

## About us

*Empower to Heal* is an organisation committed to helping people achieve balance and focus in their lives. People often think that true happiness is achieved through success in career, finance and other material things. We help you discover that happiness lies within – by tapping into your own inner self.



## About the trainer

Nuzi Cader is a Reiki Master Teacher and practitioner and a member of the Reiki Association of Australia. Her own journey commenced over 20 years ago and she has for over a decade been dedicated to helping others achieve their true potential. Her love and empathy for people helps her relate to and help people of all age groups and diverse walks of life

## Course details

For the most up to date course sessions please visit our website:  
[www.empowertoprofit.com.au](http://www.empowertoprofit.com.au)

*"Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs - and becoming who you are."*

~ Rachel Naomi Remen ~

EmpowerGroup



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Contact Us:  
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Reiki

Level 1

## About Reiki Level 1

Reiki Level 1 is an introduction to Reiki and is the beginning of a period of change and growth, in a safe and nurturing environment.

This first level course introduces you to Reiki and gives you the ability to heal yourself and your entire family (children, pets and even plants) using a natural healing method.

This two day course covers:

- The history of Reiki and its lineage.
- What Reiki is and how it works
- The nature of illness/disorder and how we can heal
- The Chakra system and the flow of energy
- How to perform a Reiki treatment
- One on One Healing
- Self healing

Students will receive:

- A detailed manual
- A certificate of completion
- Morning and afternoon tea will be provided.

Although Reiki Level One benefits everyone differently, here are some experiences people have shared after completing this course:

- An increased sense of inner peace and calm.
- Feeling relaxed and in tune with oneself
- A deeper connection to the universe/universal energy
- A deep and lasting sense of gratitude
- A deeper understanding of themselves as they become more aware of and connect with their inner most self and feelings.
- Reiki 1 sets the stage for you to continue your journey and is a pre-requisite for Reiki 2.

## What is Reiki

Reiki (pronounced Ray Key) means "universal life force energy". It aims to improve health and enhance the quality of life. It is a holistic healing modality which works on the whole person on different levels - the physical, mental, emotional and spiritual enhancing everything in life.

This ancient Eastern method of hands on healing uses energy to balance the body and mind, and can be used in conjunction with other therapies

Reiki can heal mental and emotional wounds, and create a new found closeness and intimacy. Reiki allows you to connect with people on a deeper level.

The first level of Reiki triggers your innate power to heal yourself. Participants often experience a personal transformation at a deep inner level both during and after the course.

## Benefits of Reiki

- Heals and benefits everyone – adults and children.
- Calms and provides deep relaxation and peace.
- Reduces stress.
- Relieves pain.
- Improves confidence and self esteem
- Eases depression and insomnia and aids in better sleep
- Provides balance at all levels
- Helps in the grieving process
- Clarity of thought and a sense of connectedness.
- Release of stagnant energy
- Offers relief during emotional distress and sorrow
- Self healing
- Greater sense of purpose