

靈氣

WINTER 2025 | ISSUE NO. 4

# 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



Plus all things Reiki .....

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# Welcome to JUST FOR TODAY

Issue No. 3

## Contents

Content.....	2
Forward.....	3
Reiki 1 <sup>st</sup> Degree.....	4
Reiki 2 <sup>nd</sup> Degree.....	5
Reiki 3 <sup>rd</sup> Degree.....	6
Accredited Qualification.....	7
Switching to Accreditation.....	8
Meet the Assistants.....	9
Back Cove.....	12

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靈氣 Tradition

靈氣 伝統 School of Reiki 靈氣 伝統

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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](http://www.facebook.com/reikitradition)
-  [www.instagram.com/reikitradition/](http://www.instagram.com/reikitradition/)
-  [www.youtube.com/reikitraditionschoolofreiki](http://www.youtube.com/reikitraditionschoolofreiki)



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**.

**Martin Robert Thirlwell**  
10th Generation Reiki Master

# Foreword.....

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



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Hi Everyone,

And welcome to this issue of our 'More than a Newsletter'; Just for Today.

Well it's December already where is time going, it seemed to be January only a few days ago, yet is December and almost the start of another new year.

I sincerely hope, the magic of Christmas will fill your heart with joy, peace, and wonder this season. As the year draws to a close, may you find comfort in cherished traditions, laughter in the company of loved ones, and hope in the promise of new beginnings.

Christmas is more than lights and gifts—it's a reminder of kindness, generosity, and the beauty of togetherness. May your home be blessed with warmth, your days with happiness, and your nights with serenity. May you carry the spirit of Christmas into the year ahead, spreading love wherever you go and finding blessings in unexpected places.

Whether near or far, may you feel the embrace of friendship and family, and may the memories you create this holiday season shine brightly for years to come.

Wishing you a Christmas filled with wonder, a New Year overflowing with opportunities, and a heart that remains light and hopeful throughout all the days to come.

Merry Christmas and Happy New Year!

Namaste

Martin X

# Welcome.....

MR MARTIN R THIRLWELL  
EDITOR



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

# 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



GUARANTEED



### 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)

Further information available on our website

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

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# COURSE INFO

Reiki Level 2 (2nd Degree)

## Reiki 2nd Degree

HELD OVER 2 CONSECUTIVE DAYS

Start 10am | Finish 5.45pm

45 minute lunch break

14th & 15th March

9th & 10th May

5th & 6th September

3rd & 4th October

7th & 8th November

2026

£200

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## COURSE HIGHLIGHTS

- Time duration of course 15 hours
- 4 Attunements
- The passing and memorising of 3 Reiki Symbols
- The technique and practice of Distance Healing
- Learning the Hidden Elements
- Professional Working Standards
- Keeping Records and GDPR
- Working in clinical environments

## PREREQUISITES

- Reiki Level 1 (1st Degree)

## 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)



Further information available on our website

<https://www.reikitradition.me.uk/2nd-degree-course>

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# COURSE INFO

Reiki Level 3 (3rd Degree) Master

2026



## Reiki 3rd Degree

HELD OVER 6 EVENINGS

### Monday

Start 7pm | Finish 9.15pm

1st June

8th June

15th June

22nd June

### Friday

26th June

Start 7pm | Finish 10.15pm

### Saturday

Start 7pm | Finish 11.15pm

27th June

### Monday

Start 7pm | Finish 9.15pm

5th October

12th October

19th October

26th October

### Friday

30th October

Start 7pm | Finish 10.15pm

### Saturday

Start 7pm | Finish 11.15pm

31st November

ONLY 2 COURSES PER YEAR  
LIMITED SPACES AVAILABLE

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£380  
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## COURSE HIGHLIGHTS

- A further 4 Attunements
- The passing of an additional 4th Symbol (Reiki Master)
- The passing of a 5th additional Attunement Symbol
- How to prepare and teach the Reiki Degrees
- How to pass Attunements

## PREREQUISITES

- Reiki Level 1 (1st Degree)
- Reiki Level 2 (2nd Degree)
- Full understanding & ability to draw fluently the Reiki 2nd Degree Symbols
- Full understanding & ability to recite the Usui Shiki Ryoho Reiki history

## 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)

Further information available on our website

<https://www.reikitradition.me.uk/3rd-degree-master-course>

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# COURSE INFO

## Accredited Reiki Qualification

### Accredited Reiki Qualification

SEE ALL COURSE HIGHLIGHTS BELOW, THIS COURSE MEETS ALL THE SYLLABUS STANDARDS OF THE CORE CURRICULUM.



