1ST JULY 2026 | ISSUE NO. 11

JUST FOR TODAY

Our Monthly News from Reiki Tradition School of Reiki Healing & Training Centre

REIKI NEWS... more than just a Newsletter

靈氣 伝統

Welcome

We're so happy you're here!

Thank you to all our subscribers, old and new!

Here, you'll get quarterly updates, course info, announcements and all things Reiki

We're thrilled to have you!

IN THIS ISSUE





Chujiro Hayashi



1st Degree Course



Awareness Development



Reiki Principles



CNHC

Plus all things Reiki .....

ACCREDITED, CERTIFIED & VERIFIED BY

FHT

COMPLEMENTARY HEALTH PROFESSIONALS ACCREDITED

靈氣 ReikiCouncil

CNHC Complementary & Natural Healthcare Council professional standards authority accredited register

Welcome to *JUST FOR TODAY*

靈氣

Issue No. 11

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Who we are and what we do.....

We are a **Healing and Training Centre and School of Reiki** based in the picturesque village of Springhead, Oldham in Lancashire....
where you become a Happier Healthier You

You can see why students attend our courses from all over the UK

Rest assured, when selecting **Reiki Tradition School of Reiki** as your Reiki Training Provider, you will be receiving the very best training within the Reiki Industry.



Martin Robert Thirlwell
10th Generation Reiki Master

Martin holds **AET Level 3 Award in Teaching and Education; the highest standard.**

Our teaching is **fully inclusive**, meaning we can also teach **disabled children** and **adults with special needs**.

Martin also holds an **Accredited Distinction in Regression and Psychanalysis**.



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SCAN ME

I'LL TAKE YOU DIRECT TO THE WEBSITE

FOLLOW US

You can find out more about Reiki Tradition and see what we've been up to via our social media pages:

www.facebook.com/reikitradition

www.instagram.com/reikitradition/

www.youtube.com/reikitraditionschoolofreiki

Foreword.....

MARTIN R THIRLWELL
MFHT, MCHP, CNHC REGISTERED
OWNER REIKI TRADITION



靈氣 伝統

Hi Everyone,

Spiritual Empowerment Through Reiki and Self

As you walk the path of Reiki, may you remember that the greatest temple you will ever enter is the one within your own being. Reiki invites you to return to yourself to the quiet truth beneath the noise, to the light that has never dimmed, and to the wisdom that rises when you choose stillness. Each time you place your hands upon your body, you honour your own sacredness and acknowledge that healing begins with presence. Every breath of Reiki reconnects you to the Universe, reminding you that healing is not something you chase, but something you awaken from within. When you choose self-care, you choose alignment. When you choose alignment, you choose freedom. And in that freedom, your spirit expands, your intuition strengthens, and your life begins to flow with greater ease and clarity. Reiki teaches you that you are not separate from the energy you seek — you are the energy, the vessel, and the expression of that universal light. You are both the seeker and the sanctuary, the student and the light, the question and the answer.
Trust your journey — it is unfolding exactly as it should. And with every step, Reiki walks beside you, guiding you gently back to the truth of who you are: whole, worthy, connected, and infinitely capable of transformation.

Martin x

Welcome.....

MR MARTIN R THIRLWELL
EDITOR



When you teach from the Heart
You reach the Soul of the Student

YOUR TEACHER

Teacher Insights

Martin Robert Thirlwell

10th Generation Reiki Master



EXPERIENCE

- 40 years' experience in Reiki; solely in the traditional Usui Shiki Ryoho System of Natural Healing, (no other therapies taught)
- Speaker/Lecturer in Reiki supporting the Federation of Holistic Therapist (FHT)
- Co-ordinator for the FHT Manchester North Local Support Group
- Works with AGE UK Manchester Dementia clients providing Reiki
- Works supporting Oldham NHS Amputee Day Care Unit with Reiki
- Works supporting Reiki at all local Hospitals and Hospices in Oldham and surrounding areas, and training all current Reiki Practitioners to an Accredited Level to the Core Curriculum
- Works with Jane Tomlinson-Wightman, Safe Active Birth in Kendal. Teaching midwives to an Accredited Level to the Core Curriculum to allow them to work with Reiki in an NHS environment
- Works with PossAbilities in Heywood. PossAbilities are a social enterprise organisation that supports vulnerable people so that they can live the life they choose

