



Essential Holistics Inc.

Rita Davies Wild

Biography

Rita is a certified Reiki Master and Teacher in the Usui Tradition, receiving full training in Reiki as a Third Degree Master and Initiator. Rita's long career in Transformational Consciousness and Meditation has extended all across the country, from Colorado to New Mexico, California to New York. Rita has been interviewed several times on television, radio and by local press. She has lectured at NYU and Southampton College, as well as numerous health symposiums and spiritual centers.

In addition to Reiki, Rita is a certified Transformational Breath Facilitator, Meditation Instructor, Essential Oils Therapist and a Color Breath Practitioner. Her work has helped many cancer, asthmatic and AIDS patients. Rita recently opened the Essential Holistic Center in Manorville with her husband Tom. They are dedicated to serve the communities holistic needs. She conducts workshops nationwide, lectures at different spiritual centers through out the country where she provides Reiki and Transformational Breath sessions to her students as well as her own private client base.

Credentials:

- Reiki Master and Teacher in the Usui Tradition; trained and certified in 1992 by Reiki Master Kathleen Milner, noted international author on Reiki and other forms of alternative therapy.
- Certified and Trained in Transformational Breath ® at The International Breath Institute since 1993
- Certified and Trained at Young Living in Utah to administer Rain Drop Therapy® as developed and presented by Gary Young.



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Spiritual Experiences:

- In 1990 I began my studies in the Sufi Tradition. By 1995 I took “Hand” (joined the Jerrahi order), and received the spiritual name of “Rabia” from Lex Hixon Nur Al Jerrahi.
- In 1993 I received the Ascension Attunement with Maha Kulki Avatara. Maha Kulki had received a message from Guru Gobind (Archangel Michael), while in the state of nirvana, to bring the Ascension to the United States. I trained under Maha Kulki for a year, doing Ascensions under her guidance. When Maha Kulki went back to India she said that I should continue the work in the United States. For the next year I continued in Colorado, New Mexico and California. To this day I still do Ascension Attunements.
- I joined Siddha Yoga in 1995. While at the Ashram, I had a mystical experience with Guru Baba Muktananda which made a profound difference in my life. This experience guided me to frequently visit the Ashram and to attend the intensives and programs. In addition, I studied their correspondence courses over the next ten years. To this day I still practice Meditation and Chanting in the Siddha Yoga Tradition as well as in Sufi Tradition.
- Ordained Minister: The Order of The Melchizedek; The Sanctuary of the Beloved, Conesus, New York; Ordained in 2000.