

靈

Reiki Workshops &  
Courses 2017

氣

Helen Jane Meyrick

# Reiki Workshops & Courses 2017

**Copyright Helen Jane Meyrick 2005-2017**

## Foreword

Dreamstone Holistics - Therapies & Training (DHTT) provides high quality, accredited training for Crystal Therapists at Foundation, Certificate & Diploma levels, Reiki teaching up to Level 3 Master Teacher and instruction in Meditation techniques in venues within the South Wales area.

Dreamstone Holistics - Therapies & Training is currently a member school of the Affiliation of Crystal Healing Organisation (ACHO) and of the Crystal Therapy Council (CTC), recognised by the General Regulatory Council for Complementary Therapies (GRCCT) as the leading body for Crystal Therapy in the UK.

Helen Jane Meyrick BSc. (Hons), PGCE, Grad. (ICGT), MFHT, BSoM (Dip)

I am the Principal of Dreamstone Holistics - Therapies & Training and an experienced tutor, therapist and Reiki Master Teacher. I was a tutor for Coleg Gwent in the field of IT from 2005 to 2014 and became qualified, gaining my PGCE in 2008.

## My Training & Qualifications

I initially gained VTCT qualifications in Anatomy & Physiology and in Crystal Therapy at Tamworth College and then went on to further my learning by training for my Crystal Therapy Certificate and Diploma with the Institute of Crystal & Gem Therapists (ICGT).

Alongside my training in Crystal Therapy I also became attuned to Reiki from Level 1 through to Master Teacher level with Lorraine Rees of Reiki Wales in Gorseinon.

# Reiki Workshops & Courses 2017

I transferred my teaching knowledge, experience and skills to the field of holistic therapies in 2011 when I started teaching Reiki Levels 1 and 2 for the first time, taking the innovative step of teaching it as a continuous series of evening classes as opposed to the more common approach of one or two-day weekend workshops. This was done because I believed that it ensured the students received continuous support on their Reiki journey from both myself and their fellow students and that it would hopefully foster a lasting bond of friendship between the students.

In 2012 I was amongst the first group of students to train with Mary Pearson & Helen Galpin, principals of the British School of Meditation for their inaugural Teaching Meditation course and passed the course with distinction.

## Professional Memberships

I am a member of the Federation of Holistic Therapists (FHT), a qualified Meditation Teacher with the British School of Meditation and listed on the practitioner registers of:

- The General Regulatory Council for Complementary Therapies (GRCCT)
- The Affiliation of Crystal Healing Organisations (ACHO)

# Reiki Workshops & Courses 2017

## Workshops

***Dreamstone Holistics One-day Workshops*** are non-accredited tutor-led days which can be used for personal development and/or CPD. They are suitable for those seeking an introduction to a topic or for existing therapists & holistic practitioners wishing to enhance their knowledge.

The number of attendees is kept to a maximum of 6 (although in some cases, where the venue and subject matter permit, this may be increased).

Workshops vary in length and may be half-day or full day.

Generally one-day workshops commence between 9.30am and 10am and finish between 4pm and 4.30pm and will include breaks for refreshment.

The duration of half-day workshops is 3-4 hours depending on the content and may either run in a morning, afternoon or evening.

Light refreshments are included (e.g. drinks and light snacks), however attendees are expected to provide their own luncheon.

All workshops must be booked in advance and a small deposit paid in order to secure a place with the remaining payment being made at the start of the workshop.

Any known health issues may be discussed in confidence prior to the workshop in case of any conditions which may be contra-indicated (e.g. pregnancy, epilepsy etc.)

Prices shown for courses and workshops are dependent on the venue.

# Reiki Workshops & Courses 2017



## Reiki Shares & Gatherings

I like to organise Reiki shares or gatherings when possible to provide my students with an opportunity to meet up, catch up and give & receive Reiki and a Reiju empowerment 'top-up'. The shares are not limited to my Reiki students, however - if you are a Reiki practitioner in the Torfaen area and would like to come along to spend a few hours with like-minded souls keep an eye on my [website Calendar page](#) for details of the next share or gathering! Gatherings & shares include Reiki Drumming journeys, meditations, Reiju Blessing and group healing.

