

Reiki Training

PROSPECTUS



WITH ATTUNING MASTER
HELEN HART



Congratulations

ON TAKING THE FIRST STEP

It's your time to devote yourself to the practice of self-care and in turn impact lives. Congratulations on taking the first step to living an inspired and connected life as a Reiki Practitioner.

I would be honoured to guide you through your Reiki training.

Reiki is taught in three stages, I, II and III. There is no requirement to complete all levels. You can simply do as much or a little as you like.

If your focus is on your own personal growth and sharing Reiki with family and friends Reiki Level I may be enough.

If you wish to be a Reiki practitioner with paying clients it is recommended to complete at least level II. This minimum is set by the Australian Reiki Connection - Australia's leading Reiki Association.

Reiki Level III is for those that wish to deepen their connection to Reiki or become Reiki Teachers.

I've included more detailed information in the following pages regarding each level as well as some general information on Reiki.

I look forward to sharing Reiki with you.

Much love,



Helen Hart
Helen Hart
Reiki Master



You're IN THE RIGHT PLACE



If you want to become more aware and attuned to the Universal Life Energy



If you want greater insight and intuition



If you are keen to feel a deeper connection to everything



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YOUR POTENTIAL

HOW TO REACH YOUR POTENTIAL AS A REIKI PRACTITIONER

My Reiki Workshops are all about finding balance. Offering a practice that is both inclusive and accessible to all as well as offering an opportunity to experience situations that lead to your expansion and growth.

My role as your Reiki Master is to guide you along a path that allows you to make discoveries about yourself in a gentle and powerful way.

Through these discoveries you can begin to feel connected, to others, all that is, and most importantly to yourself.

WHAT TO EXPECT

WHAT IS IT LIKE TO COMPLETE REIKI TRAINING
WITH HELEN?

My boutique training is limited to a small group of practitioners.

I love to meet and connect with every one of you, learn your stories and give you the most transformative experience possible.

My focus is on small numbers and quality graduates who infuse knowledge, confidence, and their own unique personality into their Reiki Practice.

WHAT IS REIKI?

'TO COMFORT AND RELIEVE PAIN IS AS OLD
AS INSTINCT'

The act of laying hands on the human body to comfort and relieve pain is as old as instinct. When experiencing pain, the first thing most people do is to put their hands on it. When a child falls and scrapes their knee, they want their mother to touch it (or kiss it) and make it better. A mother's instinct when a child is feverish or ill directs her to place her hands on the baby's forehead. Human touch conveys warmth, serenity and healing. It also conveys caring and love. This simple act is the basis for all touch healing techniques.

'in Japan the energy is termed 'Ki'

The living body radiates warmth and energy. This energy is the life force itself, and has as many names as there are human civilizations. The Native American People call it 'Orenda'. In India it is called 'Prana', in China 'Chi', and in Japan the energy is termed 'Ki' and it is from this word that Reiki is named. ('Rei' meaning 'universal' and 'Ki' meaning 'lifeforce'). Everything alive contains 'Ki' and radiates it – it is the magnetic energy of the aura.

'become connected to the source of all universal 'Ki'

In the life force energy of Reiki, the person who is attuned as a Reiki channel has had their body's energy channels opened and cleared of obstruction by the Reiki attunement. They now not only receive an increase in this life energy or 'Ki' for their own benefit but also become connected to the source of all universal 'Ki'.

This source can be described in any way the channel chooses to name it. Energy from the Source, from the Higher Self, the Universe or whatever can be termed primary creation of life energy. Reiki is not a religion or affiliated with any religion. The life force energy is the source of life itself and far older in concept and fact than any religious philosophy.

WHAT IS REIKI?

'CONTINUED'

'a Reiki attunement connects the receiver in an increased way to its limitless source'

While everything that has life has 'Ki', a Reiki attunement connects the receiver in an increased way to its limitless source. Upon receiving the first attunement in Reiki I, the receiver becomes a channel for the universal energy. From the time of the attunement and through the rest of their life, all they need to do to connect with 'Ki' is to place their hands upon them self or someone else and it will flow automatically.

The attunement, by placing the person in direct contact with the source of 'Ki' also increases the life force energy of the person who has received it. They experience an energy that flows through them first, and then into others without depleting the giver. In the few short minutes of the attunement process, the receiver of Reiki energy is given a gift that forever changes their life in every positive way.

'the process of attunement is what sets Reiki apart'

The process of attunement is what sets Reiki apart from every other forms of 'laying on hands' or 'touch therapies'. The attunement is not a healing session, it creates the channel. In Reiki I, the student receives the first combined attunements, it will open them to the awareness of the Universal Life Energy and will give them much to learn and focus on. First and foremost their own personal growth.

'come with an open mind and an open heart'

It is best when attending a Reiki workshop to come with an open mind and heart and not to expect anything. Simply go with the flow and enjoy the wonderful experience.

ORIGINS OF REIKI



The Literal translation from Japanese is Spiritual Energy.

It can also be known as Universal Life Force Energy.

Just like the energy found in everything.

