

KINDNESS OF THE  
HEART. BREATH OF LIFE.

# Holistic Usui Reiki Trainings

靈氣



*With Katie Kalyani*

Reiki Level 1 Shoden & Reiki  
Level 2 Okuden Attunements.

*Open the Heart door to a higher love and  
lightness of being.*



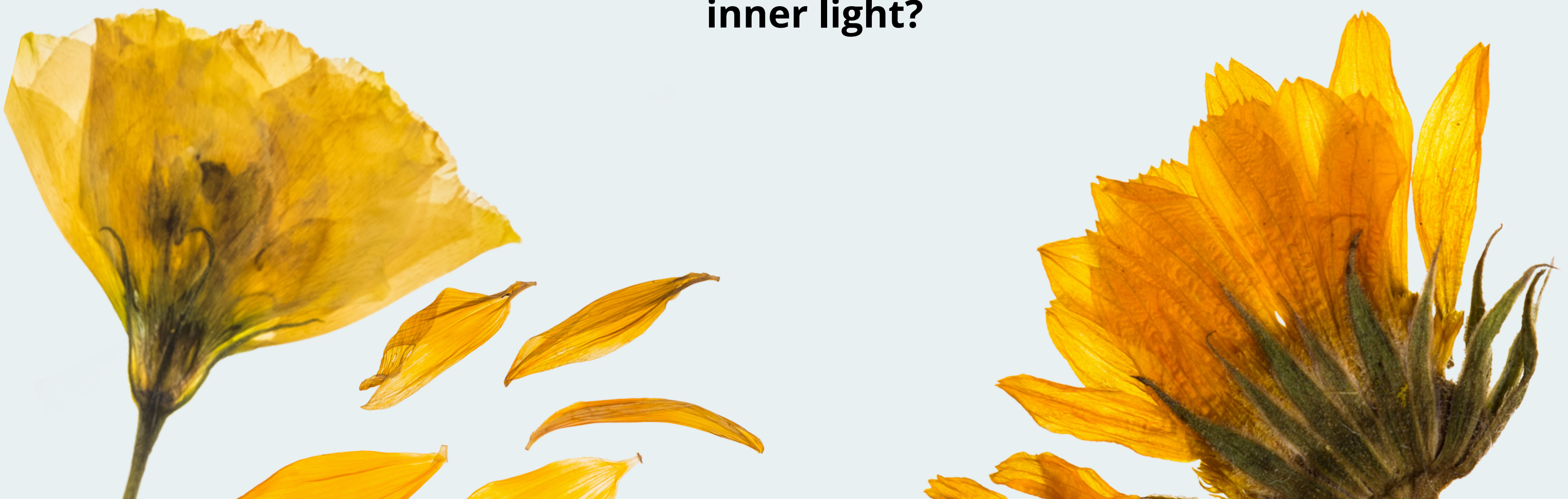
***“The soul always knows what to do to heal itself. The challenge is to silence the mind”***

— Caroline Myss

This is the beginning of your journey with Reiki, it is my hope that it will acquaint you with one of the highest forms of energy in existence, and that a totally new dimension of life will be revealed to you.

In some ways Reiki has called you and connects you to all those who have preceded you and to those who will follow you. Reiki simply belongs to all humanity. We give thanks to Dr Usui and to all who have preserved this healing system and to the people who feel connected to the wisdom and love found on the Reiki path.

**Learn the beauty and depth that Reiki can bring into your life. Are you ready to transform and awaken your heart alchemy and inner light?**



