



ORACLE CARD GODDESS



Reiki I information pack

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Introduction

Thank you for contacting Oracle Card Goddess for Reiki training!

Reiki is a wonderful tool for self-healing and personal development, as well as for channelling healing energy for others, and once you begin your Reiki journey you'll find it is a wonderful tool that will enhance your life.

What's great about Reiki is that it is for EVERYONE. There are no pre-requisites and anyone can learn and use it.

There are various types of Reiki, but they are all offshoots of the original form of Reiki which is known as 'Usui' Reiki. 'Usui' Reiki is the foundation of all other types of Reiki so is a fantastic starting point for learning, and it is this system that is taught here at Oracle Card Goddess.

What is Reiki?

In its simplest terms, Reiki is a natural and safe system of hands-on energy healing.

The most popular western translation of Reiki is 'REI' meaning universal life giving and 'KI' meaning energy. It is pronounced 'ray' as in '**ray** of sunshine' and 'ki' as in '**key**'.

As well as having a physical body, we also all have an energy body: an inherent life force that flows through us and all around us. This is what is known as '**ki**'. This energy exists everywhere and '**Reiki**' is a particularly high vibration of this energy that can be used for healing. When you learn Reiki you become attuned to this energy so that you can channel it through you.

Why learn Reiki?

When your body's life force is depleted or blocked, through stress or illness for example, it affects your physical body, causing problems. Becoming attuned to Reiki is a way of channelling this high vibrational life force energy in order to replenish and rebalance your body. For example, if you imagine a pipe that is clogged up, you can imagine that liquid running through the pipe will struggle to get through. If you clean the pipe with fresh water the pipe will work again as it should. It is the same with the energy channels and centres that run through our body; by receiving Reiki you are effectively cleansing the energy channels so that the energy can flow unimpeded and by doing so, you bring your body, mind and spirit back into balance.

However, there is so much more to Reiki than just healing energy, it is a way of connecting to a higher source, it helps you develop your intuition, encourages spiritual growth, and can assist with meditation. It brings peace and joy into your life and can become an important part of how you live.

- In total, there are four levels of Reiki, each of which is taught separately, though most people tend to do only levels 1-2 as the higher levels are for those who wish to become a Reiki Master/Teacher.
- A minimum of 6 months is required before progressing onto the next level. All levels are taught at Oracle Card Goddess.

Teaching programme at Oracle Card Goddess

The following is an outline of the how Reiki I is taught at Oracle Card Goddess and what you can expect.

1. Welcome to Reiki!
2. What to expect from today.
3. What is Reiki?
4. How does Reiki work?
5. Why do Reiki?
6. The history of Reiki.
7. The energy body: Aura/Chakras/Meridians.
8. What is a Reiki attunement?
9. What happens during a Reiki attunement?
10. Meditation + first attunement
11. Following the attunement.
12. How to use Reiki?
13. Giving a treatment to others.
14. Following a treatment.
15. Meditation + second attunement.
16. Practical: giving a Reiki treatment.
17. Your lineage.
18. The Five Principles of Reiki.
19. Reiki organisations.
20. What's next?
21. Bibliography.

Before the course

To get the best out of the training the following is advisable for the seven days prior to the training day. However, this is not compulsory:

- Refrain from drinking alcohol
- Reduce caffeine consumption and eat as healthily as possible
- Drink plenty of water
- Get plenty of sleep.

You may also like to meditate in the days leading up to your course and begin to focus your energies on opening up to the Reiki energy.

After the course

*****It is always recommended after any Reiki workshop that you have no plans for the evening*****

After the attunements that you receive on the course, there is a 21 day cleansing process where you will need to do a self-treatment every day. After this time you will have a follow-up session where we can discuss your progress and you will receive your certificate!

What to bring

- Just yourself! Make sure you wear comfortable clothes as there will be a practical aspect to the course where you will be giving and receiving Reiki.
- You will receive a manual, and handouts on the course and a binder to put them all in.
- Bring a packed lunch. Please bring a bottle of water if you wish although refreshments and snacks will be available. There is also a shop nearby to buy food and some people prefer to go for a walk at lunchtime.

Location

Oracle Card Goddess
10 Broad Street
Uffington
SN7 7RA

Parking

There is plenty of parking along Broad street but car sharing would be a good idea.

Cost

£160. Includes one day workshop, case studies, one to one follow up for each participant, ongoing support. **A non-refundable £50 deposit is required to secure your place.**

Recommended books for more information on Reiki

There are many, many books that have been written about Reiki, and there are only a few mentioned here. There is also plenty of information on the internet that you can find to learn more.

1. **Horan P.** *Reiki: your dependable guide for a lifetime of Reiki practice.* 1998. Delhi, India. Full circle.
2. **Lübeck W, Arjava Petter F, Rand W.** *The spirit of Reiki.* 2002. 2nd ed. Twin Lakes, WI. Lotus Press.
3. **Murray S.** *Reiki: the ultimate guide.* 2003. Las Vegas, NV. Body & Mind Productions.
4. **Parkes C and Parkes P.** *Reiki: the essential guide to the ancient healing art.* 1998. London, UK. Random House UK Ltd.
5. **Stiene B and Stiene F.** *The reiki sourcebook.* 2003. New York, NY. Oriental Press.

Please contact me if you have any further questions. I look forward to seeing you!

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