

JOE MOLLOY



As well as working with reiki as a healing energy since 1994, I also work as a shamanic healer, in the tradition of the Qero Indians of Peru, the descendents of the Inca people. I am also a yoga teacher and teach yoga twice a week in Pontypool. I have also worked as a counsellor in primary care and as a Registered Mental Nurse

Should you decide to learn to practice reiki, my belief is that it will have a transformative effect on your life. Reiki works not just with healing in the physical body but also to open the subtle energy channels and deal with energetic and karmic blocks. One step at a time it will change your life.

I believe that anyone can practice reiki as a healing art to help themselves or others. For this reason I hold reiki to be a great gift that it is a privilege to share.

I work from a number of venues in Gwent, including Abergavenny, Caerleon, Ebbw Vale; and also in Aberystwyth and Glastonbury. You are very welcome to book a treatment with me through the centre where you got this leaflet, or by contacting me directly.

You can also find me at some of the festivals through the year, including; Buddhafield, Wildheart and the Green Gathering where I am also available to give one to one healing and lead talks and workshops..

You can find a calendar of events including teaching workshops and healing sessions on my website.

Please feel free to contact me.

Joe.

Reiki with Joe

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REIKI

REIKI WITH JOE MOLLOY



Treatments and Workshops

WHAT IS REIKI?

Reiki is a non invasive healing practice that relies on the channeling of energy, usually through the palms of the practitioner with the intention of helping another person or animal. Plants love it too! Reiki is safe and can do no harm.

The work "Reiki" is a Japanese word. The syllables "Rei" and "Ki" mean "universal" and "energy. The word Ki is rather like the Chinese word "Chi" or the Sanskrit word "Prana."

I teach and practice both Usui Reiki and Tibetan Reiki. Usui Reiki is the tradition of practice and teaching that was gifted to the world around the end of the 19th century by Dr Mikao Usui. Dr Usui's teachings have spread across the planet leading to a wealth of alternative ways to practice reiki as well as the tradition of his own practice. It is believed that reiki was practiced many years ago but that it disappeared from familiar use until it was re introduced by Dr Usui..

The Tibetan Reiki tradition has distinct differences and also many similarities with Usui Reiki.

During reiki workshops you will learn to practice reiki healing in order to help others by learning the traditional hand positions and method, as well as self treatment techniques to heal yourself.

REIKI TREATMENTS

Sessions usually last from 60 to 90 minutes. The first session is usually around 90 minutes as we will spend a bit more time discussing your needs and intentions relating to why you are seeking healing.

When receiving a treatment you remain fully clothed and may either sit in a chair or lie on a couch depending on your preference and comfort.

Reiki treatments involve the transfer of universally available energy through the practitioners energetic body to the clients. Most people receiving reiki experience the sensation of heat radiating from the practitioners hands, whether they are resting on the clients body or suspended a few inches above it.

HOW CAN REIKI HELP ME?

People seek and enjoy reiki healing for many different reasons. Reiki helps on physical, mental , emotional and energetic levels. It brings balance to the energies of the body which can help with issues such as; pain management, depression, promoting physical healing after illness or injury, helping with side effects of prescribed drugs and also with addictions such as smoking, where the person is wishing to cease smoking. Reiki can help with detoxification and each treatment initiates a natural cleansing process. Reiki is also very helpful in promoting relaxation.

REIKI WORKSHOPS

If you have not worked with me before it would be useful to meet and for you to book a reiki treatment with me prior to a workshop.

Workshops to learn reiki at reiki I, II and master level usually run either over two days or over four half days depending on the participants requirements.

During each workshop you will receive the relevant reiju empowerments to allow you to channel reiki to heal others and yourself to the level that you are being attuned. You will also receive instruction in how to 'give' reiki to another person and there will be an emphasis on opportunity to practice on each other. Additional tuition specific to the level of the workshop such as 'distance healing,' reiki II and passing attunments to others at reiki master level are covered in depth. You also receive a comprehensive reiki manual and a certificate confirming your level of attunment at the end of the course.

Reiki refresher days are also available

I am always available after workshops to provide ongoing support on your journey with reiki as well as 1:1 healing by appointment..

Please contact me for a chat and for further details.