

2016 Practitioner of Energetic Arts Program

The Practitioner of Energetic Arts Program is designed for those who are interested in developing their skills and practice in energy healing, balancing, and activation. We will explore two primary modalities in this program: Transformational Reiki and The EMF Balancing Technique®. This is an expanded curriculum that includes quantum mechanics physics and the Abraham teachings of the Law of Attraction to provide the most leading edge experience of your personal energy anatomy and how it relates and interacts with the universe at large.

Complete descriptions of each class are provided below. This program is intended for those who wish to commit to their own personal transformation, enhance their personal spiritual development and to offer others the ability to do the same. Participants receive Certificates of Completion from the Magnificent Living Institute. To emphasize personal skill development for each participant, attendance is limited to 8 students.

Recommended personal attributes of the individual who enrolls in this Program:

- You are interested in delving into your electromagnetic nature and experiencing firsthand the mysteries of your being and what is possible for you.
- You want to live a leading-edge life and manifest your purpose in the world.
- You want to learn how to manage and direct your energy, emotion and experience.
- You are ready to assume full responsibility for yourself, your actions, beliefs, story, focus, follow-through, lifestyle and finances.
- You don't believe that there is anything to "fix" about other people; rather, you would like to offer yourself and others the opportunity for increased self-awareness, spiritual expansion, balance, integration, joy and empowerment.
- You want to feel good and you want to provide the opportunity for others to feel good.
- You are not interested in drama, struggle or pushing against life.
- Your heart is telling you that, "Yes this is the path for me! This sounds perfect for me!"

What I will bring to this experience:

- A safe, comfortable, supportive, relaxed environment.
- Guided meditations to knock your socks off!
- Recommended reading to deepen and round out your learning.
- Book and handouts that cover the material from class.
- **CHOCOLATE.**
- Additional resources for you to follow up with on your own if you are interested.
- My commitment to uplift, encourage and inspire you.
- 20-plus years of experience with thousands of clients.
- My philosophy of "we're here to elevate, connect, learn, grow, have fun and *create*, not to *fix*. And we can have more fun if we understand how we're getting what we're getting so we can start getting what we want!"

Mary has trained numerous practitioners, including physicians, who have gone on to work with Hospice, in veterinary clinics or with animals, started their own energy healing practice, incorporated this work into a massage or acupuncture practice, or simply used the experience for profound personal growth. Please contact Mary at 608-516-8778 or mary@marypreussolson.com if you have any questions about this training. She is happy to help you figure out if it's a good fit for you.



Mary Preuss Olson's
MAGNIFICENT LIVING
I N S T I T U T E

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Madison, WI 53705



2016 Transformational Reiki Training

For Personal and Professional Growth

Mary's Reiki classes provide a strong foundation of science, beginning with an exploration of Newtonian and Cartesian philosophies, quantum mechanics, the electromagnetic spectrum, neuropeptides and emotional storage in the body.

You will gain an understanding of the energetic nature of our universe and your own physical/energetic self to provide a fuller context in which to explore and practice Reiki. Mary teaches Reiki in four levels, each with its own Practicum. Emphasis is placed on hands-on practice, listening, intuitive development and professional integrity so that each participant feels completely comfortable and confident in their skills. This program is a Practitioner training only, culminating in the Reiki Master Practitioner level, and does not provide certification to teach.

Mary uses her own book, *Evolving with Reiki, A Healer's Guide*, for this program. Mary has trained hundreds of people, including physicians, animal healers and communicators, athletes, nurses, massage therapists, Hospice workers, Shamans, acupuncturists, mothers of special needs children, and a host of other people who want to add it to an existing healing arts practice or just have the best tools available for their own self-care.

Because Mary has significantly updated and expanded the traditional Usui teachings, students are advised to begin at Level I and take all four courses in succession for the deepest learning experience. If you are interested in taking responsibility for your own health and life, this Program is highly recommended.

Reiki Level I Saturday, September 10th 10 am–5:30 pm

Learn the fundamentals of energy, the history of the Usui System, and the Reiki Principles and Precepts. Do healing work with your physical, emotional, mental and etheric bodies, and awaken more fully to your purpose in this lifetime. Do a guided meditation to travel through your body and energy field, clear your chakras, and meet the Grand Masters of Reiki who will help you heal something specific in your life, and provide guidance to you for your unique path with Reiki.

