



Council *of*
Spirituality

Reiki Training

2 Day Courses

Reiki | Level I Training

Two-Day Foundational Certification:

Reiki I is your introduction to working consciously with life-force energy — for self-healing first, and then for supporting others.

This two-day immersion is designed for those ready to deepen their intuition, regulate their nervous system, and develop practical healing skills grounded in both tradition and integrity.

Whether you are navigating stress, emotional overwhelm, trauma recovery, or simply feel called to expand your awareness, Reiki offers a gentle yet powerful pathway.



What is Reiki?

Reiki translates to Universal Life Force Energy — the intelligent current that animates all living systems.

What Makes This Training Different:

While rooted in the traditional Usui Reiki method, this is not a surface-level certification.

With three decades of experience in counselling, mentoring, yoga therapy, and energy work, I teach Reiki through a trauma-informed, multidimensional lens, blending science, nervous system regulation, and spirituality.

You will learn how to work with energy safely, ethically, and embodied.



Over Two Days You Will:

- Receive four Reiki I attunements
- Learn the history and principles of Usui Reiki
- Understand the human energy field and chakra system
- Practice Reiki hand positions for self-healing and treating others
- Learn ethical and trauma-informed foundations for safe practice
- Understand the 21-day integration process



Reiki | Level I Training

Course Format:

- Two consecutive days
- 10:00am – 2:00pm
- Light vegetarian lunch and refreshments provided
- Full attendance required for certification

What to Bring:

- Comfortable clothing suitable for movement & relaxation
- Yoga mat
- Bolster or cushion
- Eye pillow
- Notebook and pen
- Water bottle
- An open mind and heart

You Will Leave With:

- A comprehensive Reiki I workbook
- The confidence to offer Reiki to family and friends
- A self-healing practice you can use daily
- Reiki Level I Certificate of Completion

Investment: \$399

Location: TBC

(Perth Western Suburbs)

Bookings:



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Reiki | Level II Training

Two-Day Sacred Practitioner Immersion:

Prerequisite: Proof of Completion of Reiki Level I

Reiki II is where devotion deepens.

If Level I awakened your connection to life-force energy, Level II refines it – strengthening your intuition, expanding your energetic capacity, and anchoring your ability to work consciously across time, space, and intention.

This is both a sacred initiation and a practical elevation.

You do not need to want to become a professional Reiki Practitioner to complete Reiki II. Many students undertake this level purely for personal expansion, spiritual development, and deeper self-healing.

However, for those who feel called to offer Reiki publicly, this training lays strong ethical and professional foundations.

What is Reiki?

Reiki translates to Universal Life Force Energy – the intelligent current that animates all living systems.

At Level II, you are introduced to the sacred symbols that refine and focus this energy. Your relationship with Reiki becomes more intentional, more precise, and more embodied.

A Bespoke, Integrated Training:

While rooted in the traditional Usui Reiki lineage, this training goes beyond technique.

With three decades of experience across counselling, mentoring, yoga therapy, and energy medicine, I teach Reiki through a trauma-informed, multidimensional lens grounded in both science and spirituality.

As a Registered Counsellor, Mentor, Yoga Teacher, and Reiki Master, I weave together:

- Nervous system regulation
- Ethical energetic practice
- Psychological safety
- Intuitive development
- Real-world application

You will learn how to hold space responsibly and safely – for yourself first, and for others if you choose.

This is sacred work. And it is grounded work.

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Reiki | Level II Training

Over Two Days You Will Learn:

- Introduction to the sacred Reiki symbols
- How to activate and work with the symbols intuitively
- Distance healing across time and space
- Strengthening intuitive perception
- Energetic boundaries and ethical considerations
- Foundations of professional Reiki practice (for those called to it)
- How to structure and hold sessions safely
- What to expect during the 21-day integration period

You Will Receive:

- Reiki II Attunement
- Activation to the sacred Reiki symbols
- Supervised hands-on practice
- A comprehensive Reiki II workbook
- Practitioner guidance (if desired)
- Reiki Level II Certificate of Completion

Course Format:

- Two consecutive days
- 10:00am – 2:00pm
- Light vegetarian lunch and refreshments provided
- Full attendance required for certification

Integration:

Following Reiki II, you will enter a 21-day integration period.

