

# 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 heightens 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

February 22 & 23, 2025  
or October 18 & 19, 2025  
9am – 5pm each day

## Reiki III

March 22 or Nov 22, 2025  
9am – 5pm,



Taught by Master Reiki Teacher  
Diane Anderson, MS, RMT

Offering Nursing CEU's  
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## 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
- Raising your energetic vibration
- 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
- Intuitive Healing
- Aura clearing
- Chakra testing and balancing
- Practicum: give and receive a Reiki Treatment
- Reiki III Attunement



### Tuition

Reiki I - \$175

Reiki II - \$175

Advanced - \$195

Includes cost of manuals