

The North East Reiki Academy Prospectus



2024

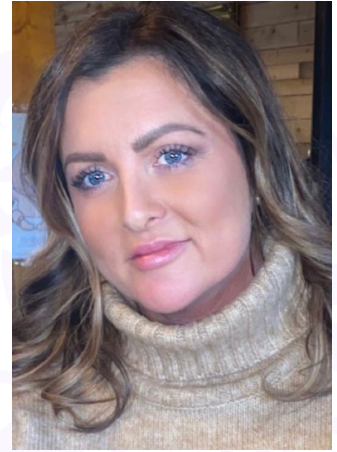


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Welcome



Welcome to the **North East Reiki Academy** where you will find everything you need when it comes to Reiki. As a life-long learner and lover of education, my aim is to deliver a professional teaching academy that promotes equality, diversity and inclusion, within a positive learning environment that is supportive, engaging and fun.

It is a great blessing and pleasure to serve you and no coincidence that you have been guided here. For many students Reiki is often experienced as an inner calling, felt by the soul that often marks the beginning of a beautiful spiritual awakening. The journey can expand our consciousness in such unique and positive ways, allowing us to step fully into our personal power, viewing life and life's experiences from a completely different perspective.

Over the past 10 years I have had the honour of guiding and initiating many students onto this sacred path and have seen countless lives transformed along the way. Reiki is my life's purpose, my passion and my calling. I am honoured to be in service to you and to the divine, holding space and passing on this beautiful gift to others.

I live and practise a holistic lifestyle and have been on my own spiritual journey for almost thirty years. I am a highly intuitive empath and live my life through my values of compassion, kindness, empathy and love. I have overcome many challenges in my own life but value these lessons as having been some my greatest teachings in order to prepare me for my life's work. I believe that everything that has gone before us brings us back to this divinely guided moment in time and we are all here to live a life of love, happiness and peace.

As well as my love of Teaching, I work with private clients and corporate organisations and host regular retreats, workshops and support groups. Please see my other services for more details.

Are you ready to begin your journey?

Much Love,

Lola xx



Introduction to North East Reiki Academy

What is Reiki?

Reiki, often known as spiritual medicine, is a natural healing modality that originates from Japan.

The word Reiki comes from the Japanese word Rei which means 'Universal Life' and Ki which means 'Energy'. It is often translated as 'universal life energy, soul energy, or spiritually guided life force energy'.

Reiki is the life energy that flows through every living thing. When we are in a good state of health, energy flows freely throughout the body keeping us fit and well both emotionally and physically.

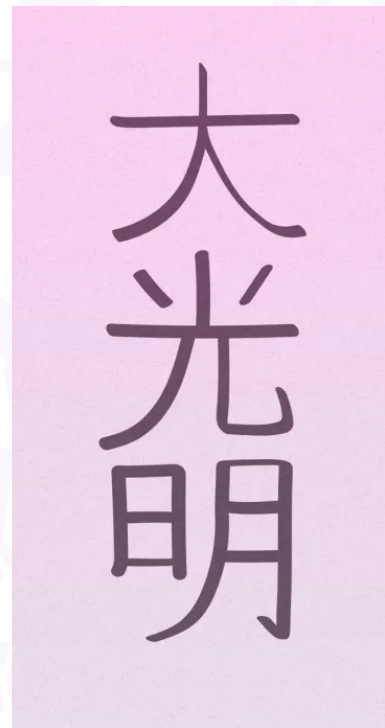
However, if the energy becomes blocked and is no longer free flowing this can lead to symptoms of ill health as well as physical and emotional imbalances.

Reiki is a gentle non-invasive healing technique whereby the Reiki practitioner channels energy healing by means of light touch.

The energy flows through from practitioner to recipient helping to rebalance each of the chakras (which are the main energy points in the body) to bring harmony to the natural flow of energy, removing any blocks while strengthening the body's natural healing.

Reiki is a beautiful natural treatment that has been proven to help restore mental, physical, emotional and spiritual well-being. More and more people are seeking natural healing methods recognising the need to live a holistic lifestyle.

Eastern medicine has always recognised and worked with energy known as 'Ki' in Japan, 'Chi' in China and 'Prana' in India.



All forms of holistic energy therapy, (reflexology, yoga, acupressure, acupuncture) work on the same principles of removing any energetic blocks and re-opening the flow of energy, supporting the body to restore its natural healing abilities.

