

LONG ISLAND REIKI CONNECTION



SPRING NEWSLETTER 2007

President's Message

Given the snow and ice filled end of winter that has occurred, all of us are anticipating Spring. By the calendar, spring came on March 20th. The weather however has not always manifested the season. Still as with most things in life, warmer weather little by little is making itself known to us.

With spring flowers bloom, trees begin to show us their leaves and the grass turns from hay like color to green. The appearance of new life after the long days of winter is enhanced by longer days and shorter nights. For most of us there is a renewed sense of well being and an increased energy level. The resurrection theme greets us both in our bodies, minds and spirits and in the beautiful, living planet of earth that supports all forms of life.

The butterfly as we know is a symbol of transformation. The struggle that it endures to go from larva to a beautiful life form is arduous, painful, and difficult to say the least. Yet, without this process the transformation would not take place. So it is with us. Life is a process and for us the learning and relearning of life's lessons brings growth, healing, and eventually to a place in our hearts where self awareness, compassion and understanding yield a greater participation in love of self and love of neighbor. Each and every time we cycle through this protracted conflict of two steps forward, one step back we come closer to the ideal of whom we are and who we were created to be.

What is quite miraculous and encouraging is that the process is ongoing. The gift of Reiki, which can be used on self and others, is a wonderful way to help the process along. The achievement of our highest good and that of others is the foundation and purpose of Reiki. Each and every time we use it we add to the goodness of our fellows and the universe. Thus, the life force that supports us all is always acknowledged and called upon. Our faith in the process and each other has yielded many benefits for our members and for the LIRC as a whole. The hope that individually and collectively we can make a difference in a conflicted and tormented world is a testament to our willingness to walk the walk of and be peace. Love is part of the verb, to love. Love endures and suffers much. In the everyday acts of kindness and selflessness, that many of us perform with out even thinking, we bring the world and ourselves closer, in its evolutionary spiral, to a City of Light. (Continued next page)

President's Message.....continued

As you watch for the appearance of spring and see the budding flowers and particularly the greening of the grass, think about what living from the heart chakra has brought you. Your support as members has done much to bring the LIRC to its current status as a recognized and respected organization on Long Island. Despite the ups and downs the organization experienced in the early stages, you stayed with us. We thank and honor you and anticipate providing you with continued Shares and Workshops throughout the remainder of 2007. We trust they will help you on your journey, step by step, little by little, to your own personal goals of self betterment and the ultimate goal of world peace. Also, be sure to look for the butterflies!

Namaste'

Janet Lehecka, President LIRC



"Just when the caterpillar thought the world was over, it became a butterfly."

- Anonymous

NEWS..... ANNOUNCEMENTS.....NEWS.....

Our new website is up and running as is our new phone #. So please make a note of www.reikiconnection.org and **1-877-LI REIKI**. The Long Island Reiki Connection.org Website and the previous 631 phone # are no longer functional.

Also the Long Island Reiki Connection plans on sponsoring Reiki Shares and Workshops at ***Setauket Neighborhood House*** in the near future. Be sure to keep checking our website to get the latest information on our upcoming events! The LIRC is looking forward to using this lovely venue and meeting both practitioners and interested community members in Suffolk. Check it out at www.setauketneighborhoodhouse.com.

Our new and improved website also contains our ***Calendar of Events*** and other pertinent information about us. Some parts of the website are still under construction so please be patient with us. The LIRC continues in its quest to provide you with interesting subject matter and at times an event may be added or deleted. So put us on your computer list of favorites. This way you won't miss out on anything.

Your LIRC Board has been working very hard to provide a variety of workshops and topics for you that will enhance and enrich your lives and practices as Reiki professionals. For those who attend who are not practitioners we hope that you leave us with joy and peace in your hearts.



A Tribute to Shirley Murphy



This past March we were greeted with the news that unexpectedly and suddenly Shirley made her transition to the City of Angels. Leaving her earthly body behind she has stepped into a place and a time where the atmosphere is like the one she worked to create on this side of the veil. From what we can ascertain it was a peaceful transition and, although taking us all by surprise, leaving us in shock and disbelief, peace was/is the state of being that Shirley wanted us all to share.

