

# Beginner Reiki Class

February and March 2021

Heal yourself, family, and friends  
Reduce stress and anxiety during these times  
Send Reiki to loved ones from a distance  
Connect to your intuition  
Balance your chakras

Level 1 & 2 Online Training  
Usui/Holy Fire 3 lineage

[www.westhillsreiki.com/courses](http://www.westhillsreiki.com/courses)

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

The instruction experience is held during two full days from 10a - 4pm on weekends.

**Message me for dates or secure your spot at [krista@westhillsreiki.com](mailto:krista@westhillsreiki.com) or using the [online booking system](#) to place a deposit.**

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

### **What Is Reiki?**

Reiki is a form of universal chi or life force energy that is directed by the student from Source to themselves or another person. Reiki can be sent at a distance to people, locations, problems and solutions.

Reiki is a resource, much like healthy, vibrant food and water. Reiki promotes healing because it reduces stress and, often resetting the body from fight/flight mode back to rest/healing mode.

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 be able to do this in person and remotely.

You will receive **certificates for Level I and II Holy Fire 3 Reiki** and the manual, "Reiki The Healing Touch" by William Rand. [You will become attuned](#)



to Reiki during the first day (level 1), 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 (level 2).

You will receive Krista's handouts and materials she created as a culmination of her advertising experience and knowledge from spiritual masters and their energy healing modalities. They will:

- 1) enhance your Reiki experience and integration of the workshop
- 2) optimize your healing arts business
- 3) fully embrace the creative and unlimited energy healing can be for you and your clients

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**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.

### **About Your Teacher**

Hello! My name is Krista Rosen. I am a Certified Karuna Reiki Master and [Intuitive Healer](#). I practice [Accunect](#), [ThetaHealing](#), and [my own medical intuitive system](#) to uncover imbalances caused by food, microbes, environmental substances, emotional stressors, toxicity, nutritional deficiencies and sensitivities. I've been working with energy healing tools since 2004.

I attended college and had a former career in advertising in Los Angeles. When my first child was diagnosed with multiple health conditions, I left the corporate world behind to search for answers to help him and discovered root cause, holistic healing. I've been organic, whole foods, gluten free since 2004 and enjoy my kitchen garden and toxin free (as much as one can:) lifestyle which also includes using homeopathy as my first line of treatment.

Learn more about my [Approach](#) and info about Reiki, energy medicine, and other wellness info at <https://www.westhillsreiki.com>. I'm also an author of a self-help memoir and several energy medicine online courses for those DIY minded individuals seeking transformation. Learn more at <https://www.paradigmrebels.com>. You can find me on Instagram at @paradigm\_rebel. In health and hope, Krista