There are many different types of Reiki and I have been initiated into several different types over the years. However, the main recognised system of Reiki in the UK is the Usui lineage of which I am a Master Teacher.

My love of Reiki never stops growing and I am dedicated to ongoing professional CPD so that my skills and knowledge are always up to date. Reiki is not attached to any particular religion and is therefore open to people from all walks of life.



The Benefits of Reiki

Reiki is a wonderful, natural and non-invasive holistic healing technique that works on many different levels and dimensions and is completely safe to aid natural healing.

It is a most relaxing therapy for expectant Mothers and can be given throughout all trimesters of pregnancy.

Reiki works on all four levels of healing, physical, mental, emotional and spiritual and can affect people differently as it works on the holistic needs of each individual. The energy healing can benefit mental clarity and give a deep sense of inner calmness.

It can help with balancing the emotions and is excellent at helping to restore deep restful sleep. It can enhance our spiritual growth, reconnecting us with our true selves and the sense of oneness. It is a truly beautiful healing experience.

- **Physical**

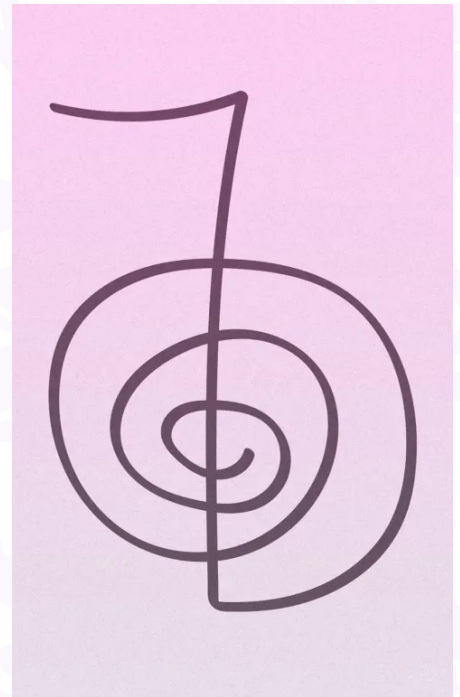
Reiki healing supports and accelerates the body's own natural healing powers, removing and releasing stagnant energy (blocks) freeing you from pain and relieving other physical aches and pains.

Reiki helps to create complete inner harmony and balance creating a general feeling of happiness and wellbeing as you become more in tune to your needs, feelings and emotions.

Reiki can support you in making lasting lifestyle changes that will help you honour your sacred self in a healthy and loving way.

- **Mental**

Reiki naturally returns you to a deep state of relaxation bringing balance and grounding and is wonderful for releasing anxiety, stress



and tension. Mental balance can help restore mental clarity enhancing learning and memory.

Reiki can help you to let go of negative thoughts, patterns, attitudes and unhealthy behaviours as you become more in tune with your inner self and its needs.

It can enhance your own spiritual and intuitive abilities, accelerating personal development and growth through greater insight and self-awareness.

- **Emotional**

Reiki can bring great inner-calm during periods of emotional distress. The naturally nurturing and healing energy helps to clear and rebalance the mind, body and spirit while gently healing emotional pain and stuck energy.

Reiki enhances your capacity for self-love and compassion which can improve your relationships on all levels.

- **Spiritual**

Reiki is a natural form of spiritual healing, spiritually guided life-force energy that is channelled from the divine. For many people Reiki is often a catalyst for major life changes that can lead to spiritual awakening.

Reiki promotes love, compassion, kindness and empathy and its regular practice can lead you towards spiritual growth and increase consciousness.

The Reiki path promotes personal development and a holistic way of living as it reinforces the connection to your soul and divine self. It can reconnect you to your sense of oneness, and the knowing you are part of something greater.



Why Become a Reiki Practitioner?

If you are feeling that inner calling to serve and help others, to be a channel for healing and transformation, Reiki may be the path that your heart has been seeking.

Reiki is a gentle yet profound energy that connects us to the highest vibrations of love, light, and healing.

It allows us to hold space for ourselves and others with compassion and grace, bringing balance, peace, and renewal on physical, emotional, and spiritual levels.

When you choose to embark on your Reiki journey, you open yourself to a deeper connection with your own inner wisdom, intuition, and the universal life force that flows through all living things.

