

Place
Postage
Here

4th Dimension Healing

Healing and Transformation Through
Heart Centered Hands



Usui Reiki Classes

Reiki Level I

Reiki Level II

*Reiki Level III: Advanced Reiki
Training/Master Practitioner*

Reiki Level IV: Master/Teacher

Students who have completed previous Reiki
classes with other Master/Teachers are welcome!



Mary Jo Feely
RN, PHN, CHTP/HTCP, RMT

Certified Healing Touch Practitioner
Usui Reiki Master/Teacher
HTSM Healing Practitioner

Se habla español

Phone: 651-439-9001
maryjo@4thdimensionhealing.com
www.4thdimensionhealing.com
Stillwater, Minnesota

Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. Reiki uses "laying on of hands" to help a person's life force energy re-balance itself. Reiki works with the human energy field to support one's natural ability to heal and works in harmony with standard medical care. Reiki is safe for children and adults of all ages.



Mary Jo Feely, RN, PHN, CHTP/HTCP, RMT, Certified Healing Touch Practitioner, Usui Reiki Master/Teacher and Healing Touch Spiritual Ministry Healing Practitioner has a passion for healing and wellness. She uses therapeutic grade essential oils and music in her practice.

Mary Jo is a member of Healing Touch Program, Inc., the American Holistic Nurses Association, a charter member of the Healing Touch Professional Association, an affiliate member of the ICRT Reiki Membership Association, a member of the International Order of St. Luke the Physician, the National Episcopal Health Ministries, and a professional member of St. Croix River Valley Holistic Practitioners.

10% of proceeds donated to
Episcopal Relief and Development

Mary Jo Feely, RN, PHN, CHTP/HTCP, RMT
4th Dimension Healing
1940 S. Greeley St., Suite 126
Stillwater, MN 55082

4th Dimension Healing - Usui Reiki Classes

Reiki I

(No prerequisite)

Reiki Level I provides the student with instruction in the Human Energy System. The student receives the Reiki Level I attunement, a special process to attain individual connectivity to the Reiki energy source. Requires purchase of Reiki I-II class manual.

- Explanation of Reiki
- Reiki Ideals
- History of Reiki
- Introduction to the Human Energy System
- Principals of Energy Healing
- The Three Pillars
- Instruction in Usui Reiki techniques
- Guided meditation
- Instruction and practice in complete Reiki self-treatment technique
- Instruction and practice in how to offer a Reiki treatment to another
- Reiki I Attunement
- Certificate of Completion
- Usui Reiki Lineage

Reiki II

(Prerequisite Usui Reiki I)

Reiki Level II offers three Usui Reiki symbols and prepares the student to use Reiki energy, for self and others benefit, to assist in healing by utilizing Reiki symbols and Reiki techniques.

- Review of Reiki I techniques
- Guided meditation
- Further exploration of Human Energy System
- Reiki and self care
- Reiki II Symbols
- Reiki II Attunement
- Instruction and practice in giving a complete Reiki session using Reiki II symbols
- Instruction in distant healing technique
- Scanning for imbalances in the energy field
- Beaming Reiki
- Certificate of Completion
- Usui Reiki Lineage

Reiki III -Advanced Reiki Training/Master Practitioner

(Prerequisite Usui Reiki II)

Reiki Level III offers a powerful symbol and advanced techniques for the use of Reiki energy. This level is necessary for practitioners who wish to becoming a Reiki Master/Teacher. Requires purchase of Reiki III-IV class manual.

- Usui Master Symbol
- Usui Master Attunement
- Reiki Moving Meditation
- Guided Reiki Master meditation
- Use of crystals and stones with Reiki
- Instruction in the use of a Reiki Grid
- Reiki Etheric Surgery Technique
- Instruction in Reiki Healing Attunement
- Instruction and practice in giving a complete Reiki session using Reiki II and Reiki III symbols
- Certificate of Completion
- Usui Reiki Lineage

Reiki IV-Master/Teacher

(Prerequisite Usui Reiki III)

Reiki Level IV offers two additional symbols and prepares the practitioner to become a Reiki Master/Teacher in the Usui/Tibetan system.

- Two Tibetan Symbols
- Usui/Tibetan Master Attunement
- Instruction in how to utilize all Reiki symbols and Reiki techniques
- Instructions on how to teach Reiki
- Instructions and practice in how to administer all Attunements
- Certificate of Completion
- Usui Reiki Lineage



Contact Mary Jo for more information:

651-439-9001

or

maryjo@4thdimensionhealing.com

REGISTRATION

NOTE: Students who have completed previous Reiki classes with other Master/Teachers are welcome

I am registering for: (*please check one*)

- Reiki Level I
- Reiki Level II
- Reiki Level III-Advanced Reiki Training/Master Practitioner
- Reiki Level IV-Master/Teacher

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Day Phone: _____

Evening Phone: _____

Email: _____

Known food allergies: _____

All classes 8 hours and include an optional one-hour review session at a later date.

- Reiki Level I-\$150
- Reiki Level II-\$200
- Reiki Level III-\$250
- Reiki Level IV-\$300
- Level I/II class manual-\$25
- Level III/IV class manual-\$25

\$75 deposit required at time of registration. Balance due at time of class.

Total amount enclosed \$ _____

**-Checks or Cash Only-
No Credit/Debt Cards Accepted**

Make checks payable to:
4th Dimension Healing

Send registration form and deposit to:

Mary Jo Feely
4th Dimension Healing
1940 S. Greeley St., Suite 126
Stillwater, MN 55082