



# ALL ABOUT US

## About Reiki

We are all born with the power to heal ourselves. Our bodies are in a constant state of maintaining balance. It is that energy within that helps the body to repair and replace aspects of itself as needed. Reiki is the energy that connects our higher self with everything around us. We can use Reiki energy to help us balance our own energy and bodies.

## Origins

Reiki was developed, from Buddhist teachings, by a man called Mikao Usui in the early 1900s in Japan. It is a development of much earlier traditions practiced by Buddhists and others for centuries. Reiki as a practice for self-healing in all religious traditions or none and is primarily a spiritual way to live a moral and ethical life, to heal oneself and others. When Dr Usui first formalized Reiki, he intended it to be a tool for spiritual growth. The physical healing that occurred was a side-effect of his increased awareness following his own spiritual awakening.

## Current Practice

Nowadays, it is practised in UK hospitals and by all sorts of people. In fact, Reiki is increasingly offered in hospital, hospice, and private practice settings, applied to a variety of illnesses and conditions. Those who receive such treatments report relief of symptoms from numerous health challenges, including mental health issues. Research shows that Reiki primarily helps in the reduction of stress, anxiety and depression, as well as relief of chronic pain — the last of which can bring on anxiety and depression or make episodes worse.

## Reiki is Transformative

Reiki is a gift that is offered to each and every one of us. By opening your mind to Reiki, you will be more capable of understanding the synchronicity in your life, accept the reality of Interbeing and be able to let your life flow. You already have access to this amazing life force: by meditation, mindful living and Reiki Initiation ***you will find your life transformed.*** This course will show you how begin this journey to self-knowledge and awareness.

## Reiki Attunement

This is a solemn and highly spiritual ritual similar to ordination in the Christian and Buddhist traditions. The ceremony takes 20 minutes per person and takes place 4 times during the course. You will become part of a lineage that goes back to Dr Usui himself and you will receive a copy of this lineage which will include you. You'll need this to join a professional organisation such as the Reiki Guild.



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### Location

We conduct the training in the annexe at Orchard Cottage in Elms Green, Abberley.

### Fee

The fee for the course is £0. You just cover the expenses (for handouts, the Manual, leaflets, refreshments etc) and that is £45.

### Notes and Manual

You will be provided with paper edition of the Manual together with additional Notes and worksheets. The course is great fun and the many people who have achieved their Shoden certificate has expressed delight at the experience of these two days.

### Certificate

We will receive a framed Certificate after your completing the 21 day Self-Healing period following the Course and attunements.

### Dragonfly Reiki Healing Circle.

As someone initiated into Reiki and as part of our lineage back to Dr Usui, you will automatically become a Member of the Healing Circle which entitles you to attend Reiki Shares (where we get together to practice), workshops and Reiki Retreat Days.

### Your Readiness for this Course

1. Practice Meditation. Your own spiritual growth will be enhanced by Reiki: it would be useful if you had some experience of mindful meditation as concentration and an awakened spiritual state is an essential ability when practicing Reiki. However, we do teach that on the course itself.
2. Receive Treatment: During the treatment, Energy called 'Chi' is being drawn through the Practitioner into you as recipient, helping to make you feel balanced and relaxed. There are no adverse side effects. It's a good idea to have experienced Reiki before training. At the moment, I am doing this as part of our 'Reiki in the Garden' project. Alternatively, we can offer 'Distance Reiki' and Lynne, Katy or I are available this week.
3. Understanding of Your Role: Reiki practitioners practise meditation, practice self-healing, and follow a set of simple spiritual principles called the Reiki 'Precepts'. Reiki is not a religion but these Precepts encapsulate the teachings of Buddha in his 'Eightfold path' to Enlightenment. It becomes a way of living.



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4. Following training you will be required to practice meditation and perform treatment on yourself for 21 days. This practice will take **up to** one hour each day.
5. Certificate You receive your Certificate at the first Reiki Share following the completion of your 21 days.
6. The Course Conditions  
There are conditions for attendance this 2 day course: you should have abstained from alcohol during the 7 days preceding the Course and if possible you should have received at least one Reiki treatment from a recognised Practitioner.

### Contact

If you have any questions, please do not hesitate to get in touch with me by calling/texting 07960 993059.

**Malcolm Henderson, Reiki Master and Teacher**

