

Journey of Discovery

'Journey of Discovery' is a series of workshops put together by Reiki Master/Teacher and Practitioner, Kaye Halligan. They incorporate the various levels of Reiki plus much more.

Kaye began her own journey of discovery in 1984 and her Reiki journey in 1990. She has been a practitioner in holistic healing for a number of years and is constantly evolving and fine tuning her talents. These workshops are the result of that evolution.

In finding Reiki and being drawn to learning and applying the energy given, you are embracing that part of the Divine which seeks to restore the harmony, the light and the beauty which make us what we truly are. Prepare for a journey of *self* discovery, a personal sojourn to find the truth of all things. Prepare for a journey of *total* discovery – be ready to believe the unbelievable, know the unknowable, see the unseeable and hear the unheard! From now on, life will never be quite the same as it was.

As Reiki not only works well with all other therapies, but actively empowers them, some basic knowledge in other therapies/modalities is also included: Together with the First Degree of Reiki, you will also be introduced to:

- Meditation
- Aromatherapy
- Smudging
- Chakras
 - What are they?
- Crystals
 - Layouts
 - Properties etc

What is Reiki?

Reiki (pronounced Ray-key), a Japanese word meaning Universal Life-Force Energy, is a system of natural healing involving the laying-on of hands, and is probably thousands of years old. Dr. Mikao Usui rediscovered it late last century. It is a very simple, but powerful healing technique that is easily given and received by anyone.

During these workshops, individuals are 'attuned' to receive the vibration that is Reiki energy and, once activated, have the ability to radiate this gentle, nurturing energy from their hands to treat both themselves and others. This 'attunement' lasts a lifetime.

As the flow of Reiki energy begins to be used, refining of one's self takes place, thus creating change, dispelling negative beliefs and attitudes and promoting a greater feeling of well being. Reiki is truly the most important energy for Man's future progression into the new millennium and the transformation of the world's energy.

Once attuned to the Reiki energy, you have the ability to transfer the healing energy not only to others, but also to yourself, animals and plants/trees. In fact, *any* living thing can and will benefit from exposure to Reiki energy.

You can 'learn' Reiki at any age.

*You cannot discover new oceans
Until you have courage to leave the shore!*

Continuing the Journey

As you progress along the path, inevitably you will want to continue your *Journey of Discovery*. Journey of Discovery II is a workshop incorporating Second Degree Reiki plus additional therapies/modalities:

- Goals/Affirmations
- Sound Therapy
- Basic Kinesiology
- Distant Healing

Certification

A certificate for the completion of the appropriate Reiki degree will be issued at the completion of each workshop. Each workshop comes with its own extensive manual.

Costs, Times & Venue

Both workshops are held over a weekend – from 9.30am to 5.00pm both days. Please arrive on Saturday prior to 9.15 am for registration.

Journey of Discovery I (incorporating Reiki I certificate) - \$195
Journey of Discovery II (incorporating Reiki II certificate) - \$235

Please bring: Notepaper and pen, water, pillow, a light rug or blanket, a pair of socks. Either bring lunch, or food can be purchased locally.

Venue: Coastal Wellbeing Centre,
9 First Avenue, Maroochydore Q

Date: Please contact us for details of the next 'Journey of Discovery' workshops.