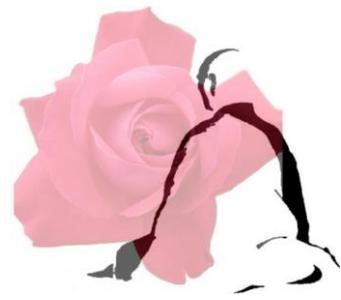


Fact sheet

Reiki 2 class



Saturday [date] and Sunday [date] | Both days start 09:00 and end 17:00

Dear you,

Thank you for signing up for the Reiki course. I'm looking forward to meeting you (perhaps again) and guiding you further on your Reiki journey.

When you decide to take a Reiki course things in your life begin to change. This is true of Reiki 1, and also Reiki 2. What changes? Well, I often see that fears, longings, things long forgotten and/or relationships are affected. Your personal development is speeded up with Reiki, and this is especially true with Reiki 2 where, it seems, something within you acknowledges that you "mean business" and your commitment is matched with equal amounts of gifts from life.

The Reiki 2 class is about healing but also about stopping and listening. Sure, you'll learn techniques, in fact, so many that after the course you will be quite and perhaps too, full of new knowledge. After the weekend class, you need to digest the new information and the new you.

Reiki 2 level is called Japanese Okuden - the hidden or inner teaching. Not that what we learn should be kept hidden, but because in the Reiki 2 level we begin to discover that many things are not as they immediately look. In fact, life is much more amazing, just we look for it, even inside.

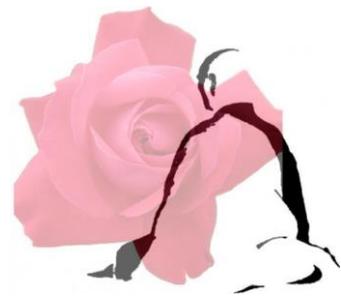
With Reiki 2, we move beyond what we learned in Reiki 1. We raise our hands and heal in the client's energy field and in the mind, and we get to fly with distance healing and healing over time.

In the two day Reiki 2 course you are taught:

- ❖ Grounding
- ❖ Meditations and breathing techniques
- ❖ Reiki Qi Gong
- ❖ Self Healing, Reiki 2 style
- ❖ How to work with three of the Reiki symbols / qualities
- ❖ Healing over time and distance
- ❖ Healing groups, areas, homes and objects
- ❖ Deepening your "touch" on Reiki 1 techniques
- ❖ New techniques for healing
 - Byosen scanning
 - Reiji Ho (clairvoyance)
 - The homeopathic touch
 - Mental healing
- ❖ 3 initiations

Fact sheet

Reiki 2 class



Practical stuff

1. **The course is held in Roskilde** in Juris flat: Fredriksborgvej 42a, 1.tv., 4000 Roskilde. Free parking available (park on Frederiksborgvej). 20 minutes' slow walk from Roskilde train station.
2. **If possible, see if you can stay at home the day after the course**
This is so that the impressions and your energy system gently can settle down. Other than the outer teaching given during the two days there is also quite a bit of energetic and emotion remodeling taking place in you so an extra day off is nice (but if you can't you'll survive, all others have ;o).
3. **Food and drink**
I serve coffee, tea, water and fruit/cake. You bring your own lunch and snacks. There are no stores close by. You are welcome to use the kitchen. We try to have 45 minutes for lunch.
4. You are, of course, most welcome to contact me on my mobile +45 41850208 or email jurichristensen@hotmail.com if you have any questions or information to give me before the course.
5. **Price and payment**
The course costs 2.000 kroner split in two payments:
Reservation is 500 kroner. This amount is payed as soon as you have received this fact sheet and have decided to sign up. The 500 kroner are not refundable as they cover my time and preparation for your participation. You can, however, use the reservation payment for a later course.
The actual course is 1.500 kroner which is to be payed no later than 7 days before the course. If you can't join the course this amount is returned to you.

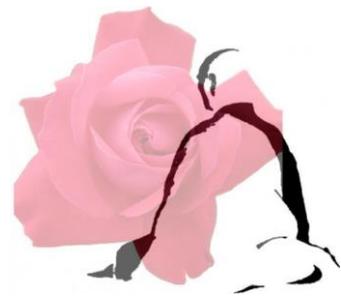
Both payments can be made either via MobilePay to my number [data] (Juri Christensen) or by transferring to my bank account:

Nordea | Reg. nr. [data] | [data] / (Mark the transfer with: Reiki + [your name])

If neither of these methods of payment are possible then please contact me.

Fact sheet

Reiki 2 class



Living lightly

In the week up to the course it's a good idea to live as lightly as possible. Depending on your normal habits this might not be a great change, but please consider to:

- ❖ Eat (more) healthy and light foods
- ❖ Purge your body by not eating too many artificial foods and sweets and less alcohol and smoking (but don't get overzealous, just cut down a little)
- ❖ When you bathe open your body and senses to the cleansing quality of water
- ❖ Take walks in nature and get plenty of fresh air and happy thoughts
- ❖ Slow down
- ❖ Don't worry
- ❖ Get enough sleep
- ❖ Be open for changes in your life
- ❖ Arrive in good time before the course start time (09:00), wear comfortable clothes and bring warm socks.