



Training Proposal: Reiki

Fabio da Silva Fernandes

Reiki Master, Mindfulness Coach, Resiliency Buff & Speaker



“Whether you realize it or not, you are resilient.
It’s your birthright.
As you take in your next breath, know this truth.”

Fabio da Silva Fernandes
Podcaster
The Stumbling Spirit

About me

For most of my professional career, I worked in the tech industry as a customer support leader. Almost a decade ago, I began my mindfulness journey, incorporating the practice of presence into my life on a regular basis. In my pursuit of personal wellness, I attained several mindfulness certifications. In 2018, I started my Reiki training and have since become a certified Reiki Master and Teacher of this holistic modality. In 2021, I left my career in tech to launch my own wellness business called Resting Bell Wellness Inc., which is now branded under the name of my podcast, The Stumbling Spirit.

Purpose & Value

In a similar way that therapeutic massage has been shown to deliver wellness benefits to people with tight muscles, Reiki is a kind of spiritual 'massage' that releases blockages within the body's energy system (or chakras) to promote physical relaxation, relieve emotional tension and reduce mental stress. In my experience, Reiki has restorative qualities comparable to mindfulness – it's just another modality in the toolkit of Complimentary Alternative Medicine (CAM). This gentle hands-on and distance treatment is a form of energy medicine developed in Japan over 100 years ago, which has a healing nature for practitioners and clients alike.

As your Reiki Teacher, I will:

- **Pass on traditional Reiki knowledge and philosophy**
- **Attune students to sacred Reiki symbols for self-healing and healing others**
- **Show different treatment techniques for delivering Reiki energy**

This proposal is a sampling of what you might expect from my Reiki training.

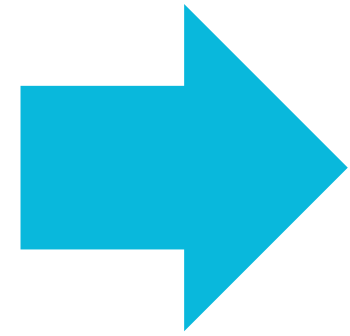
What is Reiki?

Reiki is energy medicine. It is a gentle hands-on and distance complementary therapy which has a variety of wellness benefits.

The word, Reiki, comes from the Kanji writing system and it literally means spiritual wisdom (Rei) and life energy (ki). The union of these two concepts represents what Reiki is to practitioners in delivering treatments. Since 1922, when this method of energy healing was developed in Japan, there are now more than 150 lineages of Reiki. However, the cornerstone of most lineages of this holistic modality is what is referred to as Usui Shiki Ryoho (or Usui for short) named after its founder Mikao Usui (also referred to as Usui Sensei). This is what I teach.

Reiki Master Teachers train and 'attune' practitioners to be able to access and intentionally direct energy from Source to restore balance to the body's energy system. This intuitive and spiritually-guided practice has been passed down from teacher to student for generations.

Reiki Master Path



Level 01

Self-Healing

Connecting to Source and learning how to do treatments on oneself.

Level 02

Healing Others

Distance therapy and learning hand placements to treat others.

Level 03

Reiki Master Practitioner

Master symbol attunement and doing hands-on treatments.

Level 04

Reiki Master Teacher*

Learning how to train and attune students.

*Levels 3 and 4 are often taught together.

Reiki Benefits

These are some of the benefits of Reiki therapy.

**Decrease
Anxiety**

**Reduce
Stress**

Relaxation

Well-being

**Connection
to Body**

**Present
Moment
Awareness**

**Increase
Compassion**

**Less Physical
Tension**

**Emotional
Release**

**Restore
Balance**

Peace-of-mind

**Connection
to Truth**

Training Fee

Here is a high-level breakdown of the expected areas for which training fees could be applied. Cost considerations are based on time and materials.

Below are some cost considerations :

- **In-person vs. Online** – Fees differ between in-person and virtual training.
- **Preparation** – The time required to prepare and customize training content.
- **Delivery** – The training itself.
- **Content** – Creation of documentation, handouts etc.
- **Manuals** – The purchase of Reiki Manuals.
- **Travel** – Including airfare, ground transportation, accommodation and meals for in-person training.
- **Duration** – The training timeframe (i.e. number of days/weekends).
- **Participants** – Number of attendees for which training is being delivered.

“I had the privilege of participating in Fabio’s Reiki training...it was truly transformative. Fabio’s depth of knowledge and compassionate teaching style created a safe and supportive environment for learning. I gained not only practical skills but also a deeper understanding of energy healing and its profound impact on well-being.”

**- J. Ramos, Empath
Toronto, ON, Canada**

Contact me for more info.



The Stumbling Spirit (A brand of Resting Bell Wellness Inc.)

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Gratitude!

Thank you for considering me to train your group.

