



Usui System of Natural Healing School of Reiki

A Division of QiSsage Body Systems, LLC

www.qissagebodysystems.org

靈氣

REIKI NEWSLETTER

靈氣

Spring Issue, Vol. 2

Usui Shiki Ryoho

March 2010



Just for today, do not worry.

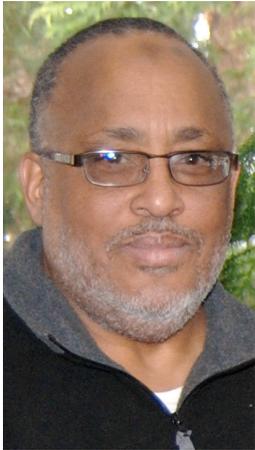
Just for today, do not anger.

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 PRACTITIONERS ADVANCE IN THE SYSTEM



Abdul-Malik Ali (lt) and Tracey Parkes (rt) received their Level I and Level II certifications respectively in the Usui System of Natural Healing.

The Usui Reiki System of Natural Healing School of Reiki advanced 2 student practitioners to the “next levels.”

Tracey Parkes of Florence, NJ recently completed Level II of the Usui System of Reiki. Not being a novice to energy work, Tracey has an active background in massage therapy and plans to integrate her Reiki practice into massage sessions as well as utilize it as an independent modality.

Tracey also holds the rank of Pai Tai in the martial art of Shaolin Kung Fu.

Abdul-Malik Ali of Trenton, NJ likewise is not new to alternative/complementary energy modalities. With a background in Taiji, Qigong and numerous other modalities, he has now expanded his studies to include Reiki.

Ali is the resident Imam of Masjidut-Taqwa Mosque in Trenton, NJ, Islamic Chaplain at Rider University and past Trenton School Board Member.

Join us in welcoming them.

LEARN REIKI & BE IN THE NEXT CLASS!

Have you always wanted to learn Reiki but keep missing classes? Don't miss another class! You can “pre-register” now and be sure that you're in the next available Reiki class!

To pre-register today, see the pre-registration form in this edition of the Reiki Newsletter.

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 gbsreikieditor@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.

REIKI ACCEPTED AS AN ENERGY MEDICINE

As I perused my professional nursing brochures looking for continued educational (CE) courses to take to satisfy my requirements for maintaining state licensure, I reminisced about when I first became a nurse in 1975.

Nursing had been a female's profession since the late 1800's. Men were not involved in nursing until about the 1950's but only a few and far between were accepted (*even though men were the “original” nurses in the early 1800s*). When I graduated from nursing school, male nurses were still a “rare species”. I was delighted by the thought of being part of an historical movement at that time.

Times have changed greatly since then and today, “all” nurses are required to “keep up” with their studies through continued educational units (CEUs).

Continuing to look through the brochure, I noticed something that would not have been on the list of the acceptable courses, say about 15 years ago. Yes! It was a course in Reiki as a valid Energy Medicine.

Naturally, I signed up for the course without hesitation and did so with stunning amazement and delight! Undoubtedly I would pass this course since I had expanded my education into Reiki practice about 8 years ago.

As I took the course on-line with confidence, I felt delighted to be a part of history once again!

J.B Walker, Sensei, LPN

REIKI: DIFFERENT TYPES

Reiki is an eclectic healing energy modality. We know that it is said to have originated with Dr. Mikao Usui and was passed down to Dr. Chujiro Hayashi and Mrs. Hawayo Takata. We also know that by the time Mrs. Takata was attuning Reiki Masters, she had modified some of the original practices.

Today, there are many variations to the original practices and a wide variety of hybrids.

Below are some of the variations and different types of Reiki:

Angelic Reiki
Archangelic Reiki
Brahma Satya Reiki
Celtic Reiki
Christian Reiki
Crystal Reiki
Divine Light Reiki
Dragon Reiki
Fire Serpent Reiki
Gayatri Reiki
Heart Reiki
Huna Reiki
Inga Reiki
Imara Reiki
Inner Light Reiki
Karuna Reiki

Komyo Reiki
Kundalini Reiki
Laxmi Reiki
Lightarian Reiki
Lotus Petal Reiki
Maori Reiki
Purple Reiki
Pyramid Reiki
Reiki Brenham
Reiki Crystal Healing
Sacred Moon Reiki
Seichim Reiki
Shamanic Reiki
SKHM Reiki
Tera Mai Reiki
Tummo Reiki
Usui Reiki Ryoho
Vajra Tummo Reiki
Violet Flame Reiki
White Dove Reiki
White Light Reiki

There are about 25 different types of Reiki, which are off shoots from the original reiki imparted by Dr Usui.

The most prevalent among them are:

Usui Reiki: Mikao Usui was the founder of Reiki, which is practiced all over the world. Hawayo Takata, a Japanese woman, spread the teachings of Reiki, to the West.

Tibetan Reiki: This form of reiki is a powerful Tibetan method of attunement and combines certain techniques from the original Usui reiki.

