

# KARUNA REIKI® CLASSES

**TRACY SCHWAB, CRMT**

AT

**TULSI HOLISTIC LIVING, LLC**

1642 R STREET, NW, WASHINGTON, DC, 20009

(202) 332-3501 ■ [www.tulsiliving.com](http://www.tulsiliving.com)

---

## WHAT IS KARUNA?

Karuna is a Sanskrit word translated to mean any action that is taken to diminish the suffering of others, and could also be translated as "compassionate action." Karuna is the motivating quality of all enlightened beings who are working to end suffering on Earth. 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.

## WHAT IS KARUNA REIKI®?

Karuna Reiki® is a healing energy that assists us in awakening to Universal compassion and the wisdom of our soul. With Karuna Reiki®, a Practitioner is able to access additional frequencies of energy to assist in deeper healing, especially for emotional issues. Karuna Reiki® engages very high frequencies of healing energy, raising the Practitioner's own energy vibration and giving him or her powerful tools to work with. It 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.

The Karuna Reiki® healing system was developed by William Rand and his advanced students at the International Center for Reiki Training (ICRT) in Southfield, Michigan. It has evolved as a result of a partnering, or co-creatorship between humanity and the Divine through the worldwide practice of traditional Usui Reiki. Instruction in the system entitles you to become a Registered Practitioner or Master with the ICRT and to use its trademarked name. The system has two Practitioner Levels and two Master Levels.

## KARUNA REIKI® ATTUNEMENTS

Attunement to the universal Karuna Reiki® energy includes eight healing symbols at the Practitioner Level and four Master symbols. The system also incorporates toning, chanting and the use of guides to deeply heal at the cellular level. The classes are for anyone who has had Reiki Master training and a minimum of six months of practice. A certificate and a 45-page manual are included with in-depth descriptions of each symbol and each attunement process.

## KARUNA REIKI® FOR USUI REIKI PRACTITIONERS

Karuna is a complement to Usui Reiki and other Reiki systems rather than a substitute or alternative to it. It is important to first be very well grounded in the Usui Reiki energy and experienced with healing before exploring Karuna. Most students find Karuna Reiki® more powerful than Usui Reiki. The energy has a more definite feeling to it. It works on the emotional and spiritual levels and also can help one become more grounded. Those who receive the attunements report experiences with their guides, angels, and higher self and feel the healing presence of other enlightened beings.

*"I am continually humbled and amazed by the gentle, yet powerfully healing Karuna Reiki® energy. With traditional Reiki, I primarily sense the energy flowing through my hands. With Karuna Reiki®, however, the energy seems to completely cocoon both me and my clients, as if the loving arms of the Universe were enveloping us in a sacred healing space."*

*-Tracy Schwab, Instructor*

---

### CLASS DATES:

Practitioner Level 1: Sunday, June 24, 2007; 10:00am – 4:00pm; \$195

Practitioner Level 2: Sunday, July 22, 2007; 10:00am – 4:00pm; \$195

Master/Teacher Level: Sunday, August 19, 2007; 10:00am – 4:00pm; \$395

### PREREQUISITE:

Master Level in Usui, Mahatma or similar Reiki system, with a minimum of 6 months of practice.

### SUPPORT GROUP:

Tulsi Holistic Living hosts Reiki Shares every month to support student growth and the professional development of all Reiki practitioners.

### REGISTRATION:

Call Tulsi Holistic Living at 202-332-3501 or email Tracy Schwab at [tracy@tulsiliving.com](mailto:tracy@tulsiliving.com) to register for classes. A \$50 deposit (refundable up to one week before class date) holds your space. Spaces are limited so please call in advance to reserve your seat.

SUGGESTED READING: *The Book on Karuna Reiki: Advanced Healing Energy for our Evolving World*, by Laurelle Shanti Gaia