Despite this being a ritual of honor and letting go of Shirley's earthly existence, none of us will leave here with emptiness. Shirley's life filled us all with warmth and fun. Our relationships with her are never ending and she will be watching and waiting for us to talk to her and seek her guidance and direction. The loss of the physical body does not preclude the loss of the ties we create in our earthly lifetime.

The Long Island Reiki Connection is grateful to Shirley for helping us secure rooms at Mather Hospital to host our joint Reiki Shares. She was a committed supporter along with Maria and Donna to further the mission of the LIRC in Suffolk County. The creation of Harmonic Pathways with Maria and Donna speak volumes about Shirley's dedication to the nursing/healing profession she so zealously practiced. Her openness to alternative/holistic techniques brought family, friends and patients the benefit of an integrated approach toward wellness.

Shirley's name in and of itself symbolizes her essence. The actual meaning is, "bright clearing." Fitting isn't it? She sought to clear the world of negativity and strife filled energies and replace them with peace, warmth and love. Taking the liberty of using the letters of Shirley's name, the same meanings of her character and her life are reflected.

S-Sensitive with a sunny disposition.

H-Humane, Humble and Humorous.

I-Intelligent and Intuitive.

R-Right minded and reflective.

L-Loving and full of laughter.

E-Empathetic and Energetic.

Y-Youthful and every yearning for new ways and approaches to bring love, light and healing to the world.

Lovingly composed and read by Janet Lehecka, President of the Long Island Reiki Connection on this 14th day of March 2007.

REIKI HEALING CIRCLES

****PLEASE CALL TO CONFIRM****

CENTERPORT

15 PAUL REVERE LANE
3rd Wednesday of the Month
6:30PM-8:30PM

CHILDREN'S REIKI & MEDITATION CIRCLE:

2nd Saturday ea. month 4:00-5:00 PM

CONTACT: JENNIFER STAIB

ReikiPeace4u@aol.com, 631-988-2003

EAST NORTHPORT

5 Carrol Street
3rd Wednesday of the Month
7:00pm-9:30pm

CONTACT: TERI SARIN

Email: tsarin@optonline.net

www.embracelight.com, 631 486 4577

HUNTINGTON STATION

OM STRENGTH AND SERENITY CENTER
210 EAST MAIN STREET

1st & 3rd Tuesdays of the Month

CONTACT: JIM LAVERY Jflavery@aol.com

MASSAPEQUA

116 Garfield Place
1st Wednesday of the Month
7pm-9:30pm

CONTACT: LAURA MAGLIO

LLM529@aol.com; 516 804-9212

OCEANSIDE

3335 SKILLMAN AVE.
7:30 PM-9 PM

Last Wed. of the month

CONTACT: DONNA MILLER-SMALL

ReikiNewYork@optonline.net 516-764-0153

OCEANSIDE

TABOR RETREAT CENTER
60 ANCHOR AVE.

1ST Thursday of the Month 7:30-9PM

CONTACT: CAROLYN MCGUIRE

HealingHeart@optonline.net 631-592-8322

SETUAKET

HARMONIC PATHWAYS
100 North Country Rd
1st Thursday of the month

7:30 to 9:30PM

CONTACT: MARIA HODGKINS

631 897-7779

SMITHTOWN

7 Cottontail Court
3rd Thursday of the Month
7:30 to 9:30PM

CONTACT: LORRAINE AUSTIN

artysyd@aol.com 631 235-4154

REIKI IDEALS

Just for Today, I will not anger
Today I will not worry
I will work honestly
I will honor all living things
I will give thanks for my blessings

*Every human heart has within
itself a divine heart.
These two chambers encompass
the world.*

* * *

VISIT www.ReikiConnection.org
for the "Reiki Principles Meditation"
presented by Lorraine Austin
at the Levittown Hall 3/27 Reiki Share

LIRC CALENDAR OF EVENTS SPRING AND SUMMER, 07

April 12 Reiki Share: "*Magnified Healing, Kwan Yin, Wesak and You!*"

Presented by Gary Spolansky, RMT and Author

Place: Marriott Residence Inn 25 Middle Avenue, Holtsville, N

Members are free, non-members \$10.00

April 24 Reiki Share: "*Communicating With the Other Side with Automatic Writing.*" Presented by Lorraine Austin, RN, RMT Levittown Hall 7:00 p.m.

