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The Usui System of Natural Healing USUI SHIKI RYOHO

What is Reiki?

Reiki is a Japanese word which means "Universal Life Force Energy". This energy, Ki, is similar to the Chi or Qi referred to in China, the Prana of India, or the Mana of Hawaii, and has been used for centuries for healing and bringing the body, mind and soul back into balance. Reiki is a safe and simple technique that promotes relaxation, healing and emotional well-being. It strengthens the immune system, improves the body's natural ability to heal and brings about profound results. Reiki is very effective in bringing the body and mind into balance, promoting healing on a mental, physical, emotional and spiritual level.

There are 3 levels to Reiki in our Western System. Level 1 is used for hands-on healing, while Level 2 has additional benefits to increase the energy, for mental/emotional healing and for distant healing. The Reiki Master Level increases the energy that flows to 100% as well as training the new teacher to teach classes and attune others to the Usui Reiki System of Natural Healing. Once attuned to Reiki, the energy can be used to heal yourself, others, your pets, plants, situations and even the planet!

Reiki is used by many different types of people from doctors, nurses, vets, counsellors and massage therapists to the average person wishing to help others or simply help heal themselves and bring about positive changes in their life! It is a very rewarding skill or occupation to have.

Reiki:

- ☉ Treats symptoms and causes of illnesses and heals holistically
- ☉ Strengthens life force energy and strengthens the immune system
- ☉ Relieves pain
- ☉ Relaxes and reduces stress
- ☉ Balances the energies in the body, including the seven chakras
- ☉ Is NOT a religion and holds no creeds or doctrines
- ☉ Enhances creativity, personal awareness and intuition, and helps meditative states
- ☉ Works well to complement traditional Western Medicine

Participants are issued with an extensive manual which includes all the information you will need to learn and become proficient at Reiki. You will also receive a Certificate at the completion of the workshop, plus links to download free audiobooks, meditations, music, MP3s and more.

Please Bring:

- ☉ Water to drink through the day
- ☉ A plate of food to share for morning tea
- ☉ A pen and paper, and a pillow and towel to meditate on.
- ☉ **FOR LEVEL 2** please bring a photo of someone you would like to send Distant Healing to.
- ☉ Your lunch or money to purchase from nearby shops as we often go out for lunch together
- ☉ Dress in layers as your body temperature will fluctuate throughout the day

Make sure you are punctual as there is a lot to cover and if we start on time, we can finish on time!

Parking is available at the rear of our building off Bligh Street if our Workshop is held in Macquarie Chambers, or at Riverdale Shopping Centre Car Park.

Register online at www.carolmacrae.com on our Workshop Page or complete the registration form or below, and take a photo of it to return to me along with your payment *at least 1 week prior to the workshop*.

Payment: Pay online on our website, via Direct Bank Deposit, Credit Card, or via EFT on the day.

Reiki Self-Empowerment Workshops will connect you to your Soul and heal your life. It will give you the tools to change the way you see the world, let go of limiting beliefs and open up to the magic that is everywhere!

Love and Reiki Blessings,

Carol Macrae

Reiki & Seichim Master/Teacher
Clinical & 5-PATH Hypnotherapist



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Shoden- Reiki Level 1 Workshop Includes:

- ☉ The History of Reiki and how it works
- ☉ The Reiki Precepts
- ☉ 4 x Standard Reiki Attunements for Reiki Level 1
- ☉ Reiki hand positions for treating self and others
- ☉ Chakras and Auras - Chakra Balancing practical
- ☉ Tai Chi
- ☉ Seeing and feeling energy
- ☉ Metaphysical Causes for illness
- ☉ Each person will give and receive a Reiki treatment
- ☉ Homework– Learn the Reiki Precepts and practice daily. Do a self-treatment for the next 21 days, even if this is simply balancing your chakras. Practice doing Reiki on others if possible.

