

Awakened Harmony, LLC d/b/a Paws for Joy

Enhancing well-being for humans and animals through energy work.

Classes

I find Reiki to be an amazing, powerful tool for self-care which can also be shared with our loved ones and all living things (two-legged, four-legged, winged, finned, rooted, etc.). It is easy to learn and, once attuned, you'll be empowered with Reiki energy for life. Reiki may help to promote the innate well-being and balance of mind, body, and spirit.

As a Reiki Master Teacher, it is an honor and privilege to be able to teach and attune others to Reiki energy. I offer both Level 1 and Level 2 Reiki classes to people of all ages, abilities, and experience.

REIKI LEVEL 1 CLASS

During the Level 1 Reiki class, you will learn the history of Usui Reiki, how to use Reiki for self-care, how to share Reiki with others --family, friends, and animal companions-- plus other practical and creative uses for Reiki energy. You'll have ample time to practice using Reiki for yourself and others during class. Most importantly, you will receive attunements that will re-establish and strengthen your connection with this universal life force energy, similar to tuning a radio to the correct frequency to access a specific station. Once you receive the Level 1 Reiki attunements, your connection to universal life force energy will be awakened, and you will have access to Reiki for life. It may assist you in creating harmony and balance in your life, in your relationships with others, and in your relationship with yourself. You can use the Reiki energy for self-care and share it with others, if you're so inclined.

Next Reiki Level 1 Class: *Saturday, Date TBA, 9:00 a.m. - 5:00 p.m.*
Hermantown, Minnesota

****You will also benefit from instruction and hands-on practice with pet Reiki during this class.**** Class size is limited. Advance registration required. Contact Dawn for registration information.

Tuition: \$150

Prerequisites: None.

Recommended Reading: *Reiki Energy Medicine: Bringing Healing Touch into Home, Hospital, and Hospice*, by Libby Barnett and Maggie Chambers.

REIKI LEVEL 2 CLASS

During the Level 2 Reiki class, you will learn three powerful symbols that will augment the Reiki energy you use for various purposes. One of the symbols will even enable you

to offer Reiki at a distance. You will receive the attunements that will enable you to employ these three symbols as needed. In addition, you'll learn many practical and creative uses for Reiki in general, and for using the three symbols. You'll have ample time during class to familiarize yourself with each of the Reiki symbols and practice using them for yourself and others.

Next Reiki Level 2 Class: *Saturday, Date TBA, 9:00 a.m. - 6:00 p.m.*
Hermantown, Minnesota

You will also benefit from instruction and hands-on practice with animal Reiki during this class. Class size is limited. Advance registration required. Contact Dawn for registration information.

Tuition: \$250*

*Reiki Level 2 Class tuition is \$200 for my Reiki Level 1 students who are advancing to Level 2.

Prerequisites: Level 1 Reiki training and attunements (Usui Shiki Ryoho system). If you completed a Level 1 class with an instructor other than me, provide me with a copy of your certificate of completion when registering for my Reiki Level 2 class.

Recommended Reading: *Reiki Energy Medicine: Bringing Healing Touch into Home, Hospital, and Hospice*, by Libby Barnett and Maggie Chambers.

CLASS STYLES

I offer Level 1 and Level 2 Reiki training in a standard format open to the public, and as private classes in a format and setting personalized for your family or group.

If you would like to schedule a Reiki Level 1 and/or 2 class in your area, know at least 5 people who would register to take the class with you, and can provide a place to hold the class, you may receive reduced tuition in exchange for helping to organize the class.

Please contact me at the phone number or email address below so we can discuss options and preferences.

TUITION

Tuition varies depending on level of class and location. Please contact me for details.

LOCATIONS

For location information, please contact me at the phone number or email address below.

In the Media:

Dr. Oz and Reiki: During a segment of his television program, Dr. Oz encouraged viewers to "Try Reiki" as his #1 doctor's order. He and his family are very familiar with Reiki -- his wife is a Reiki Master, and for decades Dr. Oz has invited alternative practitioners to complement patients' care in his medical practice. He refers to energy medicine as the medicine of the future, and thinks it "...may be ultimately the most important alternative medicine treatment of all." To view a **CNN International** segment about Dr. Oz and Reiki, click on the following link: <http://www.youtube.com/watch?v=HJ5eajLCzu0>.

In an interview entitled "*Reiki: Complementary Therapy*" on ABC News' Healthy Life, a Reiki practitioner gives a brief introduction to Reiki, and a father describes how Reiki has positively affected his son who has autism. Click the following link to view the segment: <http://abcnews.go.com/Video/playerIndex?id=4766794>

You can read Dawn's interview and case study of a performance dog with noise and thunderstorm anxiety. Click on the following link to the **AnimalMassageGuide.com** blog featuring *Healing Touch for Animals*: <http://animalmassageguide.com/healing-touch-for-animals/>

"*Northland Woman Uses Energy to Find Balance in Troubled Animals*", Fox 21 News KQDS-TV, *Animal Tales* segment, aired November 6, 2009. To hear the interview and see Dawn offer energy work to a horse, click on the link: <http://www.fox21online.com/animaltales/northland-woman-uses-energy-find-balance-troubled-animals>

"*Paws for Joy*" article in *Living North Magazine*, October 2009 issue. To read the article and interview with Dawn, click on the link (you may need to create or login to a free account): <http://www.duluthnewstribune.com/event/article/id/151255/>

Contact Dawn with questions or to schedule sessions:

(218) 340-1901

Dawn@AwakenedHarmony.com

Young Living Essential Oils Member #1075105

Although I'm located in the Duluth, Minnesota area,
distant sessions are available for both people and animals.

"Learning is a treasure that will follow its owner everywhere."
~ Chinese Proverb

I do not diagnose, prescribe, or treat specific health conditions.
The services offered through *Awakened Harmony, LLC* and *Paws for Joy* are not
a substitute for traditional medical or veterinary health care, diagnosis, or treatment.

Consult with a licensed medical or veterinary professional for care as needed.

Inspirational Nature Photography of

Radiant Spirit Gallery

Images and reflections echoing the wilderness

If you enjoy the photographs on this website and would like to see many incredible images which honor and convey the energies and essence of Nature, please visit www.RadiantSpiritGallery.com.

My husband, Gary Fiedler, and I are outdoor photographers and share a deep reverence toward Nature. Our images inspire mindful appreciation for the outdoors and wilderness, and encourage nourishment of humans' innate interconnectedness with Nature. Please refuel your spirit with a visit.