

REIKI ~ Healing Energy

Reiki is a simple, natural and safe method of healing and self improvement that everyone can use

Reiki, the ancient art of channeling healing energy, enables you to heal yourself and assist others in their healing process. This includes the healing of plants and animals. It is a gentle, non-invasive method of hands-on healing that requires no particular belief system. It is extremely easy to learn. Reiki brings the body into harmony by relieving physical, emotional, and spiritual blockages; it is a vital key to self-empowerment and personal growth. Reiki has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

Level One: Includes the history and philosophy of Reiki, how to use Reiki to heal yourself and others, hands-on practice, and the attunements which activate the Reiki energy. Booklet and certificate are issued with completion of the course.

Level Two: Includes instruction in increasing and directing the Reiki energy, with expanded uses, including long distance healing, the healing of past experiences, and manifesting into the future. Second degree attunements are given along with a deeper understanding of the correct use of the Second Degree Reiki symbols. Booklet and certificate are issued with completion of the course.

First Degree Cost is \$125. Second Degree Cost is \$225. Pre-registration is required. Fees are non-refundable. If, however, you are unable to come to class the registration fee is transferable to another Reiki class.

For Registration and Information

Call (619) 741-6448

Catherine Leigh Rose, CSYT, RYT, Reiki Master/Teacher

*Heart & Soul
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