**Meditative Yoga Classes**

With Jenn Eichhorn

Thursdays, March 1,8,15,22, 29 ~11a-12p

Sundays, March 4,11,18,25 ~ 6-7p

Cost: $12 drop in

$40 4 class pass

$80 10 class pass

**Description:**

Meditative yoga is accessible to all levels, from beginner on. This class combines movement, conscious breathing exercises (pranayama) and guided meditation in a restorative setting with blocks, bolsters, and blankets to support the relaxation and expansion of body, mind and spirit.

**Introduction to Meditation**

With Melody Jenkins

4 Thursdays, beginning March 1 ~ 7-9p

Cost: $60

**Description:**

Many people find it difficult to meditate. Sometimes, we get the idea that meditation means an entire hour of being absolutely quiet with no distracting thoughts and then, some great moment of enlightenment comes at the end of that hour. This 4 week series will approach meditation from several different aspects, with a large amount of time spent in the practice of meditation. As a part of this series, you will receive a candle and make a personal set of meditation beads!

**Intro to Shamanic Journeying**

With Heidi Howes

Friday, March 2, 6-9p

Cost: $35

**Description:**

This is the method the shaman uses to "see in the dark". Deepen your connection to yourself and the multiverse with Intro to Shamanic Journeying, an experience of direct revelation. You will learn about shamanic practice as a spiritual path and how you can see into the imaginal realm (aka Spirit Realm, Dream World, Quantum Field, etc) the much larger picture of our world. Each participant will have an opportunity to connect with power animals, other unseen allies, and experience firsthand the magic behind the veil.

You will also learn to do basic divination and open up to greater experiences with your intuition and personal guides. Shamanic Journeying is a skill most anyone can learn with practice and is a valuable tool for navigating this life with heart.

**Free Children’s Clinic**

With TRC And Stone Soup Staff

Saturday, March 3, 10a-1p

Cost: Free

**Description:**

The Reiki Center is happy to announce the new Children's Clinic to be held on the first Saturday of each month from 10:00am-1:00pm.  Our focus will be to provide the benefits of our most popular services to children up to age 12, in an age appropriate way.  We will assist participants in learning how to navigate the stressful, pressure-filled world they live in through relaxation techniques, creative therapies and stress relief modalities such as Reiki, Laughter Yoga and Art Therapy techniques.  We will also explore ways to quiet and focus the mind, manage breathing and recognize stress.

Children must be accompanied by a responsible adult the entire time they are at the Center.  All activities will be held in an open setting.   Ample free parking. Services provided by skilled volunteers from The Reiki Center and our sister agency, the Stone Soup Project.

**Animal Reiki Class**

With Denise Musser & Kaye Smith

Sunday, March 4, 9a-5p

Cost: $150 paid upon registration

4 students maximum

**Description:**

Animal Reiki is an energetic connection specially adapted to pets and other animals which offers targeted pain and stress reduction techniques through light touch. Learning Animal Reiki gives you the ability to take a more active role in animal health and wellbeing by being able to understand and energetically work with animals. Your connection with your own animals will strengthen as you learn to understand each other on a deeper level.
You must have taken Reiki I or be Reiki trained to take Complete Animal Reiki. This is a full day class that will go in depth into many areas of energetically working with animals. Learn treatment techniques for assessing energy imbalances throughout the animal chakra system (energy centers) and how to work with each of these energy centers to enhance the effectiveness of each session. Hands-on practice is included along with an animal-themed meditation.
Classes are designed for anyone who has animal companions and wishes to energetically enhance their animal companions’ lives. It’s also beneficial to those who care for and work with animals professionally or in a volunteer capacity.

**Beyond: Raising Your Vibration**

With Melody Jenkins

Monday, March 5, 6-8p

Cost: $10

**Description:**

The Beyond Series has been developed with the understanding that, in some way, everyone is intuitive, psychic, empathic or spiritually gifted. Some of our gifts come to us through birth, usually passed down to us generationally through our family lineage. Sometimes we awaken to our gifts as we progress through life.  And some of our gifts are quite possibly things we have learned and experienced in previous lifetimes, a part of who we are in the very Essence of our Soul.  But always, always, our Psychic & Intuitive abilities can be enhanced and improved upon through personal spiritual growth and development.