This journey is not just about learning a technique, but about aligning with your true purpose and becoming a vessel for healing energy that has the power to uplift, comfort, and restore balance to those in need.

Training in Reiki is a sacred gift you give yourself and the world. It is an invitation to live more mindfully, to embody love and compassion in all that you do, and to become part of a global community of lightworkers dedicated to making a positive difference.

Whether you are called to help others on their healing journey or simply want to bring more peace and harmony into your own life, Reiki offers a beautiful, heart-centred way to serve.

Listen to the whispers of your soul, and trust that this path is opening for you now because you are ready. The world needs more healers, more compassionate hearts, more love. And it starts with you.



About North East Reiki Academy

Our Training

We meet with every learner prior to any training to identify individual learning needs as well as strengths, skills and preferred learning styles.

Our training is a blend of theory, practice, observations and feedback, group work, peer support, and reflection. We will agree a learning plan for each student to ensure we meet their needs and provide a positive learning experience.

Due to the personal nature of each student's journey, sessions are restricted to a maximum number of four students to ensure each learner has the appropriate level of support and attention. Although all of our courses follow a strict curriculum, sessions are very relaxed, interactive, friendly and fun. All teaching is face to face and attunements are only ever given in person.

***Face to face teaching and attunements are a requirement of the Reiki Federation should you wish to register following your training as well as for obtaining insurance for professional practice.*

Our Reiki Lineage

I was initiated into the wonderful world of Usui Reiki in 2011 and became a registered teacher in 2014. I am honoured to share my lineage which can be traced back directly to Mikao Usui as follows;

- Dr Mikao Usui
- Dr Chujiro Hayashi
- Mrs Hawayo Takata
- Phyllis Lei Furumoto
- Carol Farmer
- Cherie A Prasuhn
- William L Rand
- Simon Treselyan
- Rowena Beaumont
- Christine Trotter
- Lola Atkinson



Lola's Qualifications

Professional Qualifications:

- * MBA Master of Business Administration (Dt)
- * Cert.Ed Certificate in Education & Training
- * PgDip. Strategic Leadership & Management
- * ILM Level 5 Coaching & Mentoring
- * Level 4 Advanced Special Educational Needs
- * Level 4 Specific Learning Difficulties
- * Level 4 Challenging Behaviour
- * NCFE Level 3 Certificate in End-of-Life Care
- * NCFE Level 3 Certificate in Dementia Awareness
- * British Sign Language Level 2
- * Level 3 Information, Advice & Guidance

Reiki Qualifications & Registrations

- * UK Reiki Federation Master Teacher Reg Number 2549F
- * ICRT Karuna® Reiki Practitioner: Reg Number UKP-15-003
- * ICRT Karuna® Reiki Master Teacher Reg Number UKM-16-006
- * CNHC Registered Reg Number CNHC05910

- * Usui Reiki Levels 1, 2, 3, 4
- * Usui Master Practitioner ART (Advanced Reiki Training)
- * Usui Master Teacher

- * CTAA Diploma Crystal Reiki Teacher
- * CTAA Diploma Animal Reiki Teacher
- * CTAA Diploma Reiki for Anxiety & Depression
- * CTAA Diploma Reiki with Colour Therapy
- * CTAA Diploma Reiki with Acupressure

- * CTAA Professional NLP Diploma
- * CTAA Professional Psychotherapy Diploma
- * CTAA Cognitive Behaviour Therapy Diploma
- * CTAA Depression Counselling Diploma Advanced Level
- * CTAA Homeopathy Certificate Level 2
- * CTAA Holistic Pain Management Diploma



- * CTTA Meditation Teacher Diploma
- * CTAA Reflexology Diploma
- * CTAA Indian Head Massage Diploma
- * CTAA Crystal Healing Therapy Diploma
- * CTAA Colour Therapy
- * CTAA Aromatherapy Diploma
- * Pro-Noctis NLP Master Practitioner
- * ILM Human Performance Practitioner

Other Qualifications:

- * Licensed 'Heal Your Life' ® Teacher & Workshop Leader
- * Certified Assertiveness Coach Hay House



Reiki Attunements

Unlike other healing arts, Reiki is passed from master to student during a sacred ceremony where the reiki attunement is given.

This connects the student to the universal life force energy allowing them to become a channel for the energy.

