



A GUIDE TO

Reiki

BY RUTH JEFFKINS



Willow Wellness
Therapies



WELCOME FRIEND

We are delighted to have you here with us today to offer you information on a journey of self-care and renewal. Our goal is to empower you with the knowledge and tools to cultivate a practice of regular self-nurturing, so that you can keep your cup full and overflowing.

By doing so, you will not only sustain your own vibrant energy but also extend that vitality to support your family and friends.

Ruth 



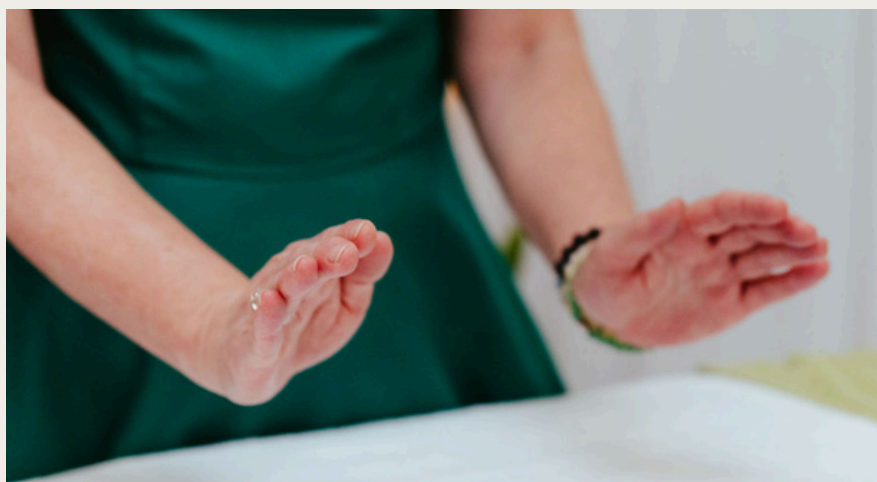


WHAT IS REIKI?

Reiki is a gentle, hands-on energy healing practice that supports balance and wellbeing across mind, body, and spirit. Rooted in the belief that universal life-force energy (known as ki or chi) flows through all living things, Reiki sessions involve the practitioner channeling this energy through their hands—either placed lightly on or just above the body. The intention is to clear energetic blockages, encourage deep relaxation, and create space for the body's natural healing processes to take place.



At Willow Wellness, Reiki sessions are designed to be nurturing, intuitive, and personalised. Many clients describe their sessions as calming and deeply restorative, helping them feel rebalanced, lighter, and more in tune with themselves.





SELF CARE
IS NOT
SELFISH

A SUPER-BRIEF HISTORY OF REIKI

Reiki was developed in Japan in the early 1920s by Mikao Usui, a spiritual teacher who sought a simple, accessible method of healing that could be used by anyone. His teachings emphasised compassion, self-practice, and living in alignment with spiritual principles. After Usui's passing in 1926, his students continued to share Reiki, and one of them—Chujiro Hayashi—trained a Japanese-American woman named Hawayo Takata. Through her work, Reiki was introduced to the West in the 1970s and has since spread across the world, used in homes, wellness clinics, and even hospitals as a complementary therapy.



Mikao Usui
Founder of the Usui Reiki System of Healing

WHAT'S INVOLVED IN A REIKI TREATMENT

Each Reiki session at Willow Wellness is designed to be a deeply supportive and personalised experience. We begin with a gentle check-in to understand how you're feeling and what you'd like support with. You'll then be invited to relax on a treatment table, fully clothed, supported by pillows and soft blankets in a calming studio space.

During the treatment, I use a combination of light touch and hands hovering over the body's key energetic centres—also known as chakras. You may also be guided in breathwork or gentle visualisation techniques, depending on your needs. Many clients describe sensations of warmth, tingling, deep relaxation, or emotional release during their session.

Afterwards, we take time to debrief and gently return you to your day. You'll receive suggestions for simple self-care practices or reflections to continue nurturing yourself after the session.



WHEN TO CONSIDER A SERIES OF REIKI TREATMENTS

While a single Reiki session can bring a sense of calm and clarity, many people find that a series of treatments offers deeper and more lasting shifts. At Willow Wellness Therapies, we offer thoughtfully crafted packages designed to meet you where you are.