QUALIFICATIONS

- FHT Accredited Reiki Level 1, 2 and 3 (Master Teacher)
- 10th Generation Reiki Master (Usui Shiki Ryoho System of Natural Healing)
- FHT Full Professional Member
- CNHC Accredited Registered
- CHP Full Member
- AET Level 3 in Teaching and Education (the highest standard); this also allows teaching disabled children and adults with special needs
- Accredited Distinction in Regression and Psychoanalysis

Chujiro Hayashi

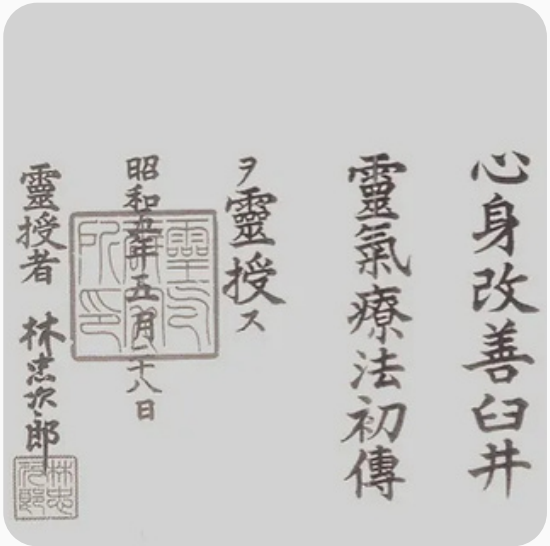
Was Chujiro Hayashi Really a Medical Doctor? A Search for Proof in the National Archives.



This document was kindly given to me from a fellow Reiki Practitioner in Japan.
His document goes as follows;
As some of you may know, I recently took the time to independently research and compile the history of Chujiro Hayashi Sensei's career.

The digital archives of the National Diet Library in Japan are truly a "mountain of treasure" for history. From there, valuable primary sources that would surprise overseas Reiki practitioners and researchers are discovered one after another. By carefully unravelling the documents of the time, it becomes vividly clear how the early "Usui Reiki Ryoho" (臼井靈氣療法学会 – Usui Reiki Ryoho Gakkai: Usui Reiki Therapy Society) possessed a much stronger medical aspect than its modern image suggests.

Many members of the Usui Reiki Ryoho Gakkai tend not to be interested in organizations or movements that emerged after their own. They simply devote themselves to their own practices.



Chujiro Hayashi Certificate Showing his own personell Hanko Mark



Chujiro Hayashi Sensei with his students in Tokyo

NEXT

Chujiro Hayashi

Was Chujiro Hayashi Really a Medical Doctor? A Search for Proof in the National Archives.



Therefore, as someone with no experience in Western Reiki and who only knows the Gakkai's Reiki (靈氣), I have not paid deep attention to Chujiro Hayashi Sensei, Hayashi Reiki, or Hawayo Takata after they left the Gakkai, considering them as "people who walked a different path from us."

However, seeing how widely "Reiki" has spread throughout the world and how Chujiro Hayashi Sensei's name is spoken of as its root, a pure intellectual curiosity arose within me: "What kind of presence was he in Japanese society at that time?"
In particular, regarding the fact that Hayashi Sensei is introduced as a "Naval Physician" (軍醫 – Gunni: Military Doctor) or "Medical Doctor" in many overseas documents and Wikipedia, I had long held doubts from the perspective of the Japanese military system. Therefore, this time, I decided to examine primary sources one by one to find proof that he was a medical doctor.



Chujiro Hayashi Sensei with his students in Tokyo



Chujiro Hayashi Sensei

NEXT

Chujiro Hayashi

Was Chujiro Hayashi Really a Medical Doctor? A Search for Proof in the National Archives.

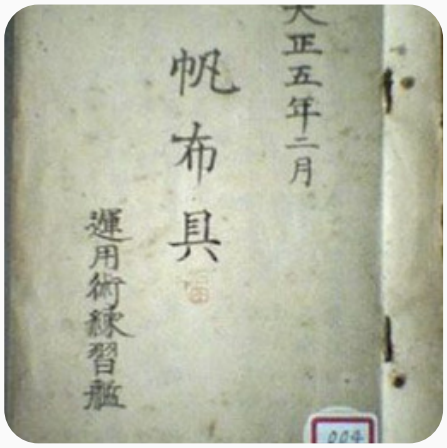


However, the more I researched, the more I found that "proof of being a medical doctor" could not be discovered, as detailed below. I am not writing this here to provoke a debate. I am simply presenting the objective facts I have researched to everyone. If anyone knows of other definitive documents, please do let me know.

1. An "Impossible" Career Under the Naval System

Chujiro Hayashi Sensei was a graduate of the 30th class of the Imperial Japanese Naval Academy (Etajima). The Naval Academy is an institution that trains "Line Officers" (combat commanders), not medical doctors.