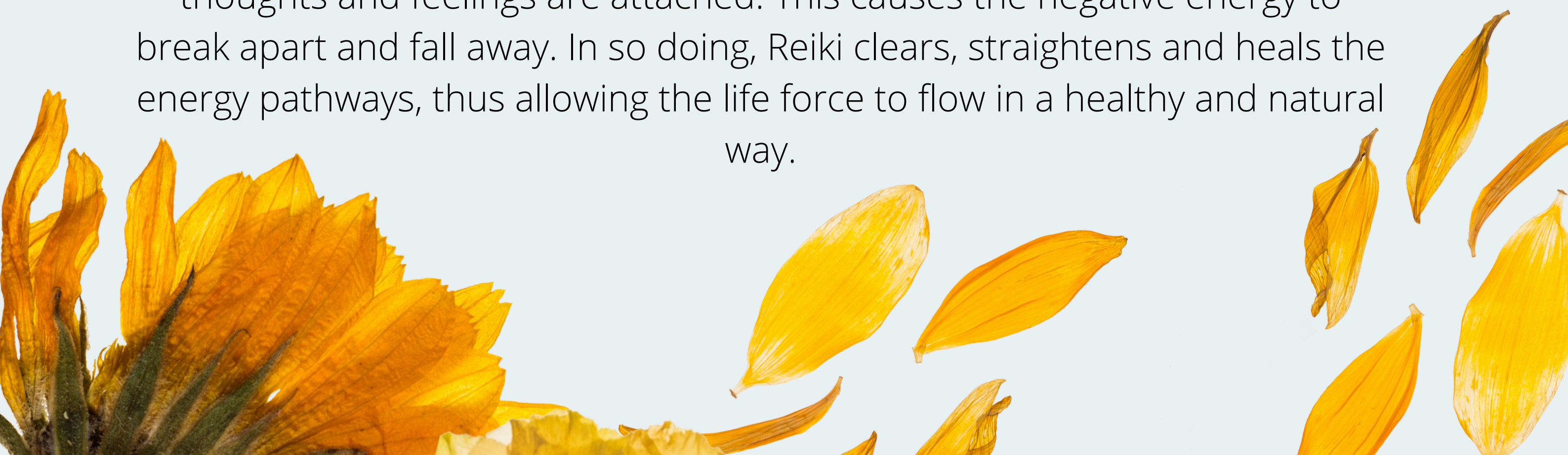
**Reiki** is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - **Rei** which means "Universal Wisdom or the Higher Power" and **Ki** which is "life force energy". So Reiki is actually "spiritually guided life force energy."

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.

**How Does Reiki Work?** We are alive because life force is flowing through us. Life force flows within the physical body through pathways called chakras, meridians and nadis. It also flows around us in a field of energy called the aura. Life force nourishes the organs and cells of the body, supporting them in their vital functions. When this flow of life force is disrupted, it causes diminished function in one or more of the organs and tissues of the physical body.

The life force is responsive to thoughts and feelings. It becomes disrupted when we accept, either consciously or unconsciously, negative thoughts or feelings about ourselves. These negative thoughts and feelings attach themselves to the energy field and cause a disruption in the flow of life force. This diminishes the vital function of the organs and cells of the physical body. Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibratory level of the energy field in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.





# The Reiki Attunements

Within each degree of learning Reiki, students will receive 'attunements' from their Reiki Master.

This attunement process allows the student to be opened and aligned to the Reiki energy and to begin to be able to channel it through their hands. Anyone is able to be attuned to the Reiki energy as it has no attachments to any religion or belief system. Usually, attunements are carried out during a Reiki training course, as per Mikao Usui's original teachings..

Reiki attunements are passed from Reiki Master to the student as a way of connecting to the universal energy. After the attunement process, the student's connection is in place forever.

Attunements can be extremely powerful in themselves, offering immediate balance and healing to the student. A typical attunement is carried out with a student being seated and relaxed. The Reiki Master will then place the sacred Reiki symbols into the student's aura, chakras (energy centres) and hands. The energy now moves through the student, through the crown chakra (at the top of the head) and creates an internal channel for the energy to flow, eventually coming out through the student's hands, where healing can be given and received. This energy also elevates the student's vibration to a higher level. Each student will have a different experience when receiving an attunement and always a positive one. In general, most students experience a feeling of total peace when receiving an attunement.

# Holistic Reiki Level 1

Level 1 is a beautiful introduction & Initiation to Reiki and the day will be spent in an intimate group in which we will cover:

A brief history, the Reiki Principles, working with energy, chakras (what they are & their aspects), how to do a self-healing practice, working with others, grounding & protection, sacred practices, setting up your space, meditations & much more. Learn about the importance of self care, and deepen your connection to self, on an energetic, physical, mental & emotional level, which will improve all areas of your life.

You will be attuned to three Reiki symbols which initiate you and open you up to become a channel for Reiki healing to flow through you.