Once this has been completed the person being attuned is connected to this source for the rest of their lives.

While you can read about reiki and view the different symbols and hand positions on line, until you have had an attunement from a Reiki master these will remain inactive.

What is Involved for Each Reiki Attunement?

In a Reiki level 2 attunement, students are attuned to three different symbols, each representing a different aspect of reiki energy:

- Power Symbol – Cho Ku Rei
- Mental & Emotional Symbol – Si He Ki
- Distance Healing Symbol – Hon Sha Ze Sho Nen

Each student receives attunements to these 3 symbols x four separate times, and with each repetition the connection deepens.

The attunements for reiki level 2 and master practitioner are similar but involve different symbols, each with a different significance to opening your energetic pathways.

Master Practitioner Attunement:

- Master Symbol – Dai Ko Myo Intense Power

Each attunement raises the students own energy vibration therefore it is necessary to be fully prepared both before and after the ceremony while the change in energy is being fully integrated.



What Does It Feel Like to Receive an Attunement?

Receiving a Reiki attunement is both a powerful and very spiritual experience which involves connecting and opening your energetic pathways by a Reiki master. This energetic opening allows the reiki energy to flow freely through your body to balance and benefit your health as well as the health of others.

Each attunement is personal but students often report that they feel a lightening of their body and tingling from their head to their toes as the reiki energy pathways are connected.

The opening of an attunement can enhance other energetic healing and channelling pathways and students often report that following an attunement they have increased intuition which can activate other innate psychic gifts and awareness.

How Do You Prepare for an Attunement?

Preparing for your Reiki attunement depends on your own personal spiritual practice and for best results a three-day detox prior to the ceremony is recommended.

Opening an energetic pathway is a sacred act that deserves careful planning and respect. If you don't already meditate you may wish to spend some time thinking about your journey and path ahead to deepen the overall effects and maximise its transformative power.

During the detox avoid eating red meat and processed food. Cut out caffeine and sugar as well as tobacco and alcohol. Spend some time alone reading, listening to music and journaling your thoughts. Make a conscious effort to release any negative emotions, such as worry, fear or anger.

All of these preparations can support you as you prepare for spiritual transformation and will encourage the attunement to have profound, long-term positive impacts upon your life and wellbeing.



The 21-Day Clearing (Also known as the Healing Crisis)

Following each attunement you will go through a 21 day clearing cycle which is an energetic detox that affects the physical, mental, emotional, and spiritual body.

The attunement process removes blocks and stagnant energy from each of the seven chakras. It also opens the chakras allowing you to be more receptive to the energies around you and can be a deeply healing experience for many.

During this 21-day period you may have old experiences and emotions come forward as well as some of the following symptoms.

1. Emotional release (i.e., laughter, crying, anger etc.)
2. Mood swings
3. Irritability
4. Fatigue
5. Tiredness
6. Headaches
7. Vivid dreams
8. Restless sleep or change in sleep patterns
9. Heightened senses
10. Change in sex drive

Allow the process to unfold for you without judgement. Each person experience's what is needed to elevate their own awareness.

It is important to nurture and treat yourself gently during this time so really focus on self-care.

Some people can find this is a very emotional time as the body integrates the new energy while releasing some of the old stuck emotions but this is perfectly normal. The symptoms slowly diminish after the 21 days.



Self-care suggestions:

1. Perform a daily meditation followed by Reiki self-healing treatment.
2. Drink plenty of filtered water.
3. Give yourself a self-care treatment every week. For example, a salt bath with your favourite essential oils. Add flower petals and/or crystals to your bath water to make it extra soothing.
4. Treat yourself to a massage
5. Spend some time alone at the beach or in nature
6. Engage in relaxing activities with people you love
7. Go on a silent walking meditation for 15 minutes or more
8. Journal your thoughts each day
9. Chant, sing or listen to inspiring music
10. Dance or exercise (get your body moving to shift the energy)
11. Eat healthy nutritious food
12. Buy yourself some flowers

What you should avoid during 21-day cleanse:

- Drugs
- Alcohol
- Excessive caffeine
- High sugar and salty foods
- Negative situations
- Any energy drains
- Horror films
- Doing too much/over committing

Does an Attunement Need to be Renewed?

Once you have been attuned to reiki, the reiki energy will flow through you for the rest of your life. Your ability to channel energy remains with you at all times.