In the Imperial Japanese Navy at that time, the paths for Line Officers and Medical Officers (Doctors) were completely separate. To become a naval doctor, one had to graduate from a medical school with a medical license and then enroll in the "Naval Medical College" to be commissioned. Furthermore, there was no system to "transfer" from a Line Officer to a Medical Officer. In other words, for a "Naval Captain" (海軍大佐 – Kaigun Taisa: Captain of the Navy) who graduated from the Naval Academy to simultaneously be a "Naval Physician" was impossible under the Japanese system of that era.



Chujiro Hayashi Sensei
a handout front cover



Chujiro Hayashi Sensei

NEXT

Chujiro Hayashi

Was Chujiro Hayashi Really a Medical Doctor? A Search for Proof in the National Archives.



2. Descriptions in the "Kanpo" (Official Gazette), the State's Official Record

In Japan, the official record journal published by the government is called the "Kanpo" (官報 – Kanpo: Official Gazette). For those outside Japan, the Kanpo is the equivalent of the Federal Register in the United States or the London Gazette in the United Kingdom. It is the most authoritative primary source recognized by the state. What the Kanpo says is what the Japanese Government officially recognized—nothing more, nothing less.

In the Kanpo dated June 5, 1940 (Showa 15) (see attached document image), Hayashi Sensei's death record is published. "Captain of the Naval Reserve, Senior Fifth Rank, Third Order of Merit, Chujiro Hayashi... died on the 11th of the same month. Naval Medical Sub-Lieutenant of the Reserve, Senior Eighth Rank, Kenichiro Sato died on April 13 of the same year."

What should be noted here is that Hayashi Sensei is recorded only as "Naval Captain" (海軍大佐), and there is no mention whatsoever of "Naval Physician" (軍醫). For another person (Kenichiro Sato) written immediately after, it clearly states "Naval Medical Sub-Lieutenant." In the official records of the state, he was not treated as a military doctor.



Chujiro Hayashi Sensei
In Hawaii seminar watching over Mrs Takata



Chujiro Hayashi Sensei
Newspaper cutting from Hawaii

NEXT

Chujiro Hayashi

Was Chujiro Hayashi Really a Medical Doctor? A Search for Proof in the National Archives.



3. The Sudden Appearance of "Doctor" in the "Taishu Jinjiroku" (Directory of Prominent Figures)
There is a document called the "Taishu Jinjiroku" (大衆人事録 – Taishu Jinjiroku: Directory of Prominent Figures) (compiled by the Imperial Secret Detective Agency), which comprehensively listed prominent figures of the time.

This is a directory created based on self-reported data from the individuals themselves. When checking the archives of the National Diet Library, the 1934 (Showa 9) edition only lists "Hayashi Reiki Kenkyukai" (林靈氣研究會 – Hayashi Reiki Kenkyukai: Hayashi Reiki Research Society) and does not state that he is a doctor. However, in the 1937 (Showa 12) and 1938 (Showa 13) editions, the descriptions "Naval Medical Captain" (海軍醫大佐 – Kaigun-i Taisa: Naval Medical Captain *a title that does not exist in the official naval ranks) and "Senior Fifth Rank, Third Order of Merit, Doctor" suddenly appear.

There is no public record anywhere of him re-entering medical school and obtaining a medical license during these few years.



Chujiro Hayashi Sensei writing note from his visit to Hawaii



Chujiro Hayashi Sensei Newspaper cutting from Hawaii

NEXT

Chujiro Hayashi

Was Chujiro Hayashi Really a Medical Doctor? A Search for Proof in the National Archives.



Conclusion: Why Did He Call Himself a "Doctor"?
Synthesizing the documents found at present (the Kanpo and the naval system), it seems highly unlikely that Chujiro Hayashi Sensei was a medical doctor who received official medical education. Then, why did he register himself as a "Doctor" in the directory? Perhaps it was because "Doctor" was the only word that most accurately represented his "social role and actual situation" at the time.

The clinic at "28 Higashi-Shinanomachi" (東信濃町二八 - Higashi-Shinanomachi 28) mentioned in the documents was very large, lining up many beds and treating seriously ill patients every day. In reality, he was already the "director of a hospital" and was treated as a "great doctor" by those around him.
Furthermore, the late 1930s was an era when regulations on quasi-medical practices were becoming stricter in Japan. It is also conceivable that he used this title for convenience as a defensive measure (risk management) to protect his activities.
Even without an official medical license, the effectiveness and influence of the Reiki Ryoho he practiced were so overwhelming that he could call himself a "Doctor" in a directory and have it socially accepted.

