

Divine Innovations

Institute of Healing and Transformation

Reiki

A Touch of Healthy Living

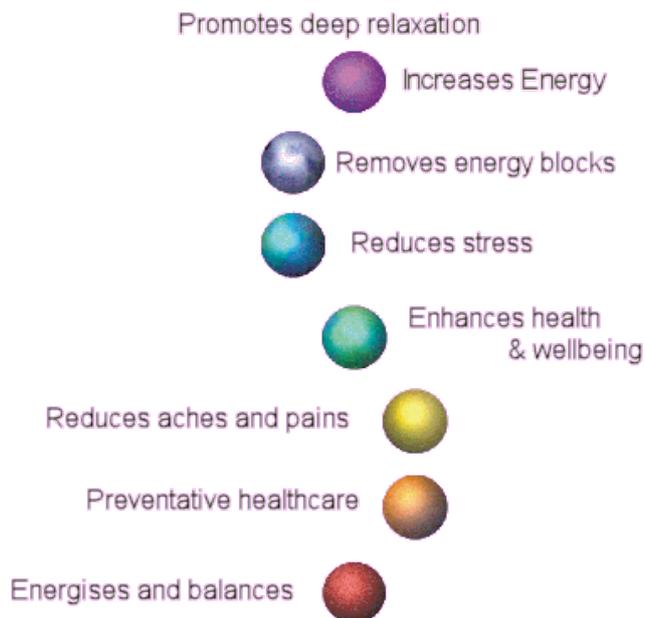
What is Reiki?

Reiki is a form of energy medicine. Reiki's utter simplicity yet powerful results are the main reasons why many people are attracted towards this healing method. It was rediscovered by Dr. Mikao Usui in the early 1900's. Reiki is administered by "laying on hands".

The word Reiki is made of two words - "Rei" means spiritually guided and "Ki" means life force energy. Therefore, Reiki can be defined as spiritually guided life energy. It does not take years of practice. It is simply passed on from the teacher, to the student in the process called *Attunement*. As soon as this happens, one has Reiki and can use it. Reiki is a pure form of healing not dependent on individual talent or acquired ability.



Why Reiki?



- Relieves stress & amplifies vitality
- Increases Energy levels
- Works on the cause of the problem by healing on physical, emotional and spiritual levels
- Induces a deep level of relaxation for the benefit of wellness
- Reactivates the body's natural ability to heal itself
- Compliments traditional medical treatments
- Can be applied to humans, plants and animals
- Effective for pain management
- Safe and appropriate for all ages

- Promotes a sense of well-being
- Simple to learn and Easy to apply
- Heal Yourself and then others

In its long history of use it has aided in healing virtually every known illness and injury including serious problems like multiple sclerosis, heart disease, and cancer as well as skin problems, cuts, bruises, broken bones, headaches, colds, flu, sore throat, sunburn, fatigue and insomnia.

Workplace stress

Workplace stress has increased tremendously in the last few years. The rising demand on performance and higher expectations at job leads to stress. **Workplace Stress** can lead to frustration, lesser concentration, decreased productivity, anxiety, higher anger levels, conflicts with colleagues and family members, depression, physical illnesses such as heart disease, stomach problems, back problems, frequent headaches, etc.

Reiki & Chakra Meditation helps overcome emotional, physical, mental, social and spiritual problems by a simple method of **relaxation** and **increasing positive energy** within self.

Reiki Level I and II Workshop

Reiki is taught in four levels. Level I introduces the concept of Reiki, hand positions and the Chakras. In Level II, you are introduced to three symbols which greatly enhance the power and experience of Reiki energies. You also learn emotional/mental healing, distance healing and aura scanning. Level 3A is the Master Healer course and Level 3B is Master Teacher course.

Workshop Contents

Time: 10 a.m. to 5 p.m.

Day 1

1. Introduction to Reiki
Meaning of the word Reiki,
explanation of Prana,
Concept of “Energy Follows Thought”
2. History of Reiki
History of Reiki, Dr. Mikao Usui, Chujiro Hayashi and Hawayo Takata
3. Introduction to Chakras
7 Chakras, elements, function, colours

Lunch Break

4. Hand Positions
Hand positions for administering a Reiki Healing
5. Meditation and Practice
6. Attunement

Day 2

1. Introduction to Reiki Symbols
Understanding the symbols, Meaning and uses
2. Learning to Give a Complete Reiki Treatment
Preparation, Aura Scanning, Hand positions for healing others

Lunch Break

3. Distance Healing
Beaming, Alternate Hand Positions
4. Empower Goals and Affirmations
5. Attunement
6. Presentation of Certificates

Comprehensive Reiki Manuals and Certificates will be provided.

What makes Reiki different from other forms of energy healing is that Reiki is passed from Reiki Master to student by way of an “attunement” to the Reiki energy. Attunements are a gift of healing empowerment from the Universe. Reiki is a wonderful tool to help one develop conscious awareness, create a sense of balance, release withheld emotions and energy blocks, and is a key to healthy living. As in most things in life, one must experience Reiki to appreciate it.

Five Reiki Principles

Just for today, Do not anger
Just for today, Do not worry
Honour your Parents, Teachers and Elders
Earn your Living Honestly
Show gratitude To every living thing
-Dr. Mikao Usui



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Other Available Workshops

Magnified Healing

In this time of important earth and cosmic energy shifts, mankind now has an opportunity to enter into a creation consciousness. Magnified Healing® establishes a constant flow of energy from your heart to the Source, the All That Is, the Infinite Mind, the GOD MOST HIGH OF THE UNIVERSE, through all of the Spiritual Centers, down to the Diamond at the Center of the Earth. The link spirals and brings a deep state of grace pulsing forth from the Source, laying the very foundation for the Ascension process. In Magnified Healing®, the practitioner creates the energy with GOD MOST HIGH OF THE UNIVERSE and becomes Magnified Healing. It is a total empowerment which comes through Lady Kwan Yin, Goddess of mercy, compassion and Forgiveness.

Merlin Trinity Healing System

It is a system of healing that uses the power of love and light to heal the body on a physical, emotional and mental level. The whole system consists of three levels and was channeled (accessed from a higher reality) into existence by Anup Karlsson. The Merlin Trinity Healing System is very easy to learn and use and could be described as one of the most transformational healing modalities on the planet today. It is available for all to learn and use.

Tarot Reading Workshop

Tarot is an ancient art of foretelling future and has proven to be an immensely useful tool for counselling and guidance. A pack of 78 cards can be an excellent guide and friend when you are faced with decisions and confusions. Tarot cards depict every possible human life situation and reveal to you what lies beyond the present. They also heal your inner self in the process. In an interactive class, each card will be discussed in depth – making it easier to learn and understand as well as learn to find patterns and interpret them. The proficiency of a tarot reader also improves with practice. So we will help you start the journey.