



## USUI REIKI LEVEL ONE

Everyone has an unique Reiki journey and Reiki Level 1 may be undertaken as part of a self development program bringing harmony and healing to your home and the lives around you. It can also be part of a journey to reach Reiki Master Teacher.

Reiki is a healing technique based on the principle that the therapist can channel energy into the patient by means of light touch, to activate the natural healing process of the patients body and restore physical and emotional well-being.

There is no prior qualification to attend a Reiki level 1 course but a session of Reiki healing may be beneficial. Training at this level is for self-healing and well being, and to use for your friends and family. You may also use Reiki 1 for healing plants and animals. Once you have learned Reiki 1 the transformation in your own energy, and the healing that takes place as a result, is very enjoyable and rewarding for you and those around you. There will be attunements to open your crown, heart and palm chakras to the very special Reiki energy. You will also learn and practice hand positions for giving treatments to yourself and others.

Usui Reiki 1 (The original Japanese Version) will be taught at The London Spiritual Mission on Saturday 23<sup>rd</sup> July from 10am until 4pm. ( Reiki 11 will be Saturday 24<sup>th</sup> September; for those who wish to take the next level of Reiki and be able to work commercially with full recognition from the Reiki Guild here in the UK).

Level 1 is stand alone and no-one has to then attend Level 11.

The teachers for this one day Reiki One session are:

Roy Sunley; Reiki Master Teacher: [www.roysunley-healing.co.uk](http://www.roysunley-healing.co.uk)

Serap Enver; Reiki Master Teacher: [www.innatehealing.co.uk](http://www.innatehealing.co.uk)

Please let Anne, The secretary at The London Spiritual Mission if you wish to attend this Reiki One training . Due to the training being held at the LSM the cost is just £90 for non members and £84 for members. Please call Anne on: 07930 362 492

We look forward to seeing you and as places are limited please call Anne asap.