Knowing this historical fact objectively does not in any way diminish him. Rather, it should lead to a deeper understanding of the "true genius and greatness of Chujiro Hayashi," a naval officer—not a doctor—who systematized such a meticulous therapy and spread it to the world.



picturesof the Hayashi Healing "Kenkyu-Kai"



pictures of the Hayashi Healing "Kenkyu-Kai"

COURSE INFO

Reiki Level 1 (1st Degree)

2026



Reiki 1st Degree

HELD OVER 2 CONSECUTIVE DAYS

Start 10am | Finish 5.45pm
45 minute lunch break

10th & 11th January
7th & 8th February
4th & 5th July
8th & 9th August
19th & 20th September

£95

LIKE for LIKE

BEST PRICE GUARANTEED

GAIN 12 CPD POINTS

COURSE HIGHLIGHTS

- Duration time of course 15 hours
- Introduction to and history of Reiki
- 4 Attunements to activate the Reiki energy
- Understanding the Spiritual side of Reiki
- Introduction to the Chakra system
- Reiki Precepts (Gokai)
- Basic anatomy
- How to perform a treatment
- Couch and Chair positions
- Hands-on practice
- Self-healing techniques
- The intent to heal and activating the Reiki energy
- The Hidden Elements
- Further ways to use Reiki

PREREQUISITES

- None

COMPLIES TO STANDARDS

- Core Curriculum (CC)
- Qualifications Credit Framework (QCF)
- National Occupational Standards (NOS)
- Code of Conduct set out by the FHT
- The Complementary and Natural Healthcare Council (CNHC)

BOOK NOW

Further information available on our website

https://www.reikitradition.me.uk/1st-degree-course

CLICK ME

SCAN ME

UPCOMING COURSES 2027

Click Here

HEAR it here FIRST

Our 2027 Course dates and calendar has now been released.

Reiki 1st Degree Courses



Five Courses Yearly
Five dates to choose from
Start 10am | Finish 5:45pm

ON THIS COURSE

Accredited and Non-accredited courses available run over 2 consecutive days Saturday and Sunday.

GAIN 16 CPD POINTS

Click Here

To view all our Reiki 1st degree 2027 dates



INTERESTED

in any of our upcoming courses

CLICK HERE

NEXT

UPCOMING EVENTS 2026

Click Here

HEAR it here **FIRST**

Awareness & Development



Two Events Yearly
Two dates to choose from
Start 7pm | Finish 9pm

GAIN 24 CPD POINTS

ON THIS EVENT

This event is run over 12 consecutive weeks a full understanding of everything spiritual.

Click Here

To Book your place

This Event covers everything you need to know how Spirit are part of our everyday living life. How to understand and connect to spirit. This event covers Awareness of Spirit and slowly moves onto Development, developing your Awareness.

The course will demonstrate, Energy, Vibration and frequency. we will also involve tools with Audience participation throughout including, Dowsing, Flower Reading, Tarot, psychometry, physic writing and drawing. crystal ball.
by the end of this course attendees will be able to fully understand Spirit and be able to link to Spirit and give Messages on a basic level.

Tickets are limited to 8 Attendee's only
Tickets are priced at £120 which covers all evenings.



INTERESTED

in any of our upcoming events

CLICK HERE

Reiki Principles Gokai

Just For Today

Mikao Usui Sensei passed five principles to his students during his teachings; they are the bridge between how you experience life and how you want to experience it.







NEXT

Reiki Principles Gokai

Just For Today

Original Reiki Principles (Gokai)	
Your Kyo dake wa	Just For Today
Ikaru na	Do Not Be Angry
Shin pai suna	Do Not Worry
Kan sha shi te	Be Grateful
Gyo o hage me	Do Your Duties
Hito ni shin setsu ni	Be Kind to Others

NEXT

Reiki Principles Gokai

Just For Today

Mikao Usui Sensei passed five principles to his students during his teachings; they are the bridge between how you experience life and how you want to experience it. The Reiki Principles are the art of inviting happiness, as a tool to heal illness. Your body constantly responds to your emotional state Stress and depression damage your health and influence choices in ways you might not recognise.

On a basic level, meditating on them each day can help you to appreciate all life and remind you of the Golden RuleThat is to treat others how you would want them to treat you. After a few weeks of consciously saying the Reiki principles each day, as Usui's students did, you'll learn to let go of anger and worry, to appreciate all living things, to be honest in your dealings with yourself and others and to be thankful for what you have.



