuing to this level will increase your sensitivity and increase the amount of energy you are able to channel, for yourself and/or others. Regular self empowerments continually deepen and strengthen your experience of Reiki. Passing on the ability to your friends and family can be very rewarding in itself and if you find yourself teaching professionally you will discover more opportunities for personal growth and understanding.

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## **New Symbols**

On the course you will learn about two Master energies. The symbols that can be used to trigger those energies will be studied in advance including detailed information on how, when and where you might use the symbols. Students will spend some time familiarizing themselves with the different qualities of each energy by meditating on the energies regularly, using the guided Reiki meditation on the audio CD. This experience will be reviewed on the day and students will be given a brief explanation on how to use these new symbols and the different ways that energies can be worked with in practice.

## **The Kotodama**

The Kotodama are sacred sounds that are used in Shinto and some Buddhist practices. These sounds can be used instead of symbols to help students achieve a particular energy state. There are four sounds in total used within Reiki and they cover the four main energies. So by the end of the master course students will have several techniques to familiarize themselves with each frequency of energy. The Kotodama sounds have shown themselves to be surprisingly powerful in practice and are a wonderful way to work with the energies on yourself or others. The Kotodama is also used to provide Reiju at different levels and is more in keeping with Usui's original approach to energy work.

## **Working with Intent and Intuition**

One of the most obvious differences between western Reiki and the original system is that Usui's teachings were simple and intuitive, free from clutter and complicated rituals. To reflect this the master course demonstrates to students the power of intent and the simplicity of intuitive working. This means that the ego and the brain get out of the way and let the energy do the work, freeing up the students' practice of Reiki completely.

## **Reiki Attunements and Reiki Empowerments**

Students will learn both methods for connecting others to Reiki. The attunement process is the more common approach for connecting others to Reiki and involves working with symbols. This technique was passed on by Dr. Hayashi to Mrs Takata and therefore is the most common method in the west. The Reiju Empowerment is the closest we've ever come to practising the connection technique that Mikao Usui was using and students will learn all about this discovery through their pre-course study. The Reiju empowerment is a simple more graceful technique, working with the Kotodama at Second Degree level and above, which allows a teacher to focus more on the energy and the student, rather than remembering a very long, complicated attunement with endless numbers of symbols to draw out. It is important for students to experience both, each student can choose for themselves which approach they would prefer to use in practice. It is also useful to understand the history and development of attunements and empowerments so that master students can explain this to people when asked. Students will receive three master empowerments and one master attunement during the course. During the course students will also learn how to give themselves regular empowerments and find out how distant empowerments and attunements work.

## **The Audio CD's and DVD**

Included in the course materials are two audio CD's the first containing commentary covering the main points of the course. The second providing instructions for Reiju empowerments, attunements

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and Reiji ho plus a guided meditation to help students tune into different frequencies of energy using intention. The DVD provides visual demonstrations of the attunement and empowerment process so you can refer to these again and again.

## **The Course Manual**

Each course is accompanied by a comprehensive manual, which covers everything I teach on the day, and more besides. 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 refer to whenever you need to. The manual is written by my Reiki teacher Taggart King who kindly allows me to reproduce the manual for my students.

## **The Reiki Certificate and Course Fees**

All courses are accompanied by a certificate, in this case confirming that you have received training and have been initiated into Reiki 'Mastership'. Reiki Mastership is £410 and requires a non refundable deposit of £70. If you would like to spread the cost of the course over 6 months a subscription option is available.

## **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 Reiki Teacher Internet support group for masters only. Providing an ideal place to share experiences and exchange ideas with other masters. I believe that long-term support is crucial to training as a Reiki practitioner or teacher. Nobody knows everything there is to know about Reiki and you and I will continue learning for the rest of our lives

## **Reiki Course Dates for 2014**

2nd & 9th August 2014 in London

22nd & 29th November 2014 in Loughton

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