

# HEARTPATH CENTER

*Holistic Healing for Whole Living*

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## Reiki: Traditional Usui, Tibetan & Contemporary

(Sessions & classes – in-person & distance)

Reiki is a universal system of natural healing that reawakens your innate healing capabilities through reestablishing the proper energy flow within the physical, emotional, mental and spiritual bodies. It is the grandfather of most modern energy healing systems, and is also included in many methods being taught today that have evolved from basic Reiki.

Reiki has three levels that are taught by many teachers in three or four classes, and by others in one or two classes. Sometimes I combine my Traditional Usui, Tibetan and Contemporary Reiki classes with my Sekhem-Seichim-Reiki (SSR) classes. However, I also teach Reiki by itself individually and in groups. Please contact me for additional information about this opportunity if you are interested in learning Reiki.



"Emotions are the next frontier to be understood and conquered. To manage our emotions is not to drug them or suppress them, but to understand them so that we can intelligently direct our emotional energies and intentions...It's time for human beings to grow up emotionally, to mature into emotionally managed and responsible citizens. No magic pill will do it."

Doc Childre