Okuden- Reiki Level 2 Workshop Includes:

- ☉ Learn the 3 Reiki Level 2 Symbols Mikao Usui discovered on Mt Kurama:
The Power Symbol, Mental/Emotional Symbol, and Distance Healing Symbol
- ☉ Gassho and other Meditations
- ☉ 2 x Reiki Attunements for Reiki Level 2
- ☉ Demonstration & practice using the Reiki symbols for hands-on treatment
- ☉ Doing a Mental/Emotional Reiki Treatment using the Reiki Symbols
- ☉ Reiki Distant Healing. Learn how Reiki can be sent into the past present or the future.
- ☉ Japanese Reiki Techniques and Reiki add-ons
- ☉ Give and receive a Reiki Treatment using Reiki Level 2 Symbols

Shinpiden- Reiki Master and Teacher includes:

- ☉ Refresh Reiki Levels 1 & 2 knowledge
- ☉ Learn the Reiki Master Symbol which allows you to attune others to the Reiki Energy.
- ☉ Learn how to attune others to Reiki Levels 1, 2 and Master
- ☉ How to conduct Reiki Workshops and work with students
- ☉ Learn metaphysical practices and advanced techniques
- ☉ 1 x Reiki Attunement to the Reiki Master Level
- ☉ If time permits you may also be attuned to the Egyptian system of Healing known as Seichim/SKHM/All-Love, Levels 1 and the Master Level, including how to do attunements.
- ☉ Practice with attunements

All Levels will include:

- ☉ A link to download your Reiki Manual to print or use on your Phone or Tablet. A Hard Copy can be purchased online for \$45 (the regular price is \$85), so when you purchase online you can use the Student Coupon and will either be posted to you before the workshop, or you can collect it on the day of your workshop. You will also receive access to future upgraded manuals as they are changed.
- ☉ Certificates
- ☉ Meditations during the workshop
- ☉ Free Downloads and access to Videos, MP3s, Audiobooks, Movies and more, to support your Reiki Practice and Spiritual Growth
- ☉ Exclusive access to our Reiki Facebook Group where you will be supported in a nurturing community of like-minded people
- ☉ Ongoing Support

Please Bring:

- ☉ Water to drink throughout the workshop.
- ☉ A plate of food to share for morning tea. Coffee, Tea and Herbal teas as well as some snacks will be provided.
- ☉ **FOR LEVEL 2** please bring a photo of someone you would like to send Distant Healing to.
- ☉ Your lunch or money to purchase from nearby shops as we often go out for lunch together
- ☉ Dress in layers as your body temperature will fluctuate throughout the day

Please contact me if you have any further questions. I'm so blessed to do this work and so grateful you are joining us on this magical journey of self-discovery and healing.



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Reiki Registration – Level 1 2 Master & Teacher Refresher
Workshop Dates: _____

Please register and make payment online at www.carolmacrae.com on the Booking Page and complete the following form and return to Carol 1 week prior to workshop. You can upload through the Portal on our Bookings Page, Email it to me at support@carolmacrae.com or take a photo and text to me at 041346637.

Venue: _____ Time: 9am to 6pm

Name: _____ Date of Birth: ___ / ___ / ___ Age: _____

Address: _____

Phone: (H) _____ Mobile: _____

E-mail: _____ Website if applicable: _____

Marital Status? _____ Number of Children if any? _____

Occupation & place of work: _____

Hobbies and Interests _____

Goals – Why are you taking this class? What do you want to achieve or learn from this workshop?

Previous experience in energy work or healing OR Level of Reiki Attuned to?

Dates and Instructor for previous Reiki training: _____

Do you have any medical or psychological condition which you are currently receiving treatment for, or have in the past five years? Any serious operations in the past five years?

Are you on any current medication? _____

What is the purpose for your medication or treatment? _____

Comments, suggestions, further information or requests for this Workshop?

REGISTRATION AND PAYMENT OPTIONS

You can simply register and make payment online at www.carolmacrae.com on our Workshop Page, OR complete this form, photograph or scan and return to Carol Macrae via text, Messenger, email or post to the contact details below. Form must be completed and returned 1 week prior to the Workshop to secure your placement. Payment must be made in full on or before the Workshop Date unless arranged with Carol.

Payment Options: 1-Day Workshop 2-Day Workshop Refresher- 50% Discount

On Website Direct Deposit Cheque Cash or Eftpos on the day

Cost: Reiki Level 1: \$250 Reiki Level 2: \$350 Combined Level 1 & 2: \$550 Reiki Master: \$1100

Credit Card Details: If you would like to pay in instalments, this must be arranged by contacting Carol.

Name on Card: _____ Exp: _____ CVV: _____

Paid In Full \$ _____ Deposit \$ _____ Balance Due \$ _____

Signed: _____ Date: ___ / ___ / ___

Thank You for your Registration! I look forward to sharing Reiki with you and I know it will change your life!

Many Blessings, Carol Macrae xo