

WHAT IS REIKI?

Reiki means "Universal Life Force" energy. A Reiki practitioner is attuned to receive this energy and taught how to place their hands on a person to channel healing energy into them. The practitioner does not use his own energy; he draws it directly from source Universal energy.

Reiki started in Japan in the 19th Century by Dr. Mikao Usui and since then has spread throughout the world. Once you have learned and been attuned to Reiki, you can never lose it. Reiki can do no harm but it can help with:

- Stress, grief, anxiety, worry
- Relationship problems
- Addictions, depression, insomnia
- Physical problems such as high blood pressure, digestive, skeletal, circulatory issues, sporting injuries
- Life direction and guidance
- Relaxation and many other imbalances of mind, body & spirit



Quantum physics shows that everything in the Universe is energy and that our thoughts affect everything around us, even our body's cells. Reiki energy channels balance and harmony, re-aligning our electro-magnetic bio systems, enabling us to be happier and healthier.

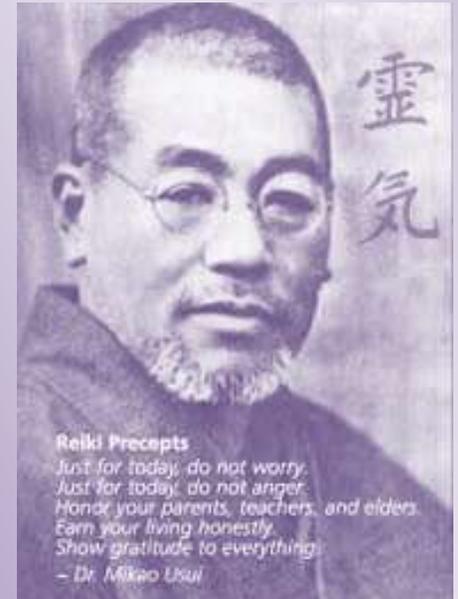
Divine Reiki Training teach you the awareness of your own energy field, the power of focused intent and how to use Reiki energy.

Dr. Mikao Usui taught that life force energy flows through subtle meridians in the human body like electricity through a wire. When these centres get blocked (by stress, bad diet, environment or pathogens) illness can result. Reiki helps unblock the meridians and *enable the body to heal itself.*

Reiki Master, Julie Fenn,
has written for
Kindred Spirit and other
magazines and has been a
Reiki Master for 12 years.

Divine Reiki Training in Gloucester

Empowering you to empower others...



Reiki Precepts
Just for today, do not worry.
Just for today, do not anger.
Honor your parents, teachers, and elders.
Earn your living honestly.
Show gratitude to everything.
- Dr. Mikao Usui

Enquiries and Bookings:
<http://divinereikitraining.webs.com/>

07598 918453

Take a weekend out to learn the Japanese hands-on healing system of Reiki!

This beautiful healing method is easy to learn - you don't need experience or qualifications, just the desire to heal!

Learn how to heal yourself, friends, family or pets!

We attune you to allow Reiki energy to flow and provide a full Reiki Manual, Certificate and tips on how to get more joy into your life.

Ideal for everyone - no politics, no religion, no exclusivity - it's just you and Universal energy!

Why not ask a friend or two to train with you? It's more fun and we can do the training in your own home.

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We teach and attune to Reiki Degrees I, II and III of the Usui System of natural healing up to Master Level.

Beginners Reiki I

Workshop: £110 1-2 days

Intermediate Reiki II

Workshop: £150 1 day

Master Level Reiki III

Workshop: £400 2 weekends

Reiki Healing Session: £30

***Top-up attunements and training
on request***

**Divine Reiki Training is a
member of The Reiki Association**

Once you have had Reiki II training, you are allowed to run a Reiki healing business.

A Reiki Master, who has been trained and attuned to Reiki III, is also allowed to teach others. Reiki is not regulated because it is seen to be for everyone - as long as basic moral and health and safety codes are followed.

**For more information, call
Julie on 07598 918453**

<http://divinereikitraining.webs.com/>
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