

PROFILE:

A warm hello to you all. My work is about helping people to become more empowered in their lives and to feel "connected" ... to each other, the community and this wonderful world we live in.

I am a qualified astrologer and Kabbalah teacher and facilitator and I work in a range of energy healing modalities.

HOWEVER ... you are reading this profile because you are interested in REIKI. REIKI!!! I adore the System of Reiki. The spiritual practice and healing benefits of Reiki are, I feel, the cornerstone or foundation upon which other modalities can be built.

Learning REIKI will help you become more centered and balanced. It is a fabulous way to help you form a disciplined spiritual practice. It is easy to learn and easy to incorporate into your everyday life.

I teach traditional Japanese Reiki, and being an historian by profession, I have spent quite some years researching the origins of Usui Reiki. My aim is to teach as closely to the original Japanese teachings as I am able. Deep inner core work. To help you connect to your "Reiki" or "True Self".

I teach both Levels 1 (Shoden) and 2 (Okuden) in small groups from my home in Torquay. You will be surprised how easily you can begin to "Live Reiki". My classes are relaxed, fun and, most importantly perhaps, informative!

I also teach Reiki Master (Shinpiden) courses.

I run monthly Reiki share groups from my home in Torquay and am always available to "talk Reiki" should you have questions.

Be well and prosper ... ASHARNI