

Bring Reiki Into Your Practice by Tanya Nord, Ch.T., Reiki Master

Ki, or life force, is an energy that is the very substance of all life. It surrounds and flows within everything that exists. Our beliefs, our thoughts, and our concept of what we are and what we want to be influence the energy flow within us. This energy manifests in our physical bodies and projects outward, attracting events to us that become our experiences.

Traumas and negative thoughts, emotions, and learnings rooted in the subconscious cause disturbances in the flow of Ki. This induces blockages or depletion of energy. All forms of discomfort or disease can be traced to blockages of the life force. All forms of discomfort or disease can be traced to blockages of the life force energy in the physical body.

What is Reiki?

Reiki, Universal Life Energy, is a hands-on technique that heals and balances the energy of the physical body, spirit, and emotions. The Reiki practitioner facilitates the healing of the whole person by channeling the power and connection of the Universal Energy. Reiki has been in use for thousands of years and was rediscovered at the beginning of the

last century by Dr. Mikao Usui. He developed Usui Shiki Ryoho, The Usui System of Natural Healing.

Benefits of Reiki practice to the hypnotherapist

Reiki can provide relief for some clients' physical, emotional, and mental issues. As these are the same areas treated in most hypnotherapy, Reiki can be a useful tool for many hypnotherapists. Learning and practicing Reiki enhances the hypnotherapist's knowledge of the mind/body/spirit connection. Two fundamental skills in Reiki training are channeling energy and shifting clients' energy blockages. Headache, fundamental skills in Reiki training are channeling energy and shifting clients' energy blockages. Headache, pain, and high blood pressure are some of the specific conditions that can respond to Reiki treatments.

I have been practicing Reiki since 1992, and teaching it since 2000. It has been the most rewarding and enlightening journey into the realm of endless learning of the power and connection of mind, body, emotions, and spirit. I welcome you to this path of spiritual growth, health, and well-being.



The three degrees of Reiki training

There are three degrees of Reiki study. The first degree, Shoden, is an opening to the Universal Energy through attunements and connection rituals. Okuden, the second degree, strengthens the practitioner's ability as a channel. It introduces the sacred symbols that empower the spiritual development and enhance distant healing. The third degree, Shinpiden, is a Master/Teacher level of training.

My Reiki training classes are conducted in three parts, corresponding with the three degrees. Shoden training is a full-day workshop in which the students receive attunement via "connection" three degrees. Shoden training is a full-day workshop in which the students receive attunement via "connection" rituals and the use of sacred symbols. Okuden training is also a one-day course that expands on skills and introduces symbols and techniques of "distant" Reiki. Shinpiden class covers two or three days and teaches advanced techniques and symbols that qualify students to teach Reiki to others.

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To sign up for Reiki training or for further information, call 818-758-2730 or 818-758-2745.