

Reiki Jane



bringing balance & harmony to life

Improving health & wellbeing with

Reiki Jane

Courses & Workshops





Reiki Jane Training

Reiki Jane is committed to providing a comprehensive service in support you in making the investment in your personal development both enjoyable and rewarding.

Jane is an experienced professional trainer, mentor and coach. As she has trained in a wide range of learning and development methodologies she is able to provide you as the learner, a tailored approach to your study whether in Reiki, Equine Reiki, Crystal Healing, EFT (Emotional Freedom Techniques) or a short workshop.

Reiki Jane Support

Jane will assist you in identifying the course or workshop to meet your training requirements and make recommendations for further learning and development activities.

Once you have successfully completed the training course or workshop, Reiki Jane offers you ongoing support for 3 months (this is included in the price of the course or workshop). This allows you to email her with any queries or questions that you might have once you start to apply your new skills.

Certification

Some of the courses will require a number of case studies to be completed as well as an end of course short multi-choice test. Upon successful completion of your course or workshop, you will be issued with a Certificate of Completion.

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Price List

Courses	Price
Reiki First Degree (Usui)	£175.00
Reiki Second Degree (Usui)	£197.00
Advanced Reiki Practitioner (Usui)	£150.00
Master Practitioner (Usui)	£450.00
Master Teacher (Usui)	£500.00
Karuna ® Reiki First Degree	£220.00
Karuna ® Reiki Second Degree	£220.00
Karuna ® Reiki Masters	£200.00
Equine Reiki First Degree	£280.00
Equine Reiki Second Degree	£280.00

Workshops

Art of Meditation & Visualisation	£60.00
Crystal Healing – An introduction to	£60.00
Introduction to Crystal Healing	£150.00
Meditation with Crystals	£60.00
Reiki – An Introduction	£60.00
Relaxation for People in a Hurry	£60.00
Take Control of Stress	£60.00



Reiki First Degree (Usui)

Pre-course home study, plus 1 day face to face training followed by case studies plus end of course multi-choice test. Certificate will be issued upon successful completion.

Who should attend?

This course is for anyone who would like to feel more calm, content and positive. It can help you to be less affected by stressful people and situations, creating a feeling of balance in your life. It can help to enhance natural healing for yourself and others including plants and animals.

Course Overview

The face to face training day includes:

- Three Reiju Spiritual Empowerments
- Energy Exercises
- Hatsu Rei Ho – the Japanese Energy Exercise
- Self Treatments
- Treating Others
- Scanning
- Distant Healing
- Treating Animals and Plants

Certification

A certificate of completion will be provided to confirm that you have received training and have been initiated into Usui Reiki First Degree.

Ongoing Support and Advice

Once you have taken your First Degree course you will receive 3 months unlimited online support in your practise of Reiki plus regular distant empowerments.

Follow-up courses

Upon successful completion of Reiki First Degree (Usui) and having achieved a set number of Reiki treatments on the self or others, you can then go on to study the

- Reiki Second Degree (Usui)



Reiki Second Degree (Usui)

Who should attend?

This course is for all students who have successfully completed Reiki First Degree (Usui) and have a Certificate. Students will be looking to continue with their Reiki study and learn more about the use of the Reiki symbols. Those students who are looking to offer Reiki as a fee-paying treatment will be able to obtain insurance upon successful completion of the course.

Course Overview

Here is a brief overview of what is covered during the face-to-face 1 day training:

- Introduction and review of your experiences since Reiki I
- Symbols - a review of information learned from the pre-course materials
- Distant healing
- Three second degree attunements to the Reiki symbols
- Energy exercises to experience each of the three symbol's energies
- Hatsu Rei Ho - the Japanese Energy Exercise
- Ways of using the symbols in treatments
- Distant healing
- Increasing the flow of Reiki energy through your hands
- 'Reiju Ho' - working intuitively
- Different ways of using Reiki
- Sending energy in new ways

Study Method

Pre-course home study, plus 1 day face to face training, end of course multi-choice questions, followed by a set number of case studies.