## Japanese Techniques

Not everyone learns the Japanese Techniques in their Reiki courses as their Reiki Teacher may have taught 'Western Reiki' as handed down by Mrs Hawayo Takata. I include them in my Reiki teaching but for anyone who would like to enhance their Reiki healing with these techniques I offer two levels - Japanese Techniques for Reiki 1 & Japanese Techniques for Reiki 2.

# Reiki Workshops & Courses 2017

These are one-day workshops which can be arranged by appointment as one-to-one teaching (£50) or for a small group (£45 per person)



## Japanese Techniques for Reiki Level 1

Reiki Level I Japanese Techniques includes:

Gassho Meditation

Gassho Kokyu (Gassho Hand Breathing)

Hikari No Kokyu Ho (The 'Breath of Light' Method)

Makoto No Kokyu Ho (The 'Breath of Sincerity')

Nentatsu Ho (A Deprogramming Technique)

Mawashi

Byosen Reikan Ho & Reiji Ho

# Reiki Workshops & Courses 2017



## Japanese Techniques for Reiki Level 2

Reiki Level II Japanese Techniques includes:

Gedoku Chiryō Ho (Detoxification Technique)

Genetsu Ho (Reducing High Temperature or Fever)

Gyoshi Ho (Healing with the Eyes)

Keteuki Kokan (Blood Exchange)

Sei He Ki Chiryō Ho (Eliminating Bad Habits etc.)

Hatsurei Ho

# Reiki Workshops & Courses 2017



## Enhance Your Reiki With Crystals

### Description

I have been asked why I feel the need to use crystals in a Reiki treatment. I have discovered that whilst Reiki provides much-needed energy to support a person when they are 'healing', the crystals can provide a trigger to facilitating changes, which may be required to bring about a sense of balance and harmony. This workshop is a day of discovering how the vibrational energy of crystals can be used to enhance a Reiki treatment and how the differing energies of Reiki & crystals can work together. You will also make our own Reiki Healing Board to take home.

### Prerequisite

Attendees must be at least Reiki Level 1 attuned.

### Cost

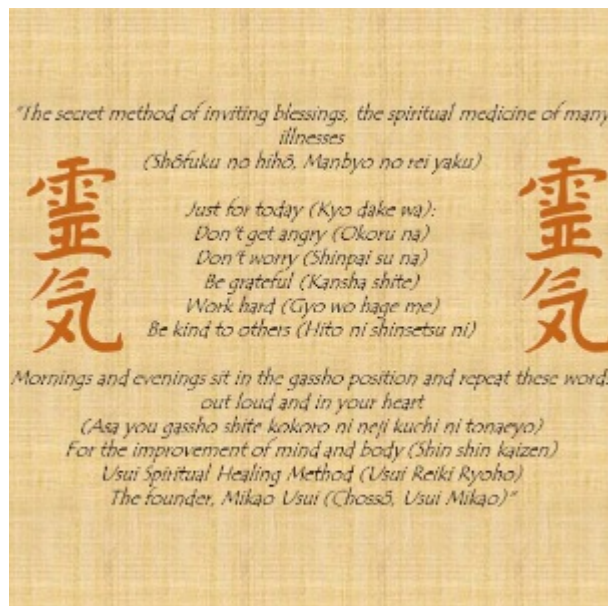
From £50 (includes Reiki healing board, handouts & certificate of attendance)

### Duration

One-day workshop



# Reiki Workshops & Courses 2017



## Just for Today .....

### Description

This one-day workshop includes meditation & practical activities exploring the Reiki Precepts and how to incorporate them into your daily life.

This workshop is suitable for all levels of Reiki, from Level 1 to Master Teacher.