Kyo dake wa (Just for Today)

The commandments of many religions tend to restrain people's thinking and make them flexible, however anyone can decide to live well 'just for today'. This way it is possible to keep a free mind for now because the future is still open.

Life is after all just an accumulation of days, each day as important as the last or next. “I am unsure what may happen tomorrow, but I will follow the Gokai just for today, for this moment in time.” This gradually teaches how important it is not to be trapped by yesterday and not to be anxious about tomorrow but to live in the moment and respect the “now”

“Kyo dake wa” is then followed by the five principles.

1st Principle
Ikaru na (Don not be Angry)

Anger hurts you and others. There are many stories where just one outburst of anger leads a person into a lifetime of misery. Anger rises from many places and even when it seems justified there are often egoistic motives involved at a deeper level. Be aware of your ego and try to let it go. Self-centred people are trapped by anger, grudges and hatred and only succeed in destroying themselves. Very strong anger can be soothed with Reiki. It is possible to attain an emotional and mental balance in this way.

.

NEXT

2nd Principle
Shin pai suna (Don not worry)

Once you are able to trust the universe, leaving things to universal intervention and living your life as best you can, you will be able to live in inner peace with nothing to worry about. It is difficult however to entirely discard the innate instinct to feel anxious. At least try to stop the vicious circle of worrying about being worried! If you have something bothering you, release your tension and leave the outcome to the Universe.

3rd Principle
Kan sha shi te (Be grateful)

The Universe gives each of us a gift of life without the oxygen nature provides we could not possibly survive. Once you start to appreciate the enormity of the blessings that nature provides you will be genuinely filled with pure joy. The mind clouds over with dissatisfaction however when you forget how blessed you are and become dissatisfied with what you have. Practising Reiki fosters thankfulness so that even when you are faced with difficulties you can look at them as possibilities and overcome them. There is nothing to be afraid of in life.

4th Principle
Gyo o hage me (Do your duties)

Gyo (duty) means not only your job but also your obligations, responsibilities and ultimately your mission in life. People can progress spiritually through their duties. Some live in seclusion to achieve this but most people learn valuable lessons and grow through everyday life and work. So this tells you to do what you have to do and do the best you can.

5th Principle
Hito ni shin setsu ni (Be kind to others)

When you help others they become willing to help other people also. Kindness is infectious. People start to help one another and, as a result, the World becomes a much better place to live in. Even if the person you have helped shows no appreciation the wave of kindness will come back to you and you will be rewarded. Helping others without asking for a reward from them will bring you happiness. For those who have learned Reiki, giving Reiki to others will be the best way to realise this idea.

Reiki Principles Gokai

Just For Today

Its is always best to try and learn the Reiki Principles in Japanese. Usui Sensei developed the principles around sound and vibration and when we speak the words the frequency of the word leaves our mouth and goes into the universe in one straight line it never de-pleats it keeps it's same strength never ending and lasting forever. Traditionally Reiki practitioners regarded these 5 principles as their basic philosophy of life. They chanted them once in the morning and once in the evening. This practice distinguished Reiki practitioners from other healers. As mentioned above the principles where designed using both (Chinese derived characters representing ideas) and Hiragana (phonetic characters representing sound) a third set of characters are used Kanji. What makes learning the principles in Japanese so special, is that we get to speak the same tongue as our past Masters Usui Sensei and Hayashi Sensei how powerful and lovely can that be. The sounds when reciting the principles in Japanese has great spirit within them.

It is recommended that Reiki students chant the following words with Gassho style hands (hands joined together prayer style) morning and evening.

Reiki Principles Gokai

Just For Today

At Reiki Tradition School of Reiki we teach the Reiki Principles (Gokai) as intended just as Mikao Usui Sensei taught his students.
Im proud to say Reiki Tradition School of Reiki Honour all aspects of Reiki we are one of the UKs Renowned Reiki Training Providers and much of our work is Conservation and Preservation keeping Reiki in its Eastern form.

The Reiki Principles Gokai can be clearly seen on the Usui Memorial as the picture below.





We can supply on request our CD Just for today where you can easily learn the Reiki principles in Japanese.

What this means

CNHC Membership

As we now know from reading the above section “Core Curriculum” the CNHC was set up by Parliament to produce a set of standards that will protect the general public working within Statutory Settings.

The CNHC also have the Accredited Register.

