



Reiki I & II Certification Class in Park Slope, Brooklyn, NY

Heal yourself, heal your family, heal your pets, HELP TO HEAL THE PLANET! Anyone is capable of learning this ancient healing art.

Jan. 21, 2010 - [PRLog](#) -- Reiki is an ancient form of healing which works with Universal Life Force Energy - call it God, call it Higher Power, call it Source, call it what you will - Reiki works holistically on all levels—physically, emotionally, mentally, spiritually— and heals deeply by promoting deep relaxation and by balancing the energy in and around your body with energy directed through the hands with light touch or simply hovering hands in the body's energy field.

Experience how simple Reiki is to learn and how you can help your family, your friends, your pets and the planet. Take control of your physical, emotional and spiritual health. We are all born with the ability to channel healing Reiki energy.

Do you have a family member who suffers with chronic pain or who is being treated for cancer? Is your baby having trouble sleeping or suffering with colic? Reiki is AMAZING and is a complementary treatment that can benefit any ailment. Learn Reiki and bring comfort, emotional healing and spiritual awareness to yourself and your loved ones.

Reiki is a technique for stress reduction that also promotes healing. Reiki is not a religion, but is a complement to any spiritual belief or traditional medical practice. The knowledge that an unseen energy flows through all living things — humans, animals and plants — directly affecting the quality of health for all sentient beings has been part of the wisdom of many cultures since ancient times. The existence of this “life energy” has been verified by recent scientific experiments and medical doctors around the world and they are accepting the role it plays in the functioning of the healing process.

Reiki Masters, Kristin Reed and Barbara Tierney, will be teaching a weekend certification workshop in Park Slope, Brooklyn at an affordable price. They are both Certified Master/Teachers, trained directly by internationally renowned Reiki Master William Lee Rand of the International Center for Reiki Training in the Usui Reiki and Usui/Tibetan Reiki traditions, and Laurelle Shanti Gaia and Michael Baird of Infinite Light Healing Studies Center.

Reiki I will be taught in all-day classes on Saturday, March 20, 2010 and Reiki II on Sunday, March 21, 2010. If you are already a certified Reiki I practitioner, you may take the Sunday Class only to be certified for Reiki II. If you are new to Reiki, take both workshops and learn all the simple hands on techniques necessary to be certified to practice Reiki on your own. Everyone is born with the ability to channel Reiki energy. With practice you can work on yourself, your friends, your family and even start a healing practice of your own.

In the classes you will learn:

- The History of Reiki from its Japanese originator, Mikao Usui and how Reiki has come to be practiced today in the West
- What Reiki is and how it works

- The 5 Reiki precepts
- Experience guided meditations
- Learn about the Chakra energy centers in your body and how color can heal
- Get the Reiki I & II energy attunements passed on only by Reiki Masters
- Learn how to do a complete Reiki healing session and experience a treatment yourself
- Get hands on experience feeling and using the Reiki energy for healing
- Learn hand positions for self-healing and activate a 21-day chakra cleanse
- In Reiki II learn the sacred Reiki symbols and how to use them to focus the energy and to do long-distance healing
- Receive a Reiki Manual, additional handouts, a certificate of completion and continuing support from your Reiki Teachers—including monthly Reiki shares

Reiki I, Saturday, March 20th

Reiki II, Sunday, March 21st

Classes begin at 10 am and end at 6 pm each day. A deposit is recommended to hold your place. Bring a bag lunch. These classes are kept small and tend to fill up quickly, so call or email soon!

The cost of the classes: \$150 for Reiki I and \$150 for Reiki II. You can take one of the classes or both.

Visit our website to see what others have to say about Reiki — amazing results are accomplished and the receiver only has to have a willingness to heal themselves. <http://www.healingreikienergy.com>

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HealingReikiEnergy is dedicated to Healing. Treatments are offered for emotional pain, physical pain and pre/post surgical care, plus. We offer Reiki Classes, Animal Reiki, Crystal Healing Workshops, Free treatment to Veterans, Womens shelters, etc.

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