

Precision Reiki

Align to your higher purpose and experience these powerful new healing energies



Learn simple hands-on healing techniques to add focus, clarity & depth to your treatments

A powerful unique way of directing Reiki Energy

Open to all; either as an introduction to a simple form of Reiki, or as additional precise techniques for those already practising Reiki.

Precision Reiki works by identifying precise points on the body which relate to the various body systems and, like a laser beam, the energy is directed exactly to where it is needed.

Precision Reiki can help to identify energy blockages within our physical body which can also be a manifestation of 'stuckness' in other areas of our lives. By identifying and releasing these restrictions, balance can be re-activated and our lives can flow; in our work, health and wellbeing, relationships and creativity.

Precision Reiki helps empower therapists and individuals with increased awareness of the Mind/Body link and how our physical symptoms can give us insights into the 'bigger picture' of what is happening in our lives and how to activate beneficial changes.

Precision Reiki is also deeply relaxing and can assist in peeling away emotional and physical stress and tension.

Precision Reiki can be used as a tool for self healing and can be integrated into a wide range of other holistic therapies

'Very Powerful' 'Very Inspiring'

'Experience powerful unique ways of using Reiki'



Precision Reiki Training Courses

Precision Reiki Level 1 (One Day)

This introductory level teaches you how to channel energy in a precise way to specific access points on the body; which relate to all the body systems, including the point for DNA access.

You will also gain an understanding of the energetic significance of body points and how they relate to an interaction with our thoughts, feelings, belief systems and wider environment.

Certain points can help in detoxification and clearing processes. Also included are points to clear electromagnetic imbalances, help release emotional blockages and balance the meridians.

- ◆ **How to work by a system of priorities**
- ◆ **How to dowse with a pendulum (if not already known)**
- ◆ **How to locate & access points on the body which relate to various Body Systems**
- ◆ **How to access the DNA point for balancing at a deep cellular level**
- ◆ **How to use simple hands-on healing techniques to bring about energetic balance to these points.**

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- ◆ **How to clear electro-magnetic imbalances**
- ◆ **How to swiftly detox the body & balance the meridians**
- ◆ **How to clear emotional blockages**

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- ◆ **You will gain an appreciation of the meaning of the body points and how our emotions and feelings can relate to a variety of physical symptoms and by dealing with the root cause (often emotional) a physical symptom can be alleviated**
- ◆ **You will also obtain an awareness of our inter-connectedness – to the people we interact with, our physical environment, our nutrition, our thoughts & our expectations about life and how these can be brought into balance for us to achieve our highest potential on all levels.**

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As well as learning new skills, participants can find the day empowers them to make changes & move forward in their lives

£95 per person for 2 or more participants 1-1 training at £125 per person

Precision Reiki Training sessions are led by Reiki Master, Teacher & Practitioner Sally Rosemary, who bases this simple technique on her own Reiki practice and her studies with other Master Healers.

Precision Reiki Training is accredited with the Complementary **Medical** Association & qualifies for CPD

Sally Rosemary Essential Health

01543 433520 E-mail: sally@essentialhealth.co.uk www.essentialhealth.co.uk

Precision Reiki



Experiences of previous course participants

Everything I expected & more! A truly enlightening experience and one I would like to take further.

Debbie F

Very powerful, very inspiring & a lovely day

Chris P

I thoroughly enjoyed the day – a profound healing experience.

Debra

Very professional & interesting – excellent notes & hand outs.

Michael

I don't know what I had really expected but I do know that this has been a very special couple of days.

Susan

Really feel connected to the energy, particularly on the second day. I felt the connection grow & truly felt energised & inspired.

Alison

Calming & Centering, Expansion of Soul, Clarity of Purpose

Karen

Empowering

Laureen

For further information about:

Precision Reiki Treatments & Training

Contact Sally Rosemary 01543 433520 07711 649175

e-mail: sally@esentialhealth.co.uk www.esentialhealth.co.uk