The Complementary and Natural Healthcare Council (CNHC) is a regulatory body in the United Kingdom which provides a voluntary register of complementary, rather than alternative medicine, therapists. The key purpose of CNHC is to act in the public interest and enable proper public accountability of the complementary therapists that it registers.

The CNHC was founded in 2008 with government funding and support, and became fully operational in early 2009.

In 2013 it was approved as the holder of an 'Accredited Voluntary Register' by the Professional Standards Authority for Health and Social Care (PSA).

In December 2014 it became an 'Accredited Register', for the PSA.

The need for regulation

In November 2000, the House of Lords Select Committee on Science and Technology reported on complementary and alternative medicine and considered the public health policy needs and NHS provision of these treatments.

In one of its many areas of consideration, the report considered the needs to provide public protection by regulating practitioners. It noted that those practices that could injure patients were either already statutorily regulated chiropractic and osteopathy or were soon to be herbalism and acupuncture.

The remaining largely placebo based therapies and those without a sound evidence base for their efficacy and robust regulatory systems e.g. reiki, massage therapy, aromatherapy, yoga and homeopathy, suffered from having a large number of fragmented registration bodies with considerable diversity of standards.

The IMA have a 10 year Manifesto regarding Integrated Healthcare called, 'Hope for the Future'.



The Complementary and Natural Healthcare Council (CNHC) was formed by the UK Government via the IMA to safeguard the general public. The CNHC operate the Accredited Register accountable to parliament for Safeguarding the general public with regards to alternative medicine practitioners.

CNHC
Complementary & Natural Healthcare Council

The CNHC write the Core Curriculum for Reiki. This is something we adhere to at Reiki Tradition School of Reiki for all our Accredited Students.

Reiki Tradition School of Reiki are listed on this Accredited Register and are also listed on the CNHC Website as an Accredited Reiki Training Provider.

CNHC REGISTERED
Complementary & Natural Healthcare Council
professional standards authority
accredited register

It's essential that any Reiki Practitioner requiring to work within Statutory Settings is the norm that all Statutory Settings require and ask for. This comes back to "Safeguarding the General Public", Standing up for Standards.

Next we explain what the Core Curriculum states;

Continued over...

The Core Curriculum states;

65 HOURS OF CLASSROOM BASED TRAINING

Therefore, this means any on-line course is not relevant

Reiki 1 (1st Degree)	15 hours
Reiki 2 (2nd Degree)	15 hours
Development Day 1	7 hours
Development Day 2	7 hours
Development Day 3	7 hours
Development Day 4	7 hours
Workshop Day 1	7 hours

TOTAL = 65 HOURS TRAINING

175 ONE HOUR DOCUMENTED CASE STUDIES

100 x One hour SELF-HEALING or RECEIVED TREATMENTS
THIS MUST INCLUDE;

Reiki 1 (1st Degree)	30
Reiki 2 (2nd Degree)	70
4 People receive 10 one hour treatments each	40 hours
35 Other People receive 1 one hour treatment each NB: 5 OF THESE MUST BE OBSERVED	35 hours

TOTAL = 175 DOCUMENTED 1 HOUR TREATMENTS

Reiki Tradition School of Reiki are here to help and assist all our students to become Certified and Verified by the CNHC.

To take advantage of this or for more information please contact Martin.

ROOM HIRE

Here at The Healing & Training Centre in our beautiful Saddleworth

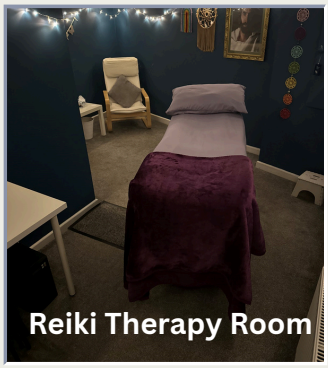


YOU can hire our rooms


Counselling Room 1


Counselling Room 2


Training Room


Reiki Therapy Room

Rooms available

365 Days a year

24 Hours a day

2 Counselling Rooms

1 Reiki Therapy Room

1 Training Room (max 12 people)

FOR more info call Martin

07966 149 365

NEXT ISSUE: March 2026

SIGN-UP here CLICK ME

www.reikitradition.me.uk

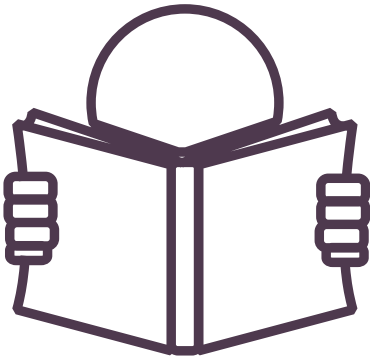
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ALL LINKS TAKE YOU DIRECT TO OUR WEBSITE

