



Marlborough School Of Reiki



Reiki | ~ Original Usui Reiki ~ Course Outline

Reiki 1 is one of the most important courses you will take. It introduces you to the universal life force energy to which you will feel a complete connection. Some people need stepping stones to cross a river, some need a bridge and some need a boat! Whichever way is for you, you will be guided and will feel this energy.

It is enjoyable and you will begin to discover who you really are! We seem to have forgotten our true essence. The Reiki teachers role is to facilitate growth within you and enable you to be 'fabulous'! Reiki is about you and the more you realise your true potential, the more you will be able to enjoy your world and bring peace to yourself and those around you.

The Reiki journey can be a turbulent one, but everyone who has travelled on its path would not change anything whatsoever as the joy, insight and truth it brings is truly magical. There is something special about Reiki healers! They seem to shine and enjoy life more!

In order to connect with the energy (which is available to all of us) we need to clear away some dense old stuff and this sometimes leads to changes within us and in our lives. Some students feel very little and others notice huge changes. It is welcomed as a way forward to re-balancing ourselves in the way that is just right for us.

We deserve happiness and Reiki is all about you! The healing is merely a side effect of the Reiki training.

Reiki will help you to get control back into your life and can be empowering. We are made of vibrations, and when we are ill, physically or emotionally, our vibration is dense. Reiki lifts this vibration and allows you to clear old, stuck energy and replaces it with a lighter, more vibrant one.

If you are emotionally lifted, you are better able to heal yourself and others.

Reiki is for everyone, from all walks of life whether you are a teacher, scientist, vicar, housewife, plumber, electrician, therapist, teenager, retired, unemployed, dancer or performer. I have trained hundreds of very different people through the Marlborough School of Reiki and have built up some wonderful friendships with them. We are like a Reiki family!

All religions, faiths and creeds from Evangelical Christians, Hindus, Muslims, Catholics, Wiccans, Pagans and many more have all come together under the blanket of unconditional love we have called Reiki to share and heal ourselves and the world.

Reiki is simple and powerful. Over the years, writers have written volumes to help us to understand data and truths. Reiki is like magic as it transcends whole volumes and like a beautiful poem it will touch your heart and soul in the deepest and most honest way.

Once you have decided to take a Reiki course, you begin to notice positive changes. You may want to meet your Reiki teacher as it is important to feel safe and comfortable with the person who will guide you through this journey. Speaking on the telephone may be enough as intuitively you will know if it is right for you.

You will be supported with help, advice and regular Reiki meetings should you wish to attend. It is your choice and as the Reiki energy goes where you most need it, you will know and do what is right for you. Following your inner guidance will serve you well and throughout the Reiki training, you will be encouraged to do so. There are no conditions except being true to yourselves and healing for yours and others highest good.

The Reiki | Course

Usually with a group of around 8 students who you will find are very similar to you!

You will learn using discussion, meditation (don't worry if you haven't done this, you will be gently guided). Reiki handholds, and practical demonstrations. You will have the opportunity to practice your healing skills.

To feel the energy and how you perceive it.

You will receive four Reiki attunements, usually given individually in a relaxed way. Your Reiki master will attune you to the life force energy by spending 5 to 10 minutes with you in quiet meditation. This is how you can connect to the life force energy during a weekend. You may feel slight changes during or between each attunement. It can be a relaxing and pleasant experience for you! Don't be scared!!! Your teacher is experienced and has attuned many hundreds of lovely people to Reiki!

You will learn about protecting yourself from negative energy.

You will be given a practical demonstration of giving a Reiki healing and you can give each other healing.

Uses of Reiki can be from friends, family to clearing spaces, animals, plants, gifts etc. Be creative!

Side effects if any and what to be careful of.

History of Reiki and different types.

You will be given 21 days self healing to allow you time to adjust to this wonderful shift.

You will be given a written manual and a certificate.

Hopefully you will be inspired and empowered and really feel that this course has given you a way forward towards being the person you want to be and bringing more joy and love into your life!

There is not a shred of evidence to suggest that Reiki cannot be given with love, abundance and humour! We learn with gentle kindness, laughter and love.

Cost ~ £125

Venue ~ The Wellbeing Clinic

Teacher ~ Jill Sudbury