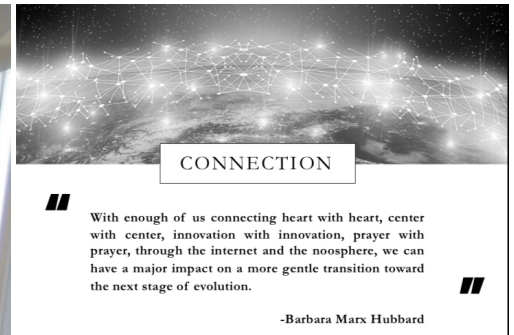


Reiki Online Level 1&2

Learn how to treat yourself and your family!



\$333 per student for a lifetime healing tool for Beginner Reiki (Level 1 & 2)

Class will be conducted through Zoom! We will be practicing with one another in meeting rooms, screen sharing, and joining together just like we do in person. No prerequisite necessary. Reiki is not dependent on one's intellectual capacity or spiritual development and therefore available to everyone.

Limit of 5 students per class. Two consecutive days; 9a - 4p pacific time

What Is Reiki?

Reiki is a form of universal chi or life force energy. **Reiki is a resource**, much like good food and water. Reiki promotes healing because it **reduces stress and tension, often resetting the body from fight/flight mode**. Because Reiki is so high vibrational, it transmutes and shifts out lower vibrational energies such as fear, worry, and anxiety. So needed these days!

You will learn:

- * Self-treat yourself with this gentle, clearing and healing energy!
- * How to send long distance healing to friends and family members far away, or even future meetings and appointments!
- * How Reiki can benefit your children and family members, [reducing stress and anxiety](#)
- * How Reiki can improve your relationships, your business
- * Using Reiki for personal development and goals
- * Using Reiki to improve the energy of your food and water.

About Reiki Classes

All classes are a combination of lecture, discussion, practice time, and experience lasting two full consecutive days. At the end of the beginner workshop (Level 1 & 2), you will be able to give Reiki sessions to [yourself, family and friends, your home, office, even your plants and your pets.](#)

You will receive **certificates for Level I and II Holy Fire 3 Reiki** and the manual, "Reiki The Healing Touch" by William Rand. Because of the virus, this manual will be shipped to you. [You will become attuned to Reiki during the first day](#), a process that turns on your healing energy. We are ALL born with this ability from the universe. Your body's chakras and energy systems will be reconfigured in a way to allow the flow of Reiki into your physical body to enable you to guide it to others as well as yourself. You will become [attuned to the Level II symbols on the second day.](#)

Advanced Reiki, Reiki Master, and Karuna Reiki Master classes are also offered upon request. Manuals, certificates, and other class materials are provided for each level.

Class outlines and more info can be found at <https://www.westhillsreiki.com>

I enjoy meeting prospective students over Zoom or the phone to answer questions and see if Reiki and the class I offer is a good fit for you. My cell phone is 203-470-9952.

Learn more about my experience, training, Reiki, energy medicine, and other wellness info at <https://www.westhillsreiki.com>. In health and hope, Krista

