



# 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

Summer Issue, Vol. 2

Usui Shiki Ryoho

June 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.*

## **BE IN THE NEXT CLASS! LEARN REIKI!**

Have you always wanted to learn Reiki but keep missing classes? Don't miss another class! You can "pre-register" now and we will send you the dates to ensure 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.

## **NEW GRADUATE REIKI MASTER PRACTITIONERS**

Recently, two Level III (ART) practitioners completed their classes and graduated to Reiki Master Practitioner.

Having spent almost a year diligently practicing and studying the JRT, Five Element Theory, Yin Yang Theory and participating in support groups, Patricia Lindsay-Harvey and Ken Catalano took the plunge and enrolled into the Master's class.

The three-day course was long, challenging and rewarding. Evaluations and testing, both written and practical challenged their academic skills and allowed them to display the development of their Reiki potential to help others.

Master Practitioner Lynn Kosek-Walker, presently on her journey to becoming a Reiki Master Teacher, assisted Sensei Jon Walker during the periods over the mornings, afternoons and evenings of the classes. Lynn gained valuable knowledge as well to assist her in the development of her skills in teaching Reiki.

"It's a wonderful thing to see people grow in their spirituality and realize their potential as practitioners in Reiki," stated Sensei Walker, "I always have a great time teaching as well as learning from my students. I believe that no teacher has greater pleasure than to see the face of a student who has achieved success!"

The new Master Practitioners are now on a year long personal journey to discover what it means to become a master practitioner and answer the question, "where do I go from here?"

Some Reiki practitioners will continue in their studies to become Master Teachers while

others will grow in their abilities to help others in their practice of Reiki.



*Pat Lindsay-Harvey (rt) and Ken Catalano (lt) proudly display their certificates after completing the three day course.*



*Practitioner Lynn Kosek-Walker (center) congratulates Pat Lindsay-Harvey (rt) and Ken Catalano (lt) for joining her ranks of Master Practitioners*



*Sensei Jonathan B. Walker (center) welcomes Pat Lindsay-Harvey (rt) and Ken Catalano (lt) on their year long journey of spiritual enlightenment and self-discovery.*

**CONGRATULATIONS  
PAT AND KEN ON YOUR  
IMPRESSIVE ACHIEVEMENTS!**

## 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 [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 and will be distributed electronically online at [www.qissagebodysystems.org](http://www.qissagebodysystems.org).

## KARUNA REIKI: THE NEXT STEP AFTER REIKI MASTER?

What is Karuna Reiki? Where did it come from? Can anyone learn it?

These may be some of the questions drifting through the minds of Reiki Masters. This article will serve to answer these questions and attempt to supply additional information about Karuna Reiki.

First of all, Karuna Reiki was created by Reiki Master William Rand. Rand is one of the most popular American practitioners of Reiki in the United States. He is the founder and president of the International Center for Reiki Training in Michigan, author of Reiki books, editor of the "Reiki News Magazine" and the "Online Reiki Newsletter." He received his Reiki I in 1981, Reiki II in 1982 and Reiki Master in 1989 from five different Reiki Masters. He also received Reiki I and II from

Mrs. Chiyoko Yamaguchi who received her training from Dr. Chujiro Hayashi.

Rand developed Karuna Reiki (*which means Reiki of Compassion*) in 1989 based on the original Usui Reiki concepts. It was not introduced as Karuna Reiki until 1995.

Karuna is a Sanskrit word used in Hinduism or Buddhism meaning any action that is taken to diminish the suffering of others or is loosely translated as compassion. Buddhist literature states that Karuna must be accompanied by parjna or wisdom in order to have the correct affect.

Karuna Reiki can only be taught to Reiki Masters. The classes consist of two levels, two attunements, four master symbols and eight treatment symbols. The classes are taught in various time periods such as a 3-day weekend course or 7-day course.

The ICRT teaches Karuna Reiki for \$875.00 that includes a 45 page manual and certificate.

## CONTRIBUTING REIKI STORIES

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

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## FACT OR MYTH?

I've heard a lot of confusion about the statements below. Take a moment to review some of these comments about Reiki:

- \* Reiki is a Religion.
- \* Dr. Usui was a Christian Monk.
- \* Reiki is a Japanese massage therapy.
- \* Giving Reiki to others depletes your own energy.
- \* Reiki is the same as therapeutic touch.
- \* Reiki treatments should be free.

What do you think? Are these facts or myths?

Submitted by:  
**Walker Sensei**

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**WANT A REIKI SESSION?  
MAKE AN APPOINTMENT (609) 518-9399**

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# 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**

Contact us: (609) 518-9399

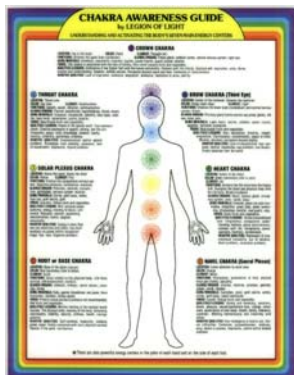
Send to: 3 Warwick Rd  
Eastampton NJ 08060

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*

## 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.