

# Four Directions Wellness

Affiliated with the GW Center for Integrative Medicine

[www.fourdirectionswellness.com](http://www.fourdirectionswellness.com)  
703-776-0102



“If Reiki can be spread throughout the world, it will touch the human heart and the morals of society. It will be helpful for many people, not only healing disease, but the Earth as a whole.”

On Dr. Usui's Memorial:

## Reiki Principles

Just for today...

- Don't get angry
- Don't worry
- Show appreciation (or be thankful)
- Work hard (or with diligence)
- Be kind to yourself and others

There are several variations to the Reiki principles. The above principles were translated directly from Dr. Mikao Usui's original documentation.

It is also important to note that these key principles were in practice by the Emperor of the time, Emperor Mutsuhito. And further even hundreds of years before the Tendai Buddhist sect of Shugendo.

Source: Quest, Penelope. *The Reiki Manual: A Training Guide for Reiki Students, Practitioners and Masters*. New York, New York, 2011





## How Does Reiki Help with Healing?



### Physical

- Supports body on natural healing
- Helps rid of poison or toxins
- Balances and harmonizes whole system
- Positive wellbeing



### Emotional

- Greater examination into your emotional state
- Let go of negative emotions, anger or resentment
- Promotes love, caring, trusting
- Helps to channel emotional energy into creativity



### Mental

- State of deep relaxation, releasing tension and stress
- Let go of negative thoughts, concepts and attitudes
- Enhances your intuitive abilities – greater insights



### Spiritual

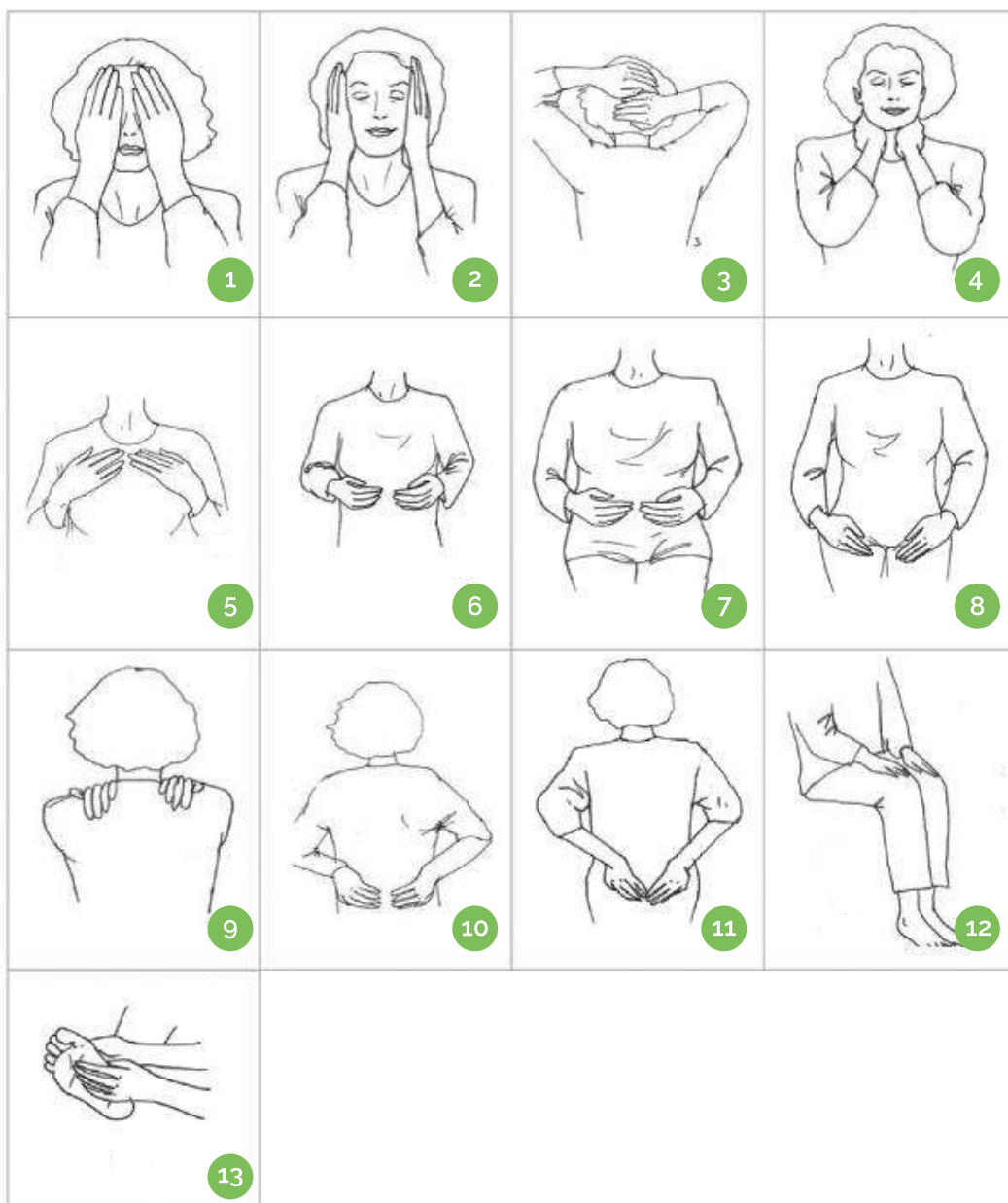
- Accept and love your whole self
- Fosters a nonjudgmental approach
- Promotes love, compassion
- Allows for individual spiritual growth



