

Reiki Workshops

Reiki is a very simple and effective energy-healing tool to release stress, heal physical issues like pains, sickness etc. as well as emotional issues, relationships and aid in spiritual development.

The word Rei means spiritually guided and Ki means life for 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 form of energy medicine. Reiki's utter simplicity yet powerful results are the main reasons why many people are attracted towards this healing method.

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, insomnia and impotence. It is always beneficial and works to improve the effectiveness of all other types of therapy.

Reiki was rediscovered by Dr. Mikao Usui in the early 1900's. Reiki is administered by "laying on hands".

Learn the art and science of healing yourself and others.

Reiki Level 1 Workshop

Reiki is taught in three levels. Level I introduces the concept of Reiki, hand positions and the Chakras. Level 1 of Reiki is essentially for self-healing. You can be in as good state of health as you will allow yourself. The truth is you cannot serve from an empty cup. Therefore healing self is a must before and along with healing others.

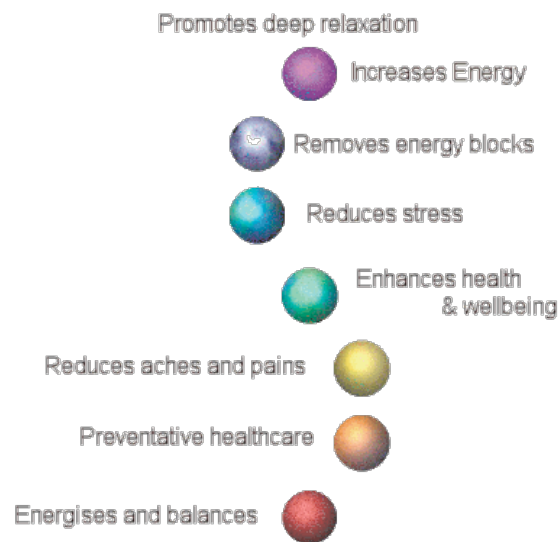
The best thing about Reiki is you can heal yourself as effectively as you can heal others.

Contents of the Reiki Level 1 Workshop are:

- What is Reiki & How it Works
- The Five Principles Of Reiki
- The Detailed History Of Reiki
- Learn about Chakras and aura
- Experience and understand life force energy
- Hand Positions for Reiki Healing
- Reiki practice
- Meditations
- Level 1 Attunement.

Attunement is an energy transfer which opens and activates a permanent flow of Reiki energy from the student's hands.

Duration: 1 full day



Reiki Level 2 Workshop

Reiki Level II is the practitioner level where you learn to heal others as well.

In Reiki Level II, you are introduced to three symbols which greatly enhance the power and experience of Reiki energies.

Contents of the Reiki Level 2 Workshop are:

- Three Reiki symbols to enhance the power and quality of Reiki
- Emotional/mental healing to improve your peace of mind, concentration, release unwanted habits and attitudes, heal your emotions and emotional pain
- Distance healing
- Healing the past and future
- Aura scanning
- Aura cleansing
- Giving healing to others in a protected manner
- Protection and Grounding

- Meditations
- Reiki level 2 attunement
- Using Reiki to achieve goals and empower affirmations and much more

Reiki Level II is taught after a minimum of 21 days after Reiki Level I attunement which allows the energy to settle and integrate in the student's body. The Level Two attunement causes the energy to flow in a more focused way from the center of the palms at a somewhat higher vibrational frequency than in Level One. The only requirement for Reiki Level II is that you must have completed Reiki Level I.

Duration: 1 Full Day

The course fee includes manual and certificate, lunch and refreshments.

About the Facilitator

Meetu Sehgal, Reiki Grand Master, Tarot Consultant and EFT & Matrix Re-imprinting practitioner, holds a Masters in Psychology and is an MBA graduate from Delhi University. She is the founder of “ Divine Innovations – Institute of Healing and Transformation”.

A natural healer since childhood, her focus is on helping people find their true self and utilize their potential effectively. Her workshops are interactive learning sessions and counseling is a transforming experience for many. She gives Reiki Training for all Reiki Levels.



Since the last 7 years she has been passionately working with individuals helping them resolve health, wealth and relationship challenges. She is the founder of “Divine Innovations – Institute of Healing and Transformation.” She conducts Reiki workshops, Tarot Reading workshops, Magnified Healing workshop and EFT seminars.

Contact:

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