



The Life Whisperer

The benefits of learning Reiki

People choose to learn Reiki for all sorts of reasons; some view it as part of their expanding spiritual development, others are curious about healing energy and its uses, still others want to learn Reiki in order to heal and help their fellow humans or animals. The fantastic thing about Reiki is that it does all the above! Here are just a few more benefits from being attuned to this natural healing energy:

- * Once attuned, Reiki is with you for life, whenever and wherever you need it.
- * It can help you through the emotional ups and downs of life, and help you cope with situations and problems
- * It can be used on humans, animals, birds, trees and plants
- * It can be used for self healing, thereby reducing the need and cost associated with seeking alternative treatment
- * It can be used to support allopathic medical treatment
- * It can be used to enhance the energy of food and water
- * It can be used in practical ways in daily life
- * It can enhance awareness and development of other gifts such as intuition, clairvoyance etc

Whether you're already attuned and want to take Reiki to the next level or want to embark on your Reiki journey, it really is a very special life path experience. Reiki courses are composed of the following elements:

- * Attunements – a personal ceremony using sacred symbols that creates an energy pattern around you that permanently entrains (attunes) you to the Reiki energy.
- * Physical healing – course work includes self treatments and treating others.
- * Understanding the Human Energy Field (HEF) and Energy Centres (Chakras)
- * Techniques for accessing Reiki energy and applying it in a variety of situations
- * Learning mantras and symbols. These are important elements required in Reiki 2nd degree.
- * Understanding and applying the five Reiki principles

The three Reiki training courses

Reiki 1st Degree (Personal Level)

This enables you to give hands-on healing to self, family, friends, plants and animals on an informal basis. No prior knowledge or experience is required at this level. Training is offered up to three students per course and is completed in one day. Refreshments, lunch, comprehensive manual and Certificate are included.

Reiki 2nd Degree (Practitioner level)

This embraces a deeper commitment and focuses on taking the Reiki channelling to a higher level. It also involves learning to use three sacred symbols and teaches you to offer formal treatments as well as send Reiki energy beyond time and space. It can also expand your intuitive level of

awareness and intensify the Reiki energy flow. Training is offered on an individual basis and is completed in one day plus a follow up half day. Refreshments, lunch, comprehensive manual and Certificate are included. Entry criteria: a minimum of three months from 1st Degree Attunement.

Reiki 3rd Degree (Master level)

The Master Attunement is offered by special arrangement to those students who feel called to train and attune others to the energy of Reiki. Training is offered strictly on an individual basis and includes a one day training course plus a period of apprenticeship, mentoring, observation and practising attunements prior to Certification. Entry criteria: a minimum of one year from 2nd Degree Attunement.

Booking your Reiki training

- * Contact me on 01342 328162 or email diana@thelifewhisperer.co.uk to arrange a suitable date
- * Arrange payment by cash, cheque or BACS. Fees and instalment options listed below
- * Ensure you wear comfortable casual clothing and have no strenuous or hectic activities planned around the training date.

Fees and instalment options

Training	Reiki 1st Degree	Reiki 2nd Degree	Reiki 3rd Degree
Fee	£150	£300	£600
Option 1	Pay in full on booking	Pay in full on booking	Pay in full on booking
Option 2	£50 deposit, balance on day	£100 deposit, balance on day	£200 deposit, balance on day
Option 3	3 x £50 over 3 months	3 x £100 over 3 months	3 x £200 over 3 months

Reiki – as ancient as the Universe yet still as relevant today

01342 328162