

A TIME FOR INNER HEALING 2007
with
Anita Brelage, OSF



Sister Anita Brelage is a Sister of Saint Francis from Oldenburg, Indiana. She is a Reiki Master of the Usui lineage and an Integrated Energy Therapy (IET) Master Instructor. Sister Anita has experience as a teacher, high school principal, Director of the Sisters' Associate Membership and Administrator of Michaela Farm.

AVAILABLE SERVICES

Private Sessions \$50

Reiki

IET

Combination Reiki/IET

Emotional Freedom Technique

QuantumTouch

Make appointments by phone (812) 933-6506
 or internet: anitabrelage@netscape.net

Reiki

The Usui System of Reiki Healing is an ancient healing art that enhances relaxation and helps bring healing to the physical, mental, emotional, or spiritual being. It is the energy of God called *Rei* that guides the life energy *Ki* in the practice of Reiki.

Reiki I (\$75)	Reiki II (\$75)	Reiki III (\$95)
May 5, 2007 Sat.	May 6, 2007 Sun.	
July 7, 2007 Sat.	July 8, 2007 Sun.	Sept. 30, 2007 Sun.
Nov. 17, 2007 Sat.	Nov. 18, 2007 Sun.	
March 16, '07 Fri.		

At the completion of Reiki I, students will be able to share Reiki with others as well as provide Reiki healing for themselves. Reiki II teaches the symbols for physical, emotional and mental healing and for distance healing and how to use them for yourself and for others. Prerequisite is Reiki I and at least three months of practice.

Reiki III is for those who want to continue to incorporate the practice of Reiki in their lives and begin the steps to teach Reiki to others. Prerequisites are Reiki I and Reiki II.

Integrated Energy Therapy

The practice of IET clears suppressed cellular memory and emotions from our energy anatomy and our energy field. Each cell is a small version of our body, so the memories we hold in ourselves are also stored in our cells. IET helps to clear these memories which have disease-causing potential.

IET I (\$75)	IET II (\$75)	IET III (\$95)
Apr. 14, 2007 Sat.	Apr. 15, 2007 Sun.	Sept. 29, 2007 Sat.
June 9, 2007 Sat.	June 10, 2007 Sun.	
Oct. 27, 2007 Sat.	Oct. 28, 2007 Sun.	

All IET Class Times: 1-6 p.m.

IET I teaches the location of the IET energy integration power points with an introduction to energy anatomy.

IET II teaches clearing of energy imprints and offers methods to find the blockages in the human energy field. Prerequisite: IET I.

IET III teaches processes to manifest your dreams and to clear resistance to manifesting your life purpose. Prerequisites: IET I and II.

Healing Angels

Angels have always been an important part of Christian tradition. In Scripture, angels are welcomed as messengers and sources of healing. During this class, participants will learn about nine special angels. Our time together will be one of healing and support.

Nov. 20, Dec. 6 and 18, 2007 (Thursdays 6:30-9 p.m.)
Participants will learn about nine special angels (three each evening).

\$40 for the series of \$15 for one evening

A \$6 journal may be purchased or you may use your own personal journal.

Angel Retreat Weekends

Dec. 15 and 16, 2007

Class times: Sat. 1 p.m. to Sun. 6 p.m.

Cost: \$152 (includes room and board)

NEW!

QuantumTouch

See: quantumtouch.com

Fri. May 4--or--Sat. Aug. 4, 2007

All class times: 8 a.m. to 5 p.m.

Thursdays, Nov. 1 and 8 and 15, 2007

All class times: 6:30 to 9:00 p.m.

Cost: \$175 for 1 day or 3 evening classes

Master Instructor Training

with Maria Peterson

Oct. 6-7, 2007

Must register at LearnIET.com

NEW!

Emotional Freedom Technique

See: emofree.com

Mon. Aug. 6 --or--Sat. June 30 -- or --Sat. Dec. 1

All class times: 1 to 5 p.m.

Mon. Oct. 15 and 22

All class times: 6:30 to 8:30 p.m.

Cost: \$50 for one afternoon class, or two evening classes.

Reiki and IET Practice Sessions

All levels of practitioners of Reiki and IET are invited as well as anyone desiring a healing session. These sessions give practitioners the opportunity to practice under supervision and also to receive a healing session themselves.

Costs: \$20 for clients, \$5 for practitioners.

Practice sessions occur every 2nd and 4th Saturdays of each month. 9-noon.

Dates for 2007:

Mar. 10 and 24	Aug. 11 and 25
Apr. 7 and 21	Sept. 8 and 22
May 12 and 26	Oct. 13 and 27
June 9 and 23	Nov. 10 and 24
July 7 and 21	Dec. 8 and 22

BACKGROUND ON REIKI:

1. What is Reiki?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress; and, if it is high, we are more capable of being happy and healthy. The word Reiki is made of two Japanese words--Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy." So, Reiki is actually "spiritually guided life force energy."

www.reiki.org/FAQ 5/1/2006

2. Is Reiki Catholic?

Reiki does not promote any religion. Thus Reiki is not a "Catholic practice." Because of my God-centered, Catholic background, I know that "universal life force energy" is God and not some unknown being governing the healing process. I begin every healing session asking that God, through Jesus and Mary, be present and assisting with the healing. I end each session thanking Jesus and Mary for the gift of healing that has been given to the individual. S. Anita Brelage, OSF/Reiki Practitioner

3. Why would a Christian use Reiki?

As the popularity of Reiki grows, many Christians are becoming interested in this healing art and have begun to practice it. They have found that Reiki is a useful technique that helps them express compassion toward others and relieve suffering at the same time that it creates a closer connection for them to God. Because Reiki is a laying on hands healing technique similar to what Jesus practiced, it is especially appealing. www.christianreiki.org 2/21/2006