# Reiki Self-Care Hand Positions

“Healing may not be so much about getting better as about letting go of everything that isn't you – all of the expectations, all of the beliefs – and Becoming Who YOU are.”

Rachel Naomi Remen



Source: Poetic Mind



# 21-Day Reiki Self-Care Journal

**Physical:** Any physical sensations that might arise during or after session.

**Emotional:** Be aware of any emotional feelings that might arise during or after session.

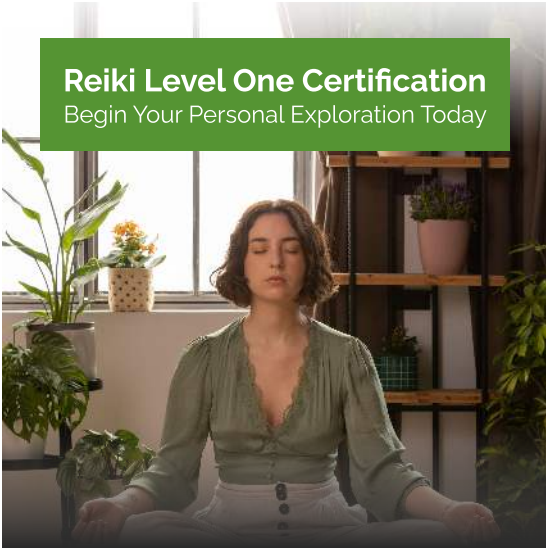
Date	Time	Physical	Emotional / Mental



# Four Directions Wellness Classes and Special Offers

## Reiki Level One Certification

Begin Your Personal Exploration Today



## Reiki Level One Certification 4-part Class by ZOOM

- Explore energy healing
- Learn to identify stagnation
- Receive attunements/placements
- Practice on self and family/friends
- Learn history of Reiki
- Enjoy its benefits!

## Reiki Level Two Certification

Register to Save Your Place



## Reiki Level Two Certification 4-part Class by ZOOM

- Learn sacred symbols
- Experiment with various techniques
- Learn how to use with emotions, mental thoughts
- Practice and feel with other's energies
- Delve into the mind, body and spirit connections





# Four Directions Wellness Classes and Special Offers



Reiki Master Nine Month Training  
7:00 pm by ZOOM

- Now you are ready to explore various energy healing techniques
- Develop your intuition
- Enjoy learning how to incorporate for yourself and others
- Delve into fascinating experiences and exploration

Special Offer: Begin your journey today, and receive a discounted rate. Use the code "EXPLORE" to receive \$50 off of your first class. We look forward to seeing you soon.

Or join us for individual sessions:  
Mind-Body-Spirit Executive Coaching

