



## Fall 2011 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: Reiki and Electromagnetic Field Balancing. 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 (and fun!) 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 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, I'm limiting attendance to 9 students.

Because undergoing training of this sort can be a rather turbulent experience in terms of personal growth, and confronting ones patterns of resistance, I'm offering one-on-one coaching for participants of the program at a discounted rate.

There are two ways to participate in this Program:

1. Enroll in the Program, attend all ten classes and practicums for each level. \$200/month
2. Enroll in individual classes only and receive your Practitioner of Reiki or EMF at the completion of each class. \$220/class

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 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, introspection, 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
- 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 and relaxed environment
- guided meditations to knock your socks off!
- recommended reading to deepen and round out your learning
- books and handouts which 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
- 17 plus years of experience with thousands of clients
- my philosophy of "we're here to 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!"

Please contact me at 608-516-8778 or [mary@marypreussolson.com](mailto:mary@marypreussolson.com) if you have any questions about this Program. I am happy to help you figure out if it's a good fit for you.



## **Reiki:** Professional and Personal Growth Training

*Mary's Reiki classes provide a strong foundation of science, beginning with an exploration of Newtonian and Cartesian philosophies, quantum mechanics, the electromagnetic spectrum, wavelength and frequency. She believes it is important to provide an understanding of the energetic nature of our universe and our own physical/energetic selves to provide a fuller context in which to explore and practice Reiki. Emphasis is placed on hands-on practice so that each participant feels completely comfortable and confident in their skills.*

### **Reiki Level I Sat, Sept 17, 10 am to 5:30 pm \$200**

Learn the basics of energy and the history of the Usui System, including the Reiki Principles and Precepts. Do healing work with physical, emotional, spiritual and mental bodies, and awaken more fully to your purpose, your service work in this lifetime. 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 system, the Reiki Mini Session, 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. 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. Participants receive a Certificate as a Reiki Level I Practitioner and a personalized lineage chart at the completion of this course. \$20 book and materials fee. **Practicum: Tues, Sept 27, 6-8:30 pm, \$20**

### **Reiki Level II Sat, Oct 22, 10 am to 5:30 pm \$200**

Do healing work with sub-personalities and past life patterns 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 absentee healing symbol. Learn how to use the symbols for distance healing work and table treatments. Learn the ethics of distance energy work, and how to ask "permission" from another person to perform energy work. Learn about the universal lattice or matrix that serves as the "distribution system" for the Reiki energy and provides the foundation for distance work. The Level II Initiation squares the amount of energy available to you at Level I and is a quantum leap in awareness and intuitiveness. Your hands are fully attuned and you begin another 21-day clearing process of the chakras. **Practicum: Tues, Oct 25, 6-8:30 pm, \$20**

### **Reiki Advanced Sat, Nov 12, 10 am to 5:30 pm \$200**

A pre-requisite to the Reiki Master class, this workshop focuses on developing three distinct areas of your practice: **Self-Care and Creation:** being fully present; listening; grounding and stabilizing your own energy field; boundaries, reclaiming personal power; releasing the past; emotion as creation technology. **Advanced Client Treatment Techniques.** Learn how to address specific issues such as depression and anxiety using Reiki and color; and Tonglen to release toxins. **Marketing and Business Practices:** ethics, boundaries, "trades," llc vs sole proprietor; ministerial licenses; pricing; advertising; networking; envisioning and manifesting. We'll do a special energy exercise to get your work out into the world. A very comprehensive course. Participants receive a Certificate of Completion as a Reiki Advanced Practitioner at the completion of this course. **Practicum: Tues, Nov 15, 6-8:30 pm, \$20**

### **Reiki Master Practitioner Sat, Dec 10, 10 am to 5:30 pm \$200**

As a Master you are completely opened to the Reiki Ray. The energy channeled through you is again squared from Level II. In meditation, you will meet the Grand Masters of Reiki, receive a special blessing and your Reiki Master robe, and a special energy gift from your guides to assist you with your healing work. You'll learn to work with the Master Symbol, non-traditional symbols, and energy flows from the higher dimensions. Advanced techniques, including vertical and yin-yang Reiki and the mental method are introduced, as well as advanced techniques for clearing the organs and chakras. You begin another 21-day clearing process of the seven major chakras. A commitment to world service. Participants receive a Certificate as a Reiki Master Practitioner in the Usui System of Natural Healing at the completion of this course. **Practicum: Tues, Dec 13, 6-8:30pm, \$20**