However, as you progress through the different levels of Reiki further attunements are given which increases the energy flow as well as raises your own vibration.

You will go through the clearing process after each attunement to allow your body to integrate the new energetic frequencies.



Reiki Training Courses

Reiki First Degree Level 1

All Courses have been verified against the National Occupational Standards for Reiki and the Core Curriculum of the Reiki Council and are included in the UK Reiki Federation's Directory of Approved Courses.

Course Outline:

Reiki Level 1 provides you with the foundation and introduction to the wonderful world of Reiki Healing and marks the start of your own beautiful healing journey. Once you have been attuned you will be forever connected to the universal life force energy, opening you up to deep spiritual and personal growth.

Following successful completion of this training you will be able to perform healing on yourself and others so that you can continue to develop your skills and Reiki experience. You will not be permitted to practise professionally until you have successfully completed Level 2.

Included in your fee:

- Your own amethyst healing crystal
- All course writing materials and handouts
- A comprehensive manual covering all course modules
- A beautiful framed Reiki certificate
- Reiki Lineage certificate
- Spiritual protection spray
- Access to monthly Reiki shares for ongoing support and guidance
- Refreshments, fruit and vegan snacks throughout the day

Course Content:

- Welcome, brief overview of the day and introductions
- Opening your sacred space meditation
- Your expectations and Reiki journey so far
- History of Reiki, Mikao Usui and the Reiki Lineage
- What is Reiki energy?
- Benefits and uses of Reiki, contra-indications & usage with other therapies



- Explanation of the 4 attunements and the significance of your healing crystal
- 21 Day Clearing Process
- The Reiki attunement with time to reflect from your own personal experience
- Explanation of Chakras, their location and their function
- Cleansing and grounding your energy
- Ethical principles of Reiki
- Reflection, question and answer session
- Kanji Hand Positions for self-healing
- How to prepare yourself and hold a sacred healing space
- Other uses for Reiki, healing pets, plants, blessing food and drinks
- Practical demonstration of a Reiki treatment
- Hand positions for treating others (theory)
- Byosen Reikan Ho Scanning
- Progression through the Reiki system & further reading
- Presentation of first-degree certificate
- Crystal seeds, dedicating and planting
- Closing blessing

Students per class:

Class sizes are limited to a maximum number of 4 students to ensure personalised and individual support throughout.

Course Dates:

Please contact me for available locations and dates

Fee: £150

****All courses must be paid in full upon booking in order to secure your space****



Reiki Level 2: Second Degree

All Courses have been verified against the National Occupational Standards for Reiki and the Core Curriculum of the Reiki Council and are included in the UK Reiki Federation's Directory of Approved Courses.

Course Outline:

Reiki Level 2 provides students with an initiation to three powerful healing symbols which will deepen your experience with Reiki energy. You will receive a powerful attunement which brings with it an intense healing energy, raising your vibration and spiritual development, enhancing your healing gifts. You will learn how to send distance healing.

This is a beautiful time of exploring deeper dimensions of healing and learning to trust your intuition as you continue to travel down this sacred path. Following successful completion of this workshop you can practise professionally as a Reiki practitioner once you are insured.

Included in your fee:

- All course writing materials and handouts
- A comprehensive manual covering all course modules
- A beautiful framed Reiki certificate
- Reiki Lineage certificate
- Access to monthly Reiki shares for ongoing support and guidance
- Refreshments, fruit and vegan snacks throughout the day

Course Content:

- Welcome and refreshments
- Opening your sacred space meditation and prayer
- Recap and discussion of Reiki 1 workshop
- Review and discussion of 3 client case studies
- Reiki Level 2 Attunement given
- Introduction to the Reiki symbols, ChokuRei, SeiHeKi, HonShaZeShoNen
- Uses of the Power symbol
- The Mental and Emotional Symbol
- Story of the Grace symbol and practical application
- Distance Healing, theory, uses and practical application
- Creating your own healing book



- Preparing your practice, ready for paying clients
- Undertaking a professional client consultation with regards to the NOS
- Using new Symbols with Hand Positions
- Practical assessment and feedback
- Knowing when to refer to another health professional
- 21-day clearing process
- Requirements for progression to Master Practitioner

Students per class:

Class sizes are limited to a maximum number of 4 students to ensure personalised and individual support throughout.

