

Reiki 1

This beautiful weekend of self-discovery has had a positive effect on the lives of many participants, enhancing their self-knowledge, confidence, intuition and synchronicity with people and events. Find a place of peace within and activate your body's innate ability to heal itself.

*Discover the significance of "energy" - both yours and others
Learn to work with energy and connect to your personal power*

Reiki is a laying-on-of-hands touch healing system of incomparable ease and power. It is a technique for stress reduction and relaxation that allows everyone to tap into an unlimited supply of "life force energy" to improve health and enhance the quality of life.

Reiki activates the body's innate ability to heal itself

There is a Life Force Energy that flows through all living things. Everyone has the ability to connect with their own healing energy and use it to strengthen energy in themselves and others. This "Life Force Energy" has been verified scientifically and Medical doctors are considering the role it plays in the functioning of the immune system and the healing process. Reiki enables you to connect to healing energy.

Certified Instructor:

Keren Wigley
Holistic Health Melbourne
Reiki Master\Teacher
Teacher of Meditation

Registration: 0409 706727 or online at
www.holistichealthmelb.com.au

"We at The Reiki Association of Australia Inc. have looked over your manuals, and I must say they are very in-depth and insightful. The integrity and professionalism your manuals and teachings depict are truly something you should be proud of. Also as I have seen how brilliant a writer you are, if you ever want to offer a small article for our newsletter please do so, as other practitioners and teachers may find your knowledge valuable."

COURSE DETAILS

Courses are usually held Saturday & Sunday, 9am-6pm at one of the following locations:

Royal Domain Centre, 370 St Kilda Road Melbourne
The Farm, 50 Holmchase Road Colac
Beach Retreat @ Keren's Place, Separation Creek

Eight sacred symbols and four sacred Attunements for Reiki 1 are given to you during the course. You will also receive Reiki 1 Certification. While the manuals provide the theoretical knowledge that you will need and use, it is the practical experience, learning journey, sacred symbols and attunement process which empowers you to become a clear channel for Life Force Energy.

What you will learn:

- ✓ Explore, discover and develop your intuition so that you can recognise and trust your inner guidance
- ✓ Learn about your energy system, Meridians, Chakras and Aura
- ✓ Understand the principles of Reiki and learn the Usui system of Reiki Healing
- ✓ Learn how to administer self-treatment and treatment to other people, pets and plants
- ✓ Participate in practical sessions in giving and receiving Reiki treatment with others
- ✓ Receive Reiki 1 Attunements and a Reiki 1 Certificate

Course cost \$450. Deposit \$250 payable with Registration. Register at www.holistichealthmelb.com.au

What participants have said:

"I am enough" was always a lovely cliché but deep down I didn't really believe it. Now, after this workshop, I know this with every cell in my body and the feeling is liberating and empowering".

"It was amazing – I felt my heart opening and during the week following the course, I felt a sense of awakening and an awareness, for the first time, of the true meaning of unconditional love it moved me to tears".

"I felt very comfortable, warm and welcomed. Acceptance of my individuality and the beauty of positive reinforcement couldn't have done it any better for me".

"Thank goodness I enrolled in the course. The beneficial healing effects it had were overwhelming".

"Since the course things in my life has been just falling into place. I also feel calmer, much more relaxed and very focused"

"The weekend course was a truly beautiful experience. I learnt so much and felt a real sense of love and peace. I feel lighter, clearer and more confident"

"Keren has such a beautiful way of teaching this sacred procedure, I feel privileged to have shared my Reiki journey with her and the others in the group".