

# 2010 Holiday Catalog

靈氣 **Reiki Council**  
HEALING & TRAINING CENTER

## Great Gift-Giving Ideas



### Global Healing

*Standing in that sacred place  
between the heavens and the earth,  
the balance of life rests trustingly our hands.*

*Faced with a moment of change,  
the healing of a community, a nation, a world  
comes through the simple acts of individuals.*

*To reduce the distance in the world,  
have more tolerance with yourself and with others.*

*To reduce hostility in the world,  
show patience,  
and allow space for respectful differences.*

*To reduce oppression in the world,  
tread with gentle strength through your life,  
always being aware of the impact you leave behind.*

*To reduce hopelessness in the world,  
embrace your life's gifts,  
and elevate others by living generously.*

*To reduce the hatred in the world,  
weed out your own indifference,  
and sow instead compassionate action.*

*To reduce the violence in the world,  
tame your words,  
being conscious of what they create.*

*To reduce the darkness in the world,  
have the courage to illuminate those around you  
with the profound radiance of your love.*

*To preserve the sacred places in the world,  
explore, but take away only your memories;  
leave behind only appreciation for having been there.*

*To strengthen your community, your nation, your world,  
resist being an island of complacency,  
and stand honorably within your personal Truth.*

*Willness isn't an ideal, or a fleeting moment of youth,  
it is a way of being,  
it is a state of mind.*

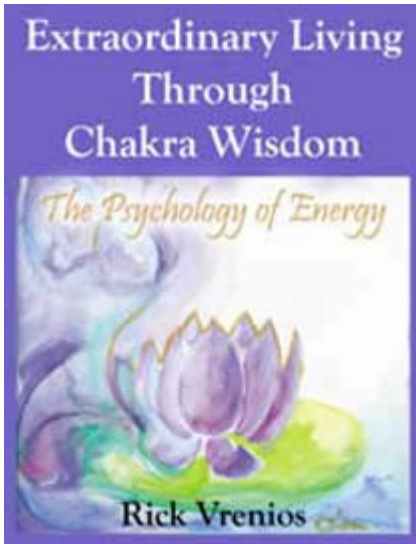
*By healing these things in yourself,  
even if only in subtle ways,  
you do change the world.*

- Rumi -

**Books • Audio CDs • Art Prints • Educational DVDs  
Special Workshop Events**

**Reiki Council • 165 S. Church Street • Winfield • IL • 60190  
630-926-5891 • [www.reikicouncil.com](http://www.reikicouncil.com)**

# Great Books



## Extraordinary Living Through Chakra Wisdom

Rick Vrenios - 220 pages - 8-1/2x11 - Comb Bound - Reg. \$24.95 Sale: \$20.00

Chakra Wisdom is the most comprehensive guide to the chakra system providing an unmatched depth of understanding and clarity into the complete hierarchy of our energetic system. This book reaches beyond the standard thinking about the chakra system to discover even greater meaning and practical application for living in today's world.

Whether you are new to energy or are an experienced veteran of this work, Chakra Wisdom offers stunning new insights into the inner workings of the chakra system.

Using Chakra Wisdom, you will find the answers to all the important questions left unanswered until now in one essential resource!

Chakra Wisdom is subtitled "*The Psychology of Energy*" because it reveals the chakra system as the underlying influence that shapes our personal psychology. Our choices and behaviors are governed by the drives and needs of our psychology, and those drives and needs are shaped by the energy of our chakras. When you understand how to tap into this system of energy, you can use the natural cycles to help you overcome virtually any challenge in life! The chakra system is literally our built-in owner's manual for life.

**Teachers:** Please contact us for quantity discounts when using this book as a text for your classes!

## Preventative Care & Maintenance for the Health of Your Practice

Rick Vrenios - 214 pages - 8-1/2x11 - Comb Bound Reg. \$24.95 Sale: \$20.00

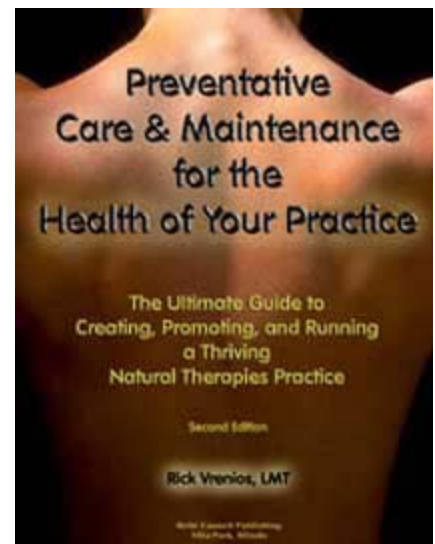
This book is the **Ultimate Guide to Creating, Promoting, and Running a Thriving Natural Therapy Practice!** It takes the complexity out of designing your practice, organizing your records, creating strategies for success, developing your marketing message and bringing in a solid flow of clients.

Learn the secrets that let you earn an excellent living doing the work you love!

This book outlines everything you need to make your vision for a successful practice a reality!

### You will learn...

- The necessary business basics that support the services you provide.
- Absolutely the best marketing advice we've ever received.
- How to never have to "sell" again!
- How to turn clients into loyal repeat customers and enthusiastic marketing machines.
- How to double and triple your current income... with little extra effort.
- How to use your competition to create success for you.
- How to create advertisements that work... even if you are on a limited budget.
- Overcoming the challenges of marketing a non-traditional therapy system.
- How Health Fairs and Expos can explode your practice... but only if you do it right!
- **Bonus Chapter!** Turn your treatment room into a true healing environment!



# Guided Meditation CDs

## **Inner Space Meditations** (Available as CD or Downloadable MP3 Files)

Rick & Connie Vrenios - 64 minutes - Reg. \$14.95 Sale: \$12.95

Journey Inward to Discover New Levels of Health, Clarity, & Inner Strength!

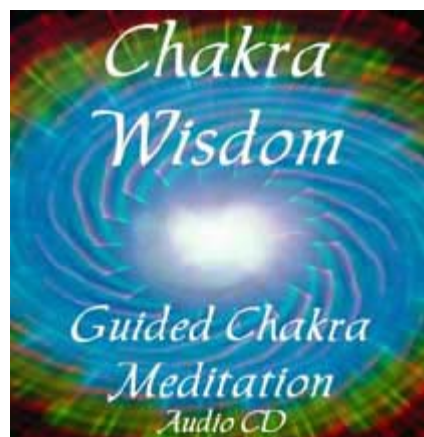
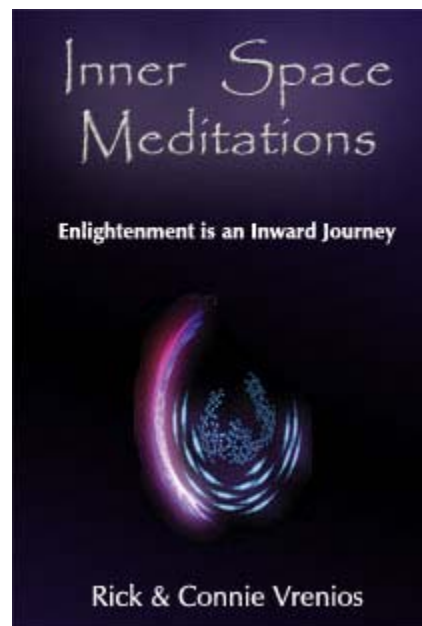
Featuring 3 Inspirational & Empowering Meditations to Help You Find Your Spirit Within.

