

*Usui System of Natural Healing  
School of Reiki*

*A Division of QiSsage Body Systems, LLC*

靈氣

**REIKI NEWSLETTER**

靈氣

Summer Issue, Vol. 1

Usui Shiki Ryoho

June 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.*

## REIKI SUPPORT GROUPS GO TO FACEBOOK!

The Usui System Reiki Support Groups have a new vehicle for communications. Yes, we're on Facebook!

The account was established to offer a means of communication between the different support groups in the QBS, LLC Usui System of Natural Healing School of Reiki. Walker Sensei opened an account and created the special "group" for the school members. "So far, we have 8 members from 2 different support groups participating on the Facebook vehicle," stated Walker. "I will post different topics of discussion for the group on the "Discussion Board" as well as post comments on the "Wall." Members may respond to these comments and discussions or create their own topics for discussion. I know that our people are not yet Facebook savvy but that will happen in time."

If any members are having difficulty using Facebook to get into the group, contact the school for assistance.

## KURAMA MOUNTAIN

Kurama (*pronounced coo rah mah*) Mountain is the place in traditional Reiki lore where Mikao Usui received the gift of Reiki. This place has been more of a legend to Reiki practitioners than an actual place that can be visited but it does exist.

It is said that Dr. Usui meditated near the top of this mountain for 21 days at a site called Osugi Gongen and received the Reiki healing energy.

Kurama, which means "horse saddle mountain" is not a major mountain in Japan. Fifty-five million years ago, this area was a seabed. Thrust upward by volcanic rock, today it stands 1870 feet above sea level. Remains of the seabed are still evident at its lower elevations but volcanic rock is more evident at the mountaintop.

Ancient trees still remain standing as colossal sentinels in witness to the mountain's status as a sacred place. It's temple complex has drawn worshippers for centuries. Kurama Temple, located seven miles north of the old Imperial capital of Kyoto, once provided relief from heat and humidity for members of the Imperial Court. It also played a role in the history of warring

shoguns and the mythological lore of various deities.

## REIKI SUPPORT GROUP MEETINGS

The "support groups" are doing a great job with regular meetings to share information with one another, maintain a degree of academic study and keeping abreast of their practice.

The Reiki School has instituted the next level of objectives for the groups to help them grow and progress as practitioners. It has begun to offer Reiki sessions to the general public. These sessions will be conducted by the support group practitioners as a means of both raising the level of their Reiki practice and providing a service to the public. These sessions are conducted under the guidance of Jonathan B. Walker, Sensei.

This activity will enable new and continuing practitioners to perform actual sessions in a comfortable and relaxed learning atmosphere on "real" clients. This will provide essential learning experiences in their skills and techniques in a controlled setting. In addition, as the practitioner advances to higher levels of training, they have a "built-in" practical experience in their learning schedule.

"I think that this addition to our program is a valuable and worthwhile adjunct for the practitioners," commented Walker Sensei. "Reiki is a very eclectic art and that sometimes makes it difficult to learn the basics of the practice. Student practitioners often encounter confusion in the many varied techniques and styles developed by other Reiki schools of thought. Providing a controlled learning experience composed of theoretical and practical exercises gives the student practitioner an opportunity to establish a solid working base. Once this is in place, the practitioner will have a greater foundation on which to build a more specialized Reiki practice, if they so desire."

## 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 support group's schedule. All sessions are conducted by qualified practitioners under the guidance of the Reiki Master Teacher, Jonathan B. Walker, Ph.D., Sensei.

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

## CONTRIBUTING REIKI STORIES

*This section features reports from practitioners and clients who have stories to share about Reiki experiences.*

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### REIKI EXPERIENCE: ENKAKU CHIRYO

*By Guy Cornish  
Reiki III (ART) Practitioner*

Saturday, February 14, Valentine's Day started like any other. I had a bowl of instant hot cereal for breakfast along with my regular medications and felt fine. I had eaten a hamburger late the previous evening after watching my granddaughter perform in a fashion show at her high school. She called a bit after breakfast for a ride to my house. As I was preparing to go to pick her up, I started experiencing some discomfort in my stomach.

Continued discomfort accompanied by swelling and intense pain began to build up during the rest of the day causing me to miss a friend's daughter's wedding. I eventually ended up in the Emergency Room at the local hospital that evening.

