

What is Reiki?

Reiki is a complementary therapy that works with our life force energy to promote relaxation, healing, and well-being. Reiki uses gentle touch to improve energy flow and to balance the physical, mental and emotional energy systems.

Developed in Japan by Mikao Usui, Reiki complements traditional medical care and other healing modalities as it enhances the body's natural ability to heal itself.

Studies show that Reiki helps reduce anxiety, stress, and pain and increases physical vitality. It enhances the healing process following illness, injury, surgery or chemotherapy. Many individuals benefit from regular Reiki treatments as part of their self-care routine.

Learn the foundational principles of the Usui method of Reiki for treating yourself and others. You will also learn the Reiki symbols and techniques for distance healing.

Sister Seekers



Working together for the purpose of improving the world through teaching, healing, retreats, space clearing and ceremony

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Classes held at

Hermitage Farm Center for Healing, Rochester, MN

Reiki Classes

Reiki I & II

October 14-15, 2023
9am – 5pm each day

Reiki III

December 9, 2023
9am – 5pm,



Taught by Master Reiki Teachers

Diane Anderson, MS, RMT

Marie Neher, MS, RMT

Offering Nursing CEU's
www.sisterseekers.net

Reiki I

- Introduction to energy and energy healing
- The basic teachings of Reiki
- History of Reiki
- Reiki Principles
- Gassho meditation
- Overview of human aura & chakras
- Self-Treatment hand positions
- Guided imagery for self-healing
- Preparing to give a Reiki Treatment
- Three Pillars of Reiki
- Hand positions for treating others
- Detecting and removing energy blockages
- Practicum: give and receive a Reiki treatment
- Reiki chair treatment
- Reiki I attunement



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Reiki Classes



Reiki II

- Reiki symbols
- Distant healing
- More on chakras - mental, emotional & archetypes
- Creating sacred space
- Building a Reiki healing altar
- Energy Exchange technique
- Thought processes and focus during a treatment
- Refining skills to administer Reiki
- Practicum: give and receive a Reiki treatment
- Tips for starting a Reiki Practice
- Reiki II attunement

Reiki III - Advanced Practitioner Course

- Working with the Reiki Master symbol
- Reiki moving meditation
- Working with a pendulum
- Using stones and crystals for healing
- Making a Reiki crystal grid
- Reiki Master meditation
- Aura clearing
- Chakra testing and balancing
- Practicum: give and receive a Reiki Treatment
- Reiki III Attunement



Tuition

Reiki I - \$150

Reiki II - \$150

Advanced - \$175

Includes cost of manuals