

Reiki Classes

Reiki I and II

Reiki I and II are taught together on Saturday from 10AM to 5PM. Both attunements are given and certificates are provided. Traditional Usui Reiki information and techniques are covered and include the following:

- The Reiki hand positions.
- Giving a complete Reiki treatment for self and others
- Receiving a complete Reiki treatment
- Learning how to use Reiki for specific conditions and issues
- Learning the Reiki II symbols and practice time on how to use them
- Learn how to give distant Reiki healing to others

The class is a combination of lecture, discussion and experience. Practice time includes giving and receiving a complete Reiki treatment using all the hand positions, the self -treatment, practice using all the level II symbols including distant healing, and practice using all the Japanese Reiki Techniques mentioned above.

Reiki is a practical energy technique that can be used for general healing, stress reduction, relaxation, and pain reduction from physical ailments. This non-invasive, completely benign healing technique is becoming more and more popular.

The Reiki techniques of “lying of hands” is a Japanese healing modality that has been practiced for thousands of years in the orient. The word “Rei” means universal and represents wisdom that comes from a higher consciousness, which is all knowing. This God Consciousness exists in the higher levels of the (UEF) Universal Energy Field. The word Ki, pronounced Chi in Chinese represent the life force or energy that exist within every living creation and represents the lower levels or earth bound levels of the UEF.

Reiki also uses ancient Japanese symbols that help channel different energies for strength, physical healing, emotional healings and overall well-being, as well as balancing of the charkas and all levels of the human energy field. The Reiki energy is a very powerful, clean and life-fulfilling energy that stays with a person once they have completed a Reiki attunement, it will never go away and stays with the person for their lifetime regardless of how often it is used. While practice takes place during the class, it is a wonderful experience to set aside additional time to practice after the class is over. Practicing Reiki with one, or more people or with members of your family or friends is a great way to gain the experience and confidence you need to fully utilize the Reiki training.

Cost:\$200.00 with a \$100.00 non-refundable deposit.