



Usui System of Natural Healing
School of Reiki

A Division of QiSsage Body Systems, LLC

www.qissagebodysystems.org

靈氣 **REIKI NEWSLETTER** 靈氣

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Usui Shiki Ryoho

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招福の秘法
為病の靈藥
今日又けは怒るな
心配すな感謝して
業をなげめ人に親切に
朝夕合掌と心に念じ
口に唱へよ
心身
改善
臼井靈氣療法
琴平祖
臼井靈氣

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.

A GOOD YEAR FOR THE REIKI SUPPORT GROUP



The Usui Reiki System of Natural Healing School of Reiki Support Group has done a wonderful job this year meeting regularly to keep abreast of their practice and share valuable information among them.

The support group was initially offered to students of the school as a means of continuing their education through contact with those who took classes together. "Reiki is an eclectic art. I wanted my students to have an outlet for communications with those who shared in this school's methods of teaching," said Walker Sensei. "There are so many schools of Reiki and even more "styles" of Reiki that most people find it awkward to converse on the same plane unless they have attended the same or a very similar school. This seems to create more confusion than cohesion for new practitioners so I provided a platform of like knowledge for my students to grow until they become more knowledgeable of other methods. This will create solidarity in their fundamentals of Reiki so that when they are more experienced they will have a better chance of understanding different styles and how they compare to their own education."

The group meets regularly twice a month to discuss challenges in learning, share research in reading and experiences but mostly to help keep track of their direction in the practice. To be able to dialogue amongst them helps to greatly understand material that they may have not clearly understood during classes.

There are even times when a "client" may visit the group for the purpose of getting a session (*at reduced rates*) thereby providing the practitioners with additional experiences and time to immediately process feedback after the session when the client is gone.

The group's last meeting this year focused on an overview of 2009 in addition to planning direction and goals for 2010.

SUBMIT AN ARTICLE TO THE 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 qbsreikeditor@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 and will be distributed electronically online at www.qissagebodysystems.org.

CONTRIBUTING REIKI STORIES

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

HYPNO-REIKI?

As the client walked in, I could see and hear in her voice the stress that she had been dealing with for the past few months. As with all clients, we sat and I began the interview. As she spoke, I decided that she was the candidate to perform the new combination session, *Hypno-Reiki*, which I had recently read about in one of my board newsletters. I sat up and said, "You know that I am a certified hypnotherapist as well as a Reiki Master, so I would like to use a combination of both hypnosis and Reiki today. Would you consent to that?" As I thought she would, she said, "Yes."

About a week later when I saw her, she reported, "That session really worked great!"

J.B Walker, Sensei, HcT

REIKI & CRYSTALS



Since ancient times crystals have been prized for their everlasting beauty. Some of the most valued crystals are diamonds, emeralds and rubies. According to Webster's Dictionary a crystal is a body that is formed by the solidification of a chemical element, a compound, or a mixture and has a regularly repeating internal arrangement of its atoms and often-external plane faces.

These mineral-based stones also have the power to vibrate when energy passes through them. The vibration of crystals has the ability to heal at an energetic level, too. This in turn aids in the healing of the physical body, sometimes even before any symptoms are apparent. Crystals can also balance, strengthen, focus and store energy. Cultures from around the world have used crystals for many years to improve health. Crystal growth is based on order and balance. This is another reason that crystals can be effective in healing. When we use them with the intent to heal they can help restore balance within our own bodies. When we make crystals an integral part of Reiki treatments they amplify our connection to the healing power of the universe.



Clear Quartz



Different Shapes



Different Sizes

Crystals come in a rich assortment of colors that span the light spectrum. White stones are effective in clearing the aura, while black stones help to provide grounding. Red, yellow and orange stones cultivate energy and organization. Green and blue stones promote the qualities of calmness and peacefulness. Violet and dark blue stones enhance the potential for change and increased awareness.

Specialized properties are often attributed to specific stones. Tiger's Eye is known for inspiring courage and is good for the entire digestive system. Lapis Lazuli improves creative expression and strengthens the thyroid and skeletal system. Emerald fosters unconditional love and strengthens the heart, liver, kidneys and immune system.

Each of the chakras has a specific color associated with it. In some cases there are secondary colors as well. In our Reiki practice we can select from a variety of stones to connect with a specific chakra. Some popular crystals are listed below, but others can also be used if they are in the same color family.



The root chakra's primary color is red with a secondary color of black. Ruby, garnet, bloodstone, red jasper, black tourmaline, obsidian and smoky quartz can all be used with this chakra.

The naval or sacral chakra color is orange. Carnelian, coral, gold calcite, amber, citrine, gold topaz and peach aventurine connect with this chakra.

