



Reiki Retreat

Level 1 & 2

May 4,5,6 2018

Reiki is a type of spiritual healing using the universal life force energy that exists naturally, within and without us. If ones life force energy is low or depleted, we are more likely to get sick, feel stressed or anxious. The Reiki practitioner harnesses the energy and allows it to flow through themselves for their own self healing or that of another recipient. When it is increased during a Reiki healing session, the natural chakra balancing that occurs, allows you to feel calmer, more healthy and happy.

Because there is no particular religious belief system attached to Reiki, it is suitable for anybody and is a simple and natural method of spiritual healing and self- improvement that has been effective with virtually every known illness. Although there is no guarantee of a cure, it always creates beneficial results and works in conjunction with all medical and therapeutic techniques to relieve side effects and enhance whatever natural healing is taking place. Those who use Reiki regularly often find they are more joyful, lively and that their own innate energy is enhanced. Existing conflicts within the body are

broken down and there is a greater vitality, leading to relaxation and stimulation of the energy body.

Reiki 1: You are attuned (empowered) to impart Reiki energy to yourself and others. You will learn about the human energy system, learn suggested hand positions and get a chance to practice on others.

Reiki 2: Attuned to Reiki 2 allowing for an increased flow. Learn the 3 secret Usui symbols that allow for distance healing, mental/emotional healing, send healings into the past or future, to pets and relationships etc. Learn about setting up a Reiki Healing Practice. Time to practice on others.

Extras

Extra Time to practice
Extensive Chakra teachings
Extensive Animal reiki

You will walk away being able to start a reiki practice!



Register: stcroixhealingarts@gmail.com

stcroixhealingartscenter.com