

# REIKI I

## The Usui Natural Healing System



## A 3-DAY WORKSHOP

<b>WHERE:</b>	Private Residence Sherman Oaks Location
<b>WHEN:</b>	September 5-7, 2008
<b>TIMES:</b>	Fri. 6:30 pm-9:30 pm Sat. 9:30 am-1:00 pm Sun. 9:30 am-1:00 pm
<b>COST:</b>	\$185 (payment by check*)
<b>REGISTRATION DEADLINE:</b>	August 15, 2008
<b>REIKI MASTER:</b>	Aleema Fontaine
<b>RETREAT COORDINATOR:</b>	Linda O'Hanlon 818.386.1916

\*Price includes refreshments, supplies, and workshop fees.

### Reiki I Workshop (First Level)

Learning Reiki involves an energy activation process called an "initiation" which is performed by the Reiki Master with each student. This initiation opens the healing channels or energy center (Chakras) and allows the student to tap into the flow of Reiki energy, which provides an energetic shift, causing healing energies and intuitive insights to emerge. At the end of the course, students will receive a certificate by the Reiki Alliance as a Reiki I practitioner.

#### Topics covered in Reiki Level I

- What is Reiki and how the Reiki energy works
- The history of Reiki
- How to channel Reiki energy for self-healing & the healing of others
- Reiki Level I Initiation: four separate attunements which open the flow of Reiki energy within the student
- Hands-on practice both giving and receiving Reiki sessions
- How the chakras function in regard to healing work & everyday life
- Self-healing techniques for expanding personal awareness & wellbeing
- Reiki and spiritual growth

## WHAT IS REIKI?

The word "Rei"—as it is used in Reiki—is interpreted to mean spiritual consciousness, the wisdom that comes from God or the Higher Self. "Ki," means the same as Chi in Chinese and Prana in Sanskrit ... the life force ... the non-physical energy that animates all living things.

Reiki is a simple, natural and safe method of physical and spiritual healing and self-improvement that everyone can use. It is administered by "laying on hands" to transfer "life force energy." A treatment of Reiki is done by the placing of hands on the body. As water runs and nourishes the soil of our earth, the energy of Reiki penetrates, nourishes, revitalizes, harmonizes and gives life to our Being. It reestablishes the equilibrium and balance of our physical and subtle bodies by giving motion and bringing to the person's awareness whatever he or she needs to acknowledge, feel and do to heal his or her life.

Practicing Reiki with yourself and others also produces spiritual growth that gives you a natural joy, internal peace, and love. Reiki has become a recognized practice offered at many spas today and is often used by professional massage therapists.



The Natural Healing System  
For The Mind, Body, And Spirit

## ABOUT ALEEMA FONTAINE



I began my career with two BA's in Preschool Education and Pedagogy because I was convinced that the care and attention given during the first years of life are key ingredients for the blossoming and self-fulfillment of human beings.

My own maternity led me to found a school whose core was based on constructive learning focusing on play and social interaction as teaching vehicles. In conjunction, I

started training programs on emotional intelligence for teachers and parents.

In my practice, I found a growing interest for the children and families who presented situations of greater complexity and I enriched my training with a Masters in Psychology and Family Therapy.

I found my second passion in the practice of Reiki Usui Shiki Ryoho in August of 1991 and was initiated as a Master in September of 2000. Reiki opened me to the tangible experience of feeling the energetic and vibrational flow that is inherent in all that is, and revealed dimensions of life and work, of understanding and mystery that continue to awaken my sense of awe.

I am member of The Reiki Alliance; I participate and interpret in annual conferences held by this international organization. I have taught Reiki in several cities in Mexico and Los Angeles, California. I participated in the organization of international Reiki events in Mexico.

My inquisitive nature, along with the awakening inspired by my Reiki practice led me to enrich my knowledge with trainings in Bio-Energetics, The Pathwork, Continuum Movement, Esoteric Healing, Family Constellations and Trance Dance. This journey of experiences and understanding sustains my ever-present desire to hold the continuous transformation of the Self in its unfolding.

## A NOTE FROM ALEEMA

This is an exciting and inviting time for deepening and diving into deeper layers of our being. My sense is that humankind is led and stirred by the unstoppable and increasing rhythms and currents of Existence.

Our life pace seems to engulf us in a sense of absence of time, attention and means for quieting ourselves enough to make decisions and choices that favor our blossoming as whole beings. The ability to keep up with this dance in successful, aligned, resourceful and joyous forms is demanding all of our focus and conscious presence.

The practice of Reiki Usui Shiki Ryoho itself is part of this continuum of shifts, dance, transformation and redefinition, and as a practitioner of this healing art I see its constant motion and adaptability while remaining true to its essence, it continuously inspires me to be true and attentive to my inner self while flowing with the natural shifts that Life asks of me.

As I treat myself, and have the privilege to treat others, I become more aware of the speed of this time/space reality in my own life and the life of others. I never cease to wonder how graciously Reiki immerses me back into the wondrous river of Life giving force, as it flows through me, nurturing, hydrating, revitalizing, clearing and healing me while giving me the most absolute sense of tranquility, centeredness, inspiration, trust and experience of wholeness.

I invite you to join me in this beautiful and often mysterious journey.

In Love and Reiki,  
Aleema