X-rays were taken and I was admitted for a bowel obstruction. An NG (nasal gastric) tube was inserted into my stomach through my nose and a CAT Scan was taken. The doctors found distention in several sections of my small bowel and decided that I should be placed on NPO (nothing by mouth) status. Intravenous fluids and antibiotics were started and I was scheduled to have exploratory surgery on a Tuesday at 2:00 p.m.

I remembered that I was supposed to attend a Reiki Support Group session that Monday evening at the Reiki Master Teacher's home. At approximately 8:03 p.m., I received a text message from his wife, also a Reiki III (ART)

practitioner, that the group was sending Distance Reiki Healing Energy [Enkaku Chiryō: (*enkaku means sending and chiryo means energy*)] to me for which I greatly thanked them. I had some medication for pain and went to sleep preparing myself mentally for surgery the next day.

I had bowel activity for the second time Tuesday morning at about 9:45 a.m. and the nurse and more doctors came in to evaluate me at 10:20 a.m. They couldn't find anything wrong. My blood studies were a bit off but all the pain was gone and all of my vital signs were in the "normal" ranges, so the surgery was cancelled!

Unbeknownst to me until much later, the "Tai Chi for Seniors" class at the recreation center where I help to instruct had just sent Reiki energy to me at the start of their class session at 10:00 a.m. I was allowed to have some broth, Jell-O and tea around 2:00 p.m. and more for dinner. I had to go back on NPO after midnight for a series of follow-up tests on Wednesday morning and afternoon.

I was cleared to "go home" on Thursday afternoon with a follow-up x-ray series scheduled for Friday. The results of that series showed no evidence of distention or obstruction!

Prayers and Reiki did the job!

### IMMEDIATE BENEFIT!

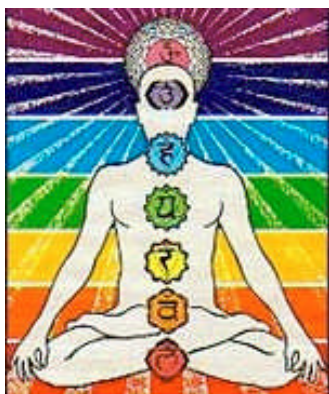
*by Judy M  
Reiki Client*

I wanted to thank you and the Support Group for inviting me to the Reiki meeting last week. I can tell you I received immediate benefit from the sessions, especially on my way home that night. I don't even remember the drive or how long it took; didn't seem to matter.

The real surprise came when I was telling my sister about what I experienced when she realized I was standing "flat" on my feet!!!! Okay, this is HUGE! That hasn't happened in eons!! Also, my stomach was so quiet over the next 3-4 days – AMAZING I tell ya', AMAZING. Ken & Guy made a tremendous impression. I never felt uncomfortable or tense during the sessions – just relaxed. I drank about a gallon of water when I got home and more than ever over the following few days. That's a plus too.

I really like the Reiki. I'll be back!

## THE CHAKRA SYSTEM



The human body contains hundreds of locations where there is focused and concentrated energy. There are, however, seven major energy centers referred to as “chakras.”

Chakra is a Sanskrit word that means wheel. If we could see the chakras, we would observe a wheel of energy continuously revolving or rotating.

Each chakra in the body is recognized as a focal point of life-force relating to physical, emotional, mental and spiritual energies. The chakras are an energy network through which the body, mind and spirit interact as one holistic system.

We can look at the chakras as “doorways” for our consciousness. These doorways permit emotional, mental and spiritual force to flow into our physical expression thus bringing us to a higher awareness of self.

### 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 II . . . . . Jun 27, 2009

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

Master Practitioner . . . . . Aug 22-23, 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 other Reiki schools. Just provide a valid certificate from a certified Reiki Master Teacher upon request.

### SUBMIT AN ARTICLE TO THIS NEWSLETTER

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 [qbsreikieditor@aol.com](mailto:qbsreikieditor@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).

# REIKI 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*):

Reiki Level II

June 27, 2009

\$115.00 (incl. materials)

Reiki Level III (ART)

July 25, 2009

\$270.00 (incl. materials)

Master Practitioner

August 22-23, 2009

\$400.00 (incl. materials)

Master Teacher

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.

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

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

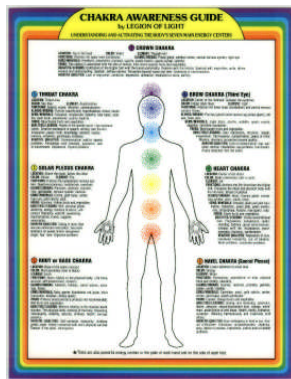
Credit Card



\*(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 carry 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 optional 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.