### Cost

From £40 (includes handouts & certificate of attendance)

### Duration

One-day workshop

# Reiki Workshops & Courses 2017



## Listen to the Reiki

### Description

A Reiki-filled day of self-treatment, guided visualisation, meditating, stilling the mind & listening to the Reiki, allowing it to guide you.

It provides an opportunity for

- those whose Reiki practice has fallen by the wayside, to reconnect
- practitioners who are always treating others to 'treat' themselves

Includes:

- Reiju Empowerment to strengthen your connection to Reiki
- Hatsurei Ho
- Reiji Ho

A mini Reiki retreat!

This workshop is suitable for all levels of Reiki from level 1 to Master Teacher.

Cost

From £25

Duration

Half-day workshop

# Reiki Workshops & Courses 2017

## Courses

### What Do The Different Levels of Reiki Mean?

If you want to learn Reiki for personal use and for treating family & friends, but do not wish to be an insured practitioner, charging for treatments or volunteering in hospices etc. then Reiki Level I is just right for you and you need go no further.

If you want to-

- Learn how to do distance healing
- Gain insurance
- Charge for treatments
- Volunteer in hospices etc.

Then Reiki Level II is the way forward, having gained Reiki Level I first.

If you feel that, having achieved Reiki Levels I & II that you want to further your practice but do not want to become a Reiki Teacher, then Reiki Level III (ART) is the natural progression.

For those who want, like me, to share what they have learned and spread Reiki further then Reiki Level III (Teacher) is the final stage.

# Reiki Workshops & Courses 2017

## Course Structure

The general method of teaching Reiki Levels is usually delivered via one- or two-day workshops, which means that there is a lot of information passed on by the teacher and, often, little time for the practice of giving & receiving Reiki. This was how I was taught Reiki. I prefer to teach Reiki in a more drawn out way i.e. as a series of evening classes or half-day workshops spread over a number of weeks. I feel that this method of delivery provides better opportunities for students to:

- Have time to assimilate the Reiki energy
- Ask questions to allay any doubts & worries
- Receive feedback
- Form supportive bonds with fellow students & myself
- Gain plenty of practice giving Reiki
- Receive Reiki to help them with their own development



## Reiki Level I (Shoden) – Treating the Self

Reiki Level One is the starting point for a person's Reiki Journey and is focused on self-healing and self-development, although the treating of family & friends is also included.

The 5 sessions cover:

- History of Reiki
- Reiki Lineage
- Energy Exercises & developing your sensitivity
- Introduction to chakras & aura
- All about Attunements & Empowerments
- Level 1 Attunement
- Self -treatment
- 21-day cleansing
- Treating others
- Byosen Reikan Ho & Reiji Ho
- Mawashi
- Power Symbol & its uses

# Reiki Workshops & Courses 2017

## Duration

The course comprises five 3-hour (half-day) tutor-led workshops which are run either as once-a-week evening classes or over five consecutive weekends.

## Cost

The full cost of the course is £120, which includes a £20 non-refundable administration fee which is paid when booking. Cost includes Reiki Level I Manual and Certificate. Fees can be paid on a session-by-session basis (i.e. £20 per session) – all sessions must be attended.



## Reiki Level II (Okuden) – Treating the Public & Setting Up a Practice

A series of 3 hour sessions spread over 5 weeks covering Reiki Level 2 designed to provide ongoing support and continual development.

# Reiki Workshops & Courses 2017

The sessions cover:

- Hatsurei Ho
- Keteuki Kokan
- Level 2 Attunement
- The Harmony Symbol & its uses
- The Distance Symbol & its uses
- Distance & Absent Healing
- More on the Chakras
- Setting Up a Reiki Practice
  - Health & Safety
  - Client Management
  - Premises, Equipment etc.
  - Recording Information & Treatment Notes
  - Data Protection
- Other Useful Techniques

## Prerequisites

- Have received an in-person attunement to Reiki Level One
- Provide evidence of attunement & lineage
- Been practising Reiki for a minimum of three months.

