



Usui System of Natural Healing School of Reiki

A Division of QiSsage Body Systems, LLC

www.qissagebodysystems.org

靈氣

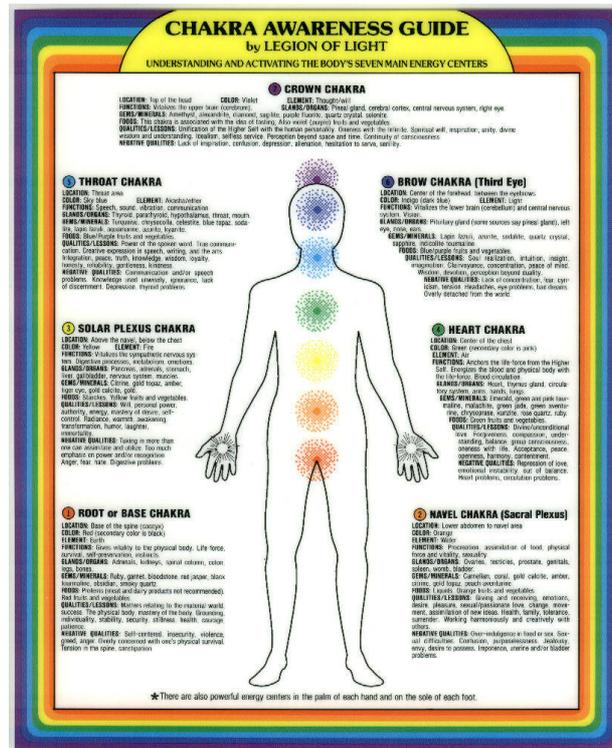
REIKI NEWSLETTER

靈氣

Fall Issue, Vol. 3

Usui Shiki Ryoho

September 2011



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.

MANAGING STRESS

Stress has been and continues to be one of the most common underlying causes of diseases, disorders and health care issues.

As devastating as it may become when out of control, it is as easily placed under control by simple and easy lifestyle changes. Yet, people find it increasing difficult to manage stress effectively.

There are basically only three (3) ways to manage stress:

1 - Remove the thing that is stressing you;

2 - Remove yourself from the thing that is stressing you;

3 - Change your response to the thing that is stressing you.

While the first and second options may not always be feasible or practical, the third option is always applicable for anyone.

Unchecked stress can lead to fear, anger, suffering, and distress that can lead to disease. Disease can create more stress and the cycle continues.

Although the third option is the most likely option to select, it's not an easy method to enact. There are many reasons and "excuses" that may obscure an individual from finding success with this option.

Nonetheless, there are methods of enacting the third option with a little assistance from the experts in the field of health care. Exercise, relaxation, meditation, hypnosis and even Reiki can assist one in changing their response to stress factors and gaining control again.

The next time that you realize that the stress in you life is starting to get out of control, consider these three ways of managing it. If you find that stress is already a major factor in your life, consider seeking assistance in getting it under control.

Stress is a part of life. Be happy and successful. Live a long and healthy life.

"PAIN!"



HOW DO YOU HANDLE IT?

Pain is a part of life. The origin of the word dates back to 1250-1300. Regardless of who you are, what age you are, where you live, work or play, you most likely have experienced pain in your lifetime.

Pain can be physical suffering or distress due to injury, illness or the like. It can be a distressing sensation in a particular part of your body. It can be mental or emotional suffering or torment. Pain can be many different things to different people but it's always a traumatic experience.

When painful or traumatic experience occurs, it often leaves a "signature or impression" on the brain. This signature or psychological footprint can affect actions and/or reactions to future encounters of that particular experience. A physiological example would be if an individual were injured in an automobile accident and thereafter finds it almost impossible or very difficult to travel in an automobile again. Vehicular travel now becomes very stressful because of the past experience.

There are various methods in which to deal with pain. Meditation, breathing techniques, distraction, pharmacology, biofeedback, Reiki and hypnotherapy are just a few of these methods.

It really doesn't make much difference which method you choose as long as you choose one

that best fits you. Understanding pain, its affects and outcome can only help to increase your comprehension of pain and how to deal with it in a healthy manner.

The next time you experience pain in your life, look at it through different eyes with an optimistic view knowing that you can manage pain no matter what its source or effect.



All that you have to do is ask for help!

SUBMIT AN ARTICLE TO THE REIKI NEWSLETTER

Do you have something to say about Reiki? Do you have an experience that you would like to share? Have you read any good books, periodicals, white papers or publications about Reiki? Would you like to share that information with others? Send it to us and we'll be sure to share it with the world.

We accept submissions and publish them quarterly. Submit your article, book review or experience for the next edition of the Reiki Newsletter.

Email submissions should be sent to qbsreikieditor@aol.com.

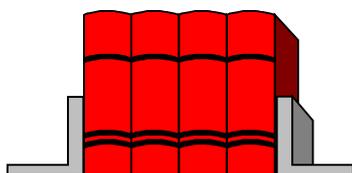
All snail mail (*postal submissions*) must be sent to the address below:

QiSsage Body Systems, LLC
Reiki Newsletter Editor
3 Warwick Road
Eastampton, NJ 08060

Submit your article today and see it in the next issue.

CONTRIBUTING REIKI ARTICLES

BOOK REVIEW



Title: *Living Reiki:
Takata's Teachings*
Author: Fran Brown
Publisher: LifeRhythm
Copyright: 1992
ISBN: 0-940795-10-8
List price: \$12.95
Reviewer: Anonymous

This book is a collection of stories from the life of Hawayo Takata (*who was the teacher to Fran Brown*) as told by the author. Fran gathered over thirty-five years of stories that were told by her only Reiki Master teacher.

