

REIKI FOR LIFE®

WHAT REIKI IS:

- A Tibetan Science of Universal Energy
- A gentle touch , non-manipulative, energy balancing system that activates, directs, and balances Universal Life Force Energy within you or anyone you touch.
- An easy to learn hands on technique that **anyone can learn**, that allows you to tap Universal Energy for healing, wholing, transformation and stress release.
- A tool for releasing and transforming negative, self-defeating habits and promoting self-growth.
- A technique for activating, restoring and balancing the body's natural energy **no matter what your age.**

WHAT REIKI IS NOT:

- A psychic or personal energy system.
- A physical or mental manipulation system.
- A religion, cult or belief system.

"Reiki works on all levels—that is, on the physical, emotional, mental and spiritual level. It balances the "Body/Mind/Spirit" dynamic, and it promotes inner qualities such as love, care, compassion, unity, inner peace and serenity."

CLASSES AND FEES:

**FIRST DEGREE: \$300
2 DAY CLASS**

**SECOND DEGREE: \$600
2 DAY CLASS**

**THIRD DEGREE 3A: \$1500
1 DAY CLASS**

**THIRD DEGREE
MASTER TRAINING:
3-5 DAY CLASS**

A period of several months is recommended between First and Second Degree and Second and 3A levels to allow the student to fully integrate the power of the energies.

UPCOMING CLASSES

**New Seminary Center, NYC, NY
2672 Broadway at 102nd St.
Call for further info and class reservation.**



Deborah Steen Sei Mei Ross



A Powerful Self-Help Tool For

- **Personal Growth & Transformation**
- **Wholing & Balancing**
- **Stress Reduction**
- **Positive Wellness**
- **Strengthening Immune System**

Deborah Steen Sei Mei Ross



**CENTER OF THE SHINING LIGHT
230 Riverside Drive
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New York, NY 10025
Phone 212-222-1475
1-888-820-6664**

EXPERIENCE THE TRANSFORMING ENERGY OF LIGHT

Just imagine, it is 10,000 years ago and you are living in Tibet. You communicate with others around you and with nature on a high spiritual level. You utilize all known chakras (endocrine centers) of your body. Universal energy is there to enjoy in abundance, and it balances, facilitates inner transformation and helps healing. Simultaneously, it stimulates deep contact with your Inner Self. Sadly, at some point, because of unknown circumstances, this energy system disappeared from use and from the planet.

In the middle of the nineteenth century, Dr. Mikao Usui, a Japanese scholar, discovered a Tibetan Science of Universal Life Energy from hints buried in ancient and obscure texts. This Universal Energy system was discovered in the Sanskrit Sutras, and consists of Levels or Degrees. These are particularly useful in the areas of inner transformation and harmonizing the energy in the chakras of the human body. The technique was called "Reiki" by Dr. Usui. In Japanese 'Rei' means "universal", and 'Ki' means "energy". It is comprised of a unique combination of symbolic language and series of attunements.

Now imagine that that this technique is available to you today, in an exciting, easy to learn format that will facilitate Healing, Balance and Comfort for yourself, your loved ones and everyone.

Benefits:

- Effective stress reduction technique
- Strengthens immune system
- Balances and integrates the Body/Mind/Spirit Dynamic
- Wholes on all levels, physical, emotional, mental and higher consciousness
- Facilitates all other methods of natural healing and standard medical treatment
- Heals the cause thus eliminating the symptoms and effects

Deborah Steen Sei Mei Ross, has been a Reiki Master Teacher since 1985, and teaches both Usui Tibetan Reiki and Karuna Reiki in New York City and around the world. A brief description of the classes follows. The number of participants for First and Second Degree workshops is comfortable at 12-15 to facilitate individual attention and growth. Early reservation is recommended.

FIRST DEGREE:

A powerful, yet non-manipulative touch technique that teaches you to work with all seven chakras (endocrine centers), balancing and wholing the energies in each, and allowing you to share Universal Energy with yourself and others. This is taught in a 2 day weekend class.

SECOND DEGREE:

Works on the emotional/mental levels, calming the mind and bringing you in touch with the Inner You, enhancing meditation and learning. You will learn how to send Universal Energy without touch, to others, the Planet and yourself through the use of certain Universal Symbols that enhance your ability to move Higher Energies. 2 Day weekend class.

THIRD DEGREE:

Taught in two parts, this Master's level course teaches you the Master Symbol and facilitates an upping of your energy field. Part 3A is for students who wish the heightening of their energies, but do not wish to become teachers, and 3B is for those who wish to become Master Teachers.



About the Teacher

Deborah Steen Sei Mei Ross was trained originally as a Reiki Teacher in The Radiance Technique® method of Reiki in 1985, with Dr. Barbara Ray, and since has become a Master Teacher in The Usui Tibetan Technique and Karuna Reiki with William Rand. She has also become a Master Teacher in the Japanese form of Reiki with Hyakuten Inamoto. She teaches seminars in the U.S., Canada and Europe, has appeared on television and radio. She has certifications in Nutrition, Kinesiology and Hypnotherapy, as well as Spiritual Counseling. Deborah is an Interfaith Minister and is Co-Director of The New Seminary in NYC. She maintains a private practice in New York City in Reiki, Release Energy Healing®, Spiritual Counseling.