All the great teachers throughout history **have told us to look within ourselves for Spiritual Truth. Rick & Connie Vrenios crafted these inspiring spiritual excursions to uncover the mysteries of spirit and to set the positive energy for your day.**

- Are you seeking a deeper connection with your body?
- Do you want to more completely embody your spiritual self?
- Do you want to enter into each day more empowered, available, and ready for life?

It's all here in these three guided meditations. Make this a part of your daily spiritual practice!

This audio CD offers you a **meditation for your body** health and vitality, a **meditation for your mind** and energy system, and a **meditation to uncover the mysteries** of your spiritual nature.



## **Chakra Wisdom Guided Chakra Meditation CD**

Rick Vrenios - 24 minutes - Reg. \$14.95 Sale: \$12.95

The **Chakra Wisdom Guided Meditation CD** is a 24-minute guided meditation activating and clearing the chakras in their natural pairings and their natural order. Featuring beautiful, soothing background music and the voice of Rick Vrenios guiding you through, both new and experienced meditators will love this CD!

The concepts presented on this audio CD are based on the ground-breaking new book from Rick Vrenios, **Extraordinary Living Through Chakra Wisdom**. Narrated by the author.

This is a meditation you will enjoy again and again!

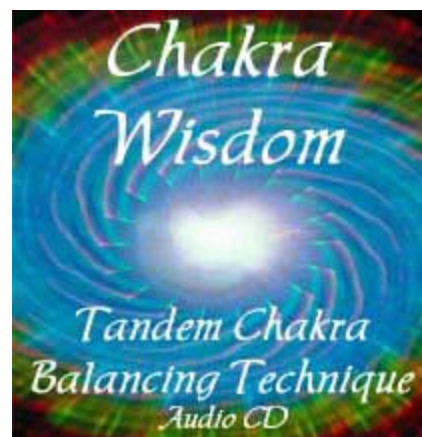
## **Chakra Wisdom Tandem Chakra Balancing Technique CD**

Rick Vrenios - 24 minutes - Reg. \$14.95 Sale: \$12.95

This extraordinary, narrated audio CD guides you through a powerful new healing technique that connects you with the complete natural evolution of energy through the chakra system. This method is ideal for self-healing, and perfect for two practitioner healing sessions.

The concepts presented on this audio CD are based on the ground-breaking new book from Rick Vrenios, **Extraordinary Living Through Chakra Wisdom**. Narrated by the author.

You are going to love adding this method to your energy healing toolkit!



# Metaphysics Workshop on CD



## Metaphysics 101: 5 Volume Set - Workshop on CD

Rick & Connie Vrenios - nearly 10 hours - Reg: \$94.75 Sale: \$75.00

Unquestionably, the **Metaphysics 101 Workshop series** has been one of the most popular workshop programs we've ever offered. Now, you can enjoy all five completed volumes on audio CD to listen and learn whenever and wherever it is convenient for you!

Metaphysics can provide the insights you need to face these difficult times with an inner strength and confidence, regardless of the challenge. It is about becoming the on-purpose, co-creator of your life.

### Become an Expert in Metaphysics!

Each volume is packed with valuable insights to accelerate your spiritual path and mastery of metaphysical knowledge. Even better, each volume includes guided meditations to help you embody the information deep inside you for true learning. Plus, you'll receive carefully chosen techniques and practice exercises designed specifically to master the skills presented in the workshop.

Whether you have experience or are brand new to the field, you will find the Metaphysics 101 5 Volume Set to be an exceptional pathway taking your knowledge of metaphysical thought to deeper and deeper levels of understanding each time you listen.

### You will receive...

- Nearly 10 hours of workshop on 9 audio CDs!
- Guided meditation to help the information become a part of your being.
- Fascinating and inspiring lectures to guide you deep into specialties within the vast field of metaphysics.
- Mini workshop manuals with each volume to make note-taking easy.

### In each volume, you will...

- **Evolve through the chakra energies** by connecting with the wisdom of the major chakra related to the lesson.
- **Discover one or two new Universal Laws** and how to live and work in harmony with them.
- **Experience a guided meditation** to help you more deeply embody the understandings presented.
- **Explore a major field of study in metaphysics** such as manifestation, seeing energies and auras, numerology, past life readings and more.
- **Build on Your Intuition and Psychic Awareness** to guide your choices and perceptions through skill-building exercises and insightful new discoveries into how these communication channels work.
- **Engage in carefully selected guided practice exercises** to help you master the skills presented.

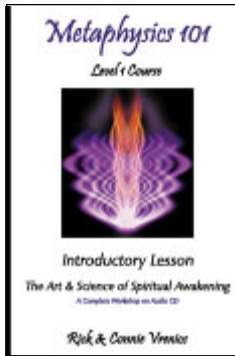
This presentation, written and narrated by Rick and Connie Vrenios, will help you **open the doors to connect** with more of who you are as a spiritual being living in a physical body. It will help you **understand your world and your place within it.**

### This 5 Volume Series Includes...

- **Introductory Lesson** - *The Art & Science of Spiritual Awakening, plus What are the Universal Laws and an Introduction to the Chakras*
- **Volume 1** - *The Root Chakra and Manifestation: The Secrets of Co-Creation*
- **Volume 2** - *The Sacral Chakra and Expanding Your Energy Perception - Seeing Energies, Auras, & Entities*
- **Volume 3** - *The Solar Plexus Chakra, Numerology, & the Spiritual Forces of Internal Identity - Your spiritual sense of self and place in the world.*
- **Volume 4** - *The Heart Chakra and Akashic Records & Psychometry - The Art of Connecting. Features the skill of reading the history of objects through touch.*

Each volume in this workshop series has a depth of wisdom to it that will help you discover more and more each time you listen! Volume 5-8 are coming soon to complete the series! Order your Metaphysics 101 Set today!

