



## REIKI LEVEL II TRAINING

*Reiki Level II will expand your healing abilities and enhance your energy. Additional techniques and the addition of symbols will allow you to work on the mental/emotional level as well as the physical level and send Reiki from a distance.*

### **LEVEL II TRAINING INCLUDES:**

*Energy Meditation*

*Reiki Symbols Defined*

*Uses for the Reiki Symbols*

*Distant Healing Techniques (Enkaku Chiryō)*

*Non-Healing Uses for Reiki*

*Level II Attunement*

*Reiki Guide Meditation*

*Eye Beaming (Gyoshi-Ho)*

*Healing with the Breath (Koki-Ho)*

*Transforming Negative Energy (Jacki-Kiri Joka-Ho)*

*Practicing Reiki with the Symbols*

*Group Sending*

*Reiki Sharing and Partnering*

### **PREREQUISITES:**

*The prerequisite for Level II Reiki training is Reiki Level I training and attunement from a Reiki Master. You will also need an open heart and a desire to further explore your healing potential.*

### **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.***

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## CLASS DETAILS

**LOCATION:** Acupuncture & More, LLC  
McAuliffe Bros. Center, 232 N. Main St., Ste 1B, Marysville, OH 43040

**COST:** \$125.00/person  
Couples discount (married couples or domestic partners): \$115.00/person

**CONTACT:** Polly Morgan, Reiki Master/Trainer

**PHONE:** 937/707-9953 or 614/579-7550

**REGISTRATION:** Call or email to express your interest. *Prepayment is required by Monday, October 31st to confirm your attendance.* Mail your payment to: *Polly Morgan, Acupuncture & More, LLC, 232 N. Main St., Suite 1B, Marysville, OH 43040.*