

Information on Reiki Training Available from Sue Lake-Harris



What is Reiki?

Reiki is a hands-on, non-manipulative, energy renewal technique. Feel tired, stressed, low in energy, frequently catching "everything that goes around", or maybe even suffering something more serious than the 3 day cold? Reiki can help by providing additional energy that your body can apply to healing. One of the wonderful things about Reiki is that you can learn to self-treat as well as use the energy with others.

There are other forms of energy work, but Reiki uses the system founded by Mikao Usui of Japan.

How does Reiki heal?

Reiki itself does not heal. We all have wonderful bodies that have their own healing capacity. Reiki is simply an energy resource that the body draws upon to enhance healing. What this means for most people is that when they might have taken a week to get over a certain virus, they may find they get well in only two or three days.

For people with life-challenging illnesses, Reiki can enhance the healing effect of whatever other treatments are being undertaken, and can help with relaxation, pain reduction, and improved quality of life.

What will I learn?

You can expect the following at an Usui Reiki Network **Reiki I** seminar:

- Treating yourself and others - with practise sessions, in relation to rejuvenation, regeneration, relaxation, stress reduction, improving health etc.
- First aid and emergency applications.
- Reiki and your emotional, mental, and spiritual aspects of health - not just the physical.
- Four energy transfers conducted directly between teacher and student.
- Question & Answer sessions.
- Possible applications in the home and workplace.
- ...and much more!

Reiki is a complete modality in itself and does not require "extras" to be effective.

Reiki is complementary in terms of effect when used in combination with other modalities, both orthodox and alternative.

In **Reiki II**, you will learn:

- Applying the second level in-person, hands-on
- Absent/Distance healing techniques
- Working with groups and situations
- All required symbols and procedures
- Applications in relation to environmental factors
- Possibilities for the physical, mental, emotional, and spiritual aspects for yourself and others

Why train with the Usui Reiki Network?

- The Usui Reiki Network has been operating continuously since 1983 (parent organisation), and under its own name since 1990 - that's more than 30 years of experience and 20000+ Australian graduates.
- Seminars last approximately 20 hours over 2½ days, allowing plenty of group practise time and individual student/teacher interaction.
- Usui Reiki Network teachers complete a 5 year minimum apprenticeship. This is extraordinarily thorough preparation and honours the Japanese tradition of teacher training (which is where Reiki originated).
- Once trained in Reiki I, you have lifetime membership to the Network and its post-seminar services*, including FREE review of seminars at any of our teaching centres. ***Conditions apply.**
- On-going support is provided to all graduates, including absent healing, re-unions & reviews, retreats, groups etc. A number of these are free or based on cost-recovery contributions.
- The Usui Reiki Network is a Member organisation of the Council of Australian Reiki Organisations Ltd, and as such meets and/or exceeds required training standards for both Reiki I and II.

Sue Lake-Harris and Reiki

Sue holds a Dip. Teach., B. Ed., Cert VI TAE and HSR qualifications. She commenced her journey in Reiki in 1997 when she took Reiki I with Keven Duff of the Usui Reiki Network. She has held a number of roles within the Network, including Canberra Region Coordinator for nearly 5 years, the Network's Education Officer (an on-going position), and since 2008, as a Reiki teacher after completing a 5 year apprenticeship with Barbara McGregor.

Sue was also a Board Member of the Council of Australian Reiki Organisations Ltd (CARO), and was honoured to serve as its first Chair from April 2006 until November 2007. Sue is a Teacher and Professional Practitioner member of the Australian Reiki Connection Inc., the Association of Australian Reiki Professionals, and is a current Committee Member.

Her professional teaching & training background includes counselling and feedback, and she has successfully worked with students from age 7 to well over 70!

Sue credits Reiki with the complete reversal of numerous health complaints, and for the "mini miracles" her two children proved to be (having been told not to expect to have any children easily - one came just before she turned 40, and the other, 2 years later!)

Seminars

Are held over a weekend and are always in-person for Reiki I and II. They commence on Friday evening, and continue during the day on both Saturday and Sunday. Occasionally, a Reiki II seminar may be conducted over three or four weekday evenings.



Once you complete Reiki I, you can choose to do Reiki II. There is no pressure for you to do so - it's up to each individual.

Once Reiki II is completed, if you are interested in becoming a professional practitioner, there is a training pathway to follow that can be undertaken via distance/online education over 6 months, or alternatively, a shorter process of pre-requisite work and a weekend intensive to finish - this can take as little as two weeks to two months, depending on how much time can be devoted to the pre-requisite activities.

An additional course on utilising Reiki with Animals is in development and will be launched in 2020. It is likely this will be undertaken as Zoom or Skype sessions with some online activities. Participant numbers will be limited to six.

Sue currently teaches at several Australian locations, including Coffs Harbour, Melbourne, Canberra, Adelaide, and Tasmania. Venue information and Reiki I and II dates are available at <http://www.reiki.com.au>

What Sue's graduates say

"Sue has amazing knowledge, insight/intuition and is a great presenter." Catherine P

"The depth of knowledge & the instant energy flow from the first attunement was amazing & showed me how genuine and connected Sue & the organisation is." Jennifer H

"Excellent! Engaging, interesting, well presented." Kathryn D

"Extremely knowledgeable & professional. Was able to get information across in an easily understood way." Clare S

In short, you will:

- Learn a traditional Hands-on Healing art
- Boost your Universal life-force energy
- Benefit both your "recipients" and "you"
- Discover that Reiki is not a religion, but a philosophy and form of energy work
- Learn how Reiki can support physically, mentally, emotionally and spiritually

Questions

Please contact Sue - reiki@suelakeharris.com