The solar plexus chakra is yellow. Citrine, gold topaz, amber, tiger's eye and gold calcite are all good choices.

The heart chakra's primary color is green with a secondary color of pink. Emerald, pink and green tourmaline, malachite, green jade and rose quartz can be used with this chakra.

The throat chakra's color is light blue. Turquoise, blue topaz, sodalite, lapis lazuli and aquamarine work well.

The brow/third eye chakra color is indigo. Sodalite, lapis lazuli and sapphire are appropriate.

The crown chakra's colors are violet with a secondary color of white. Amethyst, purple fluorite, diamond, quartz crystal and selenite all relate to this chakra.

Size and shape enhance the power of a crystal. Large stones do not necessarily have more energy than smaller ones. A crystal's effectiveness is also determined by the clarity of

its color and its shape. Gemstones that are in their natural state bring us in touch with the elemental forces of the universe. Those that are tumbled by friction help us to confront things within ourselves that we find troublesome.

Precisely cut stones focus and enliven energy. Cabochon cut gemstones have a flat base and a raised top. This shape reflects a solid connection to the earth through its level side and a gentle uplifting energy through its domed surface. The facet cut is frequently used on translucent gemstones to increase their brilliance. This expertly refined cut also improves the ability to strengthen our own inner fire and develop abilities within.

There are a great variety of crystals in the world. It is fun to learn about the many different types. Photographic books on crystals let you see examples of what is available to work with in your Reiki practice.

Choosing a crystal is a very personal decision. It should be guided by your own intuition. When you look at a selection of crystals pay attention to what appeals to you the most. Hold the crystal in your hand and see how it feels. Do you notice a sense of pleasure, happiness or peacefulness? Do you just like it but are not sure why? Or have you actively sought it out because of the healing attributes associated with it? Each stone is unique just as each person is unique. Trust that your intuition will lead you to what is best.

When you purchase a crystal it is important to cleanse it to remove any accumulated energy that may have been absorbed from those who handled it previously. There are many different ways to cleanse crystals, including using dry salt, soap and water, placing them in sunlight or moonlight or using sound vibrations such as those produced with a Tibetan singing bowl. Since crystals have different levels of hardness some may become damaged by salt, water or sunlight, so if there is any concern it is best to check a mineralogy book for guidance. Crystals should be cleansed on a regular basis depending on their frequency of use. This can be daily, weekly, bi-weekly or monthly.

When crystals are used for Reiki healing they should be cleansed both before and after giving a treatment. One of the simplest methods is to hold the crystals under cold running water for a short period of time. Imagine that the water is

purifying the stones. Use a clean cotton towel to dry them after you have finished.

Visualization on its own is another effective way to cleanse. Place the crystal(s) in your hand. Focus on it. Visualize that a bright white light is surrounding the stone. Then imagine a beam of white light passes through the stone taking away any stored energy. Continue thinking of this image until you are satisfied that the stone has been cleansed.

Reiki treatments with crystals can be performed in one of the following ways:

- Select a crystal that you think will be beneficial to use during a treatment. It can be associated with any of the chakras. It can be one that has healing attributes in an area of concern for you. Sit in a comfortable chair. Place the cleansed crystal between your feet on the floor. Administer the Reiki hand postures for self-treatment.
- Select one stone for each chakra. Lie down and place each cleansed stone on a chakra point. Place the crown chakra stone above your head. If the stones are too large place them next to you near the chakra positions. Administer the Reiki hand postures for self-treatment. As you work on each chakra also think about the stone and the increased energy that is flowing to that area.
- Select seven of the same crystals. Lie down and place each cleansed stone on a chakra point or near the point alongside of you. Administer the Reiki postures for self-treatment. This use of seven identical crystals for achieving healing effects is explained in great detail in the book *Reiki with Gemstones*.

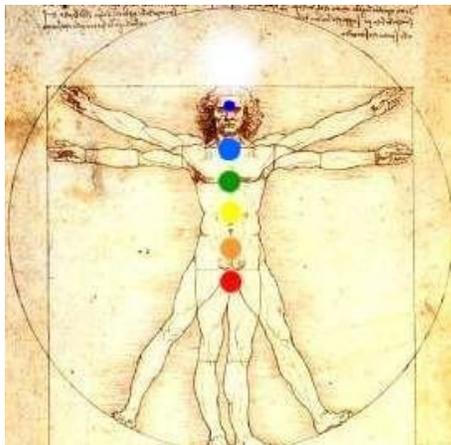
Keep in mind that crystals are not necessarily a Reiki modality. Crystal healing can be and often is a entire healing modality by itself.