Certification

A certificate will be issued upon successful completion of the course. Once the certificate has been issued, insurance can be obtained allowing the student to offer Reiki treatments to fee-paying clients.

Follow-up courses

Following the successful production of the required number of case studies you will be able to continue your studies with the training shown below:

- Advanced Reiki Practitioner (Usui)
- Master Practitioner (Usui)
- Master Teacher (Usui)

Advanced Reiki Practitioner (Usui)

Pre-course study, plus 1 day face-to-face training followed by case studies and final end of course multi-choice test.

Who should attend?

If you want to work with the Master level energy but are not sure that you are ready for the full Mastership level(s), this course will attune you to the Master symbols and other tools at Master level and will assimilate the Master level energy flow. You will have a powerful universal connection to the Reiki healing source, which will develop your healing abilities to the next stage.

Course Overview

Here is a brief overview of what is covered during the face-to-face 1 day training:

- Attunements to 4 new Symbols
- Usui Master Symbol
- Tibetan Master Symbol
- Raku
- Om
- The Kotodama – chanting & toning the Usui symbols
- Huna Breathing
- The Antahkarana
- Reiki Crystal Grid
- Meet your Reiki Guide Meditation – assisting you with healing & providing information
- Reiki Triangles

Certification

Following successful completion of the Advanced Reiki Practitioner course and a set number of case studies you will be issued with a certificate of completion.

Follow Up Courses

Master Practitioner (Usui)

Master Teacher (Usui)

Master Practitioner (Usui)

Pre-course study, plus 1 day face-to-face training followed by case studies and final end of course multi-choice test.

Who should attend?

This course is for anyone who feels ready to become a Master Reiki Practitioner and has successfully completed First and Second Degree. At this level you will be trained in all of the Master Level theory and practise. However, if you do not wish to become a Master Teacher at this stage in your development, this is the course for you. If you would like to become a Master Teacher at a later date, you can enroll on the Master Teacher Upgrade course for a discounted price so that you can learn the additional skills of teaching others in Reiki.

Course Overview

Here is a brief example of what is covered during the course:

- Attunement to the Master Level Reiki Symbols
- Working on the Self
- Manifesting Your Goals
- Re-balancing Your Own Chakras
- Reiki Energy in Different Formats

Follow-up courses

Master Teacher (Usui)

Karuna® Reiki First Degree

Karuna® Reiki Second Degree

Karuna® Reiki Master Teacher

Master Teacher (Usui)

Pre-course study, plus 1 day face-to-face training followed by case studies and final end of course multi-choice test.

Who should attend?

Anyone who has attained Usui First and Second Degree levels and would like to become a Reiki Master Teacher. This course covers everything in the Master Practitioner course plus more in-depth study on how to teach students in Reiki.

Course Overview

Here is a brief example of what is covered during the course:

- Attunement to the Master Level Reiki Symbols
- Working on the Self
- Manifesting Your Goals
- Re-balancing Your Own Chakras
- Reiki Energy in Different Formats
- Teaching Students in Reiki
- Using NLP methods in training
- Use of Feedback
- Checking Understanding and Learning

Follow-up courses

Karuna® Reiki First Degree

Karuna® Reiki Second Degree

Karuna® Reiki Master Teacher

Karuna Reiki® – Study Options

Karuna Reiki® can be studied one level at a time or taken as a 3 day course covering all levels; First Degree, Second Degree and Mastership, the choice is yours. Often students will study the First and Second Degrees and return at a later date to complete their studies with the Mastership level.

Certification

Karuna Reiki® evolved from the Usui and Tibetan Reiki and was developed by William Rand of the International Centre for Reiki Training. William trademarked the system to ensure that all Karuna Reiki® Master Teachers all train using the same information and format therefore all learning materials and course certificates are obtained from the USA and registered with William Lee Rand.

Why Learn Karuna Reiki®?

