

# Learn the art of Holy Fire Reiki



## What is Reiki - The Usui/Holy Fire Lineage?

Reiki (pronounced Ray-Key) is a Japanese technique for stress reduction and relaxation that promotes healing and enhances quality of life. Reiki taps into an unlimited supply of "Universal Life Force Energy" and helps bring our bodies back into a balanced state for the physical, emotional, and mental realms.

Reiki is not a religion and can be experienced by anyone regardless of one's religious faith. Usui - Reiki Lineage started in Japan in 1922. Holy Fire was added in 2014 by William Rand. My Training for Holy Fire Reiki was in England 2016 by William Rand.

Holy Fire Reiki is taught and learned over 4 Levels of Reiki Classes and allows a more direct connection to the Divine Source. Reiki is a simple technique that helps you, family, friends, and pets for overall well being of one's health. Anybody can learn Reiki with an open and willing heart.

# Introduction to REIKI

## Wednesday, Jan 17, 2018

## 6 pm - 8 pm

- What is Reiki?
- Who can learn Reiki?
- Overview of Reiki Classes
- Demonstration of Reiki

# FREE



Joan Gennarini  
Reiki Master

**All Reiki Classes: Class Materials included**

**Free and Open to all**

**Class held in Newark Natural Foods Community Room**

**intro to Reiki**  
**Wednesday, Jan 17**  
6:00 - 8:00pm  
at Newark Natural Foods  
**register at**  
**www.RekindledSpirits.net**  
**FREE!**

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