This is where the symbols settle into your system, not just intellectually, but somatically and energetically. You will receive guidance to navigate this time with steadiness and awareness.

Reiki II is an expansion.

For some, it is a pathway toward professional practice. For others, it is a deeper remembering of who they already are. Both are welcome here.

Investment: \$399

Location: TBC

(Perth Western Suburbs)

Bookings:



What to Bring:

- Comfortable clothing suitable for movement & relaxation
- Yoga mat
- Bolster or cushion
- Eye pillow
- Notebook and pen
- Water bottle
- An open mind and heart

Reiki | Level III Training



Two-Day Mastery & Initiation Immersion:

Prerequisite: Proof of Completion of Reiki Level I & II

Reiki Master Training is not simply the next level. It is a threshold.

This is where practice becomes leadership. Where energy work becomes embodied responsibility. Where devotion becomes mastery.

Reiki III is for those who feel called to deepen their attunement, refine their energetic authority, and step into the role of teacher, space-holder, and lineage carrier — whether publicly or within private community.

You do not need to want a large public practice to undertake Master training. However, you must feel the call to honour this work at a deeper level.

What Changes at Master Level?

At this stage, Reiki is no longer something you “do.” It becomes something you are. You will be introduced to the Master Symbol, a refinement of energetic frequency that strengthens clarity, amplification, and spiritual alignment.

This training expands beyond technique into:

- Energetic leadership
- Attunement transmission
- Ethical authority
- Nervous system stability at higher energetic frequencies
- Conscious stewardship of lineage

A Bespoke, Integrated Master Training:

Rooted in the traditional Usui Reiki lineage, this Master Training is enriched through a multidimensional lens grounded in science, nervous system regulation, trauma awareness, and spiritual depth. With three decades of experience across counselling, mentoring, yoga therapy, and energy medicine, I bring an integrated framework that supports:

- Energetic precision
- Psychological safety
- Embodied leadership
- Professional ethics
- Sustainable practice

We explore deeper layers of what is often referred to as quantum healing — understanding how intention, coherence, biofield interaction, and regulated presence influence healing outcomes. Rather than bypassing science, we integrate it.

You will learn how frequency, belief, nervous system state, and consciousness intersect within Reiki transmission — and how to hold that responsibly.

Reiki | Level III Training

Over Two Days You Will Learn:

- The Reiki Master Symbol and its activation
- Advanced energetic refinement
- How to teach Reiki I & II
- How to offer Reiki attunements safely and ethically
- Structuring Reiki trainings
- Holding group energetic containers
- Business ethics and values in healing work
- Professional standards and boundaries
- Expanded exploration of distance healing and energetic coherence
- The somatic and energetic integration process following Master attunement

You Will Receive:

- Reiki Master Attunement
- Activation of the Master Symbol
- A comprehensive Reiki III workbook
- Practical training in the attunement process
- Teaching frameworks and ethical guidelines
- Guidance on building or refining a professional Reiki offering (if desired)
- Reiki Level III – Master Certificate

Course Format:

- Two consecutive days
- 10:00am – 2:00pm
- Intimate group setting to ensure depth, safety, and personalised guidance
- Light vegetarian lunch and refreshments provided
- Full attendance required for certification

Integration:

Master attunement initiates a powerful recalibration. The following 21-day integration period is one of refinement physically, emotionally, and energetically. Guidance will be provided to support this transition with steadiness, maturity, and embodied leadership.

Reiki Master training is a commitment.

Not to status. Not to hierarchy.

But to integrity, depth, and conscious transmission.

If you feel the call to step into mastery within yourself first, and potentially for others, this is your next threshold.

Investment: \$499

Location: TBC

(Perth Western Suburbs)

Bookings:



What to Bring:

- Comfortable clothing suitable for movement & relaxation
- Yoga mat
- Bolster or cushion
- Eye pillow
- Notebook and pen
- Water bottle
- An open mind and heart