The Beyond Series is great for anyone, whether you want to develop your intuition for personal reasons, if you want to share your intuitive gifts with family & friends, and especially if you feel called to use your psychic & intuitive gifts professionally.

On the 1st Monday of each month, the Beyond Teaching Series will help you develop personally in your spiritual growth & in your knowledge of the spirit world and psychic realm.

On the 2nd Monday of each month, the Beyond Divination Series will allow you to practice on real people with hands-on results of your abilities.

Taking both Teaching & Divination classes will help you be a well-rounded practitioner!

**Spring and Summer Pet Health with Essential Oils**

With Melody Jenkins

Tuesday, March 6, 6-8p

Cost: $10

**Description:**

When you attend this class, you will receive an Itovi Biofeedback Wellness Scan and help in creating a 4 Month Wellness Plan!

Maintaining our well-being is an everyday task. When we speak of wellness, we can be talking about our physical, emotional, spiritual or intellectual well-being. Essential Oils can be used in all aspects of life: helping us maintain good health, cleaning our home, personal hygiene care, in the kitchen.

Essential Oils can be used in all aspects of life: helping us maintain good health, cleaning our home, personal hygiene care, in the kitchen. Come learn how essential oils can help us while eliminating the need for chemicals. Essential oils are a safe & natural alternative!

April 3                   Spring Cleaning with Essential Oils

April 30                 Quarterly Chakra Balancing Meditation & Affirmations with Essential Oils

May 1                    Self Care & Pampering with Essential Oils

June 5                   Healthy Fun in the Sun with Essential Oils

July 3                     Healthy Bones, Joints & Muscles with Essential Oils

July 30                   Quarterly Chakra Balancing Meditation & Affirmations with Essential Oils

August 7              Back to School with Essential Oils

September 4      Fall & Winter Pet Health with Essential Oils

October 2            Essential Oils in the Kitchen

October 29          Quarterly Chakra Balancing Meditation & Affirmations with Essential Oils

November 6       Get Relaxed before the holidays with essential Oils

December 4       Make & Take Gift Ideas with Essential Oils

**Itovi Wellness BioFeedback Mini Sessions**

With Melody Jenkins

Wednesday, March 7, 6-8p

Cost: $20 for 20 minute session

**Description:**

Why Guess When You Can Know!!
This Scan will make recommendations of Essential Oils & Supplements for all Aspects of Your Health

ELECTRICAL FREQUENCY

Every biological or non-biological thing has a unique energy signature that vibrates at certain frequencies. A frequency is the number of times a wave repeats itself within a second, called an oscillation. iTOVi has measured and recorded each unique frequency of essential oils and supplements for each product company. Through the electrodes on the iTOVi scanner, these frequencies are sent into the skin, inducing a measurable response from the body.

BIOIMPEDANCE

Bioimpedance is a technology commonly used to measure body composition through resistance to electrical frequencies. During an iTOVi scan the device passes small electrical currents through the skin to measure the body’s resistance to frequencies, each of which is the natural energy signature of various supplements and oils. The passing of electrical frequencies induces a measurable response from the body which is then recorded and shown in the iTOVi report.

THE BODY’S RESPONSE

Bioimpedance relies on the body’s autonomic nervous system in order to elicit reactions. The autonomic nervous system is the body’s central command center, connected to every other part of the body, and can be relied upon to give reactionary results. There are lots of ways to measure those results (i.e. blood pressure, blood flow, skin or body temperature, breathing patterns, eye dilation, sweat glands/skin moisture, etc.) One particular way to measure the reaction is the tissue will become more or less resistant to electrical current flow. Changes in temperature can also help us understand how the body reacts. During an iTOVi scan hundreds of frequencies are sent to the body, one at a time. The body has a unique reaction to each of these frequencies. As the body reacts to the electrical current flow, iTOVi measures these reactions.

ALGORITHM

The way iTOVi calculates the body’s reaction is highly accurate. It uses a complex algorithm to organize the data from the reactions. An algorithm is simply a set of mathematical equations. This process is often referred to as the translation process. The iTOVi algorithm translates what your body is communicating to you. While running one scan, the iTOVi scanner is actually running the algorithm several times to find the body’s true response.

REPORT

As the iTOVi scan runs, your body will naturally react to frequencies and the scanner will record these changes, identifying supplements and essential oils that match. As the scan ends, these frequencies are recorded, analyzed, and compiled into a personalized iTOVi report. Based on the information gathered during each session, the iTOVi App will recommend the oils or supplements to which your body had the strongest reactionary response. These recommendations are presented in your report, ordering each product by the strength of their reaction. Using the recommended oil or supplement will bring your body’s frequencies back to its optimal state.

