

Reiki Shoden Course - 1 Day or 3 evenings

Reiki 1st Degree (Shoden) course includes:

- **The history and background of Usui and Reiki**
- **The Importance of Intent**
- **Daily Energy Exercises**
- **Meditations to connect and improve the flow of energy with Reiki**
- **Mindfulness and the Precepts**
- **Self treatments**
- **Hatsurei Ho**
- **Chair treatments**
- **Couch treatments**
- **Effects of Reiki**
- **3 Reiju Empowerments**
- **A Certificate, Manual and Reiki Meditations CD**

The 1st Degree Reiki Course (Shoden) also includes:

- **The original teachings of Mikao Usui**
- **Special breathing techniques to enhance your Reiki energy**
- **Meditations for improving your experience of Reiki**
- **Simple techniques to increase your intuition**
- **Lots of hands on to experience the giving and receiving of Reiki**
- **Healing hands within hours**

Mikao Usui taught his students with personal and spiritual growth in mind.

He encouraged personal, spiritual discipline on a daily basis. Daily self-treatments and spiritual exercises helped his students to develop their intuition and healing abilities. The emphasis was on self-healing rather than healing others, it was just accepted that this was also possible. Usui referred to his healing method as "The method to achieve personal perfection". The name Reiki came later.

Here at Complete Angel we continue this original teaching of Usui Reiki. This means the courses are kept to their most simple and yet most dynamic. The results speak for themselves. Simple yet profound. Reiki Classes Hampshire.

Please call 01329 608103 or email for details [Reiki 1st Degree Courses email contact form](#)

This is a course to begin your own healing, to understand that healing first begins with yourself.

- A sense of peace for everyone
- The opportunity to support yourself in your own healing

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