Members are free, non-members \$10.00

May 2 Moonlight *Labyrinth Walk* at Sayville Park

7:30 to 9:30 p.m. Presented by Marianne Fulfarò, RMT

May 22 Workshop: "*Communicating With the Other Side Through Automatic Writing*". Levittown Hall, 7:30 p.m.

Presented by Lorraine Austin, RN, RMT

Members \$15.00, non-members \$20.00

June 6 – Reiki Share: "*Shamanic Journey*"

Presented by Aveana Deerhart at Levittown Hall

7:00 p.m. Members Free, non-members \$10

June 19 – Reiki Share at Setauket Neighborhood House

Exciting Topic in the works and will be announced soon

July 24 General Board Meeting at Levittown Hall 7:00 p.m.

OPEN TO ALL MEMBERS OF LIRC!!

July 30 -- Moonlight *Labyrinth Walk* at Sayville Park

7:30 to 9:30 p.m. Presented by Marianne Fulfarò, RMT

August 8 – The Movie, "*Celestine Prophecy*"

Levittown Hall 2.00 p.m. Suggested donation \$10

LIRC FILMED FOR HOFSTRA TV

Last fall one of the LIRC members, Victoria Hart, had an insight to have a Reiki booth at the Hofstra Health Fair. This Fair was for the RA's, or the Resident Advisors, who are in charge of the students that reside on their floor's dormitory building. It is a job that has long hours, huge responsibilities, is exhausting and very stressful. These students must attend to their appointed students' needs and also to their own schoolwork and education.

Victoria asked for some help from LIRC to help administer Reiki to the RA's while she answered questions about Reiki. LIRC was able to send some members to help Victoria and to give these students the sessions they needed. Needless to say our Reiki Booth was one of the busiest booths at the Fair! We worked for almost 3 hours non-stop, meeting and giving Reiki to about a hundred of these college students who were days away from the Orientation of incoming Hofstra Freshmen.

The RAs' soaked up the Reiki like a spa vacation! Each of us administering Reiki was amazed at their depleted energy, stress levels and frayed emotions. It was a day that we, as Reiki Masters and mothers, truly realized that even young adults experience great stress from college life's demands, as well as their exhaustion from poor eating and sleeping patterns.

On a positive note, these young men and women were so open to understanding the way Reiki energy works. Most remarked how relaxed and peaceful they felt after the sessions. They listened

attentively and were enthusiastic about hearing us explain about Life Force Energy and how Reiki is an excellent relaxation technique.



One of the young women who received a session was so impressed with Reiki that she contacted the LIRC to ask if she and a classmate could do a video story on Reiki for Hofstra TV. These college seniors are Film and Communication Majors who would submit their film project for a Final semester grade.

Of course, LIRC excitedly agreed as they taped our March Reiki Share at Levittown Hall, a Healing Circle the following week at Laura Maglio's home, and conducted an interview with Janet Lehecka and myself. The girls were professional, respectful and wonderfully talented. The show was then edited and submitted to their college professor, who loved the video. They even received a well deserved A on the project!

The "*Reiki on Long Island*" film aired on Hofstra TV at the end of March. LIRC will soon be able to share it with our Members since the young ladies made us a DVD of the show. We are all proud of how it turned out and the LIRC will soon post the date and event that we will be showing the Reiki show. (Continued next page)

LIRC FILM FOR HOFSTRA TV...Continued

(I am sure it will be more than once, so don't fret if you miss the *premier.*) The video was an unexpected bonus the day we went to the Hofstra Health Fair and it exemplifies that one never knows who will be inspired by Reiki. Perhaps even someone with special connections already viewed the show. It is exciting to see what lay ahead for us at *our* Long Island Reiki Connection. Stay tuned!submitted by Theresa Sarin, editor