**Messages with Spirit (mini sessions)**

With Cheri Roof

Wednesday,March 7, 5-8p &

Thursday, March 15, 5-8p

$20 for a 20 minute session

**Description:**

We are surrounded by Spirit Energy. When the soul leaves the body, it transitions as energy to the Spirit World.  During a "Messages From Spirit" session, we will connect with Angelic Beings, Spirit Guides and loved ones who have transitioned in order to receive wisdom and positive, healing messages.  Readings may include holding the client's hand, light touch or psychometry.

These sessions fill up quickly, so don't wait too long!

**Making Meditation Beads**

With Melody Jenkins

Thursday March 8, 7-9p

Cost $20

**Description:**

Join us for an evening of fun and creativity! Items have more meaning when made with your own hands and energy. Your creations may also inspire you with ideas to make personal gifts for birthdays, anniversaries & holidays.

**Animal Reiki Friday Night Series**

With Kaye Smith

Fridays, March 9 &16, 6-9p

Cost: $150

**Description:**

Animal Reiki is an energetic connection specially adapted to pets and other animals which offers targeted pain and stress reduction techniques through light touch. Learning Animal Reiki gives you the ability to take a more active role in animal health and wellbeing by being able to understand and energetically work with animals. Your connection with your own animals will strengthen as you learn to understand each other on a deeper level.

You must have taken Reiki I or be Reiki trained to take Complete Animal Reiki. This is a  two week evening class that will go in depth into many areas of energetically working with animals. Learn treatment techniques for assessing energy imbalances throughout the animal chakra system (energy centers) and how to work with each of these energy centers to enhance the effectiveness of each session. Hands-on practice is included along with an animal-themed meditation.
Classes are designed for anyone who has animal companions and wishes to energetically enhance their animal companions’ lives. It’s also beneficial to those who care for and work with animals professionally or in a volunteer capacity.

Maximum number of students per class:  4

**Diana Rankin's Sacred Circle**

With Diana Rankin

Friday, March 9, 6:30-8:30p

Cost: $20

**Description**:

Sacred Circle Meditations and Messages include an evening of story, a guided meditation for personal and planetary healing, and individual psychic messages from Spirit for participants. Sacred Circles are open to everyone and are given for a love offering, suggested $20. Love offerings are appreciated and allow Diana to continue to provide Sacred Circles. Gathering in Sacred Circle helps you to accelerate your growth and manifest your dreams and desires. Sacred Circle helps to alleviate suffering in our world and heal our planet.

Sacred Circles begin with a story, often about an ancient myth and how the stories fit into our modern-day lives. After the story, there is a guided meditation that takes you on a personal journey that adds to the world. In the third part of Sacred Circle, Diana gives psychic messages to audience members. Messages are teaching moments that have meaning for everyone in attendance.

**Shamanic Reiki Class**

With Heidi Howes

Saturday, March 10, 5-8p

Cost: $75

**Description:**

In this class for Reiki Practitioners we will explore and practice shamanic healing techniques and how to incorporate them into your Reiki practice. Techniques we may cover include Power Animal Retrieval, Soul Retrieval, and Extraction. Learn to trust and develop your divination skills more, explore more in-depth work with teachers and guides, and expand your practice with Spirit to power up your healing abilities.

**Animal Reiki Mini Sessions**

With Kaye Smith

Monday, March 12, 6:00-8:30p

Cost: $20 for 20 minute session

**Description:**

These mini sessions will give you an introduction to what animal reiki can do for your pet.  Animal Reiki is an energetic connection specially adapted to pets & other animals which offers targeted pain and stress reduction techniques through light touch. It also helps with chronic pain, behavior issues, transitioning to a new environment, etc.

**Beyond: Divination Using Sacred Stones**

With Melody Jenkins

Monday, March 12, 6-8p

Cost: $10

**Description:**

The Beyond Series has been developed with the understanding that, in some way, everyone is intuitive, psychic, empathic or spiritually gifted. Some of our gifts come to us through birth, usually passed down to us generationally through our family lineage. Sometimes we awaken to our gifts as we progress through life.  And some of our gifts are quite possibly things we have learned and experienced in previous lifetimes, a part of who we are in the very Essence of our Soul.  But always, always, our Psychic & Intuitive abilities can be enhanced and improved upon through personal spiritual growth and development.

