

# Reiki I & II Class

**Cinda and Greg Morey - Reiki Master/Teachers**

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**November 1, 2014 - 9:00 am to 6:00 pm**

Location: Sacred Intentions - 912 S. 5th Ave, Marshalltown, IA 50158

Level I & II: \$200

Reiki is a simple, gentle and effective system of transmitting universal life-energy through hands-on-healing or distance sending. It is used for healing of the body, emotions, mind and spirit. The word Reiki is composed of two Japanese characters: rei and ki. Rei can be translated with 'universal'. Ki means Universal life-energy. The two characters together express the coming together of divine force and the human being, or the unification of body and soul.



Universal life-energy, also known under names as Chi, Prana, Orgon, vital life force, etc, is the mysterious energy which enlivens all and everything. Ki is used in martial arts to enhance the physical and mental training. The student is taught to use Ki to increase his physical as well as mental power. As long as the life force is healthy, the cells remain healthy. It is also the primary energy that nourishes our emotions, thoughts and spiritual life.

In the Reiki I & II classes you will learn:

1. What is Reiki?
2. How does REIKI work?
3. What does REIKI help with?
4. Receive the Reiki I attunement.
5. How to give a treatment to yourself & others.
6. Practice & receive a treatment.
7. Receive the Reiki II attunement.
8. Learn and practice symbols.
9. Choose partner to send long distance Reiki to after class.
10. Receive a group treatment.

Please bring food to share for a potluck and a journal!