## **Lattice Energy Work: Electromagnetic Field Clearing, Balancing and Activation**

*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 Universal Calibration 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.*

### **EMF: Lattice Workshop Sat, Jan 14, 10 am-5:30 pm \$200**

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. **Practicum: Tues, Jan 17, 6-8:30pm, \$20**

### **EMF Session I: Balance Heart and Mind Sat, Feb 11, 10 am-5:30 pm \$200**

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.

**Practicum: Tues, Feb 21, 6-8:30pm, \$20**

### **EMF Session II: Transmute History; Self-Direction & Self-Support**

**Sat, Mar 10, 10 am-5:30 pm \$200**

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. **Practicum: Tues, Mar 13, 6-8:30 pm, \$20**

### **EMF Session III: Radiate Core Energy; Unify Chakra System**

**Sat, April 14, 10 am-5:30 pm \$200**

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.

**Practicum: Tues, Apr 17, 6-8:30 pm, \$20**

### **EMF Session IV: Activate Potential Sat May 12, 10 am-5:30 pm \$200**

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. **Practicum: Tues, May 15, 6-8:30 pm, \$20**

### **EMF Intuitive and Combination Sessions Sat, June 9, 10 am-5:30 pm \$200**

Overview of all material; Q & A; personal energy alignment; meditation; Learn how to combine elements from each session, as well as one session which puts it all together.

**Practicum: Tues, June 12, 6-8:30 pm, \$20**

# Mary Preuss Olson ~ The Magnificent Living Institute, LLC

## Registration Form

Your name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_ Best way for me to reach you in case of  
emergency (in the event of bad weather, illness etc.) \_\_\_\_\_

Emergency Contact \_\_\_\_\_

\_\_\_\_\_ Please register me for the **Practitioner of Energetic Arts Program**. I will attend all ten trainings and practicums. My deposit of \$200 is enclosed. I understand that my deposit will be applied to the last month's tuition. Payment for the first month and each month thereafter is due on the first of the month. Additional information will be sent to me upon receipt of registration.

\_\_\_\_\_ Please register me for the individual classes only. I am a **new/reviewing** student (please indicate.) My deposit of \$220 is enclosed. My full fee of \_\_\_\_\_ is enclosed.

\_\_\_\_\_ Reiki I \$200new/\$150reviewing \_\_\_\_\_ Reiki II \$200new/\$150reviewing

\_\_\_\_\_ Reiki Advanced \$200/\$150 \_\_\_\_\_ Reiki Master Practitioner \$200/\$150

\_\_\_\_\_ EMF Lattice Wrksp \$200/\$150 \_\_\_\_\_ EMF I: Balance Heart/Mind \$200/\$150

\_\_\_\_\_ EMF II: History \$200/\$150 \_\_\_\_\_ EMF III: Core Energy \$200/\$150

\_\_\_\_\_ EMF IV: Potential \$200/\$150 \_\_\_\_\_ EMF Combo/Intuitive \$200/\$150

\_\_\_\_\_ Please charge my \_\_\_\_\_ Visa \_\_\_\_\_ MasterCard (3% fee added to your bill.)

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Card Number \_\_\_\_\_ Expires \_\_\_\_\_

3-Digit Security Code on Back of Card \_\_\_\_\_

Registration and full payment is due no later than 10 days before class date. Send registration form and payment to: Mary Preuss Olson, The Magnificent Living Institute, 715 Hill Street, Suite 270, Madison, WI 53705. Questions? 608-516-8778 or mary@marypreussolson.com.

Thank you! I look forward to co-creating wonderful things with you!

