



*Dreamstone Holistics*

Therapies & Training



**REIKI COURSES & WORKSHOPS  
INFORMATION PACK**

**2020**

Reiki Courses & Workshops	1
About Dreamstone Holistics - Therapies & Training .....	2
About Helen Jane Meyrick BSc. (Hons), PGCE, Grad. (ICGT), MFHT .....	2
WORKSHOPS & COURSES 2020 .....	3
WORKSHOPS .....	3
ENHANCE YOUR REIKI WITH CRYSTALS.....	4
JUST FOR TODAY.....	5
LISTEN TO THE REIKI .....	6
COURSES.....	7
REIKI .....	7
REIKI LEVEL I (SHODEN) – TREATING THE SELF.....	8
REIKI LEVEL II (OKUDEN) – TREATING THE PUBLIC & SETTING UP A PRACTICE.....	9
REIKI LEVEL III – ADVANCED REIKI TRAINING .....	10
REIKI LEVEL III – TEACHER TRAINING .....	11
REIKI FOR THERAPISTS – ACCREDITED COURSE .....	12
FURTHER INFORMATION.....	14

## **ABOUT DREAMSTONE HOLISTICS - THERAPIES & TRAINING**

Dreamstone Holistics - Therapies & Training (DHTT) provides high quality, accredited training for Reiki in SE Wales.

Dreamstone Holistics - Therapies & Training is currently:

- An Accredited College with Complementary Health Professionals
- An Approved Training Provider with International Practitioners or Holistic Medicine



## **ABOUT HELEN JANE MEYRICK BSC. (HONS), PGCE, GRAD. (ICGT), MFHT**

Helen Jane Meyrick is the Principal of Dreamstone Holistics - Therapies & Training and is an experienced tutor, therapist and Reiki Master Teacher. Helen was a tutor for Coleg Gwent in the field of IT from 2005 to 2015 and became qualified, gaining her PGCE in 2008. Helen initially gained a VTCT in Crystal Therapy at Tamworth College and then went on to further her learning by training for her ICGT Certificate and Diploma. In addition Helen trained with Lorraine Rees between 2003 to 2005 to gain Reiki Level 1 through to Reiki Level 3 Master Teacher.

Helen transferred her teaching knowledge, experience and skills to the field of holistic therapies in 2011 when she 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 Helen believed that it ensured the students received continuous support on their Reiki journey from both herself and the other students and that it would hopefully foster a lasting bond of friendship between the students.

## **WORKSHOPS & COURSES 2020**

### **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<sup>1</sup>.
- 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.

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<sup>1</sup> Applies to workshops run at Vincent House only. Arrangements at other venues may vary.

## **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.

### **PREREQUISITE**

Attendees must be at least Reiki Level 1 attuned.

### **COST**

From £40 (includes handouts & certificate of attendance)

### **DURATION**

One-day workshop



## **DESCRIPTION**

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

*"The secret method of inviting blessings, the spiritual medicine of many illnesses  
(Shôfuku no hihô, Manbyo no rei yaku)*

*Just for today (Kyo dake wa):*

*Don't get angry (Okoru na)*

*Don't worry (Shinpai su na)*

*Be grateful (Kansha shite)*

*Work hard (Gyo wo hage me)*

*Be kind to others (Hito ni shinsetsu ni)*

*Mornings and evenings sit in the gassho position and repeat these words out loud and in  
your  
heart*

*(Asa you gassho shite kokoro ni neji kuchi ni tonaeyo)*

*For the improvement of mind and body (Shin shin kaizen)*

*Usui Spiritual Healing Method (Usui Reiki Ryoho)*

*The founder, Mikao Usui (Chossô, Usui Mikao)"*

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



## **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
- Hasurei 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

## **COURSES**

### **REIKI**

#### **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

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.

If you require a formal, accredited qualification in Reiki which is compliant with National Occupation Standards and adheres to the Core Curriculum of the Reiki Council then the Reiki for Therapists course is the one for you.