Karuna Reiki: Karuna means a profound feeling to alleviate suffering, with abiding compassion towards all beings. Karuna Reiki employs sounds, endowed with the power to heal. These sounds are sacred and powerful. They can be transmitted silently through intention or chanting, to bring about deeper levels of healing. The power of Karuna Reiki is used to heal addictions.

Gendai Reiki: Gendai means modern. Mr. Hiroshi Doi is the founder of this reiki. He brings a strong Buddhist perspective to the original reiki teachings.

Rainbow Reiki: Walter Lubeck, a Reiki Master began this form of reiki. In this system, working with the seven main chakras in the body brings about healing. These chakras

organize a body of light. This spiritual energy is used to heal and understand our true nature.

Five Element Seichem: Alex Baisley in Canada founded this system. This helps us to consciously use the five elements of the universal life force or prana to promote healing.

Shamballa Reiki: This system helps to cleanse, repair and balance the physical, emotional, mental and spiritual levels of a person. It uses reiki energy along with many vibratory symbols and healing rays to achieve the purpose.

Kundalini Reiki: In this system, reiki energy is channeled through the lower base chakra rather than crown chakra. This kindles spirituality and even helps the practitioner get over shyness, or recover from trauma and other negative emotions.

Imara Reiki: The reiki energy is used to work on past life, repressed issues and helps in long distance healing. The practitioner is connected to ascended masters and angels.

No particular Reiki practice is the “right or wrong” one to participate learning. It’s simply a matter of choice.

With so many choices and so much information available (*the Internet*), take your time and investigate those types with which you feel comfortable and select the one that is right for you!

DISTANCE REIKI FOR MELANIE



Melanie lives in Vancouver, BC Canada. Due to her cerebral palsy, she has never spoken a word in her life but may soon be able to communicate through modern technology.

In a recent Reiki support group meeting, a request for Reiki was made by one of the group members. The request was not for anyone in the

group but was for a family member of one of the group’s members.

It was suggested that this request not be limited to the group but allowed to be presented to practitioners worldwide. The Internet was the vehicle that could serve this purpose. So, the following plea went out to people far and wide around the world:

“Hello Reiki Practitioners & Healers in General:

This is a plea for help! I would like to tell you a little bit about my niece, Melanie. She is a beautiful young lady who was born on 2/3/93 with cerebral palsy. Unfortunately, she is very physically involved. She can't talk, walk or even feed herself. She has very little muscle control and she has a lot of extraneous movements.

Melanie is trying to learn to communicate with a new computer device called a Dynavox V Max. But in order to use this device to its optimum level she needs to develop more muscle control.

So as a beginner Reiki practitioner, I have learned about the effectiveness of Group Reiki Healing. So I am asking everyone to participate, by sending energy and prayers to Melanie at Vancouver Island, BC, Canada on Saturday, February 27, 2010 at 1:00pm EST.”

The group immediately sprang into action to support the request by spreading the word to as many Reiki practitioners as they could find and made notation of the date so that each of them could participate in a “Distance Reiki Healing Session” for Melanie.

Before long the word was out on the Internet, email and word-of-mouth communications systems to assist Melanie in her efforts to “speak” for the first time in her life!

As this newsletter was going to “press,” we were informed that Melanie was encountering some “technical difficulties” with the computer equipment but her spirits (*and the spirits of those who are so unselfishly giving of their personal time*) were not daunted in the least!

We will continue to send Melanie healing energy until her task is achieved. We hope that you will do the same!

**NEED A REIKI SESSION?
DON'T KNOW WHERE TO GET IT?
CONTACT THE SCHOOL AT (609) 518-9399
TO MAKE AN APPOINTMENT**



SPECIAL REPORT
“MELANIE”

Dear Sifu,

I want to thank you and all the Reiki practitioners for the long distance healing sent to my niece, Melanie on Vancouver Island, Canada.

I am very happy to report that she is well on her way of getting her "voice" using the Dynavox communication device. Her progress with using a switch to access the scanning mode of the device is truly phenomenal. A critical piece of her using the device was access. She started out with a head switch that didn't work too well. On the Tuesday after your healing, she received a switch that uses Velcro to attach it to her upper arm and in the ensuing days she was able to use it very successfully.

She now has a team both at school and at home, that is very committed to helping her get her voice.

Thank you all,

Ken and Ellen Catalano



LEARN REIKI



Usui System of Natural Healing School of Reiki

(A Division of QiSsage Body Systems, LLC)

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**

Contact us: (609) 518-9399

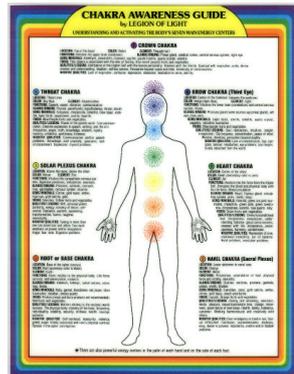
Send to: 3 Warwick Rd
Eastampton NJ 08060

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 numbered accordingly.

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.