

靈氣

Usui Shiki Ryoho

Reiki

Universal Life Energy

Reiki Principles

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

Learn how to give Reiki, Universal Life Energy in this two-part workshop. Reiki accelerates the body's own innate healing process by using gentle touch, and can be given to anyone of any age, in any condition. Reiki is widely performed in hospitals, cancer centers, spas, and healing centers.

Reiki I

What you will learn:

- What is Reiki?
- History & Lineage
- Reiki principles
- Four-part Level I attunement
- Self-healing for the whole body
- Do a self-healing session
- Grounding
- Chakra balance
- Hand positions for treating others
- Trade healing sessions
- Detoxifying, cleansing after attunement

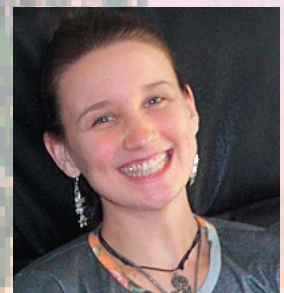
Sunday, December 7, 1-6 pm

\$150

What to bring:

- Comfortable clothing
- Water
- Pendulum (if you have one)
- A positive and open mind, and loving heart

Julia "Jewl" Petteway studied Traditional Usui Shiki Ryoho Reiki I with Barbara McDaniel at Brenneke School of Massage in Seattle. McDaniel was a student of Phyllis Furumoto, who studied with Mrs. Hawayo Takata, student of Usui, the founder of Reiki. Two years later, Jewl relocated to Colorado, where she studied for 3 years with *Int'l Center for Reiki* instructor Christin DeArment Martin, learning Reiki II, Master Practitioner, and Master Teacher levels, and plans to continue with Karuna Reiki. Jewl strives to honor the tradition of Reiki, as well as incorporating more newly discovered techniques in healing. Jewl is also a Mother, Nationally Certified Massage Therapist, Craniosacral Therapist, Professional Dancer, Musician, and Spa Director.



Reiki II (prerequisite Reiki I)

What you will learn:

- Review Level I
- Why we want to learn level II
- 3 Reiki Symbols (power, emotion, distance)
- How to send distance Reiki
- Group distance healing session
- Reiki Crystal grid
- Reiki Water
- Byosen Scanning



Sunday December 14, 1-6 pm

\$175

Both classes \$300

Reiki Master: Master symbols; How to give attunements for teaching, and healing; Aura clearing; Advanced techniques and meditations for grounding, and energy clearing; Teaching Reiki. Must have Reiki I & II, and show certificates for both. Please inquire if interested in Master level.

Location in South Alexandria, VA will be given upon registration. Space is limited.

Please send your check to Julia Petteway, PO Box 776, Nederland, CO 80466 or Paypal to jawahir@raqsjawahir.com. Please include your full name, address, phone, email address, occupation, and any experience you have with Reiki or energy work.