# Individual Workshops on CD

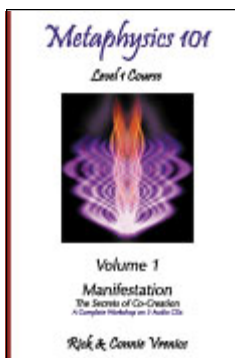


## Metaphysics 101 - Introductory Lesson - Workshop on CD

Rick & Connie Vrenios - 72 minutes - 1 CD - \$14.95

The Art & Science of Spiritual Awakening helps you to slide into the pilot's seat and **become the co-creator of your life** in partnership with spirit! **Open the doors to connect** with more of who you are as a spiritual being living in a physical body. This highly informative, 72-minute program will share with you...

- *The simple secrets to accelerate your pathway into your own Spiritual Awakening and your growth as a spiritual being in human form... **without giving up the joys of life!***
- *How to clear away the separations to let your spirituality and "the rest of life" blend in true harmony. No more "spiritual time" and then "rest of life time".*
- *That true humility does not mean self-denial or minimizing yourself, but rather knowing and embracing the truth of who you are in the most sacred ways.*
- *A powerful guided meditation to help you embody this wisdom.*

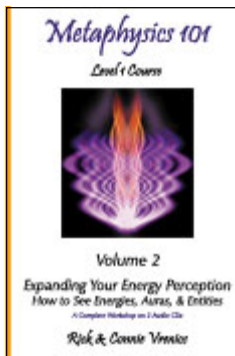


## Metaphysics 101 - Volume 1 - Manifestation: The Secrets of Co-Creation

Rick & Connie Vrenios - 117 minutes - 2 CDs - \$19.95

With the complete Week 1 Course of our 8 week Metaphysics 101 Workshop, you'll connect with the energy of the Root Chakra to ground metaphysical concepts in physical reality. You will learn how to work with two of the twelve Universal Laws to understand the secrets of manifestation and becoming the co-creator of your life. This highly informative, 117-minute program will share with you...

- *How the Root Chakra is the secret to abundance and freedom!*
- *The two essential Universal Laws you need to know that work in partnership to support our ability to get what we really want in life.*
- *How to begin developing or expand your natural intuitive skills.*
- *A guided meditation and carefully designed practice exercises to develop your skills*

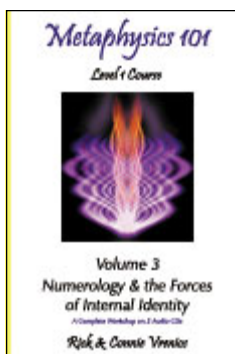


## Metaphysics 101 - Volume 2 - Seeing Energies, Auras, & Entities

Rick & Connie Vrenios - 126 minutes - 2 CDs - \$19.95

Awaken Your Senses and Perceptive Skills to All New Levels and Learn to See Energies, Auras, and Angels & Spirit Guides with your Physical Eyes! Metaphysics is the adventure of discovering the greater universe that is you. Awaken your physical and spiritual senses as the tools to free your creativity and move you to new spiritual heights in this workshop on 2 CDs.

- *The connection between the Sacral Chakra & the shift in consciousness of the five senses.*
- *The Universal Law of Vibration & the energetic foundation shaping every relationship you share.*
- *Rick & Connie's method for seeing energies, auras, and entities with your physical eyes!*
- *Two powerful guided meditations to awaken the energies and wisdom of the Sacral Chakra.*
- *How intuition communicates through you and how to get out of your own way to let it express more freely.*
- *New practice exercises and experiments to develop your perceptive and intuitive skills!*



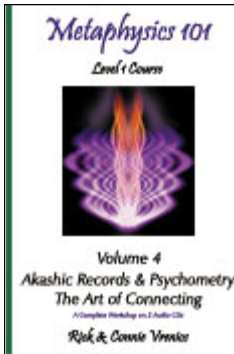
## Metaphysics 101 - Volume 3 - Numerology & the Forces of Internal Identity

Rick & Connie Vrenios - 133 minutes - 2 CDs - \$19.95

Explore the vibration of your inner Self & your personal spiritual frequency through numerology. Tapping into the wisdom of the Solar Plexus Chakra and the Universal Laws, you will better understand the inner drives and forces that shape who you are as a spiritual being living in human form. In this Lesson of Metaphysics 101, you will...

- *Explore the influence of the Solar Plexus Chakra in lecture and guided meditation.*
- *Tap into the secret wisdom hidden in your name with Numerology.*
- *Experience the nature of consciousness and form in the world of the shape-shifters to help you find your spiritual sense of self and place in the world.*
- *Understand new revelations & techniques you can use to deepen your intuition.*
- *Learn specific Practice Exercises to strengthen your intuitive and metaphysical skills.*

# Workshops on CD

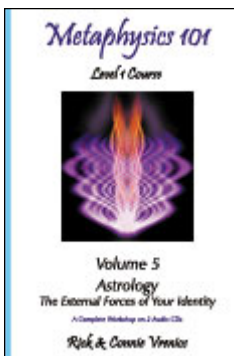


## Metaphysics 101 - Volume 4 - Akashic Records & Psychometry

Rick & Connie Vrenios - 143 minutes - 2 CDs - \$19.95

Discovering the Spiritual Attributes of Memory and the Art of Creating Deep, Sacred Connections through the Power and Wisdom of the Heart Chakra. You will learn to listen to the history of objects with your hands through Psychometry and the Art of Psychic Archeology. In this Lesson of Metaphysics 101, you will...

- Explore the paradox of unconditional love in the Heart Chakra, and the little-known secret key to becoming free enough to unlock that love.
- Experience a guided meditation where you step into your original essence, the Heart Chakra.
- Learn the differences between psychic & intuitive experiences, and the natural step-by-step process for developing your intuition.
- Discover the **Akashic Records**, and the etheric component of memory.
- A guided meditation and carefully designed practice exercises to develop your skills

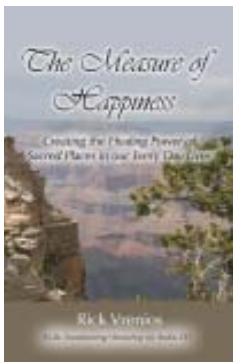


## Metaphysics 101 - Volume 5 - Astrology: The External Forces of Your Identity

Rick & Connie Vrenios - approx 120 minutes - 2 CDs - \$19.95 **Coming in January 2011**

Tapping into the wisdom of the Throat Chakra, we explore the impact of Astrology on our lives. Astrology helps us understand how external forces whether planetary, other people, or repeating patterns, can shape our actions and also our sense of identity. Turn those external forces into influences, not dictators and restore your place as co-creator of your life. This is the complete Week 5 Workshop set on 2-CDs and comes with a mini-workbook.

- The Throat Chakra and force of Self-Expression and our Inner Authority!
- Working with the Universal Law of Evolution as an essential process of our life.
- The basics of Astrology and how these external celestial forces shape our sense of self.
- How to begin awakening your psychic nature.
- A guided meditation and carefully designed practice exercises to develop your skills .



