

Level One Reiki & Healing Retreat with John Williston 24-27 October



You are invited to join me for the first ever offering of a Level One Reiki training and healing retreat at Babaji's Kriya Yoga Ashram. Please note that the class is limited in size. Where the number of people interested exceeds capacity additional retreats will be made available at a later date. The course typically attracts people over 40 with considerable life experience however it is open to everyone wanting and willing to take responsibility for their own healing and personal/spiritual development. It is not necessary that attendees are Kriyabans however it is recommended that you have a meditation practice.

The course is very in-depth and experientially based. You will receive four traditional Reiki attunements and daily Reiki treatments. The healing sessions often produce spontaneous release of energetic blockages (emotional, physical or spiritual).

I have been teaching and practicing for almost 20 years and my Reiki lineage is traced directly to its founder, Mikao Usui. I am also a third level kriya practitioner, yoga/meditation teacher, a former corporate senior executive and retired military officer. After the program there are three weekly follow-ups and I remain available for the first month for questions and support. Interested participants will be invited to participate in a Level Two program 2-3 months after their initial training.

The weekend program includes:

- ✓ *Very traditional Usui Shiki Ryoho Reiki training*
- ✓ *Four complete initiation attunements on an individual basis*
- ✓ *A complete Reiki healing session each full day (3)*
- ✓ *Certification of attendance/completion*
- ✓ *Ongoing support for 21 days*
- ✓ *Extensive practice in hands-on treatment*
- ✓ *A complete understanding of Reiki within a yoga context/framework*
- ✓ *Ample opportunities to ask questions, seek clarification and guidance*
- ✓ *Level One reference manual*
- ✓ *A brief introduction to Level Two training and how it can advance your Saddhana practice*

The cost of the training and retreat is \$500 and does not include the ashram costs of food and lodging of \$85/day.

Please respond directly to John Williston at: johnawilliston@hotmail.com Once you are confirmed in the course your room reservation will be held at the ashram with a deposit.

Testimonials

"I could not have imagined the deep, intense healing experience I had after being in the healing field for 12 years. I am grateful." D

"Your gentle teaching, sense of humour, attention to detail and knowledge are all very much appreciated. I am grateful." B

"The course was transformational. It helped me to release old patterns and deep feelings that were probably limiting my potential. The course was carried out in a professional and compassionate manner and I had a feeling of being truly safe and cared for. I also felt a deep sense of the sacredness of the teachings and that the tradition of the teachings was being maintained with the utmost integrity. I could recommend this course, John's teachings and his practice to anyone who is interested in personal development. He is a gifted teacher and practitioner." S

"I came with little to no expectations; I was unsure what to expect. John created a warm and nurturing environment that facilitated maximum learning, without expectations. At the beginning of the course I was anxious and apprehensive - at the end of the course I was relaxed, peaceful and didn't want to leave. I would highly recommend this course to anyone interested in personal growth and healing." N

"I appreciated the integrity and attention to details throughout this course. I also appreciated the safe environment that you created as it helped me a lot. Thank you very much." S

"I'm very glad I took this course. I expect it to be just the beginning of something for me. I like the 4 days, the intensity of it, the bonding. I'll recommend it highly to anyone I know who is looking." L

"A wonderful pathway to self healing and giving healing energy to a world so needing it. Please have more of them." H

"A great course which I would highly recommend! John is a great teacher and the attunements are very powerful." K

Some Background

Within each one of us there is the potential to lead a more empowered, full and content life. This potential, when developed, allows us to live in a way that empowers us, harnesses our true capacity as loving and spiritual persons, concerned not so much with the external existence as the internal one.

Although given to us by a Tendai Buddhist monk traditional Usui Reiki best comprehended within the framework of a kundalini/tantric phenomenon that allows us to discover & live a more spiritually conscious life by helping to resolve energy blockages on the physical, emotional/psychological and spiritual levels. Ultimately Reiki allows us not only the ability to heal the wounds of our inner child, our subconscious programming, release restricting personal issues and to discover the freedom that is our birthright. It works on the conscious, sub-conscious and super conscious as identified by Sri Aurobindo. Reiki is a compassionate, spiritual practice that can do no harm and works to help you heal on the physical, emotional and spiritual places and always for you for your highest good.

Reiki's full potential can begin to be realized when incorporated or used as an adjunct to a defined spiritual practice. I have used my Reiki in this way from the very beginning of my journey with Reiki and Babaji's Kriya Yoga for almost 20 years. It has enhanced my practice and deepened my experiences. It is difficult to make progress in one's spiritual practice if there are physical, emotional or psychic impediments. Reiki helps to clear that path.

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