

# REIKI course level 1A - Self Healing (MAITRI)

## Usui LoJong Reiki

### - an exciting new innovation

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After more than two decades teaching Usui Reiki around the world, I decided it was time to add thought transformation to Reiki in order to give students more skills for difficult times....hence the new mental-physical practice, Usui LoJong (LoJong means thought transformation from negative to positive).

From my personal experience of Buddha's teachings and doing my best to implement them into daily life, and my practice of Reiki, I have divided Reiki into self healing—meaning place all your attention on your body-mind and start healing oneself—and then when the student is ready to help others, they are ready for the next stage, Reiki for healing others.

- Gen Namgyel-la

(Buddhism & Reiki Teacher of Earth Healer Founder Szeman)



Reiki is usually described as Universal Life Force or Spiritual Energy. By learning the system of Reiki, you develop the ability to use this energy for your own healing. It is a natural hands-on healing method, which can incorporate visualisation techniques as well - it is simple, yet profound. Anyone can learn Reiki. Once you have learnt it, you can practice it always and be supported throughout life, at any time.

Reiki helps rebalance and recharge a person's energy and promotes healing on the physical, emotional and mental levels. Usually people experience benefits from Reiki such as stress reduction, emotional release, a sense of inner peace, pain relief and decrease of symptoms from health conditions, increased energy, improved concentration, to name a few.

Sometimes it is said that the body is the vessel of the mind, so we recognise the importance of healing the body and, by also applying thought transformation which is part of Usui LoJong Reiki, you can support your potential to manifest in the most positive ways. As Reiki becomes your ally in your daily life and as you open your heart to compassion, you can develop a deeper and healthier connection to your true essence and to others' - a wonderful way to help yourself and others.

# A Reiki course suitable for beginners.

The workshop includes a manual and a certificate. During this workshop you will be given the Reiki attunement and the Reiki Teacher will give you essential information necessary for giving treatments to Yourself.

Date & Time:

30 March 2025 (Sunday) 13:00- 18:00

1 April 2025 (Tuesday) 19:00 - 21:00

Venue: Co-practising Space

## About Teachers

Both Reiki teacher Gen Namgyel-la and Szeman are with a strong Buddhism background, in particular Gen Namgyel-la became Tibetan Buddhist Monk for 30 years and is the Buddhism & Reiki teacher of Szeman. With the practice of Reiki, they want to help and benefit others. Our Reiki lineage traces back to Mikao Usui, who initially developed the system for the healing art of Reiki.



Gen Namgyel-la



Sze Man Natalie

## About Reiki

"Reiki is a form of therapy that uses simple hands-on and visualisation techniques, with the goal of improving the flow of life energy in a person. Reiki (pronounced ray-key) means "universal life energy" in Japanese, and Reiki practitioners are trained to detect and alleviate problems of energy flow on the physical, emotional, and spiritual level. Reiki touch therapy is used in much the same way to achieve similar effects that traditional massage therapy is used—to relieve stress and pain, and to improve the symptoms of various health conditions." (Free Medical Dictionary)

Purpose of Reiki: "Reiki claims to provide many of the same benefits as traditional massage therapy, such as reducing stress, stimulating the immune system, increasing energy, and relieving the pain and symptoms of health conditions. Practitioners have reported success in helping patients with acute and chronic illnesses, from asthma and arthritis to trauma and recovery from surgery. Reiki is a gentle and safe technique, and has been used successfully in some hospitals. It has been found to be very calming and reassuring for those suffering from severe or fatal conditions. Reiki can be used by doctors, nurses, psychologists and other health professionals to bring touch and deeper caring into their healing practices." (Free Medical Dictionary)