

## REIKI LEVEL II CERTIFICATION

**Reiki** (ray-key) is an ancient Japanese healing technique that has been used for centuries for stress reduction, relaxation, and healing. The word Reiki means universal life force energy; the energy found in and around all living things. The aim of this healing energy is to balance all levels of being: physical, mental, emotional and spiritual as well as enhance the natural power of the body to balance and heal itself. It is utilized by individuals for both personal use and for the facilitation of others.



Classes are a combination of lecture, discussion, and practice. Participants should wear comfortable clothing. You will receive...

- Reiki II class manual
  - Review of Reiki I
- Techniques for circulating ki (or chi) energy in the body to strengthen the energy field and physical body
- Creating a sacred space at home for aid in performing long distance healing and for meditation practices
- The Reiki sacred symbols: their names, meanings, and uses; practice drawing and working with the symbols
- Reiki Level II initiation: attunement which opens the flow of Reiki II energy and activates the power of the sacred symbols
- Hand positions for long distance & mental/emotional/spiritual healing
  - Hands-on practice, including long distance healing
    - Certification as a Reiki II practitioner

**Already taken Reiki II and need a Refresher?  
The Center offers refresher classes for individuals  
holding a valid certification.**

[www.TheCenter4Wellness.com](http://www.TheCenter4Wellness.com)