

Claude Leonard

Usui, Karuna® & Lightarian™ Reiki Master/Teacher

If you are receiving guidance from your Spirit to move toward an exciting spiritual journey into a higher personal vibration and the highest Reiki healing energies of Lightarian™ Reiki, then we send you Love, Light and Joy!

In this brochure you will learn briefly what each level of Reiki is all about. After reading this brochure if you feel guided to take any of these courses just give me a call at 204-783-5715 and we can discuss if I may assist you on this beautiful journey.

Do not hesitate to call 204-783-5715 or email me at cjaj@reikiwinnipeg.com and may the Light, Love and Joy guide you.



What are the five principals of Reiki?

They offer a simple guideline for daily conduct with others and self. They are:

- Just for today, I will not get angry
- Just for today, I will not worry
- Just for today, I will be grateful
- Just for today, I will work hard
- Just for today, I will be kind to others

What is Reiki training all about?

The focus of **Level One** is on self-healing and helping others. After the student completes the required training, which may take one or two days, they are able to practice Reiki and do self-healings. At this level, the student learns the history of Reiki, the energy system, the nature of the Reiki energy, the Reiki Ethics, the five principles, the hand positions, how to do a self-healing and how to provide a session for others.

At **Level Two**, the focus is on learning the Japanese healing symbols and on sending Reiki from a distance (we must always get permission to send a distant healing).

There is an in-depth discussion on clearing unwanted habits, empowering personal goals, and manifesting permanent change in the student's life. The Japanese healing techniques are introduced and practiced. Distant sending is practiced.

Level Three "Advanced Practitioner": In some lineages, the levels of training are taught in four instead of three sessions. This level can include meditation techniques, a Healing Attunement, the Hui Yin, the Violet Breath, Psychic Surgery, and Reiki Crystal Grids. The Master symbol is given but the student is not taught how to attune others or teach Reiki.

Level Four Master/Teacher: Here, the focus is on attuning others to the Reiki energy and on teaching Reiki to others. The master symbol is introduced and practiced. The benefits of living a spirit-based life are discussed as well.

What does the term Reiki Master mean?

In Reiki, Master means teacher. Master also means that the student has come far enough along in his or her development that troublesome lifestyle habits and limiting belief systems are

taking less and less time and energy away from living a fully conscious life.

A Master has taken the responsibility to become Master of himself or herself. It is not a designation used for ego inflation or to manipulate others.

One does not have to base their life on spiritual practices to be a Reiki Master. Everyone has his or her own belief system and is quite free to maintain it and still be considered a Reiki Master. The mastery is in dealing with oneself so that one is able to stay in his or her own energy and not interfere with the path of another being.

What can Reiki do?

This list has been comprised through anecdotal research. Clients have reported feeling:

- More creative
- More balanced
- Less emotional
- Less stressed
- More relaxed
- More vitality
- More awareness
- Less or no pain
- Ability to fall asleep quickly
- Ease of movement

What happens during a session?

The client, fully clothed, lies on the treatment table. The practitioner's hands remain in a stationary position, gently on or slightly above the body through several positions from head to toe. Some practitioners do not use the prescribed hand positions, preferring to use a more intuitive approach. There is no manipulation of the skin or tissue. Reiki is not massage.

Many individuals report feeling cold, pulsating heat, or a tingling sensation during a session, and most enter a calm, relaxed state. In some, chronic or acute pain can diminish or completely vanish. Sometimes allergies and other infirmities completely disappear. It's different for each person.

It's important to remember that, whatever is troubling us, "we didn't get this way overnight" and we won't "recover overnight", either. Reiki is not any more magical than any other modality or

allopathic medicine. Healing takes commitment and it takes time... one moment at a time.

Can children learn Reiki?

Yes, Reiki can be taught to anyone. I recommend that a child be old enough to understand what Reiki is and that the child request to receive Reiki.

Is it safe for pregnant women?

Since Reiki is guided by the Higher Power, the Reiki energy will know the condition of the client or student and adjust appropriately. Reiki can only do good. Many pregnant women have received treatments with great benefit to them and their unborn child. It has also been used during child birth. Pregnant women have also taken the Reiki training and received the Reiki attunement with beneficial results

How long does it take to learn Reiki?

A beginning Reiki class is taught on a weekend. The class can be one or two days long. I recommend that the minimum time necessary be at least six to seven hours. Along with the attunement, it is necessary that the student be shown how to give treatments and also to practice giving treatments in class.

What is a Reiki attunement?

A Reiki attunement is the process by which a person receives the ability to give Reiki treatments. The attunement is administered by the Reiki Master during the Reiki class. During the attunement, the Reiki Master will touch the students head, shoulders, and hands and use one or more special breathing techniques. The attunement energies will flow through the Reiki Master and into the student. These special energies are guided by the Higher Power and make adjustments in the students energy pathways and connect the student to the source of Reiki. Because the energetic aspect of the attunement is guided by the Higher Power, it adjusts itself to be exactly right for each student. During the attunement, some students feel warmth in the hands, others may see colors or have visions of spiritual beings. However, it is not necessary to have an inner experience for the attunement to have worked. Most simply feel more relaxed.

