



## Introduction

*At "Life Balance Starts Here!" we provide you with the traditional methods, so that you reach your own personal objectives and potential. We have a wide range of courses and opportunities to meet the needs of all students and clients, through the teaching of a well structured syllabus developed over many years specifically for the needs of students to become more balanced in both their mind and body.*

*We believe that developing and maintaining a balanced approach is the key to getting the most out of life today. In our programs you will learn from experienced instructors, with a very hands on approach for both Reiki classes and also exercises that benefit the mind and body.*

## Programs Designed With You In Mind

*At Life Balance Starts Here! individual attention is a feature of each and every class. This allows students to progress quickly and easily towards their personal goals. There are 3 levels of Reiki designed to suit you needs:*

**Reiki I:** *This is the introductory and base level of Reiki, and includes personal hands-on-healing and basic hand positions;*

**Reiki II:** *This is the intermediate level of Reiki, and takes you into a introduction of symbols,*

*energy and healing of others*

**Reiki III:** *This is the advance level of Reiki, and takes you into a deeper understanding of the full modality, i.e. all symbols and energy needs of the body*

## Origins of Reiki

*Reiki (pronounced ray-key) is derived from two Japanese words 'rei' meaning 'Universal Spirit' and 'ki' meaning 'life force energy'. Reiki is a healing energy and is over 2,500 years old, it was believed to have been passed onto Tibetan Buddhist Monks before being rediscovered in Japan in the 1800s by Dr Mikao Usui. After his passing in 1926, one of his students trained and passed on Reiki to Mrs Takata from USA through whom the West got to know Reiki as a healing system which has developed to what it is today.*

## Respect

*As part of the healing system developed by Dr Usui, he established a simple ethos of respect for both the practitioner / student and the patient, which states:*

*For Today Only: Do not anger, do not worry, be humble, be honest in your work and be compassionate to yourself and others.*

**Reiki I Outline:** *This is the entry point to Reiki and is a pre-requisite for the later modules/levels. It introduces the concept of energy and healing; where and when Reiki healing can be used; body energy centres and Reiki attunements. The student is also introduced to the Reiki healing system which is made up of 12 primary hand positions, which are systematically placed around the body for self / other's healing.*

*Course duration: 14hours (dependant on class numbers)*

*Price: \$220 per student (run over 2 days)*

*Materials: Course manual supplied;*

*Completion: Reiki I Certificate*

**Reiki II Outline:** *This is the intermediate level of Reiki which builds on the learning's from the Reiki I module. It introduces the student to the concept of symbols and how these are used to focus the Reiki energy and promote healing; re-enforcement and extending of the students energy capability is achieved through additional attunements.*

*Course duration: 16hours (dependant on class numbers)*

*Price: \$395 per student (run over 2 days)*

*Materials: Course manual supplied*

*Completion: Reiki II Certificate*

**Reiki III Outline:** *This is the advanced level of Reiki and leads to Master Level. Details are available on request; please contact Master P Mracek for a one-on-one consultation.*

# Welcome to Life

# Balance Starts Here!

# Reiki Courses 靈

## What are the Common Uses of Reiki?

*This is a normal and reasonable question to ask, as being an ancient healing modality from the East it is not widely known off, as well as its benefits.*

*There are a wide range of uses for Reiki and the list below is but a short selection of day-to-day applications of this healing modality:*

- *You're Stressed Out*
- *You're feeling depressed*
- *You're not sleeping well*
- *You're energy is low*
- *Your need a pick me up*
- *You're not coping with daily demands or life's challenges*
- *You need to balance you body & mind connection*
- *You have general body tiredness, aches & pains*

## How can Reiki help?

*There are many ways in which Reiki can help and support you, some of the common benefits are:*

- *Relaxation*
- *Handle emotional upheavals*
- *Life transitions*
- *Decision making*
- *Burnouts – emotional / physical*
- *Connecting with your inner self to obtain clarity in times of need*

## Why Should I Learn Reiki?

*The reasons for studying Reiki will be different and personal for all of us; however it is better to hear from our past students, who have been right where you are now and have been through our course:*

- *Enhance your personal growth*
- *Enhance your life*
- *Help to grow as a person*
- *Help heal yourself and others*
- *To use as part of your overall healthcare regimen*
- *To ask: Who am I; What am I & Where am I going?*
- *To have more energy*

## Our Instructors Are The Key

*Master Paul Mracek is a Master Teacher in Reiki, a Bowen Therapist which is a uniquely Australian healing modality; a Teate Practitioner and a G-Jo Master which is from the healing arts of the Japanese Samurai.*

*He is a professional full time Instructor, and also holds qualifications in Sports Coaching and First Aid which is ideally suited to understanding the needs of his student and clients alike.*



Learn the ancient healing of  
"Mind & Body Balance"

**Life Balance Starts Here!**



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**Shinpiden Reiki Master  
Bowen Therapist  
Adept Teate Practitioner  
G-Jo Master**

**CALL NOW TO CHANGE YOUR LIFE!**

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