Course Dates:

Please contact me for available locations and dates

Fee: £175

****All courses must be paid in full upon booking in order to secure your space****



Reiki Level 3: Master Practitioner

All Courses have been verified against the National Occupational Standards for Reiki and the Core Curriculum of the Reiki Council and are included in the UK Reiki Federation's Directory of Approved Courses.

Course Outline:

The Master Practitioner Course is the first stage towards becoming a Reiki Master Teacher. This is a powerful and life changing process, expanding your consciousness and intensity and healing power of Reiki.

The Reiki Master Attunement will fully open up your energy system causing a significant increase in the flow of healing energy through you.

This increases the effectiveness of your treatments as well as significantly enhancing your personal and spiritual growth. You will be initiated with a master healing symbol during this training.

This course is for students fully committed to Reiki and those living the Reiki principles in their daily lives. At this level you no longer just practise Reiki, you become Reiki. To become a Reiki Master means becoming an ambassador for Reiki and should be viewed in this light.

Completing Level 1 & 2 is a prerequisite for this course as well as a minimum of 6 months practice from level 2. To progress to Reiki Master Teacher students must complete the Master Teacher Training.

Included in your fee:

- All course writing materials and handouts
- A comprehensive manual covering all course modules
- A beautiful framed Reiki certificate
- Reiki Lineage certificate
- Access to monthly Reiki shares for ongoing support and guidance
- Refreshments, fruit and vegan snacks throughout the day

Course Content:

- Welcome and refreshments
- Opening your sacred space meditation and prayer
- Recap and discussion of Reiki 1st and 2nd degrees



- Recap of the Grace symbol exclusive to the Usui lineage
- Review and discussion of written assignment; Living the Reiki Principles
- Reiki Advanced Attunement given 'The attunement of commitment'
- Personal reflection following attunement
- Uses of the Master Symbol in healing and daily life
- The ancient Antahkarana symbol
- Creating a powerful healing grid with the use of Crystals
- Reiki meditation and empowering goals – practical exercise
- The Hui Yin and kidney breathing practical exercise
- Circuit of Ki
- The Healing attunement
- The miracle of continuous Reiki
- Facilitating Reiki Shares
- Progression to Master Teacher
- Final blessing and close

Students per class:

Class sizes are limited to a maximum number of 4 students to ensure personalised and individual support throughout.

Course Dates:

Fee: £250

Please contact me for available locations and dates

****All courses must be paid in full upon booking in order to secure your space****



Reiki Level 4 - Master Teacher Level

These courses have been verified against the current National Occupational Standards for Reiki and the Core Curriculum of the Reiki Council and is included in the UK Reiki Federation's Directory of Approved Courses.

Course Background:

Reiki Level 4 is the highest level of Reiki which carries a high degree of personal integrity and responsibility as you pass this beautiful gift on to other Reiki students. You will be fully trained in teaching Reiki and attuning your students to Reiki Levels 1, 2, 3 and 4.

Before progressing to this path you must be fully committed to the sacred teachings of Reiki and living a kind, compassionate and loving way of live, embodied in the Reiki principles as you continue to develop your own spirituality.

The teacher training is intense and requires a high level of commitment. All trainee teachers will be personally mentored and supported for a minimum period of 18 months.

By the end of this training, you will be fully competent in teaching Usui Reiki.

**** All Reiki Teacher Training is on a 1:1 basis.**

Included in your fee:

- All course writing materials and handouts
- A comprehensive manual covering all course modules
- A beautiful framed Reiki Teachers Certificate
- Reiki Lineage certificate
- 18 months personal mentorship, support and supervision
- Co-facilitation/leading on monthly Reiki shares
- All resources, materials, manuals and templates for your own training practice
- Refreshments, fruit and vegan snacks throughout the day



Course Content:

- Welcome and refreshments
- Opening your sacred space meditation and prayer
- Recap and discussion of Reiki 1st 2nd and 3rd degrees
- Introduction to the ancient Tibetan symbols & how to apply these
- Deep meditation to connect to your own Reiki Guide
- The Reiki Teacher attunement is given
- Personal reflection and journal time
- How to give a Reiki Healing Attunement
- Practical demonstration of all levels of Reiki attunements
- Attunement assessments
- Advanced healing techniques
- Psychic surgery
- Workshop preparation
- Facilitation skills
- Reiki shares
- Requirements to attend all levels of training as a supervised trainee teacher
- How to market your Reiki practice
- Professional codes of conduct and registration
- Insuring your practice
- Certification as a Reiki Master Teacher
- Closing meditation, blessing and prayer

Course Duration:

This is an intensive training course which includes a minimum of 4 days of teacher training plus 18 months of personal mentorship.