This course is for Usui Master Teachers who want to enhance healing, self-treatment and personal development more noticeably and quickly. Karuna Reiki® works well with Usui Reiki and brings more healing energies that create powerful healing effects.

Karuna Reiki® First Degree

Who should attend?

Karuna Reiki® can only be taught to those who have been attuned to the Usui Reiki Master symbol. Students are taught either on a one to one basis or in small groups.

Course Overview

Here is a brief overview of the First Degree:

- Attunements to four new symbols of Karuna Reiki®
- The origin of the Karuna System of Reiki
- Spiritual guidance
- Healing the Shadow Self
- Activating the four new symbols
- Giving a Karuna Reiki® treatment

Study Method

A face-to-face practical one day course with attunements to the new symbols. A training manual is provided. Upon successful completion a Certificate is awarded from the International Center for Reiki Training.

Follow Up Courses

Karuna Reiki® Second Degree

Karuna Reiki® Second Degree

Who should attend?

Students who have studied and successfully completed Karuna Reiki. A face-to-face practical one day course with attunements to four new symbols. A training manual is provided. Upon successful completion a Certificate is awarded from the International Center for Reiki Training.

Course Overview

Following on from the First Degree the course includes:

- A further four new symbols (eight in total)
- Chanting
- Toning
- Code of Ethics
- Teaching Standards

Study Method

A face-to-face practical one day course with attunements to the new symbols. A training manual is provided. Upon successful completion a Certificate is awarded from the International Center for Reiki Training.

Follow Up Courses

Karuna Reiki® Master Teacher

Karuna Reiki® Master Teacher

Who should attend?

Students who have studied and successfully completed Karuna Reiki® First and Second Degree courses. A face-to-face practical one day course with attunements to a further four symbols. A training manual is provided. Upon successful completion a Certificate is awarded from the International Center for Reiki Training.

Course Overview

An outline of the course is shown below:

- Preparation before giving attunements
- The attunement process for all levels of Karuna Reiki® teaching
- Chanting and Toning
- Using and teaching Karuna Reiki®
- Code of Ethics
- Minimum teaching requirements
- Certification and administrative requirements

Study Method

A face-to-face practical one day course with attunements to the new symbols. A training manual is provided. Upon successful completion a Certificate is awarded from the International Center for Reiki Training.



Equine Reiki First Degree

Pre-course study, plus 1 day face to face training followed by a specified number of equine Reiki treatments and final end of course multi-choice questionnaire.

Who should attend?

Horse owners, riders or those interested in specialising in treating horses with Reiki. The course will teach you skills that will improve your:

- communication and relationship with your horse
- ability to relax
- riding abilities and confidence

Course Overview

The face-to-face training day includes:

- Three Reiju Spiritual Empowerments and Attunements
- Energy Exercises
- Hatsu Rei Ho – the Japanese Energy Exercise
- Self Treatments
- Treating Horses specifically
- Scanning
- Distant Healing
- Treating other Animals and Plants

Study Method

Pre-course home study, plus 1 day face-to-face training, end of course multi-choice questions, followed by a set number of case studies. We can train you at your own stable with your horse if you are based in Wiltshire, Oxfordshire, Hampshire, Berkshire, Gloucestershire. Please call to find out more.

Follow-up courses

Upon successful completion of the Equine Reiki First Degree (Usui) and having achieved a set number of Reiki treatments on the self or others, you can then go on to study the

- Equine Reiki Second Degree

Certification

A certificate of completion will be provided to confirm that you have received training and have been initiated into Usui Reiki First Degree.

Ongoing Support and Advice

Once you have taken your First Degree course you will receive 3 months unlimited online support in your practise of Reiki plus regular distant empowerments.



Equine Reiki Second Degree

Pre-course study, plus 1 day face to face training followed by a specified number of equine Reiki treatments and final end of course multi-choice questionnaire.

Who should attend?

This course is for all students who have successfully completed the Equine Reiki First Degree (Usui) and have a Certificate. Students will be looking to continue with their Reiki study and learn more about the use of the Reiki symbols and apply these when treating their horse(s).

