



Heal & Grow Reiki Center

EXPERIENCE THE DIFFERENCE TODAY

Summan

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Reiki

Reiki, pronounced 'ray-key', is a Japanese form of therapy that aims to increase energy levels and promote relaxation and wellbeing. Developed in the late 19th century, Reiki is applied through non-invasive, non-manipulative gentle touch.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

The underlying philosophy of Reiki is that if a person's energy is low, they are more likely to be unwell or stressed. If it is high, however, they are more capable of being happy and feeling well.

Reiki can contribute to a person's wellbeing by making them feel:

- relaxed
- peaceful
- more energetic.

Reiki is a complementary therapy. In Australia and several other countries, it is currently being provided in many hospitals, nursing homes, palliative care hospices and community service settings. The system of Reiki works in conjunction with all other medical or therapeutic techniques to support the relief of side effects, reduce pain and promote wellness.

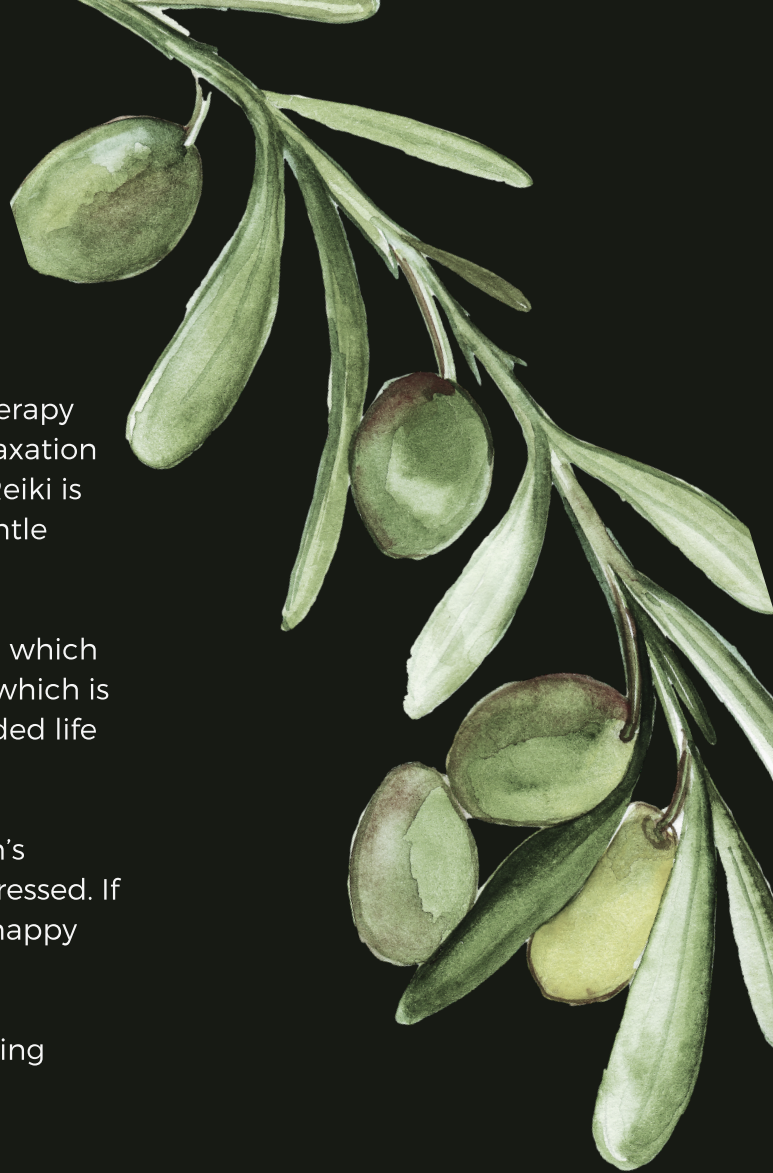
In general, a Reiki session will involve:

- You will be asked to lie on a reiki table or sit in a chair.
- The Certified Practitioner places their hands on or just above your body in sequences of positions.
- Unlike massage, a Reiki session does not involve any form of physical manipulation.
- During a session, you may feel warmth or cold, a tingling sensation, slight twitching or a rumbling tummy, or you may feel absolutely nothing.
- A complete Reiki session can last from 60 to 90 minutes.

