

## TERA MAI SEICHEM REIKI PRACTITIONER

Tera-Mai™ - founded by Kathleen Milner - is, very simply, a healing system born out of Reiki. Now, many people know about Reiki and they know that Reiki means 'Life Force Energy' and that this energy can be channelled by those who receive an initiation or attunement to Reiki for the benefit of themselves and others. The benefits are many, varying from deep relaxation to the healing of mind, body and spirit. Today what we know of as Reiki refers to the healing ray that is contained within the Earth element(of the Five Elements).

Tera-Mai™ Reiki uses the Earth element. Following a series of events, this was expanded upon to include the other healing rays within the elements of Fire, Water, and Air/Spirit and this is what we call Tera-Mai™ Seichem.

## CONTACT US

41 Owston Road, Carcroft,  
Doncaster, South Yorkshire, DN6  
8DA

07539033778

[enquiries@centrewellbeing.co.uk](mailto:enquiries@centrewellbeing.co.uk)

[www.centrewellbeing.co.uk](http://www.centrewellbeing.co.uk)

# THE TRAINING CENTER OF WELLBEING

TERA MAI SEICHEM REIKI  
TRAINING BROCHURE





## ABOUT THE COURSE

Prerequisite: None  
Duration of training: 2 Days  
Cost: from £150  
Independent Learning Hours: 30  
Case Studies: 4 with 2 follow ups on each

## MORE INFORMATION

You are required to complete a home study module in complementary medicine once you reach level 2.

## IS THIS COURSE FOR YOU?

This course is for the advanced sound therapy practitioner who has already successfully completed our foundations of sound therapy practitioner course.

## WHATS INCLUDED?

Your training includes:  
Full printed manual, classroom sessions, e-book on anatomy and physiology, and codes of conduct and support with case studies.  
Level 1 £150  
Level 2 £250  
Level 3 £350

In Tera-Mai™ Earth energy is called Reiki. It has the characteristics of grounding and foundation, and because of these properties, it is fundamental to all other elements. Without Reiki or grounding nothing else, or very little, can be experienced on the physical plane. Fire energy is called Sakara. In healing it works on the aura: the electromagnetic field surrounding the body. One of the properties of fire is transformation. Sakara burns through and transforms blockages and resistances in the physical, mental emotional and other spiritual bodies.

The Water energy is Sophi-El, both gentle and persistent like the element from which it comes. It reaches deep within the emotional body to find the core of the disturbance. It also opens the heart to receive love and to feel compassion and it aids healing by re-establishing the feminine-masculine balance. In addition to emotional healing energy, Sophi-El enhances the healer's psychic awareness. The increase in intuition helps the healer to receive visions, both hearing Holy Spirit and receiving psychic impressions while s/he is working.

The dual ray of Air/Spirit is called Angelic Light. It is a two-fold ray: it works with both the element Air and with the Angelic or Spirit realm. Air expresses the qualities of communication. In healing the effectiveness of the third eye and throat chakras, the voice, or the power of the spoken word, is increased dramatically. With Angelic Light the practitioner is able to work effectively with angels, and the Higher Self or Spirit. Ether, which is called Akasha, clears out hidden, dark energies in the energy field that surrounds us. It gets to core issues, so that the truth comes out bringing expansion of consciousness and knowledge.

You are required to submit 4 case studies at level 2 with two follow up therapies on each client as well as completing a final written question and answer assessment.

Accredited by the Complementary Medicine Association