

Reiki & Seichem Training

Reiki and Seichem is a powerful system of hands-on healing used by many people all over the world. Reiki, pronounced ray-key, is a Japanese word meaning Universal Life Energy. The system was rediscovered in ancient Sanskrit texts by a Japanese scholar, Mikao Usui, at the end of the 19th century. Reiki was taken to America in the 1940s by Mrs Hawayo Takata, a Japanese American born in Hawaii and has spread through the Western world from America to Europe and beyond.

Seichem, pronounced say-keem, was given to Patrick Ziegler in the Pyramids of Egypt in 1980 and is reputedly one of the healing arts practised in Ancient Egypt. Reiki is one of the four elements of Seichem used in the RASA system.

As Reiki and Seichem have no association with religion, faith, or belief systems it can be received by anyone who is willing to be healed. The healing is energy channelling and can be given in a hands-on treatment. Reiki can also be sent across time and space to people, situations, plants and animals.

You can heal yourself and balance your life, helping other people to do the same.

Attunements

In order to channel these healing energies, you must be attuned to them by a Reiki & Seichem Master. Being attuned to the elemental healing rays accelerates your personal and spiritual development. Seichem includes Reiki

Reiki & Seichem Level One

Level One is attunement to the healing energies and taught how to practice on self and others.

Syllabus: History of Reiki; Reiki Principles; Treatment Techniques; Professional Conduct; Working with the Chakras; Guide to Self-Healing

Level One: One-day workshop plus one follow-up practice evening: €150

Reiki & Seichem Level Two

Level Two is to practice with clients and deepens the understanding and experience of Reiki and Seichem. This attunement enables you to channel stronger energy more quickly. You are introduced to the use of symbols and taught how to send healing through time and space.

Syllabus: Using Symbols in healing; Techniques for empowerment; The symbols

Level Two: One-day workshop plus one follow-up practice evening: €200

Reiki & Seichem Level Three

Level Three is Master/Teacher level and this deepens the experience of Reiki and Seichem and you can also attune others. Many experience greater spiritual and psychic awareness as a result.

Syllabus: The Elemental Healing Rays; Reiki / Seichem Breathing; Level 3 Symbols; How to give attunements; Violet Flame Attunement

Level Three: One-day workshop plus one follow-up practice evening: €250

The Healing Rays

Seichem uses four elemental healing rays, including the Reiki ray.

Reiki Ray - earth, is experienced as hot or cold and can benefit physical, mental and emotional health. It forms a base through which the other elemental rays can work.

Sophi-el Ray - water, is felt as a gentle pulsating coolness. It helps to heal deep emotional issues, opens the heart to love and enhances intuitive abilities.

Angelical Ray - air and spirit, it feels like cool gentle breezes and can facilitate mental healing. It establishes a link with the angelic realms.

Sakara Ray - fire, is experienced as an effervescent tingling, like a mild electrical current. It works in the aura, helping to transform blockages. Sakara also repairs the physical body and holds the angelic light for the healer.

These rays work individually or together, depending on the needs of the recipient.

Reiki & Seichem is a complementary therapy and does not replace the need for medical attention. Reiki & Seichem practitioners do not diagnose medical problems.

For course dates contact Tracy Fitzgerald on 086-2202734 or visit www.relaxfromstress.ie

RASA - Reiki & Seichem Association (UK)

www.reikiseichem.org

The Reiki and Seichem Association represent professional healing practitioners and Master Teacher members throughout the UK and Ireland. All members can trace their lineage back to Usui. RASA Masters conduct attunements on a face-to-face basis only.

RASA (Reiki & Seichem Association) is a system of standardised attunements taught by RASA Masters who can prove their lineage back to Miaki Usui thus ensuring the quality of energy transfer.

Reasons to Learn Reiki & Seichem

- Is natural, safe, complimentary and easy.
- Helps manage anxiety.
- Helps increase inner peacefulness and calm.
- Aids ability to ground and balance.
- Helps increase self-love, confidence and courage
- Amplifies our natural ability to heal physically, mentally and emotionally.
- Improves clarity and creativity.
- Improves connection with our intuition.
- Helps with our personal development.
- Is the "The Art of Inviting Happiness"



Tracy Fitzgerald

Welcome to Relax From Stress Holistic Centre. My name is Tracy Fitzgerald and I am the owner and sole therapist with Relax from Stress Holistic Centre.

I did Reiki & Seichem Level One in May 2012 and Level Two in November 2012. I completed Level Three in June 2018. I have worked with clients since early 2013.

I am also trained in Indian Head Massage, Meditation, Kundalini Yoga, Radiant Child Yoga, Aromatic Kinesiology and Clinical Aromatherapy

I love helping people move from a place where they feel stressed and wired, to a place of calm. In this calm place they are able to find peace, relaxation, physical, mental or emotional pain management, a heart connection, connection with their intuition and many other results. My services are tailored for each person because each person has different needs.



Card Payments
Accepted

Relax From Stress Holistic Centre

Castlebar, Co. Mayo

Reiki & Seichem Training

Reiki and Seichem is a natural system of healing and a powerful tool for self-development.

It is a holistic system and can help us move through blockages that prevent our lives from flowing smoothly.

The energies enhance our natural ability to heal ourselves at all levels.

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