

# *Usui System of Natural Healing School of Reiki*

*A Division of QiSsage Body Systems, LLC*

靈氣

## **REIKI NEWSLETTER**

靈氣

Spring Issue, Vol. 1

Usui Shiki Ryoho

March 2009



*Just for today, do not worry.*

*Just for today, do not anger.*

*Just for today, honor your parents, teachers & elders.*

*Just for today, do your work honestly.*

*Just for today, show gratitude to every living thing.*

## WELCOME TO THE FIRST EDITION OF THIS NEWSLETTER

This is the first edition of the Usui System of Natural Healing School of Reiki Newsletter. It has been created as a tool for the school Support Groups to use by sharing their experiences, not only with one another, but with general readership as well. It will also contain interesting and accurate information about Reiki as reported by other reliable resources in the Reiki community.

We welcome our readership's comments and feedback as well as articles which they would like to submit for consideration to print. There is no "deadline" to submit articles. Just write and submit any time by either email or postal mail.

All email submissions must be sent to [qbsreikeeditor@aol.com](mailto:qbsreikeeditor@aol.com). All postal mail submissions must be sent to:

QiSsage Body Systems, LLC  
Reiki Newsletter Editor  
3 Warwick Road  
Eastampton, NJ 08060

The newsletter will be published on a quarterly basis beginning with Spring 2009 and will be distributed electronically on-line at [www.qissagebodysystems.org](http://www.qissagebodysystems.org). Hard copies can be made available (*at the cost of mail & printing*) by request at: [qbsreikieditor@aol.com](mailto:qbsreikieditor@aol.com).

## USUI SYSTEM OF NATURAL HEALING SCHOOL OF REIKI

The Usui System of Natural Healing School of Reiki is a division of QiSsage Body Systems, LLC and has been in existence since 2007.

Shifu Jonathan B. Walker, Ph.D., started this Reiki school in his organization as an additional alternative/complimentary educational service under the Healing Arts component.

Shifu Walker, a Master Teacher in the Usui system, began his Reiki training at the Virtua Health facility in Voorhees, NJ in 2002 attaining Reiki Levels I and II. After 4 years of studying, training and growing in this modality, he completed his training and received his Master Teacher certification in 2006 under the instruction of C. Lynn Carr, Ph.D. of Experience Reiki New Jersey.

Walker's lineage is in direct line with the origin of this system. He was trained by C. Lynn Carr, who was trained by Helen Klayman, who was trained by Laurelle Shanti Gala, who was trained by William Lee Rand, who was trained by Phyllis Furumoto who was trained by Hawayo Takata, who was trained by Chujiro Hayashi, who was trained by Mikao Usui, the originator of the art.

"Although Reiki is a very eclectic art, it is important to me to stay as close to the root of this system to maintain its original intent and purpose so that we do not lose this precious gem as a wellness tool in all of the good that it can produce," stated Shifu who because of his marital arts background now also carries the Japanese title of *Sensei* meaning *teacher*.

"Our school takes on a bit of a different approach to teaching and training students than some other schools," Walker continued. "We have structured our curriculum in such a manner that we believe that our students obtain a complete theoretical education and have availability to ample practical training to round out their knowledge of Reiki," Walker concluded. Walker has been teaching health care topics to the public since he graduated nursing school in 1975.

Students continue to develop their skills, personal growth and development after formal training through Support Groups. They meet regularly to discuss experiences, share information and further develop in the system of Reiki. Shifu Walker occasionally monitors these groups and offers advice and additional instruction when needed.

Since its inception, there have been 55 students pass through the doors of the school achieving status as practitioners from Level I through Level III (ART). This year promises to see several practitioners achieve the Master Level.

If you are interested in attending our school, contact us at (609) 518-9399 for more information.

## GET A "FREE" REIKI SESSION

Interested in getting a Reiki session? Want to get a "FREE" session? In these difficult economic times, FREE is a great word!

You can get a FREE Reiki session from the practicing students of the Usui System of Natural Healing School of Reiki. Reiki Support Groups meet regularly and need clientele who will volunteer to receive a session. These sessions are scheduled at the convenience of the regular meetings of the support group. All sessions are conducted under the guidance of the Reiki Master Teacher, Shifu Jonathan B. Walker, Ph.D.

If you have a valid health care concern or just want to experience Reiki, contact Shifu Walker at (609) 518-9399 to set up a FREE Reiki session.

## DOCUMENTING REIKI SESSIONS

Reiki practices are continually growing and evolving today. More and more people from all walks of life are becoming Reiki practitioners. Sessions are being offered to family and friends in a non-professional manner as well as more professional practitioners whom are licensed health care providers offering sessions in hospitals and clinical settings.

Documentation of your Reiki sessions is an important part of your practice. This means that you will have to create a file system for your clientele but it also means several other purposes will be addressed. These documents can be used to evaluate and enhance the services that you provide as a Reiki practitioner. They serve to keep a record of the types of techniques that you use as you progress in your practice from lower level practitioner to higher level practitioner.

