

## How many courses are there?

There are two initial levels – First Degree and Second Degree – and a later Master's level. There is no need to go any further than First Degree, which is complete on its own, but most people do. There is also a “Deepening” course for those at Second degree and above.

The structure of each course is the same: preparation on your own at home, then a one or two day tutorial and practical session with other students. Each course has its own specialised pre-course Study Pack with a comprehensive manual and one or two audio CDs. The Study Pack is sent to you 3 weeks before the tutorial session, so that you arrive well prepared.

At the tutorial session, the work you have done before the course will be reviewed briefly but the main focus of the day will be receiving the Japanese Empowerments which open up the channels through which Reiki energy flows and connect you permanently to Reiki energy, and doing practical energy work, putting what you have learned into practice.

The tutorial course is one full day for most courses, but it is two days for the Master's.

Both the Deepening and the Master's courses are advanced courses, and you should discuss them with Irene before booking.

## How much do they cost?

The fee for Part One (First Degree) of the Reiki Practitioner Course is £140.00 which includes the Reiki 1 Manual, 2 Audio CDs and a Certificate confirming that you have received training and have been initiated into Reiki ‘First Degree’.

The fee for Part Two (Second Degree) of the Reiki Practitioner Course is £170.00 which includes the Reiki 2 Manual, Audio CD and a Certificate confirming that you have received training and have been initiated into Reiki ‘Second Degree’.

## What do people say about your courses?

*“Thank you once again for another lovely course. I really enjoyed it and found the whole experience uplifting. The course content was excellent, very informative and gave great insight into the precepts and concepts of Reiki, and also the workings of Reiki.”* (Val Snowden)

*“The day was not only educational but also great fun, where the learning environment is calm, friendly and relaxed.”* (Nicole Moore)

## Course Dates (2009)

**Reiki I** 16<sup>th</sup> August 2009 (Toronto)

靈氣

# REIKI COURSE

with

**Irene Forsyth**  
**Reiki Master/Teacher**

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Course dates and details are subject to change  
Please check details when booking

## What is Reiki?

*Reiki*, a Japanese word meaning universal energy (rather like Chinese *Qi* or Indian *Prana*), is the name of a system of natural healing for the body, mind and spirit. Mikao Usui, the founder of Reiki, taught it as a simple self-healing and spiritual development system that might have occasionally been used to treat others. Over time it has become a Complementary Therapy. This course attempts to get back to the original teaching while including a treatment emphasis so that it is compatible with the general run of Western-style Reiki Courses.

## Why learn Reiki?

If you're looking to develop more serenity, if you like the sound of being able to deal better with stresses of modern life, if you'd like to feel more positive and better able to cope, if you're searching for your true life purpose or seeking to enhance your spirituality ... or if you are looking to heal others (friends, family or clients) then a Reiki course may be what you are looking for.

## What is Integrated Reiki?

It is a new approach to teaching Reiki which integrates the original teaching with the Western-style of working and presents it in a way that is compatible with a Western audience. You will learn some fundamental techniques that enhance your practice of Reiki: daily energy exercises, self-treatment meditations, intuitive working, different ways of experiencing and conveying the energy, and receive powerful, elegant empowerments.



Mikao Usui

## How do we ensure quality?

- We provide comprehensive and detailed, easy-to-read and practical manuals. The First Degree Manual, for example, is 170 pages long and covers everything we do on the course and more besides, including photographs of hand positions and self-treatment methods.
- There is no need to take notes on our courses so you can relax and enjoy the day, knowing that everything we do on the course can be found later in the course manual.
- Audio CDs contain commentary and guided meditations, so that you can listen repeatedly to a potted version of the course, and the guided meditations make it much easier for you to get into the habit of working with the energy every day.
- Our courses are down to earth and practical, so you are in no doubt about what to do and how to do it. You follow at least six hours of guided pre-course study for both Reiki 1 and Reiki 2, so you arrive for the tutorial day knowing quite a lot about Reiki, and also what we are going to be doing that day. The tutorial itself thus reviews things that are by then familiar to you, and you can focus

mainly on practice, rather than just sitting listening to us talk. You will have enough time available to develop confidence in what you need to do. We provide you with a 'homework' sheet that reviews the main things that you need to work on to get to grips with Reiki.

- We focus exclusively on Reiki in the course, and exclude topics such as crystals, spirit guides and angels.
- We provide on-going support. You can contact us by telephone or e-mail with any questions or queries, or if you need any support or guidance.
- We host an Internet Support Group with over 1200 members that you can use to keep in contact with other students, exchanging experiences and advice, and building a sense of community.