These stories are illustrations from the life of a woman who lived the Reiki teachings. They are funny and serious, happy and sad, reflecting her own upbringing and demonstrating her deep trust in the life force. They also show the growth of Takata's healing power and the simplicity with which she accepted it.

Hawayo Takata became a great figure of strength, respected by all that knew her. The author, herself, is a Reiki Master who shares her work around the world.

Fran Brown, from the San Francisco Bay area, was Takata's 7th Reiki Master and has devoted her life to teaching Reiki.

USUI SYSTEM OF NATURAL HEALING SCHOOL OF REIKI

The Usui System of Natural Healing School of Reiki is a division of QiSsage Body Systems, LLC and has been in existence since 2007.

Shifu Jonathan B. Walker, Ph.D., started this Reiki school in his organization as an additional alternative/complimentary educational service under the Healing Arts component.

Shifu Walker, a Master Teacher in the Usui system, began his Reiki training at the Virtua Health facility in Voorhees, NJ in 2002 attaining Reiki Levels I and II. After 4 years of studying,

training and growing in this modality, he completed his training and received his Master Teacher certification in 2006 under the instruction of C. Lynn Carr, Ph.D. of Experience Reiki New Jersey.

"Our school takes on a bit of a different approach to teaching and training students than some other schools," Walker stated. "We have structured our curriculum in such a manner that we believe that our students obtain a complete theoretical education and have availability to ample practical training to round out their knowledge of Reiki," Walker concluded. Walker has been teaching health care topics to the public since he graduated nursing school in 1975.

Reiki can be used as a treatment to facilitate physical, emotional, mental and spiritual well being. It can be a complimentary treatment for pre and post surgery, stress reduction, relaxation, pain relief, many illnesses and injuries. It can address many health care concerns. It can be directed to any part of the body, injury or illness. It also has a calming effect on the mind and emotions.

Want to learn more about Reiki or become a Reiki Practitioner?

Like Us On

Face Book

<http://www.facebook.com/pages/Usui-System-of-Natural-Healing-School-of-Reiki/139321987197>

Tweet Us on

Twitter

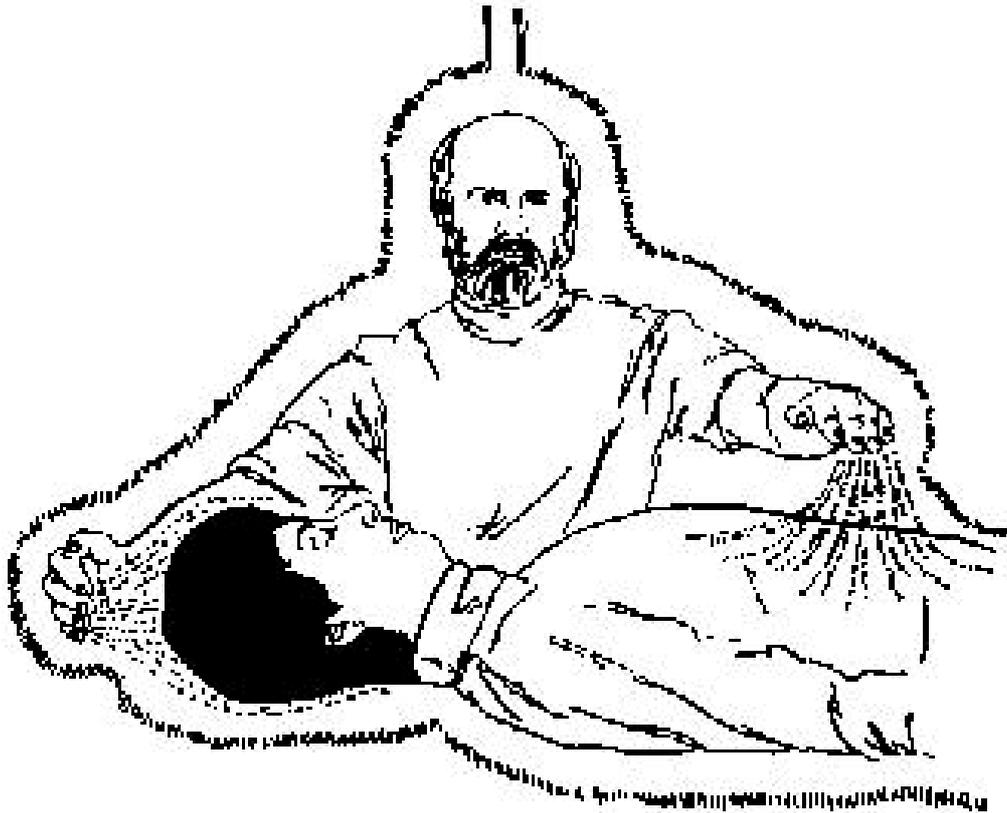
<http://www.twitter.com/jonwalker>

Subscribe To Us On

YouTube

<http://www.youtube.com/user/johnny31994>

EXPERIENCE REIKI FOR YOURSELF!



Call for an appointment today!

(609) 915-3435

or

Contact us by email:

yangqichen@aol.com

yangqichen49@gmail.com



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 2011 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) 915-3435

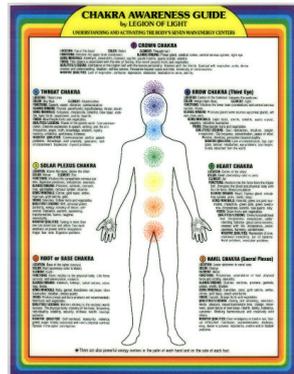
Send to: 3 Warwick Rd
Eastampton NJ 08060

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) 915-3435.