



Usui Reiki Classes, with Sandra Richardson

Reiki is an ancient healing art form that came into existence through the teachings of Dr. Mikao Usui in the mid 1800's. These teachings were handed down through word of mouth. There was no written text on this information until the 1900's. This important information was handed down from Dr. Usui to Mrs. Takata who lived in Hawaii. She was attuned to Reiki level 1 in the spring of 1936. Then in 1937 she received her level 2 attunement. Mrs. Takata received her Mastership attunement on February 22, 1938. It was after her Mastership attunement she brought the Reiki teachings to the main land of the United States and Canada.

There are three levels of Usui Reiki: Level I, Level II and Mastership. In level I you receive four attunements and you are open about 20% and are able to channel the energy through your body and out your hands. As you work on others you receive the benefits of this healing energy as well. You can also work on yourself if you need to relax and reduce stress or you have some illness or disease that needs to be healed. Some students get the attunements so they can work only on themselves. That is perfectly acceptable if you need to take time to work on healing your own body, mind or spirit you can release and heal yourself with Usui Reiki. A thirty day cleansing period is normal as your body adjusts to the higher vibration you have been attuned to. Although it is only an opening of 20% it does require a period of time for the transformation, healing and rebalancing to occur and this amount of energy is usually more than enough for a new student to handle.

In Usui Reiki level II you will receive two attunements and you are open the remaining 80%. Now you are fully open to channel the energy. You will learn the three sacred Usui Reiki symbols and how and when to use them appropriately. You will also learn how to do distance healing and practice sending Reiki energy to someone who is not in your presence. After this attunement it also takes about thirty days to integrate, cleanse, heal and rebalance.

The Mastership is one big attunement that enables you to attune others to the Usui Reiki energy and teach the history and its origin. This attunement increases and magnifies the energy in and around you.

I have been a Usui Reiki Master since 1996. I have taught many students and still keep in touch with them to see how things are going. Changes will begin to happen within days of having the mastership attunement. The more you use the Usui Reiki energy the faster these changes will occur. I feel it is very important to feel a connection with whom ever you choose to be your Usui Reiki Master. They should be someone you feel comfortable with and feel you can contact if you have any questions as you are going through this evolutionary process. The Usui Reiki Master

Level brings with it great responsibility. It is important to be conscious of who you attune to this energy. Intention is everything!

During each class every student will receive a list of foods to eat, a list of foods to avoid, as well as a list of essential oils. This information can be useful to the individual in the coming months as they cleanse and rebalance their energy centers. Everything on this list will help the student integrate the energy more effectively as well as help them stay grounded. Every class each student receives a manual and a certificate of completion.

Class Fees and Registration

Fees: Reiki Level 1 - \$175.00

Reiki Level 2 - \$275.00

Mastership Level - call for more information