2026

### Accredited Reiki Qualification

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

£700  
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### COURSE HIGHLIGHTS

- Accredited Qualification
- Minimum 9 months to completion
- Diploma Certification
- Academic Degree in Reiki
- Students need to meet requirements of 65 hours of training inclusive of:
  - attending our Reiki 1st Degree course (15 hours)
  - attending our Reiki 2nd Degree course (15 hours)
  - attending a Reiki Practitioners Skilled workshop (7 hours)
  - attending 4 Development days totalling 28 hours
  - 75 Reiki Treatments on others
  - 100 Treatments on self or received Reiki
  - 5 practical observations

### PREREQUISITES

- None

### COMPLIES TO STANDARDS

- Core Curriculum (CC)
- Ofqual Level Descriptor (8)
- Regulated Qualifications Framework (RQF)
- National Occupational Standards (NOS)
- Federation of Holistic Therapist (FHT)
- Code of Conduct set out by the FHT
- Complementary and Natural Healthcare Council (CNHC)
- Reiki Council (RC)
- Complementary Health Professionals (CHP)



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Further information available on our website

<https://www.reikitradition.me.uk/2024-reiki-practitioner-courses>

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# SWITCHING TO ACCREDITED

## Changed your mind?

NO PROBLEM....

At Reiki Tradition School of Reiki  
we make it so easy for students to switch



No matter what stage the student is currently at we can change you over to Accredited

## PAYMENT PLANS

### How we can help

Here at Reiki Tradition School of Reiki, we like to help and assist potential students to gain the prestigious Reiki Accredited Qualification.

We understand that you may want and even require an Accredited Qualification to allow you to work professionally within Statutory Settings with Reiki, if either you work single-handedly or part of much larger multi-disciplinary teams in voluntary or paid positions within the NHS, Care Homes, Hospices or even veterinary surgeries working with animals.



[www.reikitradition.me.uk/accredited-students-payment-plan](http://www.reikitradition.me.uk/accredited-students-payment-plan)

Once the initial fixed deposit has been paid, we will supply all necessary paperwork to allow you to start with progressing with Case Studies.

0%

For further info on our  
EASY PAYMENT PLAN  
Click me OR Scan me  
I'll take you straight to our website



Students taking advantage of our 0% Easy Payment Plan, certification will be presented once the student has completed all course training hour, submitted all case studies and has paid in full

FOR FURTHER INFORMATION  
ON SWITCHING TO ACCREDITED OR OUR EASY PAYMENT PLAN

OR CONTACT MARTIN ON 07966 149 365

# Meet the team....

## Our Assistants

*We couldn't do this without you, thank you*



*Zane*

For me coming across Reiki and it's healing abilities it feels like finding a long waited missing piece of a puzzle. Reiki has been absolutely life changing for me. I've been on this path for a while now and it feels absolutely amazing to spread the world with love and light every day.



*Sharon*

I have been assisting Martin on the Reiki courses since 2016. I volunteer at Springhill Hospice which I love; I work with the Dementia Group and also on the inpatient ward.... it's very rewarding.



*Julie*

I have been practising reiki for over 10 years and truly love working with the guides. Reiki has not only helped me but has also allowed me to help others, including animals, in calming, feeling centred, and aiding their healing. I enjoy assisting on the courses and am forever learning new things. Martin is a wonderful teacher with a great depth of knowledge, which enriches my experience in this practice.

# Reiki Assistants



*Lynette*

I started my Reiki journey 4 years ago with Reiki Tradition.

My passion has always been animals. They make me smile every day.

I run the Pawsome World of Reiki with Martin .

I love my Reiki journey so far and can't wait to see what else is coming my way ❤️🐾



*Harjinder*

I'm a Reiki Master taught by the best.

I love to support the team and assist in teaching others in the traditional authentic Reiki way!!



*Steven*

I have completed Reiki 1, 2 and Masters.

I have been working as a practitioner in Leeds and assisting at Reiki Tradition for the last 2 years.

It's been a fantastic journey and I love to see how Reiki really helps others.



*Alyson*

Having completed my entire Reiki journey with Reiki Tradition, I use Reiki on myself, people, plants and animals.

Am loving my Reiki life!

# Reiki Assistants



*Shital*

For me it's

- enhances emotional clarity
- Support physical healing
- Reduce stress and anxiety
- I experienced power of stillness
- Our body already knows how to heal.
- Just need to give a space to listen
- Reiki is for everyone!
- For me it's inner beauty treatment



*Richard*

I'm a Level 1 Practitioner, just completing my Level 1 early 2025. I am passionate and dedicated to Reiki and its healing abilities I am also dedicated in passing this Reiki Usui Shiki Ryoho system of natural healing onto others



*Piotr*

I am a Reiki 3 Practitioner, Indian Head Massage Therapist, Reiki Tradition School of Reiki Assistant and Reiki Practitioner volunteering at a local NHS Hospital.

I am Interested in Reiki, Sound Healing, Crystals, Singing Bowls and Solfeggio frequency incorporation in energy treatments.



*Kerry*

Reiki has changed my life and given me a clear sense of purpose and direction. Being part of the Reiki Tradition School of Reiki makes me feel supported and connected. I genuinely love helping new students begin their Reiki journey, and it's meaningful to share the healing and growth that Reiki has brought into my own life.

# THANK YOU

for joining us on issue three of  
**JUST FOR TODAY**

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we'd love to see you again

**NEXT ISSUE: Winter**

Issue No.4 what's coming up....

Features include



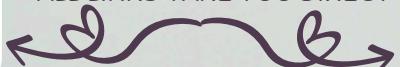
Plus much, much more...



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**SIGN-UP here**

ALL LINKS TAKE YOU DIRECT TO OUR WEBSITE



[www.reikitradition.me.uk](http://www.reikitradition.me.uk)



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