### **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

**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 £100. 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 and paid for.

## **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.

The sessions cover:

- Hasurei 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<sup>2</sup>
- 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 £100. 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 and paid for.

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<sup>2</sup> Attunements received as Distance Attunements will not be accepted

**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
- 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

**PREREQUISITES**

- Have received in-person 5 attunements to Reiki Levels One & Two<sup>3</sup>
- Provide evidence of attunements & lineage
- Been practising Reiki Level Two for a minimum of six months.

**DURATION**

The course can be in one of the following formats:

- five 3-hour (half-day) tutor-led workshops either
  - as once-a-week evening classes
  - or
  - over five consecutive weekends
- 2 separate one-day workshops

**COST**

The full cost of the course is £175. Cost includes Reiki Level III Manual and Certificate.

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<sup>3</sup> Attunements received as Distance Attunements will not be accepted

**REIKI LEVEL III – TEACHER TRAINING**

This form of teaching may be offered on a one-to-one basis and will comprise a two-day workshop and 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)<sup>4</sup>
- 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.)

**DURATION**

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

**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, an opportunity for attendance at other level Reiki Classes for teaching experience.

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<sup>4</sup> Attunements received as Distance Attunements will not be accepted

**REIKI FOR THERAPISTS – ACCREDITED COURSE**

This course is a more formal approach to Reiki with a view to providing an accredited qualification which adheres to National Occupation Standards for those wishing to offer Reiki in NHS or hospices etc. or who require an accredited qualification

**STAGE 1**

This stage comprises five weekly 3-hour sessions or two 1-day workshops covering:

- History/Background/Definition of Reiki
- Reiki Precepts
- Self-treatment
- Byosen Reikan Ho & Reiji-Ho
- Level 1 Japanese techniques & Meditations
- Level 1 attunement
- 21-day Cleansing
- Personal Healing Response

**Fee for Stage 1 £150**

**STAGE 2**

This comprises five weekly 3-hour or two 1-day workshops sessions covering:

- Level 2 attunement
- Level 2 Symbols CKR, SHK & HSZSN
- Grounding & Centring
- Seated treatment
- Couch treatment
- Contraindications & Contra-actions
- Seven main Chakras & associations
- Layers of Aura
- Genetsu Ho, Gedoku Chiryō Ho, Sei He Ki Chiryō Ho & Keteuki Kokan
- Distance/Absent Healing
- Data Protection
- Record-Keeping
- Healing Response
- Treating paying clients
- Treating chronically/terminally ill clients
- Volunteering

**Fee for Stage 2 £150**

### **STAGE 3**

This comprises three individual one-day sessions covering:

- Difference between attunement (initiation) & empowerment
- Level 3 Attunement
- Level 3 Symbol DKM
- Hasurei-Ho & Reiki Shower Technique
- The Kotodama
- Chanting the Kotodama
- Aura Clearing Technique
- Working with the Chinese Five Elements
- Working with the Meridian System
- Reiki Healing Attunement
- Health & Safety
- Risk Assessment
- Fire Safety & Evacuation Procedures
- Insurance & Professional Bodies
- Code of Conduct

In addition to 100% attendance other requirements include:

- Completion of written assessment exercises
- Case studies
- Evidence of self-treatment in the form of a journal
- Practical assessment with an external verifier (may incur additional cost)
- Evidence of studying a basic level of Anatomy & Physiology

### **Fee for Stage 3 £90 per workshop or £250 if paid in full in advance**

The diploma will not be awarded until all three stages and additional requirements have been completed.

The course is accredited by CHP & IPHM & will adhere to the Reiki Council Core Curriculum

**FURTHER INFORMATION**

Details of dates & venues for all workshops & courses can be found on the Diary page website on my main website – <https://www.dreamstoneholistics.wales/diary.html>

To book a place on any of the workshops & courses covered in this booklet or request further information please contact Helen:

Email: [info@reiki-therapy.net](mailto:info@reiki-therapy.net)

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