Whether or not you use crystals in your Reiki treatments is entirely up to you and how you feel about using them. The choice is yours.

If crystal treatments are not a part of your Reiki training, it is recommended that you do the research and investigate further. Maybe this brief introduction will be your initiation.



THE CHAKRAS



Chakra is a Sanskrit word meaning wheel, or vortex, and it refers to each of the seven energy centers of which our consciousness is composed.

These chakras function as pumps or valves regulating the flow of energy through the energy system of our body.

Chakras are not part of our physical being. They are part of our consciousness similar to auras. They are said to interact with our physical body through two major vehicles, the endocrine system and the nervous system.

All of our senses, states of awareness, perceptions and everything possible to experience can be divided into seven categories. Each category can be associated with a particular chakra, therefore chakras represent parts of our physical body as well as our consciousness.

The following information will represent *some* of the characteristics of each chakra:

1 - ROOT CHAKRA

Location: Base of the spine

Color: Red/Black

Element: Earth

Function: Life force, survival

Gland/Organ: Adrenals, kidneys

Gem: Ruby, garnet, bloodstone

Foods: Proteins, red fruits/veggies

Qualities: Grounding, stability, patience

Negative Qualities: Insecurity, anger

2 - NAVEL CHAKRA

Location: Navel area

Color: Orange

Element: Water

Function: Procreation, sexuality

Gland/Organ: Ovaries, testes, genitals

Gem: Carnelian, amber, gold topaz

Food: Liquids, orange fruits/veggies

Qualities: Emotions, pleasure

Negative Qualities: Jealousy, confusion

3 - SOLAR PLEXUS CHAKRA

Location: Above the navel

Color: Yellow

Element: Fire

Function: Metabolism, digestive process

Gland/Organ: Pancreas, stomach, liver

Gem: Citrine, tiger eye, gold

Foods: Starches, yellow fruits/veggies

Qualities: Will, humor, immortality

Negative Qualities: Hate, anger, fear

4 - HEART CHAKRA

Location: Center of the chest

Color: Green/Pink

Element: Air

Function: Blood circulation

Gland/Organ: Heart, thymus, lungs

Gem: Emerald, green jade, rose quartz

Foods: Green fruits/veggies

Qualities: Forgiveness, acceptance

Negative Qualities: Out of balance

5 - THROAT CHAKRA

Location: Throat area

Color: Sky blue

Element: Akasha/ether

Function: Speech, sound, vibration

Gland/Organ: Thyroid, hypothalamus

Gem: Turquoise, sodalite, aquamarine

Foods: Blue/purple fruits/veggies

Qualities: creative speech, wisdom

Negative Qualities: Ignorance

6 - BROW CHAKRA

Location: On forehead between eyes

Color: Indigo/dark blue

Element: Light

Function: Vision, cerebellum, CNS

Gland/Organ: Pituitary

Gem: Lapis lazuli, sapphire, azurite

Foods: Blue/purple fruits/veggies

Qualities: intuition, clairvoyance

Negative Qualities: Cynicism, tension

7 - CROWN CHAKRA

Location: Top of the Head

Color: Violet

Element: Thought/will

Function: Cerebrum

Gland/Organ: Pineal gland

Gem: Amethyst, alexandrite, diamond

Foods: Fasting

Qualities: Idealism, unity

Negative Qualities: Depression, senility



LEARN REIKI



Usui System of Natural Healing School of Reiki

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SCHOOL PRE-REGISTRATION FORM

Yes, I would like to pre-register for the upcoming Usui System of Natural Healing School of Reiki 2010 classes. Below, I have circled which class(es) I am interested in attending. I understand that there are prerequisites for classes above level II however, there are no prerequisites for the entry Level I.

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

Reiki Level I Reiki Level II ***SPECIAL:** Reiki Level I & II

Reiki Level III (ART) Reiki Master Practitioner Reiki Master/Teacher

***SPECIAL:** Pre-register for Reiki Level I & Level II and receive a 10% discount (\$25.00 value) off the registration fee for Reiki Level III (ART) class. You will, also, be included on the mailing list for early notification of the Level III (ART) class and will be guaranteed a seat in that class!

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 a one-time nonrefundable \$25.00 deposit TODAY to hold my seat in the next available class(es). I also understand that my deposit will be credited toward the cost of my class(es) and materials at the time of my full remittance for the selected class(es).

(Your signature)

(Date)

Remit Payment to: **QiSsage Body Systems, LLC**
Send to: 3 Warwick Rd
Eastampton NJ 08060

Contact us: (609) 518-9399

Method of Payment (*fill in info*):

Cash _____ Check # _____ Money Order # _____

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

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.***