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:
- A plate of food to share for morning tea
- Water to drink through the day
- 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 nearly 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 Deposit, 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 ad how it works
- The Reiki Precepts
- 4 x Standard Reiki Attunements for Reiki Level 1
- Reiki hand positions for treating self and others
- Basic Anatomy
- Chakras and Auras
- Chakra Balancing practical
- Meditations throughout our Workshop
- 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.
- The more you use your Reiki, the more confident you will become.

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 an Receive a Reiki Treatment using Reiki Level 2 Symbols.
- Presentation of Certificates, photographs and Completion of Workshop.
- Homework: The Reiki symbols are to be memorised so you can use them when needed.

Please Bring:
- Bring a photo of someone you would like to send Reiki Healing to.
- A plate of food to share for morning tea
- Water to drink through the day
- 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 nearly shops as we often go out for lunch together
- Dress in layers as your body temperature will fluctuate throughout the day

Registration Options:
1. Register and pay online at www.carolmacrae.com on the Workshop Page.
2. Complete the form below then take a photo and return it to me via text message, Facebook Messenger, email or post.
   Payment must be complete on or before the Workshop date. This can be done via the Website with
   registration, by direct deposit into our Commonwealth Bank Account: iKi Magic, BSB: 062-534,
   Acc No: 28014273. Please let me know once your payment is to avoid confusion. If paying via Bank
   Transfer, please use your Name as the Reference. You can also pay via Eftpos on the day.
3. Registration must be completed ONE WEEK prior to the workshop to secure your place.
- Please register, complete & return the form along with your payment below one week prior to your workshop.
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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 Workshop Page
OR complete the following form and return to Carol 1 week prior to workshop.

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

Bank Details:
Commonwealth Bank: Name: iKi Magic BSB: 062-534 Account Number: 28014273
□ If paying by Direct Bank Deposit please use your name as the Reference.
□ Paid In Full $ ________ □ Deposit $ ________ □ Balance Due $ ________
Signed: ____________________________ Date: _____ / _____ / ______

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

Many Blessings, Carol Macrae xo

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