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On the 1st Monday of each month, the Beyond Teaching Series will help you develop personally in your spiritual growth & in your knowledge of the spirit world and psychic realm.

On the 2nd Monday of each month, the Beyond Divination Series will allow you to practice on real people with hands-on results of your abilities.

Taking both Teaching & Divination classes will help you be a well-rounded practitioner!

**Hand Massage Mini Sessions**

With Lisa Feldman

Tuesday, March 13, 5:30-8p

$20 for 30 minute session

**Description**:

Be transported to a wonderful world of relaxation through hand massage!  Using her strong, intuitive nurturing hands, Lisa Feldman will help you reduce your stress and tension.  Many satisfied customers report greatly improved circulation, range of motion and cessation of pain in their fingers, hands, head, neck and shoulders in addition to feeling calm, peaceful and relaxed.

A great value at only $20 for a 30 minute session!  Other times are also available.

**Spiritual Service Meetup : Earthbounds, Ghosts and Spirit Attachments**

With Mickey Stephan

Tuesday, March 13, 6-8p

Cost: $10

**Description:**

Earthbound spirits are disembodied people who have remained attached to the physical realm, having not moved on beyond it, after theri physical bodies have expired. If a person does not proceed into the light after death of the physical body, that person will remain earthbound.

Simply stated, earthbound spirits are ghosts. Spirit attachment is basically just what is says. A living person has the energy or spirit of a dead person/entity attached to them. Many earthbound spriits attach simply because they find comfort in re-living some of the physical aspects of life.

Have you ever felt you were in the presence of one of these types of energies or spirits? Ever felt you were just not yourself, or your energy was just drained? Chances are you may have a visitor who came along for the ride. Let's share our experiences, learn what they are about and how we can help and assist these lost souls to find their way on their journey.

Come and join us **Tuesday March 13th, from 6:00-8:00PM**, as we learn about these different types of entities that are all around us, and how to recognize them when they are present.

The evening will end with a 30-40 minute group participation session of learning to intuit and deliver psychic readings for each other.

This is part of the newly created MEETUP Group, **"Columbus Reiki and Spiritual Service Meetup"** which meets on the 2nd and 4th Tuesday of each month.

Facilitator: Mickey Stephan, Reiki Practitioner, Ordained ULC Minister, and experienced Tarot and Oracle card Reader

**Sound Healing Mini Sessions**

With Kelly Bisson

Tuesday, March 13, 6:30-8:30p

Cost: $20 for 20 minute session

**Description:**

Kelly will be offering mini sessions using Tuning Forks for Sound Healing. Everything is energy and vibration, including light, colors and sound. Come experience how different frequencies can enhance your healing & well being!
 20 min/$20
If you would like to experience an enhanced session, please sign up for two adjacent time slots, or 40 min/$40.

**Reiki Internship Program**

With Linda Haley

6 Wednesday's March 14, 21, 28 and April 4, 11, 18

Cost $350

**Description:**

Advanced Reiki students who seek additional skills or knowledge are invited to participate in a 6-week Internship Program devoted to furthering your confidence and abilities.  The class will be held on Wednesday, March 14 through April 18.  There is a maximum of 8 students.

The Internship Program will address many of the challenging experiences that may be presented during Reiki sessions.  Topics will include advanced therapeutic techniques, including releasement of spirit attachments and other foreign energies; use of advanced protection techniques; how to confidently react to non-traditional client responses; practice with Distant Reiki sessions; and how to establish a professional therapeutic presence.  Direct-care experience is provided by hands-on sessions to clients who present significant health or emotional concerns.

The Program is open only to Advanced Reiki Practitioners or Reiki Masters.  Students must be a graduate of Reiki Classes at The Reiki Center or must provide assurance that they have had equivalent experience and training at another school.

The Internship Program provides the training and confidence to provide treatments as a Reiki professional.There is an assumption that you are comfortable with the materials in the previous classes, as well as the assumption that you have experience in delivering treatments to get maximum benefit from the class.

**DEEKSHA Oneness Blessing**

With Chuck Reynolds & Denise Musser

Thursday,March 15, from 7-9p

$10

**Description:**

What is the Oneness Blessing?

