

REIKI - LEVEL ONE

Times: 4 sessions - Mondays from 1:30- 4:30

Dates: May 17, 31 and June 7, 14 2010

Location: Lavonne Garnett Counselling & Reiki office, 2219 Gomerich Road, South Wellington

Reiki Master: Lavonne Garnett

You will learn:

- ♦ history of Reiki
- ♦ ideals & principles of Reiki
- ♦ basics of body energy centers-chakras
- ♦ centering & grounding
- ♦ how to start sensing energy
- ♦ how to practice hands-on self-healing
- ♦ how to treat others, hands-on
- ♦ cleansing process
- ♦ exercises for increasing & clearing energy
- ♦ visualization

You will receive a Reiki Level One attunement to open your chakras for channelling energy & a Reiki Level One certificate, after attending all 4 sessions.

Register and pay before midnight April 30 for a discounted fee of \$180. Persons who attended the Introduction to Reiki class may pay a fee of \$160 before April 30. After April 30 the full fee is \$200. Please write cheque or money order to Lavonne Garnett and mail to 2219 Gomerich Road, Nanaimo, V9X 1R8. A minimum of 6 persons is required to have Reiki Level One classes. You are encouraged to invite friends and relatives to participate in the Reiki classes. For more information, please phone 250-740-0068.

REGISTRATION FORM

Name: _____ Phone: _____

Address: _____

Payment Amount: _____

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Reiki is an ancient practice of placing hands on the body of a person for accelerated healing and balancing of body, mind and spirit. Reiki, or universal energy, called chi by the Chinese, can affect change in the chemical structure of the body by increasing the energy to regenerate organs, and build tissue and bone. Reiki assists the body to relax, and to release emotions and physical energy blocks that impede optimal functioning. The energy that is channelled through the Reiki practitioner into the receiver is attracted to the areas that need treatment, thus activating the body's innate ability to heal.

In Reiki Level One, a person learns the philosophy of self-healing and empowerment, as well as how to practice basic Reiki on others and on oneself. Reiki opens the mind and spirit to the causes of disease and pain, the necessity for taking responsibility for one's life, and the joys of balanced wellness. Reiki can help one find more peace and love in life, increase self-awareness, discover abilities to channel energy and increase health.

The more that people learn to heal themselves and each other, the quicker our world will achieve the healthy vibratory levels of love, peace and harmony. Our children benefit from our sense of well-being when we are at peace. Thus, they too can grow into loving and peaceful beings that make up a harmonious society. Self-care and the support of others are investments in our health and the future.

Reiki Level Two, Level Three, and Reiki Master classes are also available.

Spiritual Precepts of REIKI

Just for today, do not worry.
Just for today, do not anger.
Honour your parents, teachers, and elders.
Earn your living honestly.
Show gratitude to every living thing.