

The Reiki Montreal
Meetup Group

www.meetup.com/reiki-montreal

4990 rue de Salaberry, Suite 301, H4J 2P1, Montreal Qc. www.24reiki.com
Registered at CRA, ANQ, INHA

Preparations for the course (optional)

It is recommended to prepare yourself prior to take the course so that you are open to receive the Universal Life Force Energy, be more receptive to the energy, and will enhance your participation in the course.

For the three (3) days prior to and during the course:

- Do not eat any red meat;
- Don't drink coffee or beverages containing caffeine;
- Do not take alcohol;
- Do not have any sexual relations;
- Minimize chocolate or sugar
- Minimize smoking
- Minimize TV and radio, listen to your interior self.
- Be with yourself and take some time to walk.

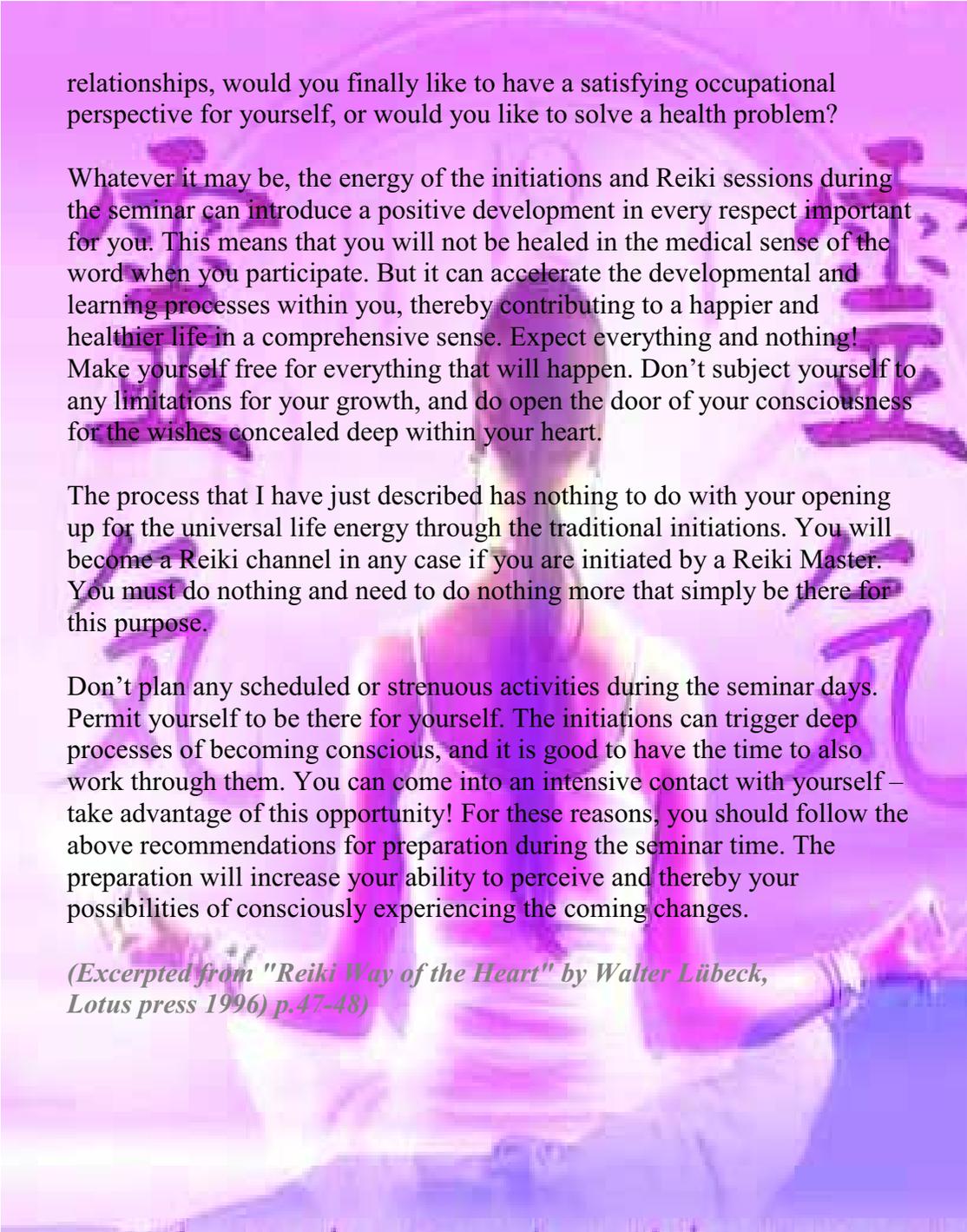
During the course

Wear white or light coloured clothing.

Do not plan any activities for the weekend or days you will be taking the course. Leave yourself time to feel the energy and appreciate your initiation....

The participation in a traditional Reiki seminar always means an enormous leap forward in your personal development. The life energy processes introduced by the initiations and the intensive contact with the universal life energy will open new opportunities of experience for you and give you better access to the loving, living portions of your personality. Dormant talents can be activated and abilities that you already live can be expanded. You alone can decide how profound this gentle process of evolution will be for you!

In the days before the seminar, take some time for yourself on a regular basis and make it clear to yourself what you expect from your life, to what extent you have put these expectations into practice, and what you would like to open yourself for in the future. Do you desire more love and fulfillment in your

A woman is shown in a meditative pose, sitting cross-legged with her hands resting on her knees in a mudra. She is wearing a light-colored, sleeveless top and light-colored pants. The background is a soft, purple and blue gradient with a large, faint Reiki symbol (a circle with a triangle and a square) and Japanese characters. The text is overlaid on this background.

relationships, would you finally like to have a satisfying occupational perspective for yourself, or would you like to solve a health problem?

Whatever it may be, the energy of the initiations and Reiki sessions during the seminar can introduce a positive development in every respect important for you. This means that you will not be healed in the medical sense of the word when you participate. But it can accelerate the developmental and learning processes within you, thereby contributing to a happier and healthier life in a comprehensive sense. Expect everything and nothing! Make yourself free for everything that will happen. Don't subject yourself to any limitations for your growth, and do open the door of your consciousness for the wishes concealed deep within your heart.

The process that I have just described has nothing to do with your opening up for the universal life energy through the traditional initiations. You will become a Reiki channel in any case if you are initiated by a Reiki Master. You must do nothing and need to do nothing more than simply be there for this purpose.

Don't plan any scheduled or strenuous activities during the seminar days. Permit yourself to be there for yourself. The initiations can trigger deep processes of becoming conscious, and it is good to have the time to also work through them. You can come into an intensive contact with yourself – take advantage of this opportunity! For these reasons, you should follow the above recommendations for preparation during the seminar time. The preparation will increase your ability to perceive and thereby your possibilities of consciously experiencing the coming changes.

(Excerpted from "Reiki Way of the Heart" by Walter Lübeck, Lotus press 1996) p.47-48)

we abide by the Rules and Regulations set by CRA (Canadian Reiki Association) and by ANQ (Associations des Naturothérapeutes du Québec), by their Code of Ethics and their Educational Guidelines.

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