Opens the doors to a consciousness of Oneness with all life

Creates a shift in the brain which activates kundalini and quiets the ego

Awakens intelligence

Increases ability to learn and enhances memory retention

Creates better brain synchronization

Brings love to relationships

* Heals hurts
* Increases listening ability
* Awakens compassion
* Instills affection
* Invokes access to higher energies
* Creates a prosperity consciousness
* Infuses vitality
* Heals and relaxes the mind
* Cumulative effect is experienced with each session

**The Oneness Awakening Course**

with Chuck Reynolds and  assisted by Phyllis Vaught Reynolds

Friday, March 16, 6:30-9:30p

Saturday, March 17, 9:30a-6p

Sunday, March 18, 9:30a-5p
Cost:  Friday only $10 - Open to the public
         $195 for weekend when paid by March 10, 2018
         $220  for weekend when paid after March 11
          $ 70  for weekend for Blessing Givers Repeating/ Sunday only $35

**Description:**

Be initiated as a Oneness Blessing Giver!
Join us on an inward journey that starts from where you are and moves you toward a state of Oneness, a state where there is no resistance, no conflict, no suffering - a state of joy and peace.  In this amazing weekend you will experience receiving the Golden Orb Deeksha and processes to move you into Flowering States of Consciousness, as well as

* Receive transfers of the Oneness Blessing and learn how to meet the challenges of life with joy
* Experience samskara shuddhi, ancient technique to heal relationships and release negative/limiting patterns.
* Learn how to access success and happiness in inner and outer life
* Become a Oneness Facilitator and give the gift of the Oneness Blessing to others
* Meditation to Connect more deeply with your Divine
* Experience special Chakra Opening process given to us by the Divine
* Ananda Mandala-Meditation/Breathing to open Chakras

This Weekend has been designed to create a huge leap in spiritual growth!  The Oneness Blessing is an energy transfer that causes a neurobiological change in the brain that reduces the power of the ego and connects us with spirit.  It results in a growth in consciousness by creating a shift in the perception and experience of life.  It is a non-denominational experience that awakens our connection with the oneness in everything, allowing each of us to deepen our relationship with those we love, with ourselves and with the ALL THAT IS.

**Reiki 1 Class**

Linda Haley

Saturday, March 17 & Sunday, March 18, 9a-5p

$300 paid upon registration

8 students maximum

**Description:**

The Reiki Center is the only facility in central Ohio which provides Reiki training in the traditional (original) method.  The difference between traditional and modern (Western) Reiki training is significant, as the original version provides more comprehensive training, and a deeper understanding of the practice's spiritual impact on your life, i.e. finding meaning and purpose.

Classes are small, no more than 8 students, to permit maximum time for personal instruction.This is a two-day class (Saturday and Sunday from 9 am - 5 pm.)

Four personalized hands-on Attunements will prepare the student to clear blockages from the body in preparation for receiving, feeling and working with healing energy.

Students will discover peace of mind just by employing an easy to use technique.  Learn multiple meditation techniques.  Identify and transmit healing energy to relieve a headache or an aching muscle without medication. Hands-on experiences will show you how to feel energy and see its immediate impact on yourself, family, friends and pets. Learn specific techniques to enhance your practices, including how to create a positive affirmation to help clarify and realize your goals, how to develop intuitive abilities and how to connect with your Guides.

Course includes vegetarian lunches and snacks, as well as a binder of instruction materials.

**Introduction to Animal Reiki**

with Kaye Smith & Denise Musser

Sunday, March 18, 2-4p

Cost: $10

**Description:**

Join Animal Reiki Practitioners Kaye Smith and Denise Musser in a discussion to discover how you can take a more active role in your pets health and well-being by using Reiki to assess and correct energy imbalances in their systems.

**Free Reiki Clinic**

Kelly Bisson

Monday, March 19, 6-8p

Cost: Free

**Description:**

If you have yet to try Reiki, or are familiar with its many healthful benefits but are short of funds for a full treatment, our Free Reiki Clinic is for you. Each person will receive 15-20 minutes of healing Reiki energy from one of our advanced level practitioners during our Free Reiki Clinic!

**Open Your Heart and Intuitive Eye Chakras(3rd eye)**

With Shmuel Merimi

Tuesday, March 20, 5-8p

Cost: $45 for 30 minute session

**Description:**

Experience the opening of your heart and intuitive chakra (3rd eye) using Sound Healing with tuning forks to enable you to deepen the voice of your heart and to tap the eye of enlightenment.