REGULAR

OUR CURRENT READS

The more that you read, the more things you will know
The more that you learn, the more places you will go

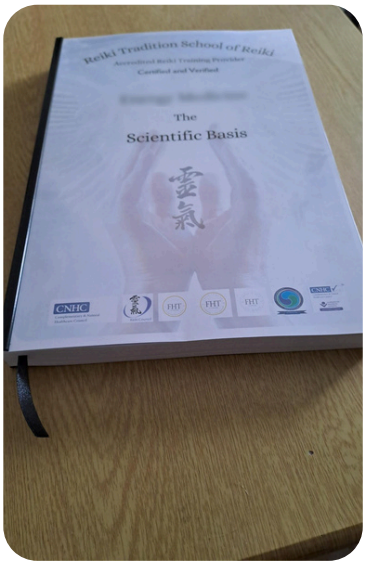


Here we bring you the book we are currently reading which we have found inspiring and a useful addition to our own library and continued learning. If you would like to recommend a book to share with readers for the same reasons, please drop us a line with the title and author and what you've found useful within the book



Reiki and the Scientific Basis

Martin Robert Thirlwell
10th Generation Reiki Master
Reiki Tradition Owner

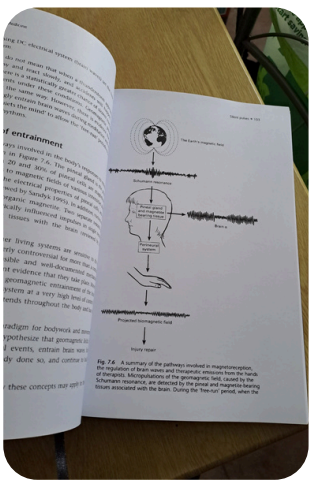


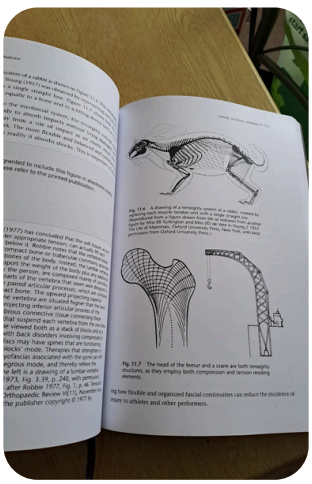
This book is available exclusively through Reiki Tradition School of Reiki and forms an important part of our educational and professional development resources. With over 300 pages, it provides a comprehensive exploration of the scientific research, clinical observations, and bio-energetic studies that underpin modern understanding of Reiki and vibrational healing.

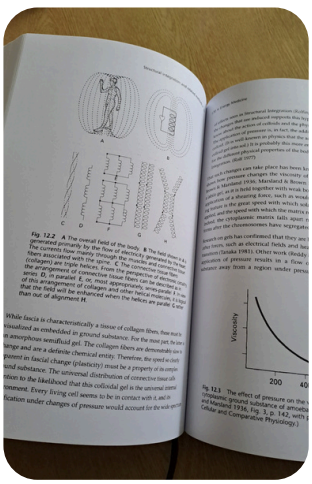
The material draws extensively on the pioneering work of Dr. Robert Becker and Dr. John Zimmerman, whose research into the body's electromagnetic fields, bio-communication, and energy coherence has shaped much of what we teach today. Their studies offer measurable, evidence-based insights into how Reiki influences the human energy system, including changes in brainwave patterns, biomagnetic fields, and physiological responses.

This book also examines the science behind the Schumann Resonance, the Earth's natural frequency, and its relationship to human health, balance, and energetic stability. These principles have been central to our teaching since 2012, and the book provides a clear, accessible explanation of how resonance, vibration, and energetic alignment contribute to wellbeing.

For students, practitioners, and anyone wishing to deepen their understanding of Reiki from a scientific perspective, this text offers a valuable and authoritative resource that supports both personal learning and professional practice.







COMPETITION TIME

JUST FOR TODAY PUZZLE

Enter to Win

Enter our competition for your chance to WIN!

The fastest time wins. get it back to us before Sunday 19th July 2026, a chance to win a FULL BOX of Nag Champa incense... that's 12 packs in the box worth £15!!



REIKI-RELATED JIGSAW



TO ACCESS

www.reikitradition.me.uk/monthly-puzzle

or CLICK the picture to go straight to the puzzle....Good Luck.

Once you've completed the jigsaw.....