If you document with attention to detail, you will clearly show the quality of care your clients receive, the outcome of the care and the sessions still needed.

Documentation should also include separately, a journal about what you are experiencing during the sessions. When writing your journal, be sure to not edit or analyze what you write. Simply write down your thoughts and feelings. You may want to review it at a later date to see how far you have come.

Check with your Reiki Master Teacher regarding forms already created that may be available for you to use in documentation of your client sessions and personal journals.

Documentation may not be your forte, but with practice and guidance, it will enhance your practice.

## CONTRIBUTING REIKI STORIES

*This section is reports from practitioners who have stories to share about Reiki experiences.*

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### IT'S A MIRACLE

*By Margaret Tomlinson  
Reiki II Practitioner*

Cancer caused my friend to have a mastectomy last spring. During the summer, the incision had not healed. It was oozing fluid constantly. She also had a lot of edema in her arm on the operative side. The doctor then decided to debride (*remove old skin and clean up the area*) and do a skin graft.

In three weeks, there was no sign of healing and still oozing at the incision site. Her nephew asked her if he could administer Reiki to her. She was skeptical but willing to try most anything.

By fall, the area showed a great improvement. December proved to be a blessing. Everything healed well and the edema was almost gone.

She told me, "A miracle has happened!" Now she knows Reiki does work!

### REIKI ANECDOTE

*by Alice Newman,  
Reiki II Practitioner*

My son, age 35, has been having some financial challenges lately, connected with the current recession. He owns a small business in Colorado, specializing in energy healing. Although I knew he was feeling extra fear and worry, I was not prepared for his negative outpouring of emotion in our last telephone conversation. Having known him all his life, I realized that something must truly be wrong, if he was behaving in such an irrational manner. I felt powerless to help him.

Our conversation took place on a Monday. After giving it some thought I decided that there might, indeed, be something I could do for him - - send him long-distance reiki healing. On the first day, I used my son's photo as a vehicle for the healing process. As I began to communicate healing wishes, more and more wishes began pouring out of my mind, and as they came, I sent

them. This took quite awhile. On subsequent days I repeated this process.

On Saturday, I received a phone call. It was from my son. This call was out of character, because phone calls have been rare over the years. We generally use e-mail or I call him. Therefore, my surprise at receiving this personal communication prompted me to blurt out, "I have been sending you messages every day!" He responded, "Do you mean psychic ones?" "Yes," I replied. His reply came back, "Why do you think I called?"

Since I have been studying and practicing tai chi and reiki I have learned about the vast spiritual and healing power that the Universe places in our hands. I am continuously humbled as the Universe reminds me of the miracles available to all of us. I know that a miracle happened that day.

## OUR REIKI CURRICULUM

Our curriculum has been designed to create the greatest possibility to effectively learn and practice Reiki. Its infrastructure is based on traditional teaching methods. The curriculum has been broken down into its simplest parts and is delivered in two categories: theory and practice.

Therefore, the curriculum has been divided the art into five (5) levels. They are Level I, Level II, Level III (ART), Master Practitioner and Master Teacher.

Each level acts as a stepping stone to the next in preparation of attaining the highest level desired by any individual practitioner but maintaining the option and preparation for him/her to achieve the next higher level. The goal of the school is to produce quality practitioners at the Master Teacher level but we acknowledge everyone's right and privilege to achieve the level of their desire.

The curriculum includes and encourages practitioners to join a Support Group. These Support Groups give the practitioner the opportunity to continue to learn and share their knowledge, outside the classroom, with fellow classmates. It also serves to give the community an opportunity to obtain "free reiki services" in exchange for additional practical experience of the school's practitioners.

The curriculum is continually updated according to discoveries in the Reiki community

regarding the origin of the art and new research about its founder, Dr. Mikao Usui.

## REIKI CLASS SCHEDULE FOR CALENDAR YEAR 2009

All classes are taught by certified Reiki Master Teacher, Jonathan B. Walker, Ph.D., Sensei. Certifications are presented by and registered under the Usui System of Natural Healing School of Reiki.

All classes are pre-scheduled, limited space available and pre-registration required. Classes will be confirmed upon sufficient pre-registration. Pre-registration is open all year. Pre-registration will include a non-refundable \$25.00 deposit and a 50% refundable down payment on the class and materials.

Reiki I . . . . . May 23, 2009

Reiki II . . . . . Jun 27, 2009

Reiki III (ART) . . . . . Jul 25, 2009

Master Practitioner . . . . . Aug 21-23, 2009

Master Teacher . . . . . TBA

There are prerequisites for Levels II, III (ART), Master Practitioner and Master Teacher. For specific prerequisite information, contact the school at (509) 518-9399.

Classes will be held in South Jersey (*Burlington & Camden County areas*). Specific sites will be announced in class, on flyers and on our web site at [www.qissagebodysystems.org](http://www.qissagebodysystems.org).

