

VENUE

MESSING VILLAGE HALL
MEETING ROOM

The Street, Messing, **COLCHESTER**, CO5 9TN



Like Reiki, I intend these course to be free flowing! If there is anything you would like to go though in more detail or any questions you have along the way, remember, while I

will take questions and ask you to share your experiences on the day, you can always contact me afterwards if you wish. I am here to support you throughout your Reiki training and I look forward to sharing this journey with you.

For more Information, course dates or bookings visit:

WWW.SILVER-SPIRAL.CO.UK

CONTINUED SUPPORT

I also run a monthly Reiki share group. Reiki shares are Reiki treatment swaps, offering a great opportunity to practice your Reiki in a friendly safe environment.



Trained by

REIKI EVOLUTION



Mikao Usui

Founder, 1865 - 1926

The secret of inviting happiness
through many blessings

Just for today:

Free from anger

Free from worry

Be humble

Be honest in your work

Be compassionate to yourself

and others

Silver Spiral
Holistic Health



REIKI TRAINING COURSES

REIKI TRAINING COURSES AND SUPPORT

Anyone can learn Reiki healing, I teach a form of Reiki on my Reiki training courses that is a lot closer to the system taught by Reiki's founder, Mikao Usui, in the 1920s in Japan.

ZOE SMITH

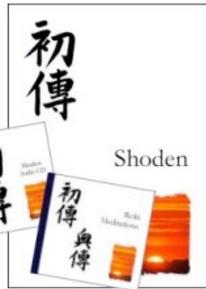
Owner /Teacher /Therapist
Reiki Master/Teacher
Silver Spiral Holistic Health

07967 348089

zoe@silver-spiral.co.uk
www.silver-spiral.co.uk

YOUR REIKI JOURNEY - FULL SUPPORT GIVEN FROM BEGINNER TO MASTER/TEACHER

REIKI 1 - 'SHODEN' BEGINNER - 1 DAY



You will start to work with your energy in different ways. You will learn to feel your own energy and you will practice feeling other people's energy, and we will run through and practice some Japanese energy exercises that you can use

every day to balance your energy system and to make you a stronger and clearer channel for Reiki. These energy exercises come from Japanese Reiki, in its original and later forms, and have been missing from Western Reiki for 50 years.

You will pair up with another student, give a full Reiki treatment and receive a full Reiki treatment, under close guidance and support of your teacher. We will run through the basics, you will treat and be treated from head to foot, and you'll find out what an amazing experience giving and receiving Reiki can be! When you have finished, we will review what you have felt and noticed, and what your 'client' has experienced!

Maximum 4 Students per course
Investment: £160 per person

£80 deposit secures your place - Multimedia pack and course schedule will be sent in advance of your live course. Payment balance of £80 to be paid on attendance.

REIKI 2 - 'OKUDEN' PRACTITIONER - 1 DAY



Our Second Degree course echoes the original system that Reiki's founder taught by still rooting your practice in personal energy work. Reiki is first and foremost about you, about your development and growth,

and at Second Degree you will learn further tools that you can use to move your experience of Reiki on to the next level.

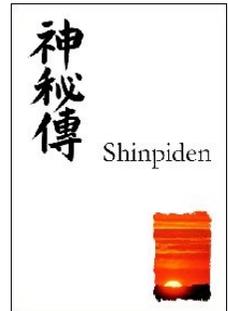
You will learn to enhance and deepen your practice by getting to grips with and fully assimilating two important energies – referred to as earth ki and heavenly ki in the original system. Meditating on earth ki and heavenly ki regularly will help you to familiarise yourself with the differences and enable you to use them intuitively when you are self treating or treating others.

We will use some symbols to represent or access these important energies, or aspects of the energy.

Maximum 4 Students per course
Investment: £190 per person

£80 deposit secures your place - Multimedia pack and course schedule will be sent in advance of your live course. Payment balance of £110 to be paid on attendance.

REIKI 3 - 'SHINPIDEN' MASTER/TEACHER - 2 DAYS



Introduction to the Usui and 'Tibetan' Master symbols, working with these symbols in pairs and experiencing the different energies.

Exploration of sacred sound the Reiki Kotodama or 'jumon', sacred Shinto mantras used by Usui before the introduction of symbols into Reiki. We discover how they can be used for self-healing and spiritual development.

You will gain practical experience of giving and receiving a Western Style Attunement, and a Reiju empowerment. Understanding each of these connection rituals and their origins.

Learning how to empower ourselves in different ways and practicing one method together.

We will also discuss the importance of Intuition, followed by a practical of the 'Reiji ho' method.

Maximum 4 Students per course
Investment: £497 per person

£147 deposit secures your place - Multimedia pack and course schedule will be sent in advance of your live course. Payment balance of £350 to be paid on attendance.