



PRESENTER: Julie Todd, Shinpiden
Teacher for People and Animals

WHEN: Tuesday June 18, 7:00 to 8:30 pm

THE 5 REIKI PRECEPTS WORKSHOP

The 5 precepts, apart from being one of the five major elements of the system of Reiki, are also its foundation. These precepts are self-empowering guidelines for a daily way of living, within or without the framework of the system of reiki.

For today only ...

Do not anger

Do not worry

Be grateful

Be honest in your work

**Be kind and compassionate to
yourself and others**

Ways to realize the precepts are surrounding you each moment of your daily life. Learn how to tap into them because ultimate healing starts with your state of mind and whether you are thinking, listening, speaking, responding, and embodying the guidelines of the precepts

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WHERE: Natural Connection Wellness Center, 313 Fourth St., Huntingdon, PA

COST: Suggested \$5.00 donation to HHWA.

I have a few copies of my teacher's latest book, *Reiki Insights* (Frans Stiene), so bring extra cash if you'd like one (\$12.00). I also will donate one copy of this book to HHWA library.

Sign up by June 14, 2019 with Dana Jefferson at wintersjoy74@gmail.com or 814-643-4260.

BRING YOUR DINNER AND BRING A FRIEND