On the day You will also be guided to practice on yourself and with a partner. Plus information on cleansing your environment.

Witness the ripple effect of this work on a much bigger scale through your own lineage. Reiki is a simple modality to learn, and once you are attuned to the lineage, it will be with you for life. It can be subtle, yet is deeply profound and powerful. I am honoured to have witnessed some of the biggest transformations in students and clients when working with Reiki.

To end the day I will guide you through a yoga-nidra styled meditation with candle light and isochronic sound healing so that our hearts beat as one.

You will receive your full colour manual, certificate of training and the Level 1 Attunement.

Level 1 does not qualify you to work with paying clients, but you are free to use it on yourself, with friends, family & pets.

You will need to go through a 21 day cleansing process before you attend a Level 2 attunement.

Snacks and Herbal Tea provided  
but bring your own lunch

## **Investment: £108 Per Person**

(small and intimate groups: Max 6)

I am always open to discuss lower tuition costs & flexible payment options

# Holistic Reiki Level 2

Level 2 is a deepening & Sacred Surrender...

If you have already trained in Level 1, have completed at least 21 days of the self healing practice, and you feel ready to deepen your knowledge, then come and share the magic that is Level 2.

During the course we will cover: Sacred Symbols, more in-depth practices that include working holistically, with Ayurveda, chakra balancing, meditation, breath work, how to see & clear the auras and koshas, how to do body scanning, use a pendulum, how to delve into your intuition, to deepen your practice and to amplify your strengths, how to tune into distant healing, how to set up and work with clients, sacred practices, an introduction to using Shamanic and medicine healing elements in your sessions & much more.

I will teach you to cultivate your own shamanic path.

To begin I will conduct a sharing circle around an altar so that our hearts beat as one- please feel free to bring your own travel altar and a few photographs of loved ones. Here I will guide you through a yoga-nidra to meet your ancestors, guides and beings and to ground you with the intuition of the earth.

Throughout the day I will attune you to four Reiki symbols of which you will learn how to use on clients. This includes the distance healing symbol too.

You will have plenty of Reiki practice time and you'll facilitate your own Reiki session in pairs. To end you will all lead a small meditation for each other.

You will receive your full colour manual( including bonus material on the chakras, academic studies on Reiki healing, meditation & breathwork samples and more), plus certificate of training and the Level 2 Attunement.

To close the circle I will facilitate a Cacao ceremony to thank mama earth, the elements and to pour love into each cup.

Snacks and Herbal Tea Provided  
Bring your own lunch.

## **Investment: £222 Per Person**

(small and intimate groups: Max 6)

I am always open to discuss lower tuition costs & flexible payment options



Katie Kalyani is an intuitive Ayurvedic yoga teacher, women's circle facilitator and reiki master teacher.

Her teachings are holistic, down to earth, rooted in mysticism and the rhythms of nature. She specializes in Chakra balancing, working with goddess archetypes and sacred ceremony with cacao, herbal fusions, honey and flowers. Her classes are of a sensory nature and steeped in nourishing sweetness, love and a glimmer of magic.

Bringing aromatherapy, sound healing, oracle cards, flower offerings, herbal teas, visual journeying and sacred beauty into the surroundings as she holds space for clients.

Katie was attuned as a Reiki Practitioner by renowned Reiki Master Teacher Joanna Lewins (The Love Yogi) in Bali, April 2019 because she felt drawn to Joanna's wisdom & knowledge of shamanistic practice which Katie is cultivating as an initiated priestess of the divine feminine. She was attuned as a Reiki Master Teacher soon after in September 2019.

At present she is studying herbalism and in her free time she writes articles for yoga wellness sites. Katie aspires to continue her growing passion for herbs and Ayurveda and to blend it with yoga, somatics, counseling skills and energy healing

.©Katie Kalyani~ The Wild Yogi~Sunflowerteeth Blog

[www.instagram.com/katie\\_wild\\_yogi/](http://www.instagram.com/katie_wild_yogi/)

**As well as Level one & two Reiki attunements. Katie also facilitates a year long Priestess initiation with 8 workshops centred around the 8 Sabbats and 8 goddess archetypes. Contact her for more details.**