## Duration

The course comprises five 3-hour (half-day) tutor-led workshops which are run either as once-a-week evening classes or over five consecutive weekends.

## Cost

The full cost of the course is £120, which includes a £20 non-refundable administration fee which is paid when booking. Cost includes Reiki Level II Manual and Certificate. Fees can be paid on a session-by-session basis (i.e. £20 per session) – all sessions must be attended.

## 準師範

### Reiki Level III – Advanced Reiki Training

This course is for those who wish have been practising at Reiki Level II and wish to further their knowledge and Reiki Training.

This course covers more advanced techniques including:

- Level 3 Attunement
- Revision of Levels 1 & 2
- The Master symbol & its uses
- The Kotodama
- Reiki & Crystals
- Introduction to Meridians & Five Element Theory
- Aura Clearing technique
- Further Development on Running A Practice
- Reiki & Meditation
- Using the Antakharana
- Manifesting Goals
- Creating & working with symbols



# Reiki Workshops & Courses 2017

## Prerequisites

- Have received in-person attunements to Reiki Levels One & Two
- Provide evidence of attunements & lineage
- Been practising Reiki Level Two for a minimum of six months.

## Duration

The course comprises five 3-hour (half-day) tutor-led workshops which are run either as once-a-week evening classes or over five consecutive weekends.

## Cost

The full cost of the course is £170, which includes a £20 non-refundable administration fee which is paid when booking. Cost includes Reiki Level III Manual and Certificate. Fees can be paid on a session-by-session basis (i.e. £30 per session) – all sessions must be attended.



## Reiki Level III – Teacher Training

This form of teaching may be offered on a one-to-one basis and will be spread over a minimum of three months at a mutually agreed time.

# Reiki Workshops & Courses 2017

It is expected that the course will include opportunities for the student to observe and participate in other classes to practice their teaching skills i.e. act as a Teaching Assistant.

The student will also be expected to develop their own Reiki Manuals under my guidance.

This course includes the following topics:

- Giving attunements for each level
- Giving Reiju empowerments
- Giving a healing attunement
- Planning lessons
- Creating resources
- Advertising workshops & courses
- The responsibilities of being a teacher

## Prerequisites

- Have received in-person attunements to Reiki Levels One, Two & Three (ART)
- Provide evidence of attunements & lineage
- Been practising Reiki Level Three (ART) for a minimum of twelve months.
- Evidence of teaching experience (PGCE, DTTL, PTTL, CTTL etc.) or running workshops/classes

## Duration

The length of the course is dependent on the opportunities for attending lower level classes to gain experience of teaching.

# Reiki Workshops & Courses 2017

## Cost

The full cost of the course is £350, which includes a £50 non-refundable administration fee which is paid when booking. Cost includes Reiki Level III Teacher Manual and Certificate, attendance at other level Reiki Classes for teaching experience.

## Why choose Dreamstone Holistics?

I am passionate about Reiki and Reiki training and aim to offer affordable courses that not only provide you with a valuable tool to enhance your wellbeing but also introduce you to like-minded people and hopefully new friends in an ever-growing Reiki 'family'.

Your Reiki Journey will be uniquely yours whether you choose to take it all the way to Teacher level or just stay with Reiki Level 1 for personal wellbeing. Either way I offer support and assistance whenever you may need it.

Interested? Then get in touch

# Reiki Workshops & Courses 2017

---

Email: info@seaofpossibilities.co.uk

---

Websites: [www.seaofpossibilities.wales](http://www.seaofpossibilities.wales)

[www.reiki-therapy.wales](http://www.reiki-therapy.wales)

---

Telephone: 0751 600 1947

---

Facebook: <https://www.facebook.com/dreamstonesseaofpossibilit...>

---

SnailMail: PO Box 107

Dreamstone

Pontypool

Torfaen

NP4 4DA

---