

Reiki II Training

I am so glad you are continuing this journey of Reiki, not only for yourself but your friends and family and those in need. This will be a significant time in your life and through Reiki, change will take place, sometimes when we are not even expecting it.

A Core Curriculum for Reiki has been developed by the Reiki Council, in consultation with the UK Reiki Federation and other professional organisations. For the purposes of insurance and becoming a member of a professional body, it is important to be aware of the standards by which I have to teach. At this stage you will be eligible for Associate Membership with the UK Reiki Federation.

‘Professional Practice’ is not a specific level or style of Reiki, but is based upon:

1. First level/degree as a minimum
2. Face to face personal attunement with a Reiki master teacher
3. Experience and practice of giving Reiki
4. Meeting the minimum standards specified in the National Occupational Standards for Reiki
5. Ongoing personal practice with a recommended minimum of 100 hours of Reiki being received (self-treatment or from others).
6. A lineage that goes back to Mikao Usui

The context in which training is given or undertaken is also specified:

1. Students should personally give 75 full treatments, which should be recorded. Five of these Reiki treatments should be supervised by a competent Reiki Teacher or Practitioner
2. Training period of not less than nine months
3. Recommended that there are a minimum total of 240 hours, of which 65 should be “in person”, which includes Reiki 1 training in accordance with the style of Reiki being taught

Your course will cover, although not limited to the following:

- The story of Second degree Reiki II
- Level 2 attunement
- The symbols
- Using the distant healing symbol
- Increasing the Energy Flow
- Sequence for Second Degree Treatment with Clients
- Low Energy Levels
- Chakras
- Sending Reiki with Your Eyes and Breath
- Detoxification Technique
- Keteuki Kokan (Blood Cleansing Technique)
- Hanshin Koketsu (Half Body Blood Cleansing)
- Zenshin Koketsu (Full Body Blood Cleansing)



- Focusing Reiki like a Laser Beam
- Additional Treatments
- Specific Problems
- Infections
- Emotional Balancing
- Creating Ki Balls
- Reiki and the Law
- Reiki in Hospitals
- Healing and the law
- Case studies
- UK Reiki Federation membership & CPD training
- In Conclusion

I always advise that you should dress comfortably for the purposes of practice, receiving Reiki and during periods of rest and meditation

What's included in the price?

Refreshments available including tea, coffee, herbal teas and fresh water. Lunch is a homemade soup with fresh bread (full day only) and often homemade cakes make an appearance. Let me know if you have any special dietary requirements. Everything is provided for you. My courses are strictly limited to 8 persons.

Reiki is about you and your journey to health, spiritual awareness, wonderful relationships and abundance in your life. I will always include a meditative guided journey during your course. I will also provide a detailed manual and a Reiki II certificate on completion of your case studies.

Payment: I usually accept a simple bank transfer, 14 days before attendance. A 50% deposit will secure a place for you. NatWest: S Benson 60-14-34 58032231. You can also pay via PayPal with an additional charge of £1.50.

Reiki II Training	£145.00	**9.30 – 4.30 pm	Reiki II Certificate
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Travel

Free, private parking is on-site. Please park on the same side as our building. I am based 0.3 miles from Junc. 27 M62 (approx. 2 mins). Transport from the train station (if you come by public transport) is not provided. Taxis are about £6 from Bradford & £12.00 from Leeds.

If you wish to ask any questions in relation to Reiki then please do not hesitate to get in touch: Sally Benson MT– Master Reiki Practitioner & Tutor 07952 671 551 or email sally@reikitrainingyorkshire.co.uk

**If 1-1, we are usually finished about 3.30 pm

