

## **REIKI AND BEYOND**

**THE USUI SYSTEM OF NATURAL HEALING  
WITH REIKI MASTER CAROLE EASTON**

**(25+ YEARS EXPERIENCE OF REIKI AND DIP COUNSELLING)**

**VENUE: COMMUNITY ROOM, DEDWORTH MEDICAL CENTRE  
80 VALE ROAD, WINDSOR, SL4 5JL**

**DATE: EVERY TUESDAY FROM 28 JAN 2020**

**TIME: 11.00 AM – 1.00 PM**

### **THE REIKI PRINCIPLES**

**JUST FOR TODAY I WILL GIVE THANKS  
FOR MY MANY BLESSINGS**

**JUST FOR TODAY I WILL NOT WORRY**

**JUST FOR TODAY I WILL NOT  
HOLD ONTO ANGER**

**JUST FOR TODAY I WILL DO  
MY WORK HONESTLY**

**JUST FOR TODAY I WILL BE KIND  
TO MY NEIGHBOUR AND  
EVERY LIVING THING**

***'LOVE IS WHAT WE ARE BORN WITH. FEAR IS WHAT WE LEARN HERE'***

**Marianne Williamson – author and spiritual leader**



## WHAT IS REIKI?

Reiki is a Japanese word that means 'Universal Life Energy'. As children we know this source, we are one with it, but as we grow up we forget and feel separated. One of the gifts of Reiki is a feeling of being re-connected. Reiki is neither a religion nor a belief system. It opens the way to new depths of spiritual experience and understanding. Once you have been initiated, Reiki is activated by placing your hands on yourself or another person. The Reiki energy is then effortlessly drawn through the body at a pace corresponding to the need and will go to the place where the energy is blocked, charging it with loving energy and raising the recipient's vibrational frequency. The energy does the healing, not the practitioner. In giving Reiki, there is no transmission of any personal energies between the giver and the receiver. Reiki is both a powerful and gentle healer.

## WHAT DOES REIKI FEEL LIKE?

Reiki is usually felt as a warm and gentle feeling, creating a deep sense of peace and relaxation. It calms the mind and emotions, bringing us into balance and harmony and helps release negative thought patterns and habits. You will be sent Reiki during the meditation and hands on Reiki will also be available afterwards whilst we discuss the uses and examples of Reiki and ways of raising your vibration when you're feeling down, how to deal with stress and anxiety and how to love yourself 100%, remembering who we are in terms of energy and consciousness.



Please arrive at least 5 minutes before the session is due to start and allow time for parking on the street nearby. (Please do not use DMC car park). There will be no charge for these sessions but any donations to Friends in Need will be gratefully received. For more information contact Ansa Khan on 07496 874882 or [Ansa.Khan@bucksmind.org.uk](mailto:Ansa.Khan@bucksmind.org.uk)

