

# Shoden Level Training

## Description:

Originally taught in 3 ½ day parts in Japan, our Shoden training is presented over 2 full days and gives you the tools you need to heal your self and others of any physical condition, disease or injury. The course provides in depth understanding of the roots and meaning of the Japanese characters and symbols and ideas. There is also a strong practical element that includes demonstrations and practicing giving and receiving Reiki individually and in groups.

## Pre requisites:

There are no pre-requisites to JRUK Shoden level training and previous experience of Reiki is not required. Other than we ask that all applicants are over the age of 16 (we may be able to make exceptions to this in certain circumstances).

## You Will Learn:

- What Reiki is and how Reiki works
- How to give Reiki treatments using the eyes, hands and mouth
- The concept of "Byosen" and how to scan for toxins in the receiver's body with your hands
- The Blood Rejuvenation Technique – a sort of Light Reiki massage
- Effective techniques for using Reiki for first aid (e.g. cuts, burns)
- Exercises for practicing Reiki alone and increasing the sensitivity of the hands
- How to treat people in balanced way in accordance with the body's natural cleansing processes
- Learn the first Reiki shirushi (symbol)

## What you will receive?

- You will receive your own copy of the Official Jikiden Reiki training manual
- Traditional wood block printed Japanese Reiki certificate
- English style certificate
- 3 Reiju sessions with two or more Reiki teachers

## For Further Information Contact Us:

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