

## Receiving Reiki

Receiving hands-on Reiki is a relaxing experience. The receiver, while fully clothed, lies on a padded table (although one can sit in a chair), as the practitioner gently places his or her hands in prescribed positions on the recipient's body. The person receiving Reiki naturally draws this energy into their body and it flows to wherever they need it most. This flow is often felt as heat, cooling, tingling or pulsating.



*Photo by Hugh Wesley  
U.C. Observer*

### Benefits

Reiki is beneficial for people undergoing physical, emotional and/or spiritual challenges. It is effective for stress reduction, relaxation and rejuvenation, the relief of aches and pains and inflammation. It promotes healing from illness, injuries and surgeries, and strengthens the immune system.

### Disclaimer

Reiki is not a substitute for medical or psychological diagnosis or treatment. It complements and may enhance these treatments.

## St. James United Church

Our vision is to be a Spirit-filled, connected, transformational church that is committed to the well-being of all. We are an inclusive and open-minded congregation of The United Church of Canada. We seek to express God's love through compassion, justice and service.

We began our wellness ministry in January 1995 and opened the "St. James Well-Being Place" in 2003. It is located in the heart of the church and overlooks a tranquil garden. A variety of healing practices, in addition to Reiki, find their home here.

### Cost

Reiki is offered by trained volunteers daytimes and evenings by appointment. There is no fee, although donations are welcomed to sustain and enhance our wellness ministry. Charitable tax receipts are issued for donations of \$10 or more.



## REIKI Usui System of Natural Healing



*"A place to receive Reiki and  
learn to heal yourself and others."*

### St. James United Church "Well-Being Place"

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## *What Is Reiki?*

**Reiki** is an ancient, natural, holistic and spiritual approach to healing. The word "Reiki" comes from the Japanese word "rei" meaning "universal" and "ki" meaning "life energy". This spiritually guided Universal Life Energy can be drawn into oneself or another through the laying-on-of-hands or at a distance using a photograph. Reiki is an easy and effective way to activate our own and others' inherent healing power to restore body, mind and spirit to a sense of wholeness and balance.

Reiki is deeply spiritual, although it is not affiliated with any religious philosophy or New Age Movement. Reiki is a gentle, loving, spiritually nurturing approach that anyone can experience.



**Dr. Mikao Usui**, a Japanese Christian, rediscovered Reiki after years of searching and studying the healing ministries of the Great Masters, including Jesus and Buddha.

## *Reiki Training*

**Reiki Level I** is hands-on Reiki and can be learned by anyone. Over a weekend students are introduced to the history and nature of Reiki, and are taught the hand positions to Reiki oneself and others. You'll gain an understanding of why some people don't heal and the connection between physical symptoms and the underlying cause. Students receive 4 fine tunings to awaken this healing frequency within. The cost is \$150.

**Reiki Level II** is distant Reiki which translates the Reiki frequency into words and enables healing on oneself or others by using a photograph. Students will receive two more fine tunings and deepen their awareness of the healing journey. Permission from the instructor is required. The cost is \$350.

**Reiki Master** is for people called to teach and fine tune others. It requires a level of intimacy with your own Source of Inspiration, commitment to Reiki and the service of others, and a demonstrated capacity to sustain the Reiki frequency. After you have achieved the above qualities of mastery you will be initiated as a Reiki Master and be taught how to fine tune others.

## *Reiki Instructor*

**Coral Prebble** is an experienced Reiki Master who began her training in 1994 under world-renowned Reiki Masters Denise and John Crundall of Australia. She initiated the well-being ministry of St. James United Church, where you are welcome to receive on-going support and practice. Coral is an ordained minister with The United Church of Canada.



**Trained Volunteers** will give you one-on-one support during the training and follow-up sessions. You are also welcome to join our volunteer team to continue receiving and sharing this healing gift.

**Certificates** are issued for all levels of training. These certificates are recognized by the Canadian Reiki Association.

**Refresher Training** in any level you have already taken is encouraged. There is no fee, although we hope you will support a new Reiki student.