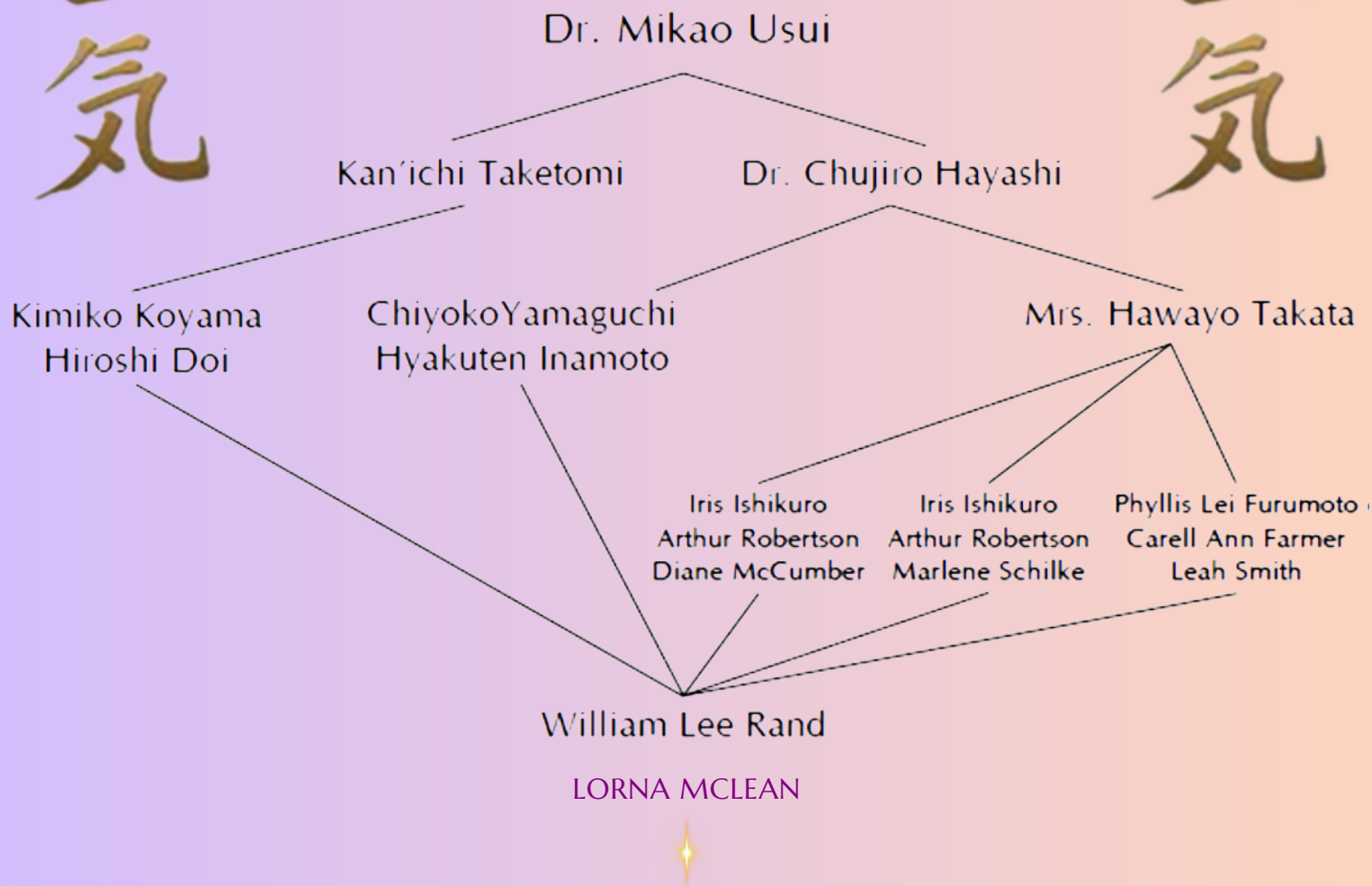


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Having become consciously aware of Reiki in 1996, my interest and passion for Reiki has been a beautiful and evolving journey. I received Usui Shiki Ryoho Reiki 1st degree in 1997 from Kate and Alex Jones, who received their reiki training from Martha Sylvester, who received her reiki training from Wanja Twan who was one of Hawayo Takatas' 22 Masters. I received Reiki II in 1998 and Reiki Master in 2002 from Moira Withers. Moira had the same 1st degree lineage as me and received her Reiki II and Master from John Moore, who's teacher was William Rand. William had developed the Usui/Tibetan style of Reiki in 1989. I started teaching the Usui/Tibetan style of Reiki in 2002. William developed Karuna® Reiki in 1994/5. In 2005 I attended a 3 day Karuna® Master Class with William in Glastonbury and starting offering Karuna classes from that time.

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In 2014 Holy Fire® Reiki was introduced through William Rand. I received Usui/Holy Fire® Reiki and Holy Fire® Karuna® Reiki in 2015 from Sam Goddard who had also learned with William. As the Holy Fire® system evolves, there are many updates which are passed on to those who feel drawn. I have received each of the upgrades which continue to evolve my practice. The Holy Fire® II & III Upgrades were received from William in 2015 and 2019 via a live webinar. In May 2019 I travelled to Jerusalem to receive the 3 day Usui/Holy Fire® Reiki III class in person with William. In 2020 William offered another upgrade, bringing the benefit of teaching Reiki live online. In 2022 the World Peace Reiki upgrade was introduced, again I received this via live Webinar.

I have revisited each class on various occasions, most recently I revisited Usui Reiki I & II with William in 2020 via live webcam. I continue to pass on the combination of Japanese and Western Reiki methods I have been taught, and I continue to teach all levels of Reiki, both Usui and Karuna®.

I attend a Reiki Drumming I & II class with Sarah Gregg in 2018, went on to complete my Reiki Drumming Master class in 2022 with Sam Goddard. I revisited the Reiki Drumming Class with Arthur Baird in 2023.

I attended an Live online 5 day Animal Reiki Master Class with Colleen, Robyn Benelli & Sioux Strong in 2021.

As a continuous Reiki curious student, I have also studied a variety of different styles of Reiki and been attuned to many. These include, Tibetan, Kundalini, Crystal, Medicine Buddha, Amaran, Colour, Lightarian, Quantum 5, Atlantean and Usui, Karuna, Drumming and Animal Reiki. I have since retired most of these styles of Reiki to focus on the styles that are closest to my heart, that best benefit my own ever evolving practice, my offerings and my Life.

Holy Fire® and Karuna® Reiki are registered service marks of William Lee Rand. For more information on William Lee Rand visit www.reiki.org