WELCOME NEW MEMBERS



Dawn Pancella Madeline Udod Dolores Szigethy
Carol Whyte Sondra Faivre Donna Gafforio Karen Centola
Michael Keopper Ellen Racknow Phyllis Busch Kathleen Gunning
Margaret Pupura Lucille Ann Hopkins Patricia O'Connor

Renewed Members

Christine Birch Peter Lorenzo Joshua's Place
Marie Claire Casimir Deborah Lagana-Lorber



"When we look into the heart of a flower, we see clouds, sunshine, minerals, time, the earth, and everything else in the cosmos in it. Without clouds, there could be no rain, and there would be no flower. Without time, the flower could not bloom. In fact, the flower is made entirely of non-flower elements; it has not independent, individual existence.... One thing is made up of all other things. One thing contains the whole cosmos.... A piece of bread contains sunshine.... Without a cloud, the wheat cannot grow. So when you eat the piece of bread, you eat the cloud, you eat the sunshine, you eat the minerals, time, space, everything."

Thich Nhat Hahn

Calendar of Events link to view current programs.

L.I. Reiki Connection

P. O. Box 731
Babylon, NY 11702
Phone: 1-877-LIREIKI
Email: lirc2@optonline.net
www.ReikiConnection.org



L.I. REIKI CONNECTION BOARD MEMBERS

President: Janet Lehecka, RMT

Thehealinghands@email.com

Vice Pres.: Lorraine Ferretti, CH, RMT

salesqt@optonline.net

Recording Secretary: Christine Sugarman, RMT

Christine@tequipment.com

Treasurer: Lorraine Austin RN, RMT

ARTYSYD@aol.com

Distant Healing Coordinator and Editor:

Teri Sarin, MS.Ed. RMT tsarin@optonline.net

Marketing: Chairwomen; Lorraine Ferretti, CH, RMT

salesqt@optonline.net AND Laura Maglio, RMT
LLM529@aol.com

Planning /Programming Committee: Chairwomen;
Annemarie Citarella, RMT, amc21@optonline.net
AND Marianne Fulfaro, RMT JFulfaro@optonline.net
AND Cindy Zeis RMT; Rembrngme@yahoo.com



The Long Island Reiki Connection is a non-profit organization of Reiki practitioners, dedicated to spreading the joy of Reiki. The LIRC was formed in 2003 and continues to grow strongly. Our mission is to promote Reiki within our communities and to be a resource and support for Reiki practitioners in the metropolitan New York and Long Island areas. All lineages and schools of Reiki are welcome. Our mission is also to educate the public about the benefits of Reiki by offering on site Reiki programs, in-services and participation in local health fairs and related events. In addition, we offer networking and support for Reiki practitioners as well as Reiki Shares, workshops and other exciting beneficial holistic techniques in our monthly programs. Please visit our website and check our

OUR MISSION STATEMENT: To promote Reiki within our communities and to be a resource and support for Reiki practitioners of all lineages and schools.

WHAT IS REIKI?

Reiki (pronounced ray-key) means universal life force energy, the energy found in and around all living things. It is a natural, non invasive yet powerful method that is given by gentle touch.

Reiki is an ancient Japanese hands-on technique that promotes relaxation and stress reduction. Reiki also enhances the natural power of the body to heal itself.

Reiki energy works on the emotional, mental, physical or spiritual needs of a person. In fact, Reiki seems to create a balance of body, mind and spirit for the achievement of a client's greatest well being. Reiki is NOT a substitute for medical and other health care treatments, but rather compliments, supports and enhances them.

Reiki is both powerful and gentle and has aided healing many illnesses and injuries including cancer, heart disease, broken bones, headaches, colds, insomnia, fatigue, cuts and bruises.

Clients are fully clothed as Reiki energy is given by the laying-on of hands, either directly on or off the body. A standard session includes positions around the head, shoulders, stomach and feet. The entire session may last about 50 minutes and is deeply relaxing and includes many beneficial affects for both client and practitioner.

Reiki is not a religion and has no dogma. It is compatible with all religious paths and faiths.