What former students have to say about the program:

*"I came to the Practitioner of Energetic Arts training when I realized that I was here to heal myself, but just how deep and profound the healing would be, I did not know.*

*Quite literally my whole life has shifted. I recovered memories from my past, my perspective of my story has shifted. I have released what no longer serves me and been filled with love and light. My business has grown, I own a new perfect home, my closest relationships have evolved and I have found my best friend. Most important, I have recognized that I am the woman I've always wanted to be: centered, connected, strong, intuitive, radiant and beautiful.*

*Mary has been such gift to me. Her facilitation has been flawless. The space she holds allowed each of us to step deeper into our centers, creating a sacred bond of support that is safe, nurturing and whole. Mary is a magnificent gift and I honor her."*

*~ Bree Schenkel, Instructor, PILATESPA, former Principal Dancer Kanopy Dance Company  
Madison, WI*

*"The Practitioner of Energetic Arts Program has changed my life. The confidence and knowledge I have gained exceeded my expectations. Mary is a top rate teacher and the support and energy that she brings to each class is inspirational. She taught me that if I transform within then I can make an impact on the world as I know it. I am very grateful to Mary as I continue with my journey."*

*~ Cheryl Kelley, Madison, WI*

*"The Practitioner of Energetic Arts Program was absolutely amazing and right on with what I was hoping to accomplish. WOW. I cannot find words to explain the shift in consciousness and perception I have attained. It's like I've entered a whole new dimension.*

*Mary holds such a powerful, powerful space -- full of love, light and empowerment. She brings in such wisdom and knowledge from all her years of learning and training and experience. The more I get to know her, the more I am utterly amazed at all that she is. Thank you so much, Mary, for sharing who you are and giving me the opportunity to transform my life."*

*~ Tara Dalka, United States of America Snowboard Association Medalist*

*"Mary is a leading edge practitioner and a great teacher who fosters a sense of comfort, security and approachability in her classes. She takes the time to make sure that I "get" the material presented, and makes herself available to answer questions that come up, whether directly or indirectly related to the class material. I leave class feeling comfortable with what I learned, and excited to use in my own practice. I highly recommend Mary's classes."*

*~ Candace Rabe, R.N., Dean Care, Madison, WI*

## **Weather Policy**

Winter in Wisconsin — is there anything more unpredictable? Mary will make every attempt to hold a class no matter what the weather is. Let's keep our eye out for what's happening, check in with the weather channel, and hope for the best! If you do not hear from Mary assume the class is a go. If she cancels or reschedules a class due to weather, she will contact you and/or change the outgoing message on her voicemail. Call to check in -- 608-516-8778.

## **What else you need to know:**

Please dress comfortably, bring a notebook and pen, bottle of water, and whatever else you need to be comfortable. Please advise Mary in advance if you have special needs. You may bring a bagged lunch with you if you'd like. The room will be available to you over the lunch hour to use. We normally walk across the street to Whole Foods and eat there. They have a nice selection of good stuff to eat.

Please arrive at least 10 minutes prior to class start time to give yourself enough time to go to the bathroom and get settled.

You can park in the building (heated parking garage!), on the street in front of the building, or at Whole Foods. To get into the building's parking garage, pull up to the right garage door and push the red button. It's a bit tight, but as long as you don't drive a hummer or stretch limo you should be fine.

## **For students traveling from out of town:**

If you need lodging, go to [www.hotels.com](http://www.hotels.com), and type in "Madison hotels." A new screen will pop up. Refine your search by typing in the office address: "715 Hill Street, Madison, WI 53705." It lists all the hotels according to proximity to the office with the price and amenities. A map is also available.

## **Cancellation Policy**

You are not registered for a class until Mary receives your deposit or full payment. Your phone calls are gladly received but space will not be held without a deposit. If a class is full when your check is received, your check will be returned immediately. Checks, cash and credit cards (for a 3% service fee) are accepted as payment for workshop attendance. Once you send in a deposit for a class, you have committed yourself. Please be clear on your intent. All deposits are non-refundable. If for some reason a class is cancelled, you will be sent a full refund. And if the dates for a class are changed from the posted schedule, you will be asked whether you would still like to attend or receive a refund. Every attempt will be made to keep the dates of events the same as those that are posted in the schedule. In the case of illness or personal emergency on your part, Mary will determine if the deposit can be credited toward another class. If you have any further questions, please feel free to contact Mary.

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Thank you! I look forward to co-creating wonderful things with you!