

靈氣

~ Training ~
Usui/Tibetan
Reiki Training
With Pál “Paul” Kokity,
Certified Reiki Master



What is Reiki...

Reiki is a healing art from Japan with possible connections to ancient Tibet. The common translation of the Japanese word is *Universal/ Spirit (Rei) Energy (Ki)*. It is one of seven described life-force energies, and it has the ability to unify the aspects of the inner child, the middle self, and the higher self. Although it is heavily rooted in Japanese traditions, the Usui system of Reiki is not based on one belief and has practitioners of many faiths and philosophies. It is believed that a person's energy, or *Ki*, needs to be strong and free flowing for optimal physical, mental, and spiritual well-being. When it is weak, or blocked, it can cause physical and emotional imbalances that affect one's health. Strengthening your *Ki* (through Reiki) allows a greater connection to your own innate healing abilities, increases your vitality, and promotes personal well-being.

Level 1 (EV-22) Shoden “First Teachings”

July 17th, 10:00am to 4:00pm with Break

Cost: \$125 (\$250 for Level 1 and Level 2) | Prereq: Experience in smiling and hugging

The student is initiated into the Usui Reiki Ryoho system of healing. It discusses the history of Reiki, what it is and how it works, its symbolism, the five Reiki principles, and the attunement process. Students are taught how to give a complete Reiki treatment using the standard hand positions. It, also, includes instruction on the Japanese techniques of the Gassho meditation, Reiji-Ho (for developing intuition), Byosen (“sick line” scanning), Joshin Kokyu-Ho (Breathing exercise to purify the spirit), Kenyoku (dry bathing), Jacki-Kiri Joka-Ho (clearing objects of negative energy), and Shu Chu-Reiki (“concentrated” group Reiki). *40 Page Manual included with this program*

Level 2 (EV-23) Okuden “Inner Teachings”

July 24th, 10:00am to 5:00pm with break

\$150 (\$250 for Level 1 and Level 2 | Prereq: Level 1

This class discusses the three Level 2 Reiki symbols: what they mean, how to draw them, and how to use them. Students are given time to experience giving and receiving the energy of each symbol. More Japanese techniques are covered, including, the Gyoshi-Ho (sending Reiki through the eyes), Koki Ho (sending Reiki through the breath), and Enkaku chiryo (Distance healing). *40 Page Manual included with this program*

About Pál...

Pal has been exploring various energetic/metaphysical disciplines for the last 18 years. In 2003 he received his first Reiki attunement and began to pursue the healing arts. He has been trained and certified in therapeutic massage, reflexology, and aromatherapy. In 2008 he became a Reiki Master and is accredited by the International Association of Reiki Professionals.