**Release Emotional Baggage with Essential Oils**

With Melody Jenkins

Wednesday, March 21, 6-8p

Cost: $10

**Description:**

When you attend this class, you will receive an Itovi Biofeedback Wellness Scan and help in creating a 4 Month Wellness Plan!

Maintaining our well-being is an everyday task. When we speak of wellness, we can be talking about our physical, emotional, spiritual or intellectual well-being. Essential Oils can be used in all aspects of life: helping us maintain good health, cleaning our home, personal hygiene care, in the kitchen.

Essential Oils can be used in all aspects of life: helping us maintain good health, cleaning our home, personal hygiene care, in the kitchen. Come learn how essential oils can help us while eliminating the need for chemicals. Essential oils are a safe & natural alternative!

April 18                 Healthy Babies & Kids with Essential Oils

May 16                 First Aid & Travel Kits with Essential Oils

June 20                 Happy Digestive System with Essential Oils

July 18                   Maintaining Optimum Brain Health with Essential Oils

August 15            Detox with Essential Oils

September 19   Essential Oils for Meditation & Spiritual Development

October 17          Healthy Immune System with Essential Oils

November 21    Healthy Hormones for women & Men with Essential Oils

December 19     Maintaining Emotional Wellbeing with Essential Oils

**Reiki 2 Class**

With Linda Haley

Saturday, March 24 & Sunday, March 25, 9a-5p

Cost: $350

**Description:**

The Reiki Center is the only facility in Central Ohio that offers Reiki training in the original (traditional) format, providing a far more comprehensive education.

The Advanced Reiki Class significantly enhances the skills you discovered in the Reiki 1 class.  **Four personalized hands-on Attunements** further clear blockages and extend your connection to the life force energy.  Discussions will include how to develop your intuitive abilities to sense blockages in yourself and others, as well as how to effectively connect with your Guides for their assistance.

Students will also receive detailed instruction in how to work effectively with others.  Learn how and when to use the Reiki symbols for maximum benefit, how to provide an effective distant healing treatment, and how to set up a professional practice, if this is a career path you have selected. Advanced Treatment Guidelines address in detail the wide variety of physical and emotional responses you or your client may have to a treatment, as well as what actions to take. Discover how to realign your own body and spirit in an extensive Chakra Balancing Exercise.

Class includes course handouts, vegetarian luncheons and snacks, as well as ample practice time. This is a two-day class (Saturday and Sunday from 9 am - 5 pm.)

Classes are limited to 8 students, to provide maximum personalized instruction.  Students who have not taken the Reiki 1 class at the Center must demonstrate competency and knowledge equivalent to the Center's classes.

MAXIMUM STUDENTS PER CLASS: 8

**Healing Drum Circle**

With Iggy Garcia

Saturday, March 24, 7-9:30p

Cost: $donation

**Description:**

For thousands of years, group drumming has been part of almost every culture around the globe. Students have shown that drumming can accelerate physical healing, boost the immune system, produce feelings of well-being and can have a calming effect on people suffering both emotional and physical pain. This ancient ritual remains alive today.

**Children's Reiki**

with LJ Groom

Sunday, March 25, 1-4pm

Cost: $60

**Description:**

Parents, do you have a child between the ages of 6-12 who

has gifts you believe should be nurtured, or who perhaps is just

a little more “aware” than other kids his or her age?

Would you like your child to learn how

to become more confident, how to focus more or how to

bring a little more wellness into his young life? Your child

will learn the basics of meditation and energy healing

techniques in this 3-hour class in a way that kids will easily

understand and be able to use. Includes one hands-on

traditional attunement. One adult permitted to observe.

**Reiki Share**

With Linda Haley

Sunday, March 25, 6-8p

Cost: Free

Description: Reiki practitioners of all levels of training, as well as all lineages, often enjoy the opportunity to participate in communal Reiki sessions known as “Shares.” The sessions give each person a chance to learn from one another as practitioners, as well as benefiting from multiple healing hands during the sessions. Reiki Shares are offered on the last Sunday of the month from 6:00 - 8:00 pm. Please arrive prior to 6 pm, as the Share begins promptly at 6 pm.

