

Reiki



Reiki Academy
WITH NIKI BAGGS (RMT)



Reiki is More than just a State of Mind

Are you seeking a path to enhance your well-being, deepen your self-awareness, and strengthen your connection with self, but don't want to learn in a group?

Well you've found the right space!

Like Mikao Usui, the founder of Reiki, I prioritise personalised teaching to support individuals on their through tailored Reiki courses, I provide individualised guidance, ensuring a deep understanding of self and growth without the pressure of group settings.



Mikao Usui

Welcome, I'm Niki Baggs, and I'm honoured that you're here, eager to explore how you can enhance your wellness journey with Reiki.



Niki (RMT)

My journey with Reiki began over 25 years ago, during my time working in a young people's substance misuse service. It was there that I had the privilege of meeting Rita, our volunteer therapist. Initially sceptical, I was soon astounded by the profound healing effects of Reiki first-hand. This experience ignited a spark within me, leading me on a path of exploration and discovery to become a Reiki Master Teacher.

As a teacher, my mission is clear: to empower others to awaken their innate abilities to work with energy and find balance in their physical & emotional being and enhancing connection to their intuitive self.

My practical teaching approach blends traditional wisdom with contemporary insights, guiding & nurturing individuals on a personalised learning experience, with the flexibility to explore the transformative journey at their own pace.

Within this guide you'll be able to explore the unique opportunities available.

Wherever your journey may take you with Reiki, I wholeheartedly wish you well and express my gratitude for stopping by!

L&L 

Reiki Academy Training Offer



First Degree - Level 1

This course is for beginners you do not need any background in Reiki, Just an open mind a good intention to help balance energies for your self, friends, family & pets.



Second Degree - Level 2

This level of the system of Reiki entails looking inside yourself for hidden or inner knowledge as well as enabling you to elevate your Reiki practice and achieve Professional Practitioner status .



Master Teacher

To gain acceptance into the 12-month Master Teacher program, applicants will undergo an application process prior to being considered.



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The SHODEN

REIKI LEVEL ONE - FIRST DEGREE



Shoden, meaning "first teachings" in Japanese, is the first level of training in Usui Reiki. This level focuses on self-healing, self-care, and understanding the fundamental principles of Reiki.

By learning the history, concepts, and techniques of Reiki, you will be able to channel universal life force energy to promote physical, emotional health and broaden your intuition.

Shoden - Level 1

The course will include:

Attunements & Usui Reiju empowerments to start the flow of Reiki energy

How to "tune-in" to Reiki & learn simple energy cleansing techniques

Exploring Reiki history, philosophy & principles to enhance Reiki practice.

How to conduct a Reiki self treatment & work with the Chakra system.

How to give a Reiki treatment to others through Reiji ho and western techniques.

Exploring simple steps in Using Reiki in daily life

Investment £185

(£75 non refundable deposit) price is for one person)

My Personalised Training Experience is designed to provide a unique and intimate learning opportunities for each student.

Tailored Instruction: One-on-one training and receipt of attunements and Usui empowerments with my self Niki Baggs, an experienced Reiki Master Teacher for over 15 years.

Flexible Scheduling: Training sessions are scheduled at times that work best for you, allowing you to balance your Reiki education with other commitments - 10 hours learning commitment required

Extensive Learning Materials: Access My Shoden Student Portal offering extensive resources, including manual, articles, and video & Audio tools to suit all learning styles..



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The Okuden

REIKI LEVEL TWO - SECOND DEGREE

Practitioner Training



Okuden, meaning "inner" or "hidden" teachings beyond the basic level. This level involves learning advanced techniques, symbols, and mantras, as well as deepening one's understanding of energy healing principles and applications. It delves into the more profound aspects of Reiki practice, including distance healing, emotional healing, and spiritual growth.

Okuden - Level 2

Practitioner Course

The course will include:

Attunements & Usui Reiju empowerments to increase connection & amplify Reiki energy.

Insight into the meanings, applications, and spiritual significance of three Japanese jumon (mantras) and shirushi (symbols).

Techniques to facilitate distance healing, tapping into the profound concept of Oneness.

Understanding your interconnectedness with people, places, nature, and events, enriching your Reiki practice.

Tools to nurture and enhance your intuition.

Investment £230

(£75 non refundable deposit) price is for one person)

My Personalised Training Experience is designed to provide a unique and intimate learning opportunities for each student.

Tailored service: One-on-one training and receipt of attunements and Usui empowerments with my self Niki Baggs. Opportunity to practice on volunteers during the training days.

Flexible Scheduling: Training sessions are scheduled at times that work best for you, allowing you to balance your Reiki education with other commitments - 14 hrs learning commitment is required. Recommended to be experienced x2 7 hr slots.

Extensive Learning Materials: Access My Okuden Student Portal offering extensive resources, including manual, articles, and video & Audio tools to suit all learning styles..



Book a Free Discovery Call to Explore further
www.wellnesswithin.uk