Reiki is not dependent on a belief system, it works whether you believe in it or not.

Reiki can be defined as a biofield therapy, a type of energy medicine.

Biofield therapies are intended to effect energy fields that surround the human body.

The System of Reiki was developed in the early 1900's in Japan by Mikao Usui.

Reiki is applied through non-invasive gentle touch.

Reiki treats the whole person including body, emotions, mind and spirit.

It has many beneficial effects that can include relaxation and peace of mind.

Anyone can receive a Reiki treatment, it works in conjunction with all other medical or therapeutic techniques.

REIKI *Level* ONE



REIKI LEVEL I

1ST DEGREE

Reiki Level I

1st degree or Reiki I or Shoden in Japanese, is the entry-level Reiki training. You will learn all about the history of Reiki and how to apply it to your life.

Reiki I Certification runs over a two day workshop.

My boutique training is limited to a small group of students. I want to meet and connect with every one of you, learn your stories and give you the most transformative and supportive experience possible.

You'll discover the benefits of Reiki in a safe and relaxed environment. Learn how to give a Reiki treatment to yourself and others.

By completing my Reiki I training you will receive a certificate in the Usui System of Natural Healing (Reiki I). This will allow you to apply for student membership to the Australian Reiki Connection - Australia's leading Reiki Association.

Ongoing Support

We have a community of like-minded students from Level I to Master Level. As my student you are invited to join our private Facebook Group where you can share your experiences, learn from others and ask questions. You will have the opportunity to attend Reiki meets to share and practice Reiki.

Investment

\$420 payment plans available on request



REIKI LEVEL I

1ST DEGREE

Reiki Level I - What you'll discover

What's involved in Reiki I:

- You will be attuned to receive the Reiki energy. This involves four lovely ceremonies over the two days.
- Calming Meditations
- Discussions
- Theory (Workbook and History)
- Hands on learning

You will learn:

- The history of Reiki and your Lineage (back to the founder of Reiki Dr Mikao Usui)
- The benefits of Reiki and its varied applications
- To give yourself a Reiki treatment. Self-healing techniques for expanding your personal awareness and well-being
- How to give another person a Reiki treatment
- How to use the chakras to balance and restore energy in yourself and others
- Our energy fields and working with energy
- How to set up a treatment and what to do before and after
- How to prepare and debrief yourself and your recipient
- Metaphysical indications

You will:

- Become more aware and attuned to the Universal Life Energy
- Focus on your own attentional awareness, intention and intuition
- Reiki for spiritual growth and contentedness
- Connect with wonderful people in a relaxed environment
- And so much more

REIKI *Level* TWO



REIKI LEVEL II

2ND DEGREE

Reiki Level II

Reiki II is an exciting and fun extension to Reiki I. Suitable for those who have completed Reiki I. 2nd Degree or Reiki II or Okuden in Japanese, is where you will learn how to use the first three Reiki symbols and how to perform distant Reiki techniques to send healing energy to the past, present or future.

Reiki II is Practitioner level. In order to work as a Reiki practitioner you are required to complete Reiki Level II as a minimum.

Once you have completed this level, you are considered a Reiki Practitioner and can apply for Practitioner Membership with the Australian Reiki Connection - Australia's leading Reiki Association. This enables you to apply for business insurance and be listed as a Reiki Practitioner.

Reiki II uses what is referred to as 'distant' healing. This means sending Reiki healing energy to a person in a remote location or a situation or event. The symbols can be used for the healing of any situation.

This also means, healing on yourself whether it be past, present or future. This includes past life and genealogical. We will explore these many ways during the workshop, enabling you to become comfortable with Reiki II.

Ongoing Support

We have a community of like-minded students from Level I to Master Level. As my student you are invited to join our private Facebook Group where you can share your experiences, learn from others and ask questions. You will have the opportunity to attend Reiki meets to share and practice Reiki.

Investment: \$600 payment plans available on request



REIKI LEVEL II

2ND DEGREE

Reiki Level II - What you'll discover

What's involved in Reiki II:

- You will receive another two be attunements, which will enable the energy to become stronger within your channel and align your charkas to use the first three Reiki symbols.
- Calming Meditations
- Discussions
- Theory (Workbook and History)
- Hands on learning

You will learn:

- During this workshop you will be given three ancient Sanskrit symbols on which Reiki Healing is based. These symbols will enable you to heighten your healing capacity
- Learn how to send 'distant' Reiki. This means sending Reiki healing energy to a person in a remote location or a situation or event
- Learn to send healing to the past, present or future
- How to use the Reiki symbols to balance and restore chakras
- Learn how to clear and charge objects, spaces and situations using Reiki
- Metaphysical indications

You will:

- Become more aware and attuned to the Universal Life Energy
- Focus on your own attentional awareness, intention and intuition
- Reiki for spiritual growth and contentedness
- Connect with wonderful people in a relaxed environment
- And so much more

REIKI *Level* MASTER



REIKI LEVEL III

MASTER/TEACHER LEVEL

Reiki Level III - Master Level

Level III Reiki is considered Master / Teacher level.