Receive your first Initiation, an energetic process that elevates your personal frequency and opens you as a channel to the divine energy known as Reiki.

Learn hand positions, table treatments, self-treatments, the chakra and endocrine systems, the Reiki Code of Ethics, proper posture for table treatments, sweeping, opening and closing your connection, creating ideal environments for your healing work, and maintaining your own center or Core Energy while working with a client.

Protocols for Level I Self-Treatment, Mini Session and Full Table session are provided and practiced. Your Reiki I Initiation begins a 21-day clearing process of the seven major chakras. Reiki I is experiential and you'll discover its many applications to daily life. A very comprehensive course. You will receive a Certificate as a Reiki Level I Practitioner and a personalized lineage chart at the completion of this course.

Reiki Level II Saturday, October 8th, 10 am–5:30 pm

While Reiki I is about working with what is front of you, in Reiki level II, you will broaden your scope to work with people, places and situations that may or may not be right in front of you. Learn about the quantum hologram and the universal lattice or matrix that serves as the "distribution system" for the Reiki energy and provides the foundation for distance work. Do a guided meditation to work with sub-personalities and past life patterns that are sabotaging your ability to move forward in some area of your life and connect with a guide who will assist you during your healing work.

Learn how to "scan" the body and energy field, and how to use three of the four traditional Usui symbols: the power symbol, mental and emotional clearing, and the distance/absentee healing symbol. Learn how to use the symbols for distance healing work, table treatments and manifesting personal goals. Learn the ethics of distance energy work, and how to ask "permission" from another person to perform energy work. Protocols for Level II Self Treatment, Mini Session, Distance Session and Table Session are provided and practiced.

Receive your second Initiation, further elevating your personal frequency, and squaring the amount of energy available to you from Level I. Your hands and palms are attuned which creates a quantum leap in awareness and intuitiveness, and your ability to feel energy. This process kick-starts another 21-day clearing of your chakras.

Reiki Advanced Saturday, November 12th, 10 am–5:30 pm

A pre-requisite to the Reiki Master class, this class focuses on developing three distinct areas of your practice: **Self-Awareness**: being fully present; listening; grounding and stabilizing your own energy field; boundaries, reclaiming personal power. **Marketing and Business Practices**: ethics; boundaries; "trades;" llc vs sole proprietor; pricing; advertising; networking. **Advanced Client Treatment Techniques, including working with animals.** Work with the combined flow of Reiki and color to address issues such as depression and anxiety. Learn how to tune into and bring balance to specific organs, muscles, and parts of the body. Emphasis is placed on developing intuitive skill and listening. Protocols for Advanced Self-treatment, Mini Session, Distance Session and Table Session are provided and practiced. Receive a special attunement with the Archangels. Participants receive a Certificate as a Reiki Advanced Practitioner at the completion of this course.

Reiki Master Practitioner Saturday, December 3rd 10 am–5:30 pm

As a Master you are completely opened to the Reiki Ray, and the energy channeled through you is again squared. Do a guided meditation to travel through, heal and evolve your body. Receive a cellular transmission of three attributes of mastery that you choose to embody in your life, your Reiki Master robe, and Crown of Light from the Grand Masters of Reiki.

You will create your own personal Mission Statement and give intent to join your consciousness with the Loving Embodiment of Reiki World Service. You'll learn to work with the powerful Master Symbol, advanced techniques for clearing organs and chakras, and the mental method.

You begin another 21-day clearing process of the seven major chakras. Protocols for Master Level Self-Treatment, Distance Session, Mini Session and Table Session are provided and practiced. Participants receive a Certificate as a Reiki Master Practitioner in the Usui System of Natural Healing at the completion of this course.



EMF Balancing Technique

We are now experiencing a time of accelerated human evolution, and our energy bodies have evolved to keep pace with that transformation. EMF Balancing is an energy method that uses the Lattice, the evolutionary model of the human energy field.