Where does Reiki energy come from?

Reiki energy is a subtle energy. It is different than electricity or chemical energy or other kinds of physical energy. Reiki energy comes from the Higher Power, which exists on a higher dimension than the physical world we are familiar with. When viewed clairvoyantly, Reiki energy appears to come down from above and to enter the top of the practitioners head, after which it flows through the body and out the hands. It appears to flow this way because of our perspective. However, the true source of Reiki energy is within ourselves. This does not mean that we use our personal energy when we do Reiki, but that the energy is coming from a transidental part of ourselves that is connected to an infinite supply of healing energy.

What is Karuna Reiki®?

Karuna is a Sanskrit word and is used in Hinduism and Buddhism. It is translated to mean any action that is taken to diminish the suffering of others and could also be translated

as "compassionate action." When individuals experience enlightenment, they report that all beings are known as one. Therefore, it is natural to extend compassionate action or Karuna to everyone without distinction because we are all one. As we help others and aid them in their healing process, all beings benefit. Because of the oneness of all beings, it is understood that Karuna is not only extended to others out of love, but also because it is an entirely logical thing to do. In the same way that you would want to heal your own wounds, you would also want the wounds of others to heal. It is also stated in the Buddhist literature that Karuna must be accompanied by wisdom in order to have the right effect.

Karuna is the motivating quality of all enlightened beings who are working to end suffering on Earth. They continually send an unlimited amount of healing energy and guidance to us, but not all are receptive to it. As you develop Karuna in yourself, not only are you

helping others, but you also become more receptive to the Karuna that is being sent by all enlightened beings. Thus your healing is quickened as well.

Karuna Reiki® opens you to work more closely with all enlightened beings. This includes those enlightened ones who are physically present as well as those in spirit.

What is a Lightarian™ Reiki ?

During these exciting and challenging times of transformation on Earth, many of us are here to learn and grow through the human experience as preparation for bringing more Light into this plane....to serve as spiritual teachers, healers, communicators and visionaries to support the global human ascension process that is unfolding. From our perspective, personal ascension is a process of inner spiritual development...the raising of one's personal vibration to create a reunion between our lower incarnational selves and our Higher Self energies.

The word Lightarian is a way to describe an individual who learns about and masters the use of etheric Light energies for various purposes, such as self-empowerment, clearing, healing, activation and manifestation. A Lightarian begins to view Light as the ever-present etheric energy that consciously manifests itself into all of the forms and structures that we experience. In a sense, the Light is everything and everything is Light...including all that we call physical, including our physical bodies. This holistic view of the Light enables us to better understand that all levels of our subtle bodies, and our physical body as well, will be changing and evolving based on the self-empowerment, clearing, healing, activation and manifestation work that each of us does. To be a Lightarian means that you are consciously engaged in your process of inner development and dedicated to the application of these spiritual principles in your life. All of this will propel you forward to be of greater service to humankind!

Chart of Density Levels Of Reiki Energies			
Reiki Bands	Description	Vibrational base of Reiki Ray energies (lowest density that overall Reiki ray energies vibrationally deliver)	Highest Density Level that you are attuned to deliver within the Band
Band 1	Usui-based Reiki (all levels)	5.0	5.8
Band 2	Lightarian Buddhic Boost and Karuna Reiki®-based Reiki	5.0	6.2
Bands 3 and 4	Lightarian Reiki I & II	5.0	6.85
Band 5	Lightarian Reiki III	5.0	7.35
Band 6	Lightarian Reiki IV	5.0	8.25
Band 7 and 8	Lightarian Reiki V & VI	5.0	9.99
Note: Once you are attuned to Lightarian V & VI, you will be able to pull in and tap into the energies from the 9 th density band associated with the Ascended Masters. The Reiki ray energies are sourced from Ascended Master Buddha level and so the highest Reiki level you can tap into is the 9.99 (since Ascended masters operate within the density/vibrational range of 9.0 to 9.99). Please avoid any misconception about this: Your delivering these energies of the 9 th band does not mean that you are operating as an Ascended Master in this plane! It simply means you are able to be a conduit for these energies during healing sessions while serving highest purpose for your client.			
Generally a 30-day waiting period between the various Lightarian Reiki attunements is recommended.			

Other modalities that Claude performs and/or teaches are: BodyTalk, Meditation, Drum making, Crystal Healing, Chakra cleansing and balancing.

Claude sells a variety of Mandellas and Drums, you can view them at www.spiriteddrum.com.

For more information about any of these holistic endeavors call me at 204-783-5715 or visit www.rubyholistichealing.com.