

What is Reiki ?

All living things have a special energy flowing through them called "life energy." A Reiki treatment, directed through your hands, flows healing "life energy" into the recipient. This helps release negative feelings or thoughts, leaving one feeling more positive, light hearted and with a feeling of well-being.

Benefits of Reiki include:

- > Reduced pain
- > Improved sleep
- > Decreased anxiety & depression
- > Surgical recovery support
- > Better digestion
- > Decreased side effects from chemotherapy, radiation and prescription medications

Reiki activates your body's natural healing process so you can be healthier and more relaxed. It is recommended for all ages, and anyone who wants to be healed in a completely natural way.

Presbyterian/Columbia University Medical Center was one of the first hospitals to offer Reiki as part of their Comprehensive Wellness Program (CCW)

<http://ccw.columbia.edu/patient-care/integrative-therapies/reiki>.

Benefits of Reiki Mastery

- > Deeper spiritual connection
- > Stronger sense of self
- > Recognized as a Teacher of Reiki
- > Mentor to other Reiki practitioners
- > Reduced post-operative pain after tooth extraction*
- > Improved cognition in elderly related to dementia/Alzheimers*
- > Pre-operative relaxation and decreased post-op pain*
- > Reduced pain in chronically ill patients*
- > Depression and stress
- > Well-being in Reiki practitioners*

"Reiki I certification, taught by Linda Mitchell, was an excellent learning experience. She combines practical advice and spiritual insights on how Reiki can be used for both self-healing or in service to others. Linda also shared her expertise on how to develop a business in the holistic healing arts. The learning materials provided are a valuable resource which I continue to refer to, and Linda presents unique materials to her training when compared to friends who have taken other Reiki trainings. I left the three day weekend course feeling refreshed and excited to begin my Reiki practice."

~ Rebecca Grabowski, RN Oncology Nurse

"Reiki III seems the end of a learning journey when in reality it opens one to a new higher path of future learning and light."

~ Patti Packard, LCSW

*Shown through the Touchstone Process Scientific Studies

<http://www.centerforreikiresearch.org/RRTouchstone.aspx>



REIKI CERTIFICATION I, II & III Mastery



18 CEUs

can be applied for each level

55 Newton Sparta Road, Unit 107

Newton, NJ 07860

Phone: (973) 500-8813

Email: info@tree-health.com

www.ttohc.com

Traditional Usui Reiki I

Certification Training includes:

- > Reiki history
- > Reiki principles
- > Discussion session
- > The seven essential chakras
- > Essential meditations to become one with Reiki
- > The Reiki hand positions for full and brief treatment sessions
- > Self-healing
- > Individual attunement
- > Basic workshop for giving and receiving a complete Reiki treatment

Traditional Usui Reiki II

Certification Training includes:

- > Becoming one with Reiki
- > Discussion session
- > Individual Reiki II attunement
- > Memorizing and practicing the Reiki symbol
- > Workshop for giving and receiving a complete Reiki treatment
- > Workshop for distant healing

Traditional Usui Reiki Mastery

Certification Training includes:

- > Spiritual balancing of a Reiki Master
- > Becoming one with Reiki
- > Discussion session
- > Reiki Master attunement
- > Memorizing and practicing the Reiki Master symbols
- > Learning different healing hand position techniques for various ailments
- > Proper procedure for giving Reiki attunements
- > Workshop for giving and receiving a complete Reiki treatment utilizing all the Reiki symbols including special treatments for different ailments

All Reiki students must attend the full 20-hour training for each level and prove their treatment proficiency under the supervision of Master Teacher Linda Mitchell to qualify for the next level.

For more information about the Reiki Master Teacher Program contact TTOHC at (973) 500-8813.

18 CEUs
can be applied for each level

Linda Mitchell

Founder & Director
The Tree of Health Center

Linda Mitchell, founder, partner and director of The Tree of Health Center, is a Reiki Master Teacher who received her Reiki Spiritual Training from International Reiki Master Teacher, Suhail Jarroush, Ph.D., Founder and President of Reiki Center of America.

With a background in long-term nursing care, Linda is "bridging the gap between all healthcare traditions," as she brings a great natural initiative to the future of healthcare. In her teachings of Reiki and Spiritual Development Linda has created a solid foundation for her students to build a highly professional Reiki practice for their own self-care, and for family, friends, clients or patients.

Through each level of Reiki advancement Linda will be your Reiki Spiritual Guide to:

- > Understand the meaning of life, and your purpose in it
- > Free yourself from fear, anger and worries
- > Listen to your inner guidance and act upon it with confidence
- > Manage stressful situations at home and at work
- > Eliminate negative habits and break stubborn patterns
- > Calm yourself before going into stressful situations

"In my experience, giving Reiki helps patients or clients heal, recover quicker after surgeries or medical crises, and creates a peaceful end of life transition for patients and for family and friends they leave behind." ~Linda Mitchell