

*2019-2020 Reiki Classes at  
Hermitage Farm Center for Healing*

*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 I and II Certificate  
(Two days)**

November 16-17, 2019, 9am – 5pm  
Tuition \$225  
Includes \$10 for Reiki Manuals

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**Reiki Advanced Practitioner Training\*  
(one day class)**

January 18, 2020, 9am – 5pm

\*Prerequisite – Reiki I and II  
Tuition \$135  
Includes \$5 for Reiki III manual

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To register send check made out to:  
Diane Anderson and mail to:

**c/o Hermitage Farm Center for  
Healing**

6415 West River Road NW  
Rochester, MN 55901

Or email [danderson@hermitagefarm.org](mailto:danderson@hermitagefarm.org)

*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 Mikao Usui. It is a relaxing touch therapy that works with our life force energy to promote healing and well-being.

Reiki works on the physical, mental and emotional bodies, bringing the energy into balance and creating a sense of peace and harmony.

Reiki enhances the body's natural ability to heal itself and compliments standard medical care as well as other therapeutic techniques.

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 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 instruction on creating sacred space and pointers on beginning a Reiki practice. You will receive the Reiki II attunement.

Third Degree Reiki is the Advanced Practitioner training. You will learn the master symbol and several advanced treatment techniques including aura clearing, chakra testing, clearing and balancing, working with pendulums, stones and crystals, creating and working with a Reiki crystal grid, 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 positions 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 physical vitality.

Reiki compliments traditional medical treatment and enhances the healing process following injury, surgery, or chemotherapy.

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

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