



Acupuncture & more, LLC

ADVANCED REIKI TRAINING (ART)

WHAT IS ART?

Advanced Reiki Training will expand your healing abilities and enhance your energy. Additional techniques and an additional two symbols will add strength to your Reiki energy.

ARE THERE ANY PREREQUISITES?

The prerequisite for Advanced Reiki Training is Reiki Level I and II training and attunement from a Reiki Master and at least six months of Reiki practice on yourself and others.

WHAT IS INCLUDED IN THE LEVEL III TRAINING?

- ❖ *The Usui Master attunement which increases the strength of your Reiki energy*
- ❖ *The Usui Master symbol which increases the effectiveness of the Reiki II symbols and can be used for healing*
- ❖ *Reiki meditation that strengthens the mind and expands consciousness*
- ❖ *Advanced techniques for using Reiki to solve problems and achieve goals*
- ❖ *An introduction to the use of crystals and stones with Reiki*
- ❖ *How to make a Reiki grid that will continue to send Reiki to yourself and others after it is charged*
- ❖ *Reiki psychic surgery that allows you to remove negative psychic energy from yourself and others and send it to the light*
- ❖ *A guided meditation that introduces you to your Reiki guides wherein you receive healing and information*

HOW SHOULD I PREPARE FOR THE DAY?

Practice Reiki I on yourself or others as much as possible prior to your Reiki II training. To increase your energy level prior to your training, it is recommended that you eliminate or reduce your dietary intake of caffeine, refined white sugar, alcohol and meat for at least 2 days, preferably one week, prior to your attunement. Distant Reiki will be sent to participants the day before the training.

RECOMMENDED READING:

The Spirit of Reiki, The Complete Handbook of the Reiki System, Walter Lubek, Frank Arjava Petter and William Lee Rand, Lotus Press, Shangri-La

CLASS DETAILS – CALL OR EMAIL FOR NEXT CLASS DATE

DATE: TO BE DETERMINED **COST:** \$200 per person includes the manual
TIME: 9:00 a.m. to 5:00 p.m. (Includes two 15 minute breaks and a 1 ½ hour lunch period)
WHERE: Delaware, OH
CONTACT: Polly Morgan, Reiki Master/Trainer, 740/363-2179 or pollymorgan@columbus.rr.com