Course Overview

Here is a brief overview of what is covered during the face-to-face 1 day training:

- Introduction and review of your experiences with Equine Reiki since the First Degree
- Symbols - a review of information learned from the pre-course materials
- Distant healing
- Three second degree attunements to the Reiki symbols
- Energy exercises to experience each of the three symbol's energies
- Hatsu Rei Ho - the Japanese Energy Exercise
- Ways of using the symbols in treatments
- Distant healing
- Increasing the flow of Reiki energy through your hands
- 'Reiju Ho' - working intuitively
- Different ways of using Reiki
- Sending energy in new ways

Study Method

Pre-course home study, plus 1 day face-to-face training, end of course multi-choice questions, followed by a set number of equine Reiki treatments.

Certification

A certificate will be issued upon successful completion of the course.



Introduction to Crystal Healing

This one day course has been designed as an introduction to working with crystals for healing, meditation and use with Reiki energy healing if the student practises Reiki. Students will develop their own healing potential and learn how to use their intuition when selecting and working with crystals. This is purely an introduction to crystals as there is further training available.

Who should attend?

Anyone who is interested in learning more about these beautiful, natural crystals and how to use them to help with meditation, healing and relaxation.

Course Overview:

- Introduction
- Formation, Structure & Properties of Crystals
- The Chakra System
- Selecting & Cleansing Your Crystals
- Choosing & Exploring Your Crystals
- Hand-held Crystal Healing
- Using Crystal Pendulums & Wands
- Other Uses for Crystals
- Crystal Healing Placements
- Chakra Placements
- Placing Crystals Intuitively
- Using Crystals with Reiki (optional)

Certification

Upon successful completion of the course, you will be provided with a certificate of completion.

Follow Up Courses

Crystal Healing with Reiki

Workshops

Art of Meditation & Visualisation

This short workshop will provide you with time to relax and start to practice the art of meditation. It will begin to show you how to get to the deepest form of relaxation. As you relax you will progress onto meditation.

As everything we create in reality starts in the mind, daily visualisation will help to improve your ability to focus and concentrate your energy towards you own desires and needs.

The workshop will help you to de-stress, relax and start to turn negative thoughts and feelings into more helpful and constructive ways of dealing with everyday situations in a confidence and positive way.

At the end of the workshop you should be able to relax more quickly and meditate on issues in your life in order to improve your health and wellbeing.

Note: Please wear comfortable clothing and bring water to drink.

Meditation with Crystals

This workshop follows on from the Art of Meditation and Visualisation workshop. You will work with a variety of different crystals, exploring them and tuning into their different vibrations.

As you progress you will have time to meditate with your chosen crystal(s) so that you can use the crystal energy to help you achieve a deeper connection with your body, mind and spirit.

At the end of the workshop you should feel confident in selecting the right crystal energy for your specific needs and how to use the crystal energy to help you relax and meditate more quickly and deeply.

Note: Please wear comfortable clothing and bring water to drink.

Introduction to Reiki

This workshop is simply an introduction to the gentle art of Reiki healing. You will learn about energy, the Chakras and how Reiki can help to bring about balance when there is 'illness'.

Demonstrations will be carried out during the workshop with students to show how Reiki can be used on the self or others.

Note: Please wear comfortable clothing and bring water to drink.

Relaxation for People in a Hurry

This workshop will provide you with the basic tools to help you achieve a more peaceful life. You will learn how to take 'time out' when you feel the pressure building, even when you are at work or have people around you.

At the end of this short workshop you will feel more able to cope with the stresses of everyday living.

Note: Please wear comfortable clothing and bring water to drink.

Take Control of Stress

A practical approach to coping with all life's challenges identifying ways to help you notice, reduce and prevent stress.

You will look at your personal 'stressors' and identify the best methods for you in dealing with them and understanding how you can help to reduce the impact they have on you.

Note: Please wear comfortable clothing and bring water to drink.