To ensure your space in the next Reiki class, submit your pre-registration with non-refundable deposit soon. Down payments are due 15 days prior to the scheduled class.

In this newsletter, a *Reiki Class Pre-registration* form can be found and printed out for your convenience.

Classes are open to certified practitioners who feel that they need a "refresher" class. "Refresher" students must produce a valid certification of their highest Reiki level achieved by a certified Reiki Master Teacher.

Classes are also open to practitioners from all Reiki schools. Just provide a valid certificate from a certified Reiki Master Teacher upon request.



# LEARN REIKI



## Usui System of Natural Healing School of Reiki

(A Division of QiSsage Body Systems, LLC)

### CLASS PRE-REGISTRATION FORM

Yes, I would like to pre-register for the next available Usui System of Natural Healing School of Reiki class. Below, I have indicated which class I am interested in attending. I understand that there are prerequisites for class levels II, III (ART), Master Practitioner and Master Teacher and I have met those prerequisites, however, there are no prerequisites for Level I.

I am interested in attending (*circle your choice*): \*(Locations to be announced)

Reiki Level I May 23, 2009 9:00- 3:30 \$85.00 (incl. materials)	Reiki Level II June 27, 2009 9:00- 3:30 \$115.00 (incl. materials)	Reiki Level III (ART) July 25, 2009 9:00- 5:00 \$270.00 (incl. materials)
	Master Practitioner 6:00- 9:00 & 9:00- 5:00 August 21-23, 2009 \$400.00 (incl. materials)	Master Teacher 9:00- 5:00 TBA \$575.00 (incl. materials)

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_ email \_\_\_\_\_

My present Reiki certification level is: \_\_\_\_\_  
 I received this certification on (*date*): \_\_\_\_\_  
 I was trained under Reiki Master Teacher: \_\_\_\_\_  
 My teacher can be reached at (*phone, email, postal mail*): \_\_\_\_\_

I am remitting my nonrefundable \$25.00 deposit to hold my space in the next available class. I understand that I must remit a 50% down payment no later than 15 days prior to the scheduled class at which time my deposit will be credited toward the cost to the class and materials. My balance is due no later than the scheduled class date.

\_\_\_\_\_  
 (*Your signature*) \_\_\_\_\_  
 (*Date*)

Remit Payment to: QiSsage Body Systems, LLC Contact us: (609) 518-9399  
 Send to: 3 Warwick Rd, Eastampton NJ 08060

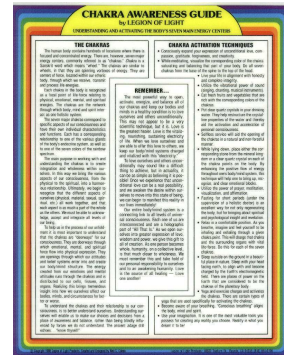
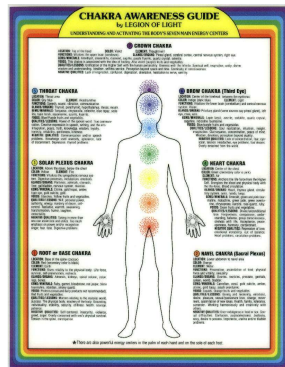
Method of Payment (*circle one and/or fill in info*):

Cash \_\_\_\_\_ Check # \_\_\_\_\_ Money Order # \_\_\_\_\_

Credit Card    \*(Call 609-518-9399 for credit card use)

# REIKI EQUIPMENT & SUPPLIES

## CHAKRA AWARENESS GUIDE



A colorful coded, laminated, 8"x10" chart with all of the chakras listed anatomically around a human form and highlighted with the location, color, element, function, glands/organs, gems/minerals, foods, qualities/lessons and negative qualities for each chakra on one side. The reverse side contains additional information regarding the chakras and chakra activation techniques.

## REIKI HAND POSITION CHART



A 25"x38" wall chart containing all of the hand positions used in treatment for self, others and 4 additional positions for alternative methods. Each position has a clear 3" illustration of every hand position including description and numbered accordingly.

## REIKI TABLES



Popular brand names like Avalon, Element, Harmony and Spirit. These tables are of good quality and craftsmanship. These durable tables of intelligent design are easy to set-up and carries a lifetime warranty. Tables come in a variety of designs, colors, widths and with adjustable heights and adjustable headrests. Most tables have the patented "Cradle Lock Cable System." Reiki Endplates and other option equipment are also available.

## REIKI STOOLS



3" padded seat rolling stools, adjustable from 19"-27" in height or rugged 19" flat folding stools both in a choice of matching colors and vinyl

## REIKI T-SHIRTS



100% cotton T-shirts in purple with white lettering. Your choice of "Don't Worry, Do Reiki" "the original Kanji for "Reiki" and "Logo" in small, medium, large, extra large, double extra large, triple extra large.

\*All supplies and equipment can be obtained through the school. For prices and ordering information, contact (609) 518- 9399.