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Just for today, I will not worry.

Just for today, I will

not be angry.

Just for today, I honor

my parents, teachers,

and elders.

Just for today, I will

earn my work honestly.

Just for today, I show

gratitude to everything.

*“For achieving my teachings, training and improving physically and spiritually and walking in a right path as a human being, first we have to heal our spirit. Secondly we have to keep our body healthy. If our spirit is healthy and conformed to the truth, body will get healthy naturally. Usui Reiki Ryoho’s missions are to lead peaceful and happy life, heal others and improve happiness of others and ourselves.” - Dr. Mikao Usui*

It is my passion to help as many people as possible in becoming more aware of their own spirituality and the Universe as a whole. If you or someone you know would like me to come to your area with any of my Workshops, please contact me via phone (508-369-9967) or e-mail ([maggieanderson7@yahoo.com](mailto:maggieanderson7@yahoo.com)) me anytime and I will respond within 24 hours. I look forward to hearing from you! :)



Maggie Anderson  
RMT, CYT, CSC  
Yoga Teacher, Reiki Master  
Teacher, Soul Coach, Spiritual  
Teacher

Maggie’s passion resides in offering a variety of Spiritual Classes locally and online, Yoga, Soul Coaching®, and Energy Sessions all while empowering the individual to find & follow

their truest passion. Giving you the tools that help \*you\* get and stay inspired. Trained in numerous Healing arts, Maggie’s desire is to work with individuals in increasing their Divine connection within during these Ascension times, and thereby increasing peace, harmony & flow.

As a part of that goal, Maggie will soon release her first book *Divine Embrace* abundant with uplifting, powerful, transformational writings and channelings.

Classes offered are: Yoga, Reiki, Divine Embrace, Kundalini & Ascension, True Inner Peace, 28-day Soul Coaching® Program, Fit to Light (manifesting the body you desire through the Law of Attraction), Meditation, Soul Journey's, Space Clearing for a peaceful Home or Office and more. Maggie is constantly updating, evolving and adding to her class list.



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## What is Reiki?

It is my passion to inspire you to follow your passion!

Maggie Anderson  
Reiki Master Teacher  
Certified Yoga Teacher  
Certified Soul Coach  
[www.SpiritualCompassConnection.com](http://www.SpiritualCompassConnection.com)

## WHAT IS REIKI?

Reiki (pronounced ray-key) is a Japanese word meaning "*Universal Life-Force-Energy*". The word "Rei" mean universal. The word "Ki" is the same word as Chi or Qi in Chinese, Prana in Sanskrit and Ti or Ki in Hawaiian. Ki is life energy. Reiki is a system for channeling that energy to someone for the purpose of healing. It was discovered by Dr. Usui in the late 1800's, a teacher in Japan. To reiterate Reiki is not of any religious or belief system. It is a natural way of sending energy healing. You do not have to believe in Reiki to receive the healing treatment, just be open to it.

Energy Healing involves direct application of *Chi* for the purpose of strengthening the clients energy system (chakra's, meridians and aura-see below). Chi is the term used by the Chinese mystics and martial artists for the underlying force the Universe.

Reiki is very easily learned, very simple to use, and beneficial for all. It is one of many forms of healing through the use of the natural forces.

Reiki healing is very simply performed. The practitioner places his or her hands upon the person to be healed with the intent for healing to occur, and the energy begins flowing. The Reiki energy is smart. The energy knows where to go, and what to do once it gets there. The energy manages its own flow to and within the recipient. It draws through the healer, from the Universal Life Force, exactly that amount of energy which the recipient needs. All this happens

without direct conscious intervention by the healer. The healers job is to get out of the way, to keep the healing space open, and to watch/listen/feel for signs of what to do next. Reiki will heal for the persons' *Highest and Best, Good* either Physically, Mentally, Emotionally and/or Spiritually.

## WHAT IS REIKI TO ME?

Reiki is energy healing. What I feel occurs is, we as the reiki practitioner align with the Universal Life Force energy and act as a conduit for this energy to pass through to the person(s) we are healing. This energy enters the recipient and goes to where the recipient needs it most for their highest and best, good. If there is a physical ailment, it's more than possible that the immediate need for reiki is on the emotional, mental or spiritual plane. The reiki will go here first in order to heal the situation that first caused the physical pain, since all physical pains are first manifested from our minds, thoughts, emotions and soul. If we do not first heal on these levels, a physical ailment will usually manifest to get your attention. If we can start to be aware of our bodies and minds, thoughts and desires in the NOW then we can heal much quicker these issues before a physical manifestation occurs.

When being attuned to Reiki you are raising your vibrations to a higher rate. As you raise your vibrations, lower more negative energies will naturally and sometimes forcefully fall away. Situations will present themselves to you in the form of lessons that you can either take action from or ignore. If you choose to ignore, it will become more insistent and more intense in its lesson for you. Taking action once you are aware of the issue, is recommended for you to progress at a nice pace. You will start to notice your attitude, thoughts and habits naturally progressing to a more positive way of living.

## CERTIFICATIONS

### Usui Reiki I

Receive your Usui Reiki Level I attunement. Included in the class is your attunement to the Reiki I level, Reiki I manual, meditations, and instructions for hands on healing. After this class you will be able to heal yourself as well as others (friends, family & pets too). \$150

### Usui Reiki II

Receive your Usui Reiki Level II attunement. Included in the class is your attunement to the Reiki II level, Reiki II manual, meditations, and instructions. Reiki II offers an enhancement in energies from your Reiki I level attunement, as well as a long distance symbol that enables you to heal others no matter where they are located. \$250

### Usui Reiki III a/Master

Receive your Usui Reiki Level IIIa Master attunement. Included in the class is your attunement to the Reiki IIIa Master level, Reiki IIIa Master manual, meditations, and instructions. \$350

### Usui Reiki III b/Master-Teacher

Receive your Usui Reiki Level IIIa Master attunement and Master/Teacher instruction. Included in the class is your attunement to the Reiki IIIa Master level, Reiki IIIa Master manual with IIIb Teacher instruction, meditations, and instructions for yourself as well as learn how to attune others. \$500 (*\$150 if already Reiki Level IIIa attuned.*)