SCREENSHOT it and attach the photo in an email to;

EMAIL YOUR ENTRY TO
admin@reikitradition.org.uk

WINNER WILL BE PUBLISHED IN NEXT ISSUE.... GOOD LUCK FOLKS!!

CLOSING DATE
Sunday
19/07/2026

Please note, Terms and Conditions apply
Entries only open to those subscribed to our Newsletter

COMPETITION TIME

JUST FOR TODAY PUZZLE





Congratulations to our latest puzzle winner from June issue No 10

Kerry Kail at a time of 7:56 Well Done Kerry xx

REIKI-RELATED JIGSAW



TO ACCESS

www.reikitradition.me.uk/monthly-puzzle

or CLICK the picture to go straight to the puzzle....Good Luck.



Congratulations!

Each month, we are truly delighted to celebrate the dedication and achievements of all students who have attended our courses. Your commitment to learning, your openness to growth, and the care you bring to your Reiki practice enrich not only your own journey but the wider Reiki Tradition community. Every step you take—whether beginning your path or deepening your understanding—adds to the collective energy that makes our school such a supportive and inspiring place to learn. Congratulations to each of you for showing up, progressing with intention, and honouring the lineage through your continued development.





A HUGE CONGRATULATIONS TO
Kerry, Harriet, Salina and Susan (not in picture)

Completed there Master/Teacher 3rd Degree course Saturday June 27th. in the Lineage of the Usui Shiki Ryoho System. This course is run over 6 evening, and we only run 2 3rd degree courses per year limited to 6 students each.

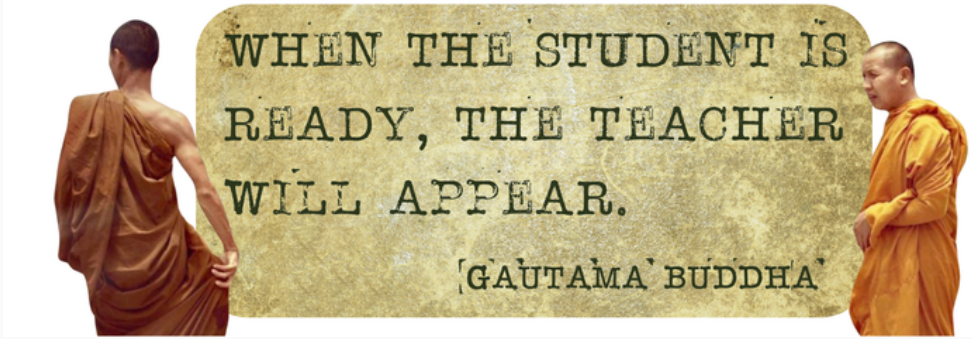




A MASSIVE CONGRATULATIONS TO
Kerry, Harriet, Salina and Susan

THANK-YOU TO ASSISTANTS
Zane, Sharon and Piotr









It's All About You — Our Reiki Practitioners

Are you a Reiki Practitioner working from home, running a small wellbeing space, or offering Reiki within a professional or statutory setting? We'd love to shine a light on the incredible work you do. Every practitioner has a unique story, a journey that brought them to Reiki, and a passion that keeps them supporting others with compassion and skill.

So why not share a little about yourself with our community. Tell us where you practise, what inspires you, and how Reiki is making a difference in the lives of the people you support. Your experience could uplift, encourage, and inspire fellow students and practitioners across Reiki Tradition School of Reiki.





We'd love to hear from any of our amazing students if you have a personal story you'd like to share in the Newsletter directly on this page

Maybe a special treatment where you experienced something magical or an overpowering treatment you gave or received.

Please email Martin at admin@reikitradition.org.uk

THANK YOU

for joining us on issue eleven of

JUST FOR TODAY

Our Monthly News from Reiki Tradition School of Reiki

REIKI NEWS... more than just a Newsletter

靈氣 伝統

we'd love to see you again

NEXT ISSUE: August 1st 2026

Issue No.12 what's coming up....

Features include



Development Day



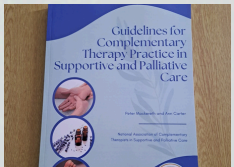
Room Hire



Reiki 2nd Degree Course



Reiki



Great Read

Plus much, much more...

SIGN-UP here

Signing up to our Newsletter means signing up to a membership package

SCAN ME

www.reikitradition.org.uk

CLICK ME

This newsletter is for you, and we'd love your feedback....
like to see something published?.... then please give us a call

All information is correct at time of publish. Please refer to website www.reikitradition.me.uk for changes in prices, and or special offers. E&OE

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