**Shamanic Mini Sessions**

With Heidi Howes

Monday, March 26, 6-8p

Cost: $20 for 20 minute session

**Description:**

In these intuitive shamanic readings you will receive the healing message most pertinent to you at this time. Some of the possibilities to experience in these very short but powerful sessions include: power animal retrieval, extraction, soul retrieval, oracle readings/divination, and connecting to loved ones in the afterlife.
Call to book your appointment soon as these fill up quickly!

**Foundations of Western Herbalism**

with Lily Kunning, Community Herbalist

18 month class Mondays, beginning March 26, 7-9p

Cost: $1500

**Description:**

 Interested in herbalism?  Want to treat friends and families naturally, perhaps with things you grow in your own yard? Want to become a community herbalist or own an apothecary?  A holistic practitioner of some sort wanting to add to your healing repertoire?  These classes are for you!  If you want to learn herbalism to help yourself, family, and friends (be a community herbalist) you are in luck!

Lily Kunning, Community Herbalist, is offering an 18 month intensive that will teach you all this and more!

The textbook is Medical Herbalism by David Hoffman and her curricula covers:
Theories of healing and the body
Systems of the body
Health Conditions and their symptoms
Herbal classification and actions in the body
Cultivation and wildcrafting
Harvesting and processing
Medicine making
Materia medica(Learning individual plants) and an introduction to other overlapping systems of healing: TCM, Ayurveda, aromatherapy, homeopathy, flower essences.

Cost:$1500 (plus textbook and misc supplies now and again).  Paid in full at The Reiki Center or in $120 installments (for 18 months) directly to Lily.  If you chose to finance through  Lily, payments must be on time in order to be in good standing in the class.  You get a certificate upon completion of the class.
More info can be found at: <https://www.lilykunning.com/learn-herbalism>

Sign up for class and get a one time workshop included!

**Spiritual Service Meetup: Psychometry!!**

With Mickey Stephan

Tuesday, March 27, 6-8p

Cost: $10

**Description:**

Psychometry! ! Maybe you have heard of it, but not really sure what it is about. Psychometry is the intuitive ability to touch or hold an object and get information about the history of the object such as who owned it, where it’s been, and what it’s about.

**How Does Psychometry Work?**

Did you ever touch the bathroom mirror after getting out of the shower? Maybe you drew a little heart for your honey to see each time the mirror fogs up?

Psychometry works in a similar way. But with Psychometry, it’s not a physical fingerprint, it’s an energetic fingerprint. We are all made up of energy. Our energy leaves an “energetic imprint” on all objects we come in contact with. This means that objects will hold a vibration of what has been impressed upon them. These energy fields, or auras, that surround the object is what you are reading when you use Psychometry. Makes a lot of sense, right?

Obviously, the more energy on an object, the more information you can get. Metal objects typically hold more energy than other objects.

For example, you would be able to get more information from a wedding ring than say, a pair of gloves that were only worn once.

Come and join us **Tuesday March 27th, from 6:00-8:00PM**, for a “fun filled" night learning with others the techniques of how to develop your own abilities with using Psychometry.

**A few Perquisites if you will be attending this event:**

* Choose an object (preferably some type of metal, but not mandatory), that is small enough to hold, enclosed in one hand.
* Prior to the Meetup on March 27th, carry this object with you as often as you can, and physically touch/hold it as often as you can. (If this is something you routinely carry, or have on your person, like a piece of jewelry, or key chain, etc, these kinds of objects are perfect). If you are choosing something, perhaps a family keepsake, i.e. your grandmothers ring, uncles key chain, etc., then be sure to put it in your pocket and touch and hold it daily, prior to March 27th.
* One final request, When you arrive at The Reiki Center on Tuesday night, March 27th, DO NOT tell anyone else what your object is, DO NOT display it openly or talk about it, KEEP IT in your pocket/bag until we begin the session.

Everyone innately has psychic abilities and intuitive gifts. Come join us and learn to increase your gifts and see how Psychometry can open up new ways of enhancing what you were born with.

The evening will end with a 30-40 minute group participation session of learning to intuit and deliver psychic readings for each other.

This is part of the newly created MEETUP Group, "Columbus Reiki and Spiritual Services Group" which will meet on the 2nd and 4th Tuesday of each month.

Facilitator: Mickey Stephan, Reiki Practitioner, Ordained ULC Minister, and experienced Tarot and Oracle card Reader