

## Upcoming Classes

Please visit my website  
[ConsciousLivingNow.org](http://ConsciousLivingNow.org)

For current training dates  
and locations.



Erin is continually amazed by the limitless nature of energy medicine. She has welcomed it into all areas of her life. In 2007, Erin received her Reiki Master certification in England from William Rand, Director of the International Center for Reiki Training. She loves providing people with tools that empower them on their healing journey. Erin is also a Reconnective Healing Practitioner and Sound Healer. She is currently studying Shamanism and weaving those teachings into her sessions. Her rich experiences and knowledge of the new science on healing have lifted her Reiki trainings to a higher level. Her students call it "super charged" Reiki!



**Erin also teaches consciousness studies and facilitates workshops and community healing circles.**

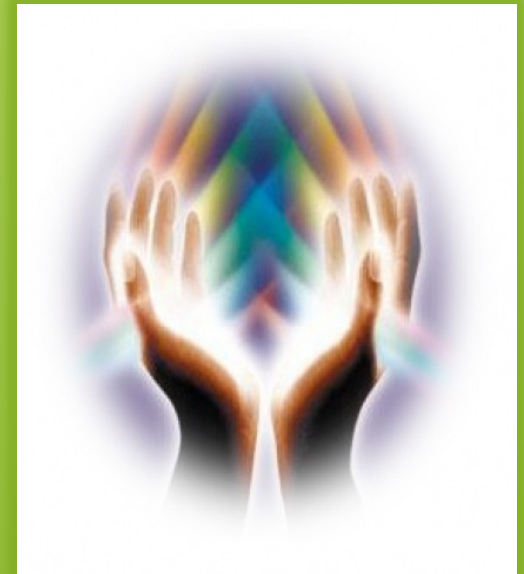
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**ConsciousLivingNow.org**

## Reiki I & II Training



**Erin DeWitt, RMT**

Conscious Living  
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# Usui~Tibetan Reiki

Reiki is a spiritual healing practice that promotes physical, mental, emotional and spiritual balance and harmony. The term Reiki refers to both the energy itself and the spiritual healing practice developed in Japan by Mikao Usui in 1922. Anyone can learn and benefit from Reiki. Whether you are learning Reiki for self-transformation and growth or to share with others, the Reiki I and II training are a wonderful introduction to energy medicine, the latest research and meditation techniques.



## Reiki Level One and Two Training

### Reiki may help you:

Amplify & Balance Energy  
Increase Awareness & Creativity  
Release Emotions & Stress  
Relieve Pain  
Restore Joy & Peace



### Reiki I Training Objectives

- ☯ Gain insight to Reiki's history
- ☯ Connect with and sense energy
- ☯ Learn about Reiki's benefits
- ☯ Look at current research on energy medicine
- ☯ Be attuned to Reiki I, practice
- ☯ Learn and practice Japanese Reiki techniques
- ☯ Reflect, share and meditate

### Reiki II Training Objectives

- ☯ Learn 3 Reiki Symbols and how to deepen your practice with them
- ☯ Learn and practice 4 Japanese Reiki Techniques
- ☯ Be attuned to Reiki II, practice
- ☯ Explore and practice distant healing
- ☯ Discuss ethics & building a practice, (latter not required to take the class)
- ☯ Reflect, share and meditate
- ☯ Receive your Second Degree Reiki Practitioner Certification