



# *Usui System of Natural Healing School of Reiki*

*A Division of QiSsage Body Systems, LLC*

[www.qissagebodysystems.org](http://www.qissagebodysystems.org)

## 靈氣 *REIKI NEWSLETTER* 靈氣

Fall Issue, Vol. 2

Usui Shiki Ryoho

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*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.*

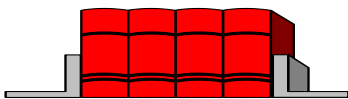
*Just for today, show gratitude to every living thing.*

## CONTRIBUTING REIKI ARTICLES

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

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### BOOK REVIEW



Title: *Reiki:  
A Comprehensive Guide*  
Author: Pamela Miles  
Publisher: Jeremy P. Tarcher/Penguin  
Copyright: 2006  
ISBN: 1-58542-474-9  
List price: \$26.95  
Reviewer: Janet Hoesly

“This is not *The Reiki Gospel According to Pamela*, nor is it *The Reiki Rule Book*, but simply a Reiki companion,” explains Pamela Miles in *Reiki: A Comprehensive Guide*. Miles, a Reiki Master who has practiced Reiki for nearly 25 years, offers an insightful overview of essential Reiki topics including, “What is Reiki and How Can It Help Me?” “Reiki and Your Health,” and “Reiki Treatment or Training?”

This book is directed at the reader who has little or no experience with Reiki. Miles’ writing is clear and informative. While the author’s discussions on certain topics, *e.g.*, Reiki training, reflect her Reiki lineage, Miles emphasizes that “there is not one way.” Experienced Reiki practitioners will find Miles’ observations insightful and often thought provoking. She may make you rethink some of the “facts” you thought you knew about Reiki.

The main message that Miles conveys throughout is that Reiki is gentle, safe and, most importantly, it is effective. Miles provides a wealth of anecdotal evidence based on her own experiences and that of her students. While some of the anecdotes address specific health concerns, others illustrate some of the subtle as well as life changing effects Reiki can have.

However, for those who would like to see “hard science” on this healing practice, Miles devotes two chapters to current medical and scientific research. Miles, who has collaborated

on Reiki research and taught Reiki in medical schools across the country, presents a sound and reasoned argument for using Reiki in conventional medical settings.

I read this book shortly after completing first level training and recently re-examined it after completing Master Practitioner training. I’m still struck by her gentle and easy-to-understand approach to Reiki. While I’ve gone on to read other works that provide more “facts” or intricacies regarding Reiki, I find Miles’ insights invaluable.

### THE HEALING PROCESS

by Ken Catalano

The healing process goes on indefinitely from birth to death and maybe even longer. Some religions believe that your essence never stops; it keeps going. So whatever your belief is, your healing process goes on for a long time.

When things get out of balance and the flow of energy and fluids stop flowing smoothly, it causes toxins to build up in your body. Toxins and restriction of chi flow are what cause illness.

Sometimes when you are going through a healing process, you will feel worse before you get better. This is called a healing crisis. It is because when one organ is not working properly, then the other organs have to work harder.

Toxins are released from sick organs as part of the healing process and evacuated through the skin, kidneys and bowels, etc.

So when you get a Reiki treatment or any other kind of treatment, it may take some time for toxins to leave your body and for your body to be rebalance. This would be your optimum health status.

To keep optimum health you must work at it all the time by getting massages, eating nutritious food, exercising, sleeping well, fasting, cleansing baths, Tai Chi, Reiki and Qigong.

### ANIMAL REIKI

by Guy Cornish

In 2006, one of my twin daughter’s friends gave her two kittens, though very different, from the same litter. One of the kittens, Minerva is a black and white domestic short hair female. Samuel, the other kitten was a chocolate-chip colored male Siamese. I say was because

Samuel was struck by a car and killed on my birthday in 2007, shortly after I received my Level 1 Reiki Certification.

The shock and grief were quite overwhelming for me. Samuel and I had a very special relationship. I could call or motion to him to come to me and he would. Minerva was not so accommodating with me.

I had read somewhere about giving Reiki to animals, plants and even mechanical things that were not performing as usual, however, I had never attempted it with the cats until Samuel's tragedy.

I started giving Reiki to Minerva to protect her prior to letting her go outside because she would go into the street to sniff the spot of Samuel's demise. She would also wander the neighbor's yard on her regular "area of patrolling".

A couple years or more later, I added a mini-treatment whenever she started hacking and coughing on a hairball or regurgitating food. She seemed to be very receptive to the Reiki treatments and eventually became very affectionate with my entire family.

## **STARTING A REIKI BUSINESS**

Do you do Reiki for friends or family? Have you considered doing it as a business? There are a few considerations that you should think about first.

**Licensing** At present, there are no governmental issued licenses to practice Reiki. However, Reiki practice might be included in your state's local massage license laws (*if they exist in your state*). In Texas, you may have to become ordained as a minister to practice Reiki. So, it's important to check your local state laws first.

Business licenses are almost always required to open a business in any state and/or local municipality. Check your area chamber of commerce or city/county administrative office.

**Insurance** There are various types of insurance for businesses and individuals, however, one type of insurance that you will need to investigate is "liability" insurance. This may also be referred to as "slip/fall" insurance. Depending on where you are performing the Reiki treatments, you may be required to carry other types of insurance also such as "professional" insurance that will cover any

personal claims against you as the practitioner (*a lot like malpractice insurance*).

There are organizations that will provide Reiki insurance through their brokerage. You may be required to join their organization in order to obtain the insurance but this is a good thing. Belonging to a group will make available group rates for insurance that will be much more affordable than seeking individual policies. A quick search on the Internet will expose you to the organizations that make this type insurance available to Reiki practitioners.

**Taxes** Yes, taxes! If you are going to be in business, you will have to pay taxes. Good news is that you may be eligible for tax write-offs as a business owner. Taxes can be confusing but there is plenty of assistance out there. The IRS has a web site with plenty of information and forms as well as toll-free phone numbers at your disposal. When your business grows, you may also want to consider enlisting the assistance of an accountant or bookkeeper.

**Files** As any good business does, you should maintain an accurate and proper business filing system. Keeping good records and files is essential in tracking your progress and maintaining your business.

Client files are as essential if not as important as business files. You are encountering clients at a personal level while dealing with sometimes sensitive issues. Confidentiality is a must and the records must follow the same course of action.

**Other Considerations** Other considerations to get your business started are equipment such as a Reiki table, bolsters, stool, and sheets/table paper. Still you need to think about your business cards, brochures, flyers and other means of advertisement like a web site.

There may be many more little things like paper, pencils, pens, file folders, filing cabinet and such items.

You may want to consider a name for your business as well as a logo to identify your personal business from other Reiki businesses.

**Some Final Thoughts** This may give you doubts about starting a Reiki business/practice. When starting out, take one step at a time and address issues as they arise. Things will smooth out. Just keep in mind what the goal . . . to help others with Reiki!

# WANT A REIKI SESSION?



**Call for an appointment  
(609) 518-9399  
or  
email: [yangqichen@aol.com](mailto:yangqichen@aol.com)**



# 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



## END PLATES



## STOOLS



## FACE CRESENTS



## BOLSTERS



## FOOT REST



## TABLE SHEETS



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