

REIKI ENERGY HEALING

Level One (Usui Reiki) In Person Training & Certification Workshop

Learn a powerful approach in Holistic Mind-Body Medicine

Taught By: Master Teacher, Rev. Karen Mobley - Certified as a Reiki Master since 1997 through the teaching and guidance of Diane Stein (author of many healing books including 'Essential Reiki')



Date: Saturday, September 27th 2025

Time: 10:00 am – 6:00 pm

Place: Barefoot Medicine Farm
3302 Mail Road
Westminster, MD 21157

Fee: \$125 (Includes detailed training material & certificate)

Register: call/text 240-285-4349 or karenm657@comcast.net

CLASS DESCRIPTION:

Traditional Usui Reiki is used by a growing number of hundreds of thousands of people world-wide, including doctors, nurses, ministers, therapists and all types of lay people as a universal, non-invasive natural healing treatment for the Body, Mind, & Spirit.

In the Level One class you learn the history and principles of Reiki (The Usui Method of Natural Healing) as well as the fundamental techniques for giving a basic Reiki treatment to yourself and others. The energy centers in your hands are opened and a flow of energy established through an attunement process done by the Master-Teacher.

Reiki I is appropriate for anyone and does not require previous training of any kind. At the completion Reiki Practitioner Certification is given.

The knowledge that an unseen energy flows through all living things and directly affects the quality of health has been part of the wisdom of many cultures since ancient times. The existence of this "life force energy" has been verified by recent scientific experiments, and modern day medical doctors are considering the role it plays in the functioning of the immune system and the healing process. The Japanese word REIKI (ray-key) means Guided Universal Life Force Energy. Reiki is one name for this energy that exists within all life. It can be drawn through the hands for healing by a practitioner. Reiki incorporates a series of attunements that a person receives to become a practitioner of Reiki, and then the practitioner uses a series of techniques to transmit this energy to themselves and others.

Thought to have originated thousands of years ago, it was rediscovered by a Japanese Buddhist Monk Dr. Mikao Usui in the mid-1800's. Since that time it has been successfully taught to thousands of people of all ages and backgrounds.