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Reiki -I

In this one day course we will cover the following:

- The history of this ancient energy healing therapy
- Theory and practice of Reiki
- An overview of the Chakra system
- Performing a Reiki treatment for yourself
- Receiving attunement from a Certified Reiki Master
- Guided meditation to promote well being and sense of deep inner peace

The course guides you through theory and practical one-on-one Reiki and self-healing with the aim of providing the following benefits:

- Becoming grounded, calm and balanced
- Enjoying peace and self-acceptance
- Amplifying the body's natural ability to heal itself
- Enabling the release of self-limiting beliefs



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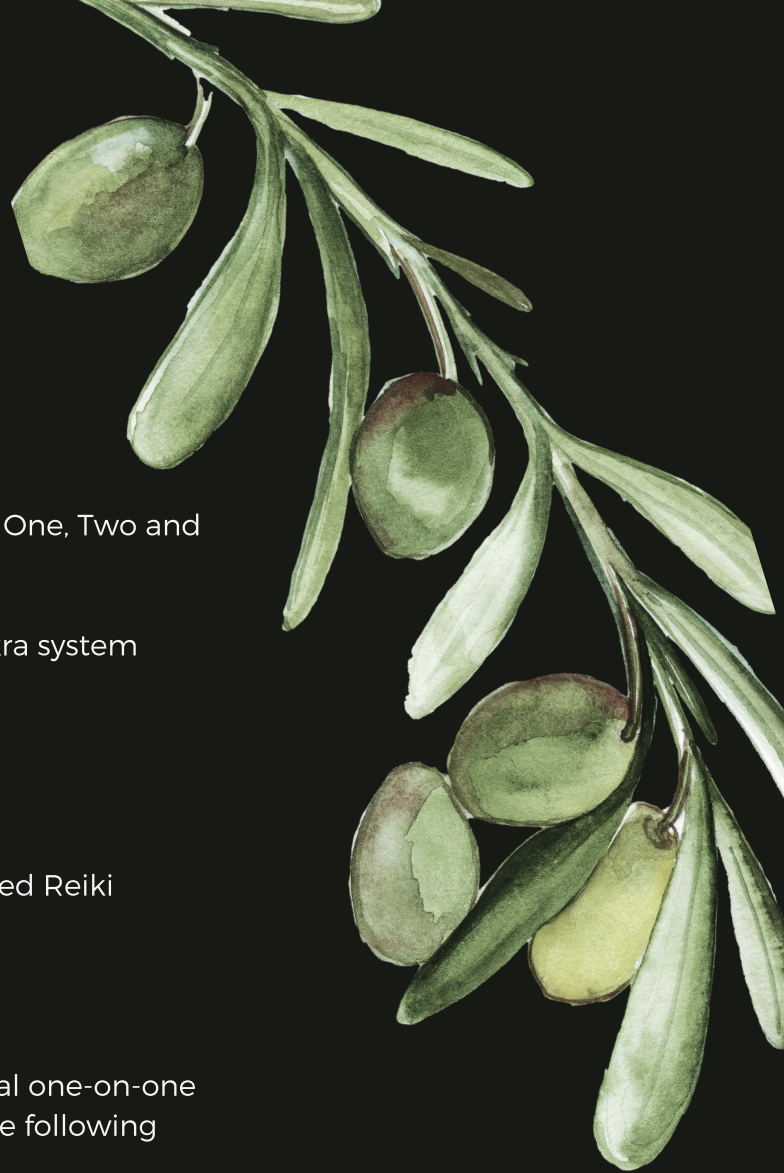
Reiki - II

In this two day course we will cover the following:

- Learning the names and uses of Reiki Symbols One, Two and Three
- A detailed overview of the Chakra system
- Accessing the flow of energy through the Chakra system
- Distance and absent healing
- Healing past trauma
- Scanning
- Healing self and others
- Reiki Level I review
- Receiving Reiki II attunement through a Certified Reiki Master
- Guided meditation
- Meditation techniques to practice yourself

The course guides you through theory and practical one-on-one Reiki and self-healing with the aim of providing the following benefits:

- Experiencing emotional, mental, physical and spiritual healing and alignment
- Increase in vitality and energy
- Reduce anxiety and fear
- Letting go of past trauma
- Cleansing aura of self and others
- Removing energy blockages
- Clarity of thought and purpose



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