



## Karuna Reiki

Karuna Reiki is a system of healing developed by William Lee Rand and other healers at The International Centre for Reiki Training.

Karuna is a Sanskrit word which is translated as "compassionate action". It perfectly compliments the Usui Traditional Reiki and is suitable for Reiki Masters.

Karuna is a Sanskrit word and is used in Hinduism, Buddhism and Zen. It is translated to mean any action that is taken to diminish the suffering of others "compassionate action". When individuals experience enlightenment, they report that beings are known as one. As we help others and aid them in their healing process, all beings benefit. Because of the oneness of All Beings, it is understood that Karuna is not only extended to others out of love, but also because it is an entirely logical thing to do. In the same way that you would want to heal your own wounds, you would also want the wounds of others to heal. It is also stated in Buddhist literature that Karuna must be accompanied by parjna or wisdom in order to have the right effect.

### The Course:

It is for anyone who has had Reiki Master training.

It is complete with two levels, two attunements, four master symbols and eight treatment symbols.

The symbols give us depth in dealing with fears, manifestation, grounding, guidance, increasing support and much more, giving a sophisticated insight into just what we can achieve with enhanced healing.

It works on the emotional and spiritual levels and can help one become more grounded.

Those who receive the attunement report experiences with their guides, angels and higher self and feel the healing presence of other enlightened beings.

Meditation to heal the shadow self

Using chanting and toning

Instruction & practice of symbols.

The course is taught from Registered Karuna Reiki & William Rand. The manuals can be purchased from the Karuna Reiki Association and will be given upon completion of the course. Certification will be applied for also.

Karuna levels 1 & 2 over 2 days

Cost: £150 for Marlborough School of Reiki Students. £250 for those not trained at the MSR.