Carol A. Penn, D.O., M.A.

June 15, 2014

**Reiki Training Level 1 with Patricia A. Dunkin and Carol A. Penn, Reiki Master Teachers**

*Join us on Saturday, July 12, 2014, here at Unity by the Shore for a Reiki Level I training.*

Those of you are seeking **Reiki Level 1** training already have an idea of what Reiki is; perhaps you even receive Reiki treatments on a regular basis; perhaps you have a desire to practice Reiki on yourselves or others; perhaps you have a desire to continue to study Reiki and to train in all the levels; perhaps you have an interest in integrative and complimentary medicine; perhaps you want to change the world starting by changing yourself to be an instrument of peace and a channel for healing energy.

Whatever your reasons, at this time we define Reiki as a spiritual healing practice that can help return us to balanced functioning on every level-physical, mental, emotional, spiritual and even social regardless of our age or state of health. Reiki supports our well-being and strengthens our natural ability to heal by encouraging balance. (Pamela Miles, Reiki A Comprehensive Guide, 2008)

In a world that at times seems so terribly out of balance, Pat and I, as Reiki Master Teachers, both share a passion to help everyone, who is seeking this path to bring about greater balance for themselves individually and collectively for the world.

Your first degree Reiki training will give you access to Reiki healing simply by being able to place your Reiki hand or hands on yourself or someone else to offer healing.

As a participant, during the training you will receive your initiating Reiki attunements; learn the basic anatomy and physiology of the major energy centers of the body; basic meditation; Reiki origins and history; Reiki precepts; the Reiki hand positions; and more.

The investment for the one-day training is $150.00. To reserve your place in class you must register and invest in yourself by making a deposit payable to Unity by the Shore to cover class materials and to begin putting the Law of Cause and Effect into motion on your behalf. A Brochure and registration is available at Unity by the Shore. Please see Patricia K. Dunkin for details.

Questions: Patricia A. Dunkin, [artistnjpat@gmail.com](mailto:artistnjpat@gmail.com) • Carol A. Penn, dr.cpenn@me.com