## The Measure of Happiness Workshop on CD

Rick Vrenios - 66 minutes - 1 CD - Reg: \$14.95 Sale: \$12.95

**Be happier and change your world!** The brand new lecture on audio CD by **Rick Vrenios** exploring things we can do to instantaneously change the momentum of your next few minutes, your entire day, and your entire life. Filled with uplifting wisdom that you can use, this is something that needs to be in your CD library! Finding the real beauty and happiness available to all of us, you will discover:

- The seven gifts the sacred places evoke in us.
- What is happiness, and how you connect more deeply with the real beauty of life.
- Easy practices that immediately give the same benefits of sacred places in 60 seconds or less
- How you can change your relationship to a bad or uncomfortable situation into a healthy, positive one in less than a minute!
- The Power of a Smile!



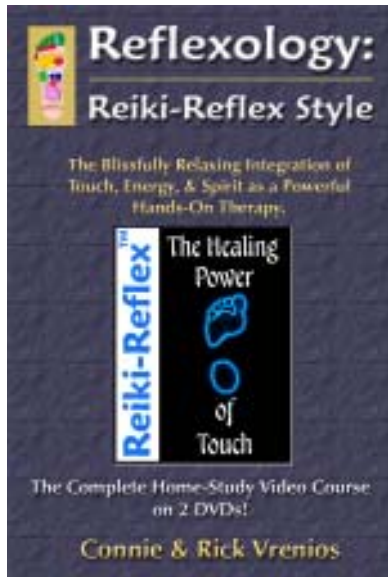
## Talking With Angels Workshop on CD

Rick Vrenios - 84 minutes - 2 CDs - Reg: \$24.95 Sale: \$20.00

Get the complete Talking With Angels Workshop and guided angel communication meditation on a special 2-CD Set. Every religion in the world embraces the concept of spiritual beings who serve as guardians, teachers, and guides through life. No matter what your faith, it is a connection we all have as our birthright, and yet, most of us have lost that gift along the way. In this seminar, you will discover...

- How to break free of the self-imposed limitation to find the real you.
- How to differentiate between your angel and the chatter inside of your head.
- A powerful, yet safe and easy meditation that introduces you to your own angel and helps you make contact.
- The simple rules of respect for maintaining your relationship with the angelic wisdom and ways to strengthen the bonds between you.

# Educational DVDs



## **Reflexology: Reiki-Reflex Style Home-Study Course on 2 DVDs**

Connie & Rick Vrenios - approx 3-1/2 hours - Reg. \$99 On Sale: \$69.95

Reflexology is a natural therapy that has been used for more than 4000 years! From the comfort of your home, you can learn Reiki-Reflex - the System of Reflexology that can only be described as "Blissfully Relaxing".

Blending Zone Therapy, traditional Reflexology concepts, and Reiki Energy Balancing into a unique therapeutic system, the Reiki-Reflex system provides all the benefits found in traditional Reflexology and more, and yet it is much more **gentle on the practitioner's hands** and joints.

Plus, it is **dramatically more pleasant for the client** than the often painfully "sharp" and uncomfortable experience of traditional Reflexology. Most clients find it hard to stay awake as they are free to relax into the bliss of sacred peace. All the while, they are gaining all the benefits and health & well-being enhancement that they have come to expect from Reflexology.

DVD #1 teaches you how to safely and effectively provide a Foot Reflexology session. DVD #2 teaches you how to work with Hand Reflexology.

In finishing stages of production now. Expected to be released on December 15, 2010.

## **The Reiki Facelift Home-Study Course on 2 DVDs**

Connie Vrenios - approx 3-1/2 hours - Reg. \$99 On Sale: \$69.95

***Erase the Lines of Stress & History,  
Soften the Influence of Aging, and Restore the  
Youthful Radiance to your Face, Neck & Hands.***

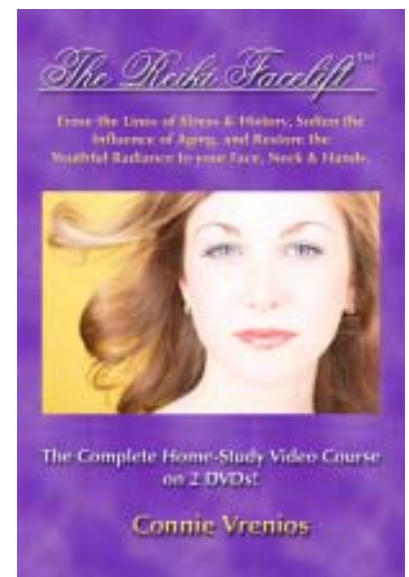
The Reiki Facelift™ is the extraordinary spiritual energy therapy using a unique application of Reiki or similar Energy Balancing methods to erase the lines of stress and history, soften the influences of aging, and restore that healthy, youthful radiance to your face, neck, décolleté, & hands!

**Easy-To-Learn... Safe To Use... Feels Great to Receive...**

It is a wonderfully relaxing self-treatment, and it is a luxurious spa therapy that is perfect for body therapists and energy workers. Use the Reiki Facelift™ by itself or incorporate it into a full Reiki session, massage, or other bodywork therapy session!

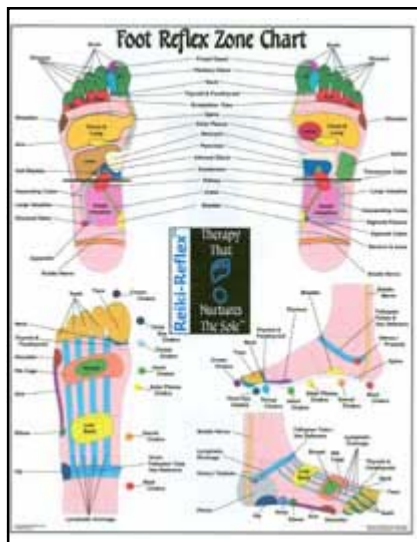
This complete, 2-DVD home-study course features the creator of the Reiki Facelift™ System, Connie Vrenios. With nearly 4 hours of video packed with great and unique information, you will learn everything you need to know to begin using the Reiki Facelift™ for yourself, your friends, and your family!

Currently in production now. Expected to be released on December 15, 2010.



# Healing Art Prints

These invaluable reflex zone charts designed by Rick & Connie Vrenios are some of the most comprehensive anywhere! Based on years of research, these prints can be the perfect gift for your favorite Reflexologist. Each chart is printed on high-quality glossy paper and is available in 3 standard frame sizes. Art Prints ship within 3-4 business days.