** Student teachers are required to co-deliver a minimum of 1 course for each level of Reiki training under supervision, plus one as lead facilitator before being signed off as competent

Teaching Dates

Please contact me to arrange a bespoke schedule

Fee: £750



Karuna Reiki®

Master Certification Training

What is Karuna Reiki®

Karuna is a Sanskrit word which means compassionate action, to reduce the suffering of others. Karuna Reiki® is a higher frequency of energy healing that was developed by William Lee Rand and his teachers at the International Centre for Reiki Training. (I.C.R.T.)

This training is suitable for existing Usui/Tibetan Reiki Master Teachers who would like to channel higher frequencies in their healing practice & pass on the teachings as a Karuna Reiki® Master. You must already be a Usui/Tibetan Reiki Teacher to undertake this training.

Students who have completed Level 3 Advanced Reiki Training (ART Master Practitioner) are eligible and approved by the ICRT to complete the Karuna Reiki® Practitioner level training.

Karuna Reiki® Practitioner 1 & 2

Karuna is a Sanskrit word which means compassionate action, to reduce the suffering of others. Karuna Reiki® is a higher frequency of energy healing that was developed by William Lee Rand and his teachers at the International Centre for Reiki Training. (I.C.R.T.)

Whereas traditional Usui Reiki focuses on rebalancing the physical body, Karuna Reiki® is specific in treating deep emotional and psychological issues, such as Karmic and past life issues, healing the shadow self, all forms of abuse and PTSD, addictions, co-dependence, anxiety and insomnia.

It can facilitate deep healing by grounding, giving clients a sense of inner peace and emotional balance, help in manifesting goals, improving communication, learning and creativity and is a wonderful healing energy. This training is delivered over two days.



A prerequisite of this course is that students have already reached Level 3 in Advanced Usui Reiki Training (ART) and are able to verify their training was classroom based.

Included in your fee:

- All course writing materials and handouts
- A comprehensive manual covering all course modules
- A beautiful framed Karuna Reiki® Practitioner Certificate
- Reiki Lineage certificate
- 18 months personal mentorship, support and supervision
- Co-facilitation/leading on monthly Reiki shares
- All resources, materials, manuals and templates for your own training practice
- Refreshments, fruit and vegan snacks throughout the day

Course Content:

- Opening Meditation and Prayer
- ICRT Purpose and Philosophy
- Kuan Yin and Karuna Reiki
- Origins of the system of Karuna Reiki
- Avalokiteshvara and Spiritual Guidance
- Healing the Shadow Self Meditation
- Preparing to give a Karuna Reiki Treatment
- Karuna Reiki® 1 Symbols (x 4 day 1)
- Karuna Reiki® 2 Symbols (x 4 day 2)
- Two Practitioner attunements
- Symbol Practice and Test
- Chanting and Toning
- ICRT Code of Ethics
- CPD and further practice
- Receive Karuna Reiki® Practitioner Certification
- Guidance for registration with the ICRT

Students per class:

Class sizes are limited to a maximum number of 4 students to ensure personalised and individual support throughout.



Course Dates:

Please contact me for available locations and dates

Fee: £295

****All courses must be paid in full upon booking in order to secure your space**



Karuna Reiki® Master Certification Course

Included in your fee for this 2-day programme:

- All course writing materials and handouts
- A comprehensive manual covering all course modules
- A beautiful framed Reiki® Teachers Certificate
- 12 months personal mentorship, support and supervision
- Co-facilitation/leading on monthly Reiki shares
- Guidance for registration with ICRT
- Refreshments, fruit and vegan snacks throughout the day

Course Content:

- Opening Meditation and Prayer
- ICRT Purpose and Philosophy
- Kuan Yin and Karuna Reiki
- Origins of the system of Karuna Reiki
- Avalokiteshvara and Spiritual Guidance
- Healing the Shadow Self Meditation
- The Karuna Symbols and their activation
- The Hui Yin and Violet Breath
- Two Practitioner attunements are received
- Two Master attunements are received
- Four Master Symbols
- Eight Treatment Symbols
- Symbol Practice and Test
- Teacher Preparation in attunements
- Practical Observation
- Chanting and Toning
- ICRT Code of Ethics
- Minimum Teaching Requirements
- CPD and further practice
- Receive Karuna Reiki® Master Certification
- Receive Karuna Reiki® Master Manual
- Guidance for registration with the ICRT

Following successful completion of this training you will be able to teach all levels of Karuna Reiki®.



