

Contact me should you like to enrol
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Usui Reiki Training Level I, II & Master Attunement

Usui Reiki is a powerful and gentle form of energy healing developed by Dr. Mikao Usui in the early 20th century. This practice is rooted in the ancient Japanese tradition of channelling universal life force energy to promote physical, emotional, and spiritual well-being. Through a structured training program, participants learn the principles and techniques of Reiki, including hand positions, attunements, and the five Reiki precepts. Whether you're seeking to enhance your personal growth, support others on their healing journey, or become a certified Reiki practitioner, Usui Reiki Training offers a profound pathway to harness the healing power within.

Karuna Reiki Level 1, level 2, Master Attunement

This technique involves love and compassion in action, thereby promoting self-healing and forgiveness.

Karuna Reiki is an advanced form of Reiki developed by William Lee Rand that builds upon the foundation of Usui and Tibetan Reiki practices. This system introduces new healing techniques, symbols, and meditative practices that resonate with the energy of compassionate action. Karuna, meaning "compassion" in Sanskrit, focuses on alleviating suffering and empowering personal transformation. Through guided training, participants will learn to access higher vibrational energies, enhance their intuitive abilities, and offer profound healing to themselves and others. Whether you are an experienced Reiki practitioner or new to energy healing, Karuna Reiki Training offers a unique opportunity to deepen your spiritual journey and expand your healing capabilities.

To explore the boundless potential of compassionate energy and make a lasting impact in the world, contact me for the course outline.