The minimum standard set by the Australian Reiki Connection Inc. (ARC) Australia's Leading Reiki Association is at least 18 hours face to face with me. This normally includes a two day workshop and other mentoring, attending at least one of my Reiki I and II workshops to see how I run them.

To obtain Reiki Master Level you must first complete level I and II either with myself for another accredited Reiki Master.

Ongoing Support

We have a community of like-minded students from Level I to Master Level. As my student you are invited to join our private Facebook Group where you can share your experiences, learn from others and ask questions. You will have the opportunity to attend Reiki meets to share and practice Reiki.

You can also take part in my Master Group Peer Mentoring Group for ongoing support and guidance with other Reiki Masters.

Investment for Reiki Masters is \$3000. This is standard for Reiki Master Training and pays respect to the sacredness of Reiki and to honour the commitment. I do offer flexible payment plans and we can work out a plan to suit.



REIKI LEVEL III

MASTER / TEACHER LEVEL

Reiki Level II - What you'll discover

To obtain Reiki Master Level you will be able to:

- Demonstrate regular and responsible practice of Reiki in your life
- Show an understanding of the commitment involved in becoming a Reiki Teacher and agree to undertake and honour this commitment
- Make a further commitment to self-master your life according to the Reiki principles and ethics of the Usui System of Reiki
- Have a good understanding of Reiki theory and practice
- Show knowledge of your Reiki Lineage
- Consider the time frame necessary to fully achieve the aims of the workshop
- Authenticate past training (e.g. by producing certificates and providing evidence of hands-on attunements).
- You will receive another attunement, which will align your charkas to use the Master Reiki symbol.

You will:

- Become more aware and attuned to the Universal Life Energy
- Focus on your own attentional awareness, intention and intuition
- Reiki for spiritual growth and contentedness



TESTIMONIALS

WHAT MY CLIENTS SAY...

"I completed my Reiki I training with Helen Hart in February 2020 and also my Reiki II training in July 2020. I didn't know much about Reiki when I decided to do the training and I am so happy I made the decision to go ahead with it. After doing both training levels, I now feel I have an in-depth knowledge of Reiki thanks to Helen's highly informative and interesting workshops. Helen creates an excellent atmosphere for learning with a mixture of theory, practice, group discussions and fun. After completing my Level II, I am confident to conduct Reiki on the general public, including family and friends. Helen makes herself very available for any post-training support and feedback. I would highly recommend these Reiki workshops run by Helen and I look forward to completing my Master level with her in the future. It has been a life-changing experience for me." - Marcia Stone

"Helen is such a beautiful, warm and caring woman. I have done Reiki Level I and Level II with her and have enjoyed both workshops immensely. Helen's way of teaching is so fun and easy to understand, and she is more than happy to answer any and all questions. I have also had a reiki session with Helen and her energy is so lovely and motherly and caring. I definitely look forward to seeing her more in the future Demonstrate regular and responsible practice of Reiki in your life" - Jess Bailey

"Helen is so lovely. She has such a beautiful and calming nature. I have done Reiki 1 + 2 workshops with Helen and I am so glad I made that decision. Her workshops left me feeling very inspirational and confident that I will be able to help the people I see. On a personal level, I also feel I have been helped by taking this 'leap of learning' and going through this journey. I definitely recommend Helen and her workshops. Thank you Helen x" - Amanda Hillerich

"I have just had an amazing two-day workshop with Helen. It was educational, healing and such a warm environment to relax and learn in. Helen has an incredible warm and sincere teaching style making the experience uplifting and enjoyable. It was also an opportunity to meet like-minded people and to develop new friendships." - Jacquie Humphrey

"I enjoyed every minute of being on my Reiki journey under Helen's guidance over the last year. Helen's warm personality, support and teaching style, makes learning an interesting and healing experience. Thank you Helen! I look forward to continuing this journey." - Racheal Kimber



this is
me...

Hi I'm Helen Hart

Tea and gin drinking, dog walking, reluctant dance mum.

I live in the idyllic Perth Hills with my daughters and I adore warm sunny days, reading and chilling out.

In my "spare time" I'm a Neuroscience Researcher, Clinical Hypnotherapist and Reiki Master who loves to help people to live their ideal lives.

Through my therapeutic programs and workshops I support you to rediscover your magic.

I introduce you to your sub-conscious resources, so you can dip into them regardless of what life throws at you.

I believe anything is possible if you have the tools to understand yourself, manage stress and create a reality you would like to live (regardless of what's going on around you).

*"..never let what you
cannot do interfere
with what you can do"*

- Myles Munroe

GOT QUESTIONS?

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A woman with long dark hair is sitting in a meditative pose against a large tree trunk. She has her eyes closed and her hands are resting on her chest. The background is a soft-focus outdoor scene with green foliage. Overlaid on the image is a large teal quotation mark on the left and several teal circles and lines on the right. The text is in white, bold, sans-serif font.

Reiki is love

Love is wholeness

Wholeness is balance

Balance is well being

**Well being is freedom
from disease.**

**- DR MIKAO USUI -
FOUNDER OF REIKI**