

## CONGRATULATIONS!

By signing up for my Reiki Level II training, you should already have experienced the sense of peace, contentment and serenity that Reiki brings you, and perhaps experienced a spiritual awakening. Now you feel ready to take your practice to a different level and share it with the world.

Your training details are as follows:

**12<sup>th</sup> April 2024 from 10am to 6pm**

**13<sup>th</sup> April 2024 from 10am to 2pm**

**Blackhall Court Yoga**

**250-252 Queensferry Rd, Edinburgh EH4 2BR**

During your training, you will receive a reiki attunement. This will clear your body's energetic pathways, allowing reiki energy to flow through easily and clear any blockages that may be present.

In this level you will be giving symbols which will enhance the practice making it really powerful. To make the most of your initiation, you may also want to have a period of purification beforehand. Your body will thank you for taking cautionary steps before exposing it to the attunement process. If this is something you wish to do, I recommend:

- Eliminating (or reducing) the intake of meat, fowl and fish from your diet for three days prior to the attunement;
- Avoiding alcohol for at least three days before the attunement;
- Consider doing a water or juice fast for one to three days before the course; and
- Avoiding outside stimulation such as TV, radio, computers and newspapers.

Smokers should also take care to smoke as little as possible for the day before the attunement.

If you are on any medication, please continue to take it as prescribed.

It's also important that you get a good night's rest the evening before training. In the morning, if you are not fasting, eat a light, healthy breakfast. You can find out which foods best fuel your chakras [here](#).

A few reminders for the actual day:

- Herbal teas are supplied throughout training, but you will need to bring your own light lunch.
- Wear light-coloured clothes (white is best).
- Please bring a paper and pen for any notes you may need to take.
- Spend some time writing your goals and projects.
- Think of someone you would like to send reiki to on the day and ask them for permission.

Should you have any crystals or precious stones you wish to add to the circle, feel free to bring those with you.

If you have any questions, please do get in touch. If not, I look forward to welcoming you into the world as Reiki Practitioners.

Sending light, love and healing,

Esme x