Foot Reflex Zone Chart  
18x24 inch - \$24.95  
11x14 inch - \$12.95



Hand Reflex Zone Chart  
18x24 inch - \$24.95  
11x14 inch - \$12.95

**Teachers:**  
Contact us about quantity  
discounts for your classes!

Both Reflex Zone Charts  
18x24 inch - \$45.00  
11x14 inch - \$20.00

**Global Healing** and **Living In Sacred Space** are the inspiring collaboration of Rick Vrenios and internationally known artist Clint Sloan. You will love having one or both of these prints on display in your home or office. Printed on high-quality glossy paper in two print sizes. Art Prints ship within 3-4 business days.



Global Healing  
16x20 inch - \$24.95  
11x14 inch - \$12.95

To read the text for these prints,  
please visit:  
[www.reikicouncil.com/artprints](http://www.reikicouncil.com/artprints)

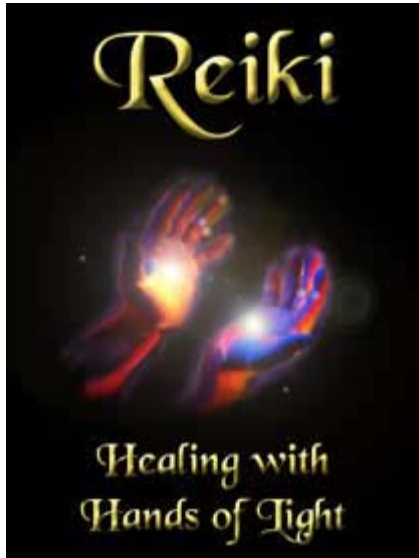
Pair of Prints  
16x20 inch - \$45.00  
11x14 inch - \$20.00



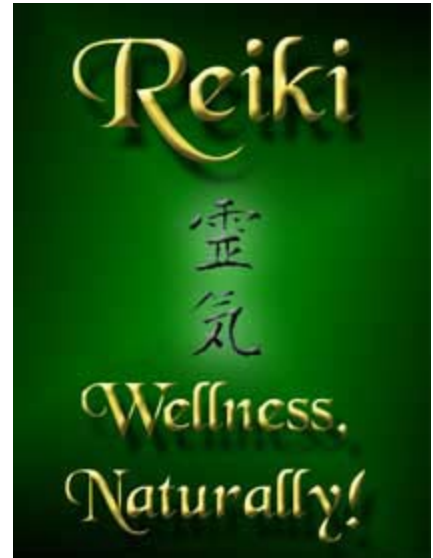
Living In Sacred Space  
16x20 inch - \$24.95  
11x14 inch - \$12.95

# Reiki Art Prints

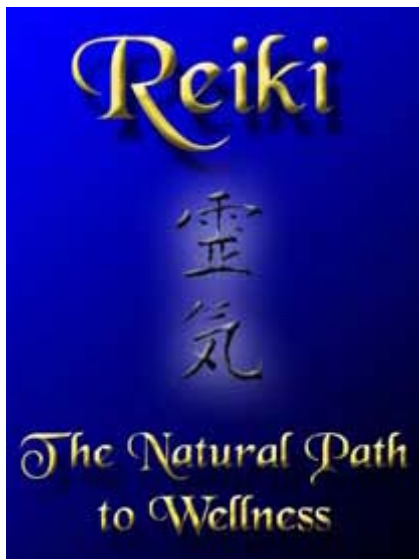
**Choose from four beautiful Reiki Art Prints designed by Rick Vrenios.** These prints can be the perfect addition to decorate the walls of your healing space. Each art print is printed on high-quality glossy paper and is available in 3 standard frame sizes. Art Prints ship within 3-4 business days.



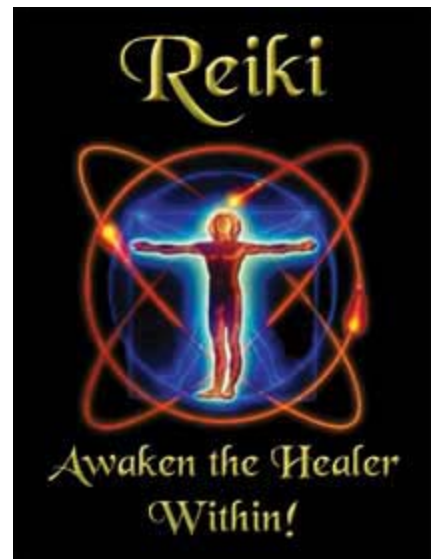
Reiki: Healing With Hands of Light  
16x20 inch - \$24.95  
11x14 inch - \$12.95  
8-1/2x11 inch - \$10.00



Reiki: Wellness Naturally  
16x20 inch - \$24.95  
11x14 inch - \$12.95  
8-1/2x11 inch - \$10.00

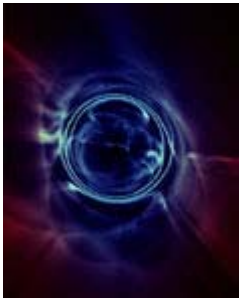


Reiki: Natural Path to Wellness  
16x20 inch - \$24.95  
11x14 inch - \$12.95  
8-1/2x11 inch - \$10.00



Reiki: Awaken the Healer Within!  
16x20 inch - \$24.95  
11x14 inch - \$12.95  
8-1/2x11 inch - \$10.00

# Exceptional Workshop Programs



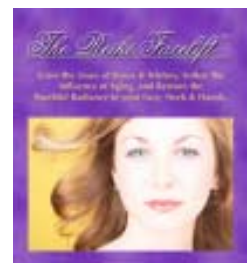
## **Soul's Design: Master's Course in the Chakra System** Rick Vrenios - 14 Hours - \$250

Experience the most comprehensive and in-depth program on the chakra system available! Discover how we are put together as a physical, etheric, and astral being and explore the forces that shape our lives. Then, shatter the numerous myths and rediscover the chakras as a living energy system responsible for creating the dynamics of life.

You will gain a new, practical understanding of the Major, Mid-Range, and Minor Chakras, what they do, how to influence them, and how they work together to form unconscious drives that keep you in the same patterns over and over. You will also learn how to affect the energy blueprint to encourage it open to new and more positive ways of being. Find out why so many people repeat this class over and over and give rave reviews! No pre-reqs, open to the public.

## **Reiki Facelift Certification Workshop** Connie Vrenios - 14 Hours - \$250

Erase the Lines of History, Soften the Influence of Aging, and Restore the Youthful Radiance to your Face, Neck & Hands using this unique energy work technique. The Expanded 2-Day Certification Training adds more hands-on and additional tips and techniques. Plus, you learn all you need to be able to safely and effectively provide this deeply effective work for yourself and others as a Certified Practitioner.