This system calibrates the connection of our personal lattice with that of the universal lattice or Matrix, allowing us to release energy charges from old events, as well as worry or anxiety about our future. Each phase utilizes specific templates of sacred geometry, and in the same way that electrical circuits are rewired to allow for higher voltages, our systems are rewired to allow greater energy to flow through the entire circuitry of our body.

Through this process you may transform your life gracefully, be "on purpose," deepen your energetic connections to the Earth and the Cosmos, integrate your mind, body and spirit, accelerate your DNA transformation, and experience a profound sense of peace-filled empowerment. "Healing" is often the result of this new state of being.

EMF Balancing complements and strengthens any other modalities you may currently be practicing, and is a powerful and highly practical personal and spiritual growth tool. Students receive a Certificate of Completion as an EMF Balancing Practitioner from The Magnificent Living Institute upon graduation.

Lattice Workshop Saturday, Jan 14th 10 am – 4 pm

Connect to the cosmic lattice and begin the energetic alignment. Lecture; Overview of Lattice, templates and sessions 1-4; Spiral Sweep; Alternating Sweep; Send Symbol; One Minute-One Step Rush; Mini Energy Session; Sensing. A very comprehensive day.

Session I: Heart & Mind Saturday, Feb 11th 10 am-5 pm

Session 1 theory, lecture and discussion; personal energy alignment; meditation and full table session practice: preparing, clearing and balancing the field; activate the session I template, balance the head and heart, release stress, high heart alignment, finishing touches; live in balance in daily life.

Session II: Transmute History Saturday, March 11th 10 am-5 pm

Session II theory, lecture and discussion; personal energy alignment; meditation and full table session practice: preparing, clearing and balancing the field; activate the session II template, release charges and activate the gifts from history; strengthen Core; clear fibers, loops, spine and energy centers behind the body; high heart alignment, grounding, finishing touches.

Session III: Radiate Core Energy Saturday, April 8th 10 am-5 pm

Session III theory, lecture and discussion; personal energy alignment; meditation, and full table session practice: prepare, clear and balance the field; activate the session III template; clear joints and minor energy centers; unify the chakra system; amplify Core energy posture, strengthen connection to Center Below and Center Above; amplify largest primary open circuit to Matrix; anchor and ground in the Now.

Session IV: Activate Potential Saturday, May 13th 10 am-5 pm

Session IV theory, lecture and discussion; personal energy alignment; meditation, and full table session practice: preparing, clearing and balancing the field; activate the session IV template, clear the history, center in the now; clear worry and anxiety; connect to field of potential; open to wisdom and love of potential self; completes foundation of lattice activation.



Practitioner of Energetic Arts Program Registration Form

Please print so I can easily read your wonderful writing!

Your name _____

Address _____

City _____ State _____ Zip _____

Email Address _____

Best Phone Number to Reach You _____

Emergency Contact _____

The Practitioner of Energetic Arts Program includes all nine classes, book and materials. To register, choose a payment option below:

_____ Please register me for the Practitioner of Energetic Arts Program. I want to pay up front and save \$135. I will attend all nine classes. My full fee of \$2115 is enclosed. I understand that \$250 of this is a non-refundable deposit. _____ Check enclosed. _____ Charge my Card (3% added to your bill.)

_____ Please register me for Practitioner of Energetic Arts Program. I want to pay as I go by credit or debit card. I will attend all nine classes. I understand that my card will be charged at the beginning of each month for that month's class. I understand that \$250 of my payment is a non-refundable deposit

_____ Please register me for the Practitioner of Energetic Arts Program. I want to pay as I go by check. I will attend all nine classes. My check for the first class is enclosed. I understand that \$250 of this is a non-refundable deposit and that payment is due at the beginning of each month for that month's class.

_____ Please charge my _____ Visa _____ MasterCard (3% added to your bill)

Name on Card _____ Signature _____

Card Number _____ Expires _____ V-Code _____

Send registration form and payment to Mary Preuss Olson, The Magnificent Living Institute, 715 Hill Street, Suite 270, Madison, WI 53705. Questions? Call 608-516-8778 or mary@marypreussolson.com. Thank you!



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