Students per class:

For the Master class teaching is completed on a 1:1 basis.

Course Dates:

Please contact me for available locations and dates

Fee: £495

****All courses must be paid in full upon booking in order to secure your space****



Other Courses and Workshops

Animal Reiki Practitioner

Due to the non-invasive and natural approach, Animal Reiki is fast becoming an increasingly popular choice of treatment for many pet lovers and their pets.

Animals are intuitive by nature and very receptive to energy and this therapy is very well received by our pets. It can really help with anxiety and other behavioural issues as well balancing their physical, mental and energetic levels as with humans.

This is a fun one day workshop which will teach you everything you need to know to begin offering Animal Reiki in your own practice.

A prerequisite of this course is that students have already reached Level 2 in Usui Reiki.

Included in your fee:

- All course writing materials and handouts
- A comprehensive manual covering all course modules
- A beautiful framed Animal Reiki Practitioner Certificate
- Refreshments, fruit and vegan snacks throughout the day

Course Content:

- Welcome and Introductions
- Opening Meditation and Prayer
- Course Overview and Learning Objectives
- Using Reiki on Animals
- Reiki Symbols
- Creating your Mental Reiki Room
- Distance Reiki
- Animal Chakras
- Animal Meditation
- Preparing for an Animal Reiki Session



- Conducting a Session
- Working with Different Animals
- Animals and their Guardians
- Pets and Palliative Care
- Quiz
- Recap of Learning Objectives
- Close

Following successful completion of this training you will be able to offer animal Reiki treatments both in person and via distance healing in your Reiki practice.

Students per class:

Class sizes are limited to a maximum number of 4 students to ensure personalised and individual support throughout.

Course Dates:

Fee: £195

Please contact me for available locations and dates

****All courses must be paid in full upon booking in order to secure your space**



Crystal Reiki Practitioner

Are you ready to add another dimension to your healing practice? The Crystal Reiki Practitioner two-day course is a relatively new form of training which combines crystal healing with Reiki.

Adding crystal therapy to your Reiki treatments amplifies the healing energy further and gives such a beautiful and uplifting aspect to your treatments that your clients will love.

This course combines the scientific and technical aspects of Crystal Reiki with the metaphysical side of this therapy.

A prerequisite of this course is that students have already reached Level 2 in Usui Reiki.

Included in your fee:

- All course writing materials and handouts
- A comprehensive manual covering all course modules
- A beautiful framed Crystal Reiki Practitioner Certificate
- Refreshments, fruit and vegan snacks throughout the day

Course Content:

- Welcome and Introductions
- Opening Meditation and Prayer
- Crystal Reiki and how it works
- History of Crystals in Healing
- Benefits of Crystal Reiki
- Structures of Crystals
- Selection, Cleansing and Storing
- Charging and Programming Your Crystals
- Ethics, Diagnosing and Prescribing
- Crystal Reiki and the Reiki Principles
- Crystal Reiki Treatments
- Crystal Reiki Symbols
- Creating a Crystal Reiki Healing Grid
- Crystal Reiki Attunement
- Reflection following attunement



- Using Crystals to Balance the Chakras
- Using Crystals in the Home
- Using Crystals with Pets
- Practical Observations and Feedback
- Recap of learning objectives
- Certification
- Closing Ceremony

Students per class:

Class sizes are limited to a maximum number of 4 students to ensure personalised and individual support throughout.

Course Dates:

Fee: £250

Please contact me for available locations and dates

****All courses must be paid in full upon booking in order to secure your space****



Your Next Step

You've seen what **North East Reiki Academy** is all about. If you are ready to begin your journey, simply get in touch.

(e) hello@kambonortheast.com

(m) 07780 809 193

I look forward to seeing you soon.

Much Love,

Lola xx

Reiki Master and Teacher

