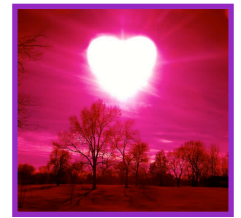


# Usui Reiki I Training



Date: TBD  
February-early  
March, 2020

6 hour class  
plus lunch break

Investment: \$111

Deposit of \$50 required  
to reserve your spot

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Are you ready to move into a new healing paradigm? Empower yourself and others by learning this simple, beautiful, spiritual healing art. Experiencing this sacred ceremony can lead you toward wholeness.

Reiki is a technique for healing on all levels – physical, mental, emotional, and spiritual. The word Reiki is made of 2 Japanese words – Rei, which means “God’s Wisdom or the Higher Power” and Ki, which is “life force energy”. The technique is a method to direct that higher life force energy for healing, relaxation, stress reduction, and promoting well-being on every level. It is a safe and simple method that anyone can use, including children. The ability to use this energy is transferred from teacher to student in a process called an attunement. The attunement allows the student to channel this life force energy through their body for their own self-healing and the healing of others.

I am putting together an Usui Reiki I class, date TBD, hopefully in February or early March, depending on students availability. I plan to keep this class small – 4 people – so it is very personal and intimate. I am blessed to be able to offer this class and I encourage all to take Reiki if they feel called to do so.

The morning will be spent in discussion and learning relevant information for your Reiki practice. Bring your questions. So we don't have to spend a lot of time on history of Reiki and to bring you all to a common ground, I am strongly suggesting reading Diane Stein's Essential Reiki through page 52 – just the section on Reiki I (there are 3 levels of Reiki). I encourage all my students to own this book as it is very thorough and a great resource. In the afternoon you will receive your attunement and then we will practice on each other, individually and in a group.

Eating a good breakfast is recommended and bring a light lunch. I am really looking forward to helping you get started on your Reiki journey! Feel free to call or email with any questions.

**My background:** I have been a Reiki practitioner for the past 14 years, and a Teacher for 10 years. Reiki has taken me on an amazing journey of love and healing on all levels. I am also a sound healer, energy worker, dream interpreter, craniosacral therapist and yogini. I incorporate many modalities into helping others come home to their true nature and find their wholeness.

*Rica facilitated all three levels of my Reiki attunement and I cannot say enough things about her beautiful spirit and teaching abilities! She has a relaxed style with small classes and makes her self available to her students outside of the classroom as well. Rica's knowledge is tremendous and she leaves no question unanswered. I cannot recommend her enough. I am changed for the better for having taken her classes.*  
-A.H., Lewisville, TX

*Rica helped attune me to the Reiki I-III levels and it was such a blessing to receive these gifts from her. She was a very thorough teacher and the classes were well organized and she answered all our questions. She provided such an honest and heart-centered space for this beautiful gift of Reiki to occur and gave us a space to express any insights or struggles along our journeys with Reiki. I love how she had Reiki Meetings where we could all get together and practice on one another- which was so kind of her to organize and lead. Rica definitely seems to practice what she teaches and is very dedicated to her journey and I appreciate her presence in my life so very much. Her sound meditations are amazingly relaxing, also.*  
-L.B., Lewisville, TX