Reiki Facelift is so much more than cosmetic! It offers real therapeutic value supporting many health concerns. Learn to provide this luxury spa treatment and wonderful self-treatment in just 2 days of training, and watch the changes visibly happen. This really works, and you will not learn this method in any Reiki Class! Pre-requisite: Reiki I Training with any instructor.

Teacher Training coming in Spring 2011!

## **Crystals & Healing Stones Workshop** Connie Vrenios - 7 Hours - \$125 each class

**Level 1 Course:** Learn how to instantly identify the major properties of each stone, how to choose the right stones for you, how to safely cleanse them, program them, and charge them. Then, learn how to build basic layouts and grids for healing and many other purposes.

**Advanced Course:** Expand on the Level 1 course by learning how to design more advanced layouts and grids for practical, every day uses (healing, life-enhancement, your home, your car, and more). Plus, learn how to use stones and crystals to aid the healing of specific conditions and situations. Both of these are fun, hands-on and interactive workshops!



## **Reflexology Certification Workshop Series** Connie Vrenios - 16 Hours - \$275 each class

**Become a Certified Reflexology with the Reiki-Reflex System of Reflexology.** Easier on your hands, this style is highly effective and can only be described as "blissfully relaxing" for your clients. Reiki-Reflex has been called "The Best Reflexology Training in the Country."

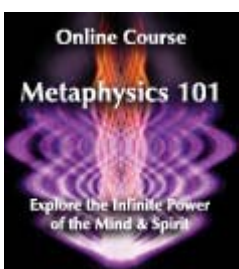
- \* **Reiki-Reflex Level 1 Course:** Learn how to provide a 1 hour foot Reflexology session blending Reflexology, energy, and spirit into a unified, therapeutic session. 16 CE Hours
- \* **Advanced Reiki-Reflex Course:** Expand your skills into working with the hands and ears. Plus, learn to customize sessions for many specific health concerns. 16 CE Hours
- \* **Practice Clinics 1 & 2:** Following the Beginning Level Course and again after the Advanced Level Course, participants will work with the public in a Reflexology Student clinic setting to gain experience, confidence, and mastery of skill. 9 CE Hours Each Clinic



## **Metaphysics 101 Workshop Series** Rick and/or Connie Vrenios - 24 Hours - \$225

Metaphysics means "beyond the laws of physics" and refers to the vast field of mind-body potential. Each week of this **9-week self-paced online course** or live **in-classroom** workshop, you will explore the Chakra System, the Universal Laws, Intuitive Development, and a major topic of metaphysics.

We will work with Manifestation, Seeing Energy, Numerology, Akashic Records & Psychometry, Astrology, Soul Readings/Reincarnation, Dream Interpretation, and Angels, Elves, and Spiritual Creatures. This is a fun and fascinating course, and you can choose either the Online Course or the Live In-Classroom format.



# Exceptional Workshop Programs



## **Hawaiian Elemental Healing & Shamanism** Kumu Rick Kaloko Vrenios - 23 Hours - \$395

Authentic training in the practices of the Medical Kahuna of Hawaii as passed through the family lineage of native Hawaiian Kahuna and shared with a commitment to purity and tradition.

- \* **Initial Level:** Begin your training in the sacred healing and spiritual practices of Hawaii's Medical Kahuna. Authentic hands-on training presented in as close to the old ways as possible.
- \* **Intermediate Level:** Move into deeper understandings of the elements and the physical, energetic, and spiritual healing of the body with considerable hands-on experience.
- \* **Advanced Apprenticeships:** This advanced level of training develops the skill of therapeutic assessment in the traditions of the Medical Kahuna and designing and providing Hawaiian elemental healing sessions in a supervised clinic setting.

## **Hawaiian Mana & Meditation Workshop** Kumu Rick Kaloko Vrenios - 15 Hours - \$325

**Discover the Power and Beauty of Ancient Hawaiian Divine Mysteries.** This authentic training is the tradition of spiritual development as passed to Rick Vrenios from his adopted family lineage of the Lono priesthood.

Mana is the source of spiritual power and the ability to heal, to manifest, to affect the weather, and all of the shamanic work. In the class, you will learn traditional chants and prayers, you will be introduced to the Hawaiian Gods, and understand the Hawaiian view of the universe, and the process of meditation that is considered an essential part of the pathway for spiritual development and self-empowerment.



## **Remote Viewing Workshop Series** Rick and/or Connie Vrenios - 15 Hours - \$275 / class

Called "***The most effective way to develop your intuitive skills***", our Remote Viewing can teach you to open your senses and perceptions, get your head out of the way, and gather accurate information using your higher senses. You can do this!

- \* **Remote Viewing Level 1:** Learn the structured approach to awakening your senses to gather accurate information about unknown targets or destinations using only your intuition.
- \* **Advanced Remote Viewing:** Build psychic endurance and expand into more challenging targets and learn to work with targets that are more stressful to engage.
- \* **Medical Remote Viewing:** Shift into the domain of medical intuitives with powerful medical and psychological applications.

## **Craniosacral Therapy Certification Workshop Series** Connie and/or Rick Vrenios - 20 Hours - \$325 each class

**Become a Certified Craniosacral Therapist.** The craniosacral system affects the function of every part of the body, and when not working properly, it can cause many physical, emotional, and mental issues for the client. This powerful, natural therapy is an excellent addition for physicians, nurses, chiropractors, massage therapists, and energy workers.

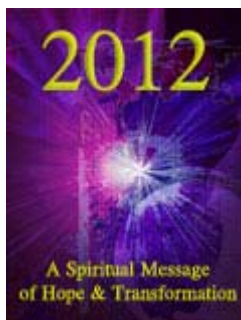
- \* **Craniosacral Therapy Level 1:** Learn how to use the 14-point method to help your client's body self-correct. Learn the anatomy, safety issues, and proper techniques for a complete 1-hour therapeutic session. 20 CE Hours
- \* **Advanced Craniosacral Therapy:** Go beyond the mechanics and into the sacred and energetic aspects of this profound therapy. Learn advanced physical and energy techniques to initiate body changes when self-correction is not enough. 20 CE Hours



## **And Rick and/or Connie Vrenios are available for these and other exceptional Workshop Programs:**

- \* "Western Style" or Usui Reiki Courses
- \* Traditional Japanese Style Reiki Courses
- \* Reiki-ssage Certification Series
- \* Build a Successful Practice Workshop
- \* Aromatherapy & Raindrop Technique
- \* Karmic Freedom (*coming Spring 2011*)
- \* Plus many other established programs
- \* Lymphatic Drainage Massage
- \* Ethics of Massage Courses
- \* Neuromuscular Therapy Workshops
- \* Body Mechanics Review for Massage Therapists
- \* Hot Stone Massage
- \* Annual Retreat in Sedona Arizona (*September 2011*)
- \* **Want to host a course in your area? Give Us a Call!**

# Short Lecture Programs



**2012: Spiritual Realignment of the Heart** Rick Vrenios - 3 Hours - \$30 Dec 21, 2010!  
Explore the message of 2012, and discover the stunning wisdom hidden within the Mayan Calendar and many other historical sources. In fact, the Mayan Calendar is still the most accurate calendar on the planet and it ends mysteriously on 12/21/2012.

