



REIKI

The Ancient Method of Healing working with the Universal Life Force

Spiritual Principles

Just for today, do not worry

Just for today, do not anger

Be grateful for your many blessings

Earn your living honestly

Honor all living things

Reiki Treatments

One-hour individual treatments by appointment: € (In the States I charge \$80-90 depending on city)

Weekend Workshop I

First Degree Reiki Class: € (In the States I charge \$150 according to the Reiki Alliance)

Student learns to heal self and others

Class conducted in English

Weekend Workshop II

Second Degree Reiki Class: € (In the States I charge \$500 according to the Reiki Alliance)

Student is given three symbols and learns to heal at a distance

(Offered to students who already have First Degree)

Class conducted in English

What is Reiki ...

Reiki, an ancient Tibetan method of healing, was rediscovered in late 1800's by Mikao Usui of Japan. Reiki is the Universal Life Force that flows through every living being. A Reiki practitioner channels this life force energy through their hands to the person receiving it. As described by Hawayo Takata who brought Reiki from Japan to the United States, "This energy vitalizes the whole system; it soothes pain, puts you in deep slumber, radiates exultant feelings, and lifts you into harmony." Reiki is a completely simple, gentle, safe, noninvasive "laying on of hands" healing system.

What are the Benefits of Reiki ...

Reiki releases stresses, promotes wellbeing, cleanses the body of accumulated toxins, stimulates immune system on a cellular level, enhances medical treatments, understanding of acute and chronic illnesses and injuries, and body's ability to heal itself, helps release negative conditions of the past and unwanted emotions, opens creativity blockages, heightens awareness of whole being, physical, emotional, mental, spiritual and aligns it with one's True identity, instilling a sense of harmony.

Joan Malloy practices and teaches the ancient Tibetan healing art, Reiki, for over 15 years with students in both the United States and Europe, and is recognized as a Reiki Master in the Usui System. Joan is also a member of the Reiki Alliance since 2002.

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