You might consider a Reiki series during times of stress, emotional upheaval, or transition – such as career changes, grief, health recovery, or simply feeling energetically depleted.

Reiki is also supportive when navigating chronic discomfort, emotional stagnation, or a general desire to reconnect with yourself.



Our **'Nurture Me'** package offers three 60-minute sessions spaced over six weeks—a beautiful starting point for energetic reset and relaxation.

For those seeking deeper integration, our **'Restore & Rebalance'** package includes six sessions and a self-care booklet, offering support for sustained change and healing.



WHAT IF I WANT TO LEARN REIKI?

If you feel drawn to learn Reiki yourself, we warmly welcome you to our Reiki Level 1 and Level 2 courses. These courses are designed to be gentle, inclusive, and supportive—ideal for both personal self-care and for those who feel called to support others.



Reiki Level 1 (Usui First Degree) is your introduction to Reiki. You'll learn how to connect with Reiki energy, how to offer healing to yourself and others, and receive attunements to open the flow of energy. This course is perfect for those seeking greater inner awareness, calm, and personal healing tools.

Reiki Level 2 (Usui Second Degree) takes you deeper. You'll learn the sacred Reiki symbols, how to offer distance healing, and how to strengthen your connection to intuitive energy work. This level also includes time for practice, reflection, and developing your own energetic presence as a practitioner.

All training includes printed manuals, practical experience, and ongoing support beyond the course dates. Whether you're on a personal healing path or considering Reiki as part of your offerings, these courses provide a beautiful foundation.

IDEAS FOR SELF DISCOVERY

YOUR BREATH

Breathing is one of the quickest ways to find the path back to you. It can be done any place, any time and it's free.

It is something that happens without conscious thought, so all we are going to do is simply be mindful of our natural breath.

We don't need to change our breathing pattern, just simply breath with your mind on the movement of 'your' breath.

Just take 30 seconds and be aware.

It's simply just being aware. Watch your breath moving on the inhale and exhale... watch on the inhale and exhale... watch on the inhale and exhale...

Feeling better?

YOUR ENERGY

Let's connect to your energy!

Rub your hands together with purpose for about 30 seconds. Pause holding your hands gently together. Notice the sensations within your palms...

There may be a warmth, heat, tingling, or there may be a cool sensation. It is not about the feeling - it is about *noticing* the feeling. What do you notice?

Let's try to slowly moving your hands apart, what do you notice?

Congratulations Super Hero! You are noticing your own power!

This practice can be done when you need that little boost of self confidence, any place, any time.

NOTE TO SELF

SELF CARE IS GIVING YOUR WORLD THE BEST OF YOU ,
NOT WHAT'S LEFT OF YOU

Katie Reed

WHY REIKI WITH *WILLOW WELLNESS THERAPIES*



Willow Wellness Therapies was founded on the belief that healing happens in safe, nurturing spaces. The energy of the willow tree – strong yet flexible, rooted yet always growing – inspires everything we do.

Sessions are gentle, non-judgemental, and intuitive, with a focus on restoring calm, balance, and clarity.

My goal is to support you in reconnecting with yourself, whether through hands-on healing, mindful reflection, or the journey of learning Reiki for yourself.



Reiki is a complementary therapy and does not replace professional medical advice.
Always consult with your healthcare provider for health-related concerns.

LET'S BEGIN YOUR REIKI JOURNEY



Whether you're curious about receiving Reiki, feeling the call to deepen your self-care, or ready to learn Reiki yourself—Willow Wellness Therapies is here for you.



To book a session please visit our online booking
www.willowwellnesstherapies.au
Enquire about courses or would like further information
✉ Email: ruth@willowwellnesstherapies.au
☎ Phone: 0407 623 073

📍 Location: Garden Studio, 3 Clearview Terrace, Seven Hills, QLD



WHAT MY CLIENTS ARE SAYING

"Magical hands and calming energy"

"From my first visit, I wasn't in a good place mentally. The session was truly amazing and helped me so much. The whole experience was peaceful and grounding—Ruth has magical hands."

"A moment of stillness in a busy world"

"Reiki with Ruth is like taking a deep breath for my soul. I feel supported, seen, and lighter every time I leave."

"I always appreciate your talents "

"Ruth your talents have made and continue to make a big difference in my life."