



Reiki Information

Reiki is a healing method which was rediscovered in the late 1800's by Mikao Usui, a Japanese Christian Minister. It was brought from Japan to the United States in the 1930's by a Japanese American woman named Hawayo Takata. Reiki is now practiced and taught in every country in the world.

Reiki is a simple, natural, and safe method of healing and self improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all traditional medical or therapeutic techniques to relieve side effects and promote recovery.

Reiki for people of all ages ...

- Is deeply calming and comforting.
- Stimulates the immune system.
- Reduces stress.
- Reduces pain and inflammation.
- Is non-manipulative, non-invasive, and non-intrusive.
- Is empowering in that it allows the child to use it whenever he/she chooses.
- Helps promote self-esteem.
- Supports a restful sleep.
- Helps promote self-responsibility in that the child becomes actively involved with his/her own health and well-being.
- Can be done any where at any time.
- Is easy to learn and easy to do.

Reiki Level I

Participants will learn hands-on training in Reiki. Through instruction and lively participation, students will have first-hand experience in giving and receiving Reiki. Reiki attunement empowers students to give Reiki to themselves and others through direct hands-on contact.

Reiki Level II

Participants will be trained and attuned in Reiki II. This involves a non-hands-on approach to Reiki, allowing participants to send Reiki through time, space, and distance. Learning the Reiki II symbols empowers the students to activate this potential held in all people. Through instruction and participation, students will have experience as givers and receivers in this advanced Reiki training.

Reiki Master

A 9-month program in which the greater part of Reiki Master training is done individually. About three quarters of the way through your training, a 2-day group class will be held at which time you will learn the Reiki Master symbols. You will also receive instruction on how to teach Reiki I and Reiki II classes as well as receive a Reiki Master manual and other materials. Participation alone in this program does not guarantee becoming a Reiki Master. This program requires a serious commitment to learn and deepen your Reiki experience.