



Jay Pocius

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My Practice

I practice Usui Shiki Ryoho and Animal Reiki and my lineage is Usui - Hayashi - Takata - Ethel Lombardy - Marion Baxter/Janet Hanson.

My Reiki Community

We have monthly Reiki meets that introduces Reiki to Healing Light Reiki offers a Reiki Circle (Share) on the third Wednesday of every month from 7:00-9:30 pm. We usually have from 10-20 folks attending each evening. Participants include Reiki practitioners as well as folks from the community who wish to receive a treatment. There is no cost but small donations are accepted. Sessions include a brief guided meditation to set the tone, then turns are taken to receive a Reiki treatment until each person has received one.