

Why Choose Reiki?

How Reiki has helped real people with real problems.

- "I had pulled the ligaments in my lower back. It hurt to walk and it even hurt to sit. I asked Michelle to use Reiki on my back. Within 15 minutes my back stopped hurting and I was able to walk without pain. I felt my muscles relax as she was working" (Peggy, Columbus, Texas, <http://www.reikibymichelle.com/id6.html>).
- Reiki can be very effective in helping to restore balance to the entire mind-body-spirit system after a major transition such as birth. (Pregnancy Birth and Beyond. <http://www.pregnantbirth.com>)
- "It was like a miracle. My strength got better, my depressions lifted, and positive energy began, letting go of the negative feeling I had for so long!" (Reiki Stories: Reiki News Magazine)
- "With the new energy came CLARITY and FOCUS and DICIPLINE which comes easily and naturally, I don't have to work at it. These are all things that were needed in my life" (Alexis & Morrie Denver Colorado. reikikauai.com)

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What can Reiki do for you?

- Aid in health issues of any sort including: arthritis, sprains, aches, cancer, infections and much more
- Aid in healing emotional trauma
- Aid in healing depression
- Provide first response skills
- Connect you to your inner power
- Provide relaxation and stress relief
- Healing unresolved issues and repressed feelings
- Increasing JOY in your life
- Aid in attaining success
- Assists in self-healing
- Creates deeper connections to friends and family

If you are interested in learning Reiki please call Sage Tozeland

at:

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Email: reiki@trance-action.com



Reiki

Usui Shiki Ryoho
For Health and
Healing

Take **control** of your
life through REIKI



Sage Tozeland

Master Teacher in
Usui and Karuna® Reiki Systems
Timeline Therapy™ Master Practitioner
Master Hypnotherapist

Tel: 204-772-2948

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What is Reiki?

Reiki (pronounced ray-key) is a non-invasive energy healing technique that is thousands of years old. Reiki is thought to have originated as an ancient Tibetan Buddhist practice that was rediscovered by Dr. Mikao Usui, a Japanese Buddhist, in the early 1800's.

Reiki is a profound yet simple technique that can add health, joy and healing to anyone's life.

Reiki is a powerful healing tool that addresses issues on every level: mind, body and spirit.

Reiki can be used for one's self or for the treatment of others. Reiki works with the body's natural energy flow to clear out old blockages and create balance.

A Reiki session includes the practitioner laying hands on or near the client's body. Reiki energy flows through the practitioner's hands to the client.

- # One of the guiding principles of Reiki is that it can do no harm.
- # Clients remain fully clothed throughout the session.
- # Clients often experience temperature sensations and/or tingling sensations from the practitioner's hands.
- # Reiki can be sent across long distances once the practitioner has attained level II.

Become a Reiki Master

Reiki is an ancient healing technique that anyone can do after they have received an "attunement" from a Reiki Master. Attunements help to realign the neurology in the body to accept and utilize the increased energy flow.

Reiki I

This course includes an overview of the history of Reiki, guidelines for basic treatments, hand positions, and techniques for self treatment, as well as the level I attunement to the Reiki Energy.

1 day \$150.00

Reiki II

This course includes an initiation to Reiki Symbols and the level II attunement which will enable practitioners to send distant Reiki across space and time.

1 day \$150.00

Reiki III

Advanced Reiki Training

This course includes an introduction to the first Master Symbol, as well as specific healing tools for creating your perfect future, an introduction to Aura Cleansing (psychic surgery). You will also receive your Reiki III attunement.

1 day \$200.00

Reiki Master

This course introduces you to the Master symbols, how to give attunements, as well as how to share this wonderful, rewarding gift with the universe.

2 days \$495.00

Become a Karuna Reiki® Master

Karuna Reiki® utilizes the principals of Reiki and builds on them adding increased results, the use of toning and chanting as well as powerful spiritual experiences.

Karuna Reiki® I and II

This course includes an overview of the history of Karuna Reiki®, introduction to the Karuna Reiki® symbols, how to give a Karuna Reiki® treatment, as well as 2 attunements.

2 days \$200.00

Karuna Reiki® Master I and II

This course introduces you to the Karuna Reiki® Master Symbol, how to give attunements, as well as how to practically apply Karuna Reiki® to your healing practice.

2 days \$300.00