

The Five Reiki Principles

- Just for today I will let go of worry.
- Just for today I will let go of anger.
- Today I will show kindness to every living thing.
- Today I will do my work honestly.
- Today I will show gratitude to everything and give thanks for my many blessings.

Registration

Name: _____

Email: _____

Phone: _____

Class: _____

Reiki Classes at Hermitage Farm Center for Healing

Reiki I Certificate

March 10, 2012
December 8, 2012

9:00 – 5:00

Tuition \$100

Reiki II Certificate*

April 14, 2012

9:00 – 5:00

*Prerequisite – Reiki I

Tuition \$100

Reiki Advanced Practitioner Training*

May 12, 2012

9:00 – 5:00

*Prerequisite – Reiki I and II

Tuition \$135

To register send payment to:

Diane Anderson

c/o Hermitage Farm Center for Healing

6415 West River Road NW

Rochester, MN 55901

www.hermitagefarm.org

For additional information

please call or e-mail

507-281-2791

Hermitagefarm@charter.net

Reiki

*Natural System for
Wellness*



*Diane Anderson
Reiki Master/Teacher*

What is Reiki?

Reiki is a system of natural healing that was developed in Japan by Dr. Mikao Usui. By utilizing "Universal Life Energy," Reiki restores health and wholeness, promoting healing and harmony on all levels: physical, mental, spiritual and emotional.

Reiki enhances the body's natural ability to heal itself and to experience a state of relaxation, balance and well-being.

The ability to use and administer Reiki is passed to the student in the form of an "attunement" given by a Reiki Master. This attunement allows the student to access the Reiki Life Force Energy.

Learning Reiki is a simple process and is a wonderful gift to give yourself. As a Reiki practitioner, you will find an inner peace and harmony that will carry forward into your every day life. You will discover your ability to be a channel for Universal Love and Peace.

The Levels of Reiki Training

First Degree Reiki focuses on the history and basic teachings of Reiki. You will learn the principles of Reiki and the hand positions to treat yourself and others. As part of the Level I training you will be attuned to the Reiki Universal Life Force Energy.

Second Degree Reiki teaches the Reiki Symbols that strengthen the flow of Reiki energy and enable you to channel Reiki energy for distance healing. This class includes practical tips for beginning a Reiki practice. You will receive the Reiki II attunement.

Third Degree Reiki is the Reiki Advanced Practitioner training. You will learn the master symbol and advanced treatment techniques including chakra clearing and balancing, working with stones and crystals and creating and working with a Reiki crystal grid, earth healing and more. This class will offer you the opportunity to take your healing experience to a higher level. You will receive the Reiki Master Practitioner attunement.

Reiki Treatments

A Reiki treatment is a simple, non-intrusive, yet powerful process. The Reiki practitioner channels the Reiki healing energy to the client by gently placing the hands in key position on the body. The client is fully clothed during the treatment.

The client typically experiences a feeling of complete relaxation and inner peace. Some individuals feel tingling or a warm sensation.

Reiki helps reduce anxiety, pain and stress and increases energy within the body.

Reiki is not a substitute for treatments prescribed by a doctor. It does, however, enhance the body's ability to heal itself.

Sessions are approximately one hour in length. We recommend dressing in loose, comfortable clothing.

Diane Anderson
Hermitage Farm Center for Healing
507-281-2791