Rick will share with you the inspiring and non-fear-based understandings of the astrological and energetic significance of December 21, 2012 and how the human, planetary, and galactic chakra systems hold the secret keys behind this new transformation. Most importantly, you will discover what you can do to prepare for the spiritual changes that are already underway. No pre-requisites, open to the public.

**The Essence of Aloha: 5 Simple Steps to a Heart-Centred Life** Rick Vrenios - 2-1/2 Hours - \$25

How would your life be different if you could face each challenge or opportunity standing rock solid in that empowered center of spirit? Aloha means "hello", "goodbye", "love", and even "death", but it is also a word of deep spiritual wisdom to guide your life.

Learn the five simple, spiritual principles for living that can transform any life into one of beauty, hope, and fulfillment. Create that profound harmony with the Land, the Heavens, and all the people in your life. In this lively and interactive lecture, you will understand the spiritual significance and value of the emotions often considered "spiritually undesirable" and how to work with them from a place of integrity and wholeness. A truly outstanding, life-changing program.



**Talking With Angels Workshop** Rick Vrenios - 2 Hours - Reg: \$30 Dec 28, 2010 \$25!

Learn how to communicate with your angels and spirit guides! Every religion in the world embraces the concept of spiritual beings who serve as guardians, teachers, and guides through life. No matter what your faith, it is a connection we all have as our birthright, and yet, most of us have lost that gift along the way.

In this seminar, you will learn the difference between angels and spirit guides. You will learn why most people have lost their connection with these spiritual beings, and how to repair it. And, you will learn a highly effective meditation to reconnect with your angels.

**The Measure of Happiness** Rick Vrenios - 1 to 2 Hour programs - Reg: \$20

**Be happier and change your world!** The lecture by **Rick Vrenios** exploring simple things we can do to instantaneously change the momentum of your next few minutes, your entire day, and your entire life. Filled with uplifting wisdom that you can use, there is something magic about being in a truly sacred place. It does change you, and we can recreate that magic in our everyday lives anytime we want. Find the real beauty & happiness available to us all, and you discover:

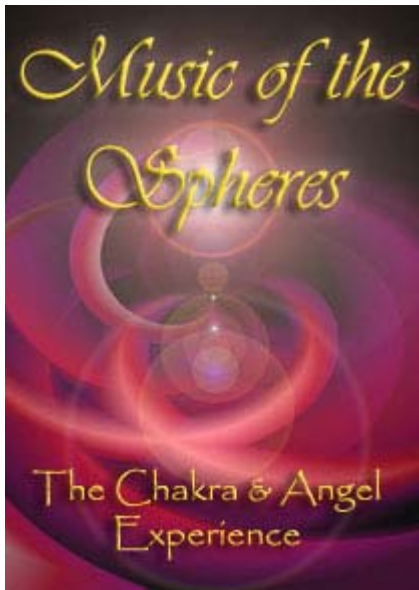
- *The seven gifts the sacred places evoke in us.*
- *What is happiness, and how you connect more deeply with the real beauty of life.*
- *Easy practices that immediately give the same benefits of sacred places in 60 seconds or less*
- *How you can change your relationship to a bad or uncomfortable situation into a healthy, positive one in less than a minute!*
- *The Power of a Smile!*



**And Rick and/or Connie Vrenios are available for these and other great short programs:**

- \* Energy Healing Basics Workshop
- \* Pendulum Workshop
- \* 50 Secrets of the World's Longest Lived People
- \* 1001 Ways to Use Reiki
- \* Women's Series: Menopause & Other Life Changes
- \* Living in Harmony with the 12 Universal Laws
- \* Customized keynote or break-out sessions
- \* Manifestation: Secrets of Co-Creation
- \* Seeing Energy, Auras & Entities
- \* Secrets of Numerology
- \* Psychometry: The Art of Psychic Archeology
- \* Developing Your Psychic Self
- \* Psychic Protection and Avoiding Empathic Burnout
- \* **Want Rick or Connie to speak for your group?**  
Call us to discuss your needs!

# Special Workshop Events



## Music of the Spheres: Awakening the Voice of Creation

Rick Vrenios - 15 CE hours - Reg. \$395 On Sale: \$197 per person  
January 7-9, 2011 - Fri: 6:30pm-9:30pm, Sat & Sun: 9:30am-5:00pm  
**See below for very special group pricing!**

Something really special is coming this January! The workshop is called Music of the Spheres - Awakening the Voice of Creation, and the title refers to the sacred sounds of the Heavens while in the act of creation. It is going to be one of those rare and unforgettable weekends.

Music of the Spheres is an experiential workshop that unites all three subjects: **Angels, Chakras, and the 2012 Transformation** into an extraordinary event that you are going to love. Each chakra has a voice that speaks its truth through your life as a clear guiding light. In reality, the major chakras are the seven Voices of Spirit that connect us with the Angelic Realm for direct communication. And, this experience will almost certainly take you more deeply into the Chakra System than you have ever gone before!

All of this will help each of us *raise our own spiritual vibration to match the coming Spiritual Transformation of 2012*. The energetic shifts are already under way and many of us feel the urgent call to meet our spirituality head-on.

### == What You Will Gain... ==

- \* Recognize the **Voice of each Chakra** as it speaks through our lives.
- \* Uncover the **link between the Voice of the Chakras and the hierarchy of spiritual guides** & teachers.
- \* Learn the **significance of the 2012 Transformation** and what it means for the natural evolutionary flow of the Chakra System (human, planetary, and galactic).
- \* How to **use sacred sounds to heal and awaken the energies** of each Chakra center and open the channels of communication as clearly as possible.
- \* How the **forces behind this planetary shift are already happening** and are reflected in current events.
- \* How to **build a deep and nurturing relationship with your Chakras and your Spirit** to help your life feel more fulfilled regardless of your situation.
- \* Guided **meditations to prepare ourselves and bring forth the full power** of the Chakra System.
- \* Experience **hands-on healing with the Angels!**
- \* Work with your Spirit Guides for **healing, forgiveness, and manifestation of your True Self**.
- \* **Unlock the inner voices** that clearly express your Soul's Desire.
- \* Awaken the Voice of Creation with each of us **embodying the Sacred Fire and the Heart Chakra** for us personally, for humanity, for the planet, and for the galaxy.

### == Special Offer ==

The regular price is \$395 per person, but for the debut offering only, we have a very special deal! Use the link below, you can get a **Single Admission Ticket for Half-Price!** For only \$197, you can attend the Friday evening, Saturday and Sunday program on January 7-9, 2011

The greatest power of this event comes from the group energy, so you can purchase a VIP Access Pack - which includes tickets for you and 2 guests - for only \$297! **That is 75% off regular price** - \$99 each when purchased as a group package. To register at this special price or to find more information, go here: <http://www.reikicouncil.com/spheres>

### == Continuing Education Credits ==

While there is no need to be a massage therapist to attend, massage therapists can receive 15 CE Hours for National Certification and most state licensing renewals under the energywork, meditation & self-care categories.

# Stocking Stuffers

## Gift Certificates for the Reiki Council Healing Center

Give the gift of health with single gift certificates or multi-session gift packs! Your gift recipient can enjoy a one hour session, choosing from Reiki, Massage Therapy, Craniosacral Therapy, Hawaiian Elemental & Spiritual Healing, Crystal Healing, Chakra Balancing, or Hand or Foot Reflexology. (Certificates are good for all of 2011 and multi-session packs may be split)

Single Gift Certificate	\$65
Two Session Gift Certificates	\$125
Four Session Gift Certificates	\$240
Ten Session Gift Certificates	\$550
Twelve Session Gift Certificates	\$650



### Crystal Pendulum Set

Reiki Council Publishing - Reg. \$12.95 On Sale: \$10.00

Crystal pendulums are amazing divination tools to gain insights from your Higher Self, to assess the flow of energy in an area, and many other applications.

The Crystal Pendulum Set comes with a quartz pendulum, carrying pouch, instructions, and a pendulum map.

Available in Clear Quartz, Amethyst, Rose Quartz, and Sun Stone.

### Chakra Balancing Stone Set (Reiki-Charged Crystals)

Reiki Council Publishing - Reg. \$14.95 On Sale: \$12.95

This set of healing stones comes with 8 hand-charged crystals and healing stones, instructions, carrying pouch, and gift box, and it is a great stocking stuffer for friends and family.

The crystals are attuned to each chakra energy and helps bring your chakra energies back to their fullest potential.



### Health, Wealth & Happiness Stones Set (Reiki-Charged Crystals)

Reiki Council Publishing - Reg. \$10.00 On Sale: \$8.00

Fill your space with the energies of Health, Wealth & Happiness with this hand-selected, and lovingly hand-charged set of four crystals.

When you surround your self with an energy, as with these beautiful crystals, you tend to attract more of it. Let the crystals bring more abundance to your life. Makes a great, inexpensive gift for friends (or yourself)!

# How to Order

Mail this form with payment to:  
 Reiki Council  
 0S165 Church Street  
 Winfield, IL 60190

Contact Information			
Name:	_____	Telephone Number:	_____
Address:	_____		
		E-mail:	_____
City:	_____	State/Province:	_____
		Postal Code:	_____

Order Information	Price	Qty	Total
Book: Extraordinary Living Through Chakra Wisdom	20.00	_____	_____
Book: Preventative Care & Maintenance for the Health of Your Pract	20.00	_____	_____
CD: Chakra Wisdom Guided Chakra Meditation	12.95	_____	_____
CD: Chakra Wisdom Tandem Chakra Balancing Technique	12.95	_____	_____
CD: Inner Space Meditations	12.95	_____	_____
CD: Measure of Happiness Workshop	12.95	_____	_____
CD: Metaphysics 101 - Introductory Lesson	15.00	_____	_____
CD: Metaphysics 101 - Volume 1 - Manifestation	19.95	_____	_____
CD: Metaphysics 101 - Volume 2 - Seeing Energies, Auras, Entities	19.95	_____	_____
CD: Metaphysics 101 - Volume 3 - Numerology	19.95	_____	_____
CD: Metaphysics 101 - Volume 4 - Psychometry & Akashic Records	19.95	_____	_____
CD: Metaphysics 101 - Volume 5 - Astrology ( <i>Coming Jan 2011</i> )	19.95	_____	_____
CD: Talking With Angels Workshop	20.00	_____	_____
CD Set: Metaphysics 101 5-Volume Set	75.00	_____	_____
DVD: Reflexology: Reiki-Reflex Home Study Course	69.95	_____	_____
DVD: Reiki Facelift Home Study Course	69.95	_____	_____
GC: Gift Certificates __1 (\$65) __2 (\$125) __4 (\$240) __10 (\$550) __12 (\$650)	_____	_____	_____
Print: Foot Reflex Zone Chart __18x24 (\$24.95) __11x14 (\$12.95)	_____	_____	_____
Print: Hand Reflex Zone Chart __18x24 (\$24.95) __11x14 (\$12.95)	_____	_____	_____
Combo: Both Reflex Zone Charts __18x24 (\$45.00) __11x14 (\$20.00)	_____	_____	_____
Print: Global Healing __16x20 (\$24.95) __11x14 (\$12.95)	_____	_____	_____
Print: Living in Sacred Space __16x20 (\$24.95) __11x14 (\$12.95)	_____	_____	_____
Combo: Global Healing & Sacred Space __18x24 (\$45.00) __11x14 (\$20.00)	_____	_____	_____
Print: Reiki - Awaken the Healer __16x20 (\$24.95) __11x14 (\$12.95) __8.5x11 (\$10.00)	_____	_____	_____
Print: Reiki - Hands of Light __16x20 (\$24.95) __11x14 (\$12.95) __8.5x11 (\$10.00)	_____	_____	_____
Print: Reiki - Natural Path __16x20 (\$24.95) __11x14 (\$12.95) __8.5x11 (\$10.00)	_____	_____	_____
Print: Reiki - Wellness Naturally __16x20 (\$24.95) __11x14 (\$12.95) __8.5x11 (\$10.00)	_____	_____	_____
Stones: Chakra Balancing Stones Set (Reiki-Charged)	12.95	_____	_____
Stones: Health Wealth & Happiness Stones Set (Reiki-Charged)	8.00	_____	_____
Stones: Pendulum Set: __Amethyst __Clear Quartz __Rose Quartz __Sun Stone	10.00	_____	_____
Wkshp: Music of the Spheres __Single (\$197) __3-Ticket Pkg (\$297)	_____	_____	_____
Wkshp: _____ Date: _____	_____	_____	_____
Other: _____	_____	_____	_____
<b>Subtotal</b>			_____
<b>Sales Tax (Illinois residents please add 7.25% sales tax on products)</b>			_____
<b>Shipping (if shipping anywhere in the USA, please add \$6 to your order)</b>			_____
<b>Total Amount</b>			_____

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__ Amex	
Name on Card: _____	Expiration Date: _____
Credit Card Number: _____	3 or 4-digit security code _____
Authorizing Signature: _____	