

# LONG ISLAND REIKI CONNECTION

## *SUMMER NEWSLETTER 2007*



### *MESSAGE FROM THE PRESIDENT*

Well, it is finally here! *Summer* is the season most of us wait for. Longer days and shorter nights give us more time outdoors as well as more hours in the daylight to spend with family and friends. The Memorial Day holiday gives us pause to remember those who served our country and gave their lives for love of country and a cause they believed in. The establishment of the United States, the ratifying of the Constitution, and the proclamation of our freedoms in the Bill of Rights are marked by fireworks and celebration on July 4<sup>th</sup>. The value of freedom is highlighted by these holidays. We are most fortunate to experience the freedoms we all enjoy.

Unfortunately, many countries in the world today are not at the point where individual, religious, spiritual and political freedoms are enjoyed by their populations.

Reiki, with its universal principles in tandem with the Reiki ideals is a wonderful example of how a humble person like Master Usui made a significant difference in both the East and the West .Because of his willingness to share what he had learned and his compassion for all human kind Reiki is now known and practiced in many countries and cultures throughout the world. Master Usui used his individual freedom of choice to share the goodness of this wonderful healing technique that had been revealed to him. And, thanks to Mrs. Takata's determination and commitment there are many schools and lineages of Reiki in the United States.

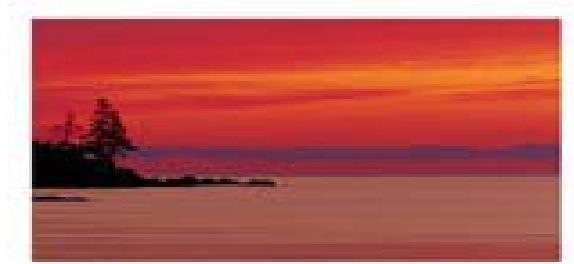
The simple, unembellished nature of Reiki has added to its appeal as a stress reduction and relaxation tool. The physical, mental, emotional and spiritual aspects of our makeup respond to its call. A state of peacefulness allows its recipients to experience a freedom from pain and anxiety which helps the body via the chakras reclaim its natural balance.

*Continued page 2*

During this season of celebrating freedoms, the LIRC Board salutes our membership for your ongoing belief and support, not only of the LIRC, but of the practice of Reiki and the Reiki Ideals in your daily lives.

Despite the fact that wars continue and conflicts both personal and political exist in the world, Reiki is making a difference. The concepts of universal energy, love and light are the underpinnings of Reiki. These concepts when put into practice with pure intentions have done much to bring about changes in individuals and in turn nations. The process is most often slower than we would like. Nevertheless, the deliberate and concentrated efforts of a few often precipitate changes that are far reaching, with a life affirming effect that reminds people that freedom to care and nurture each other is within the grasp of all of us regardless of our race, religion, culture or creed.

Namaste,  
*Janet Lehecka, President*



### **APACHE BLESSING**

May the sun bring you new energy by day  
May the moon softly restore you by night  
May the rain wash away your worries  
May the breeze blow new strength into your being  
May you walk gently through the world and know its beauty  
all the days of your life



*From: DAILY OM* June 2007

## **Earth Chakras:** *Caretaking the Soul of Gaia*

As we walk upon the earth, we walk upon a living being more similar to ourselves than we imagine. Just like us, the earth has both a physical body and an energetic body, complete with a chakra system identified by ancient mystics and modern scientists alike. Gaia, as the earth is called when acknowledged as a living entity in her own right, has her own life force and her own path of unfolding, separate from us, but including us. Human beings and Gaia are intertwined on every level, not just the physical, and an awareness of her chakras can help us to acknowledge, heal, and enable her on her path, just as she selflessly returns the favor to us.

It is generally agreed that Gaia has seven major chakras distributed evenly across her body and connected to one another via two lines of energy that intersect at various points on the earth. The first chakra is located at Mount Shasta in Northern California; the second is in Lake Titicaca in South America; the third chakra is in Uluru-Kata Tjuta in Australia; the fourth chakra resides in Glastonbury in England; the fifth chakra is at the Great Pyramid in Mount of Olives; the sixth chakra is in Kuh-e Malek Siah in Iran, and the seventh chakra is in Mount Kailas in Tibet. In addition to her seven major chakras, she has minor chakras and other vortexes of energy that are significant to her life-energy system and all these energy centers need caretaking. Just as we can heal ourselves through our own chakras, we can heal and support Gaia through hers.

While it would be a wonderful experience to visit one of the earth's chakras, you can always participate in loving and healing Gaia wherever you are. Maintaining an awareness of the regions in which her chakras reside can be very powerful. You may place photos of the locales on your altar, sending healing energy to each of her chakras during your meditations. As you consciously connect your energy system to her energy system, the true meaning of groundedness reveals itself—it is a relationship with Gaia in which we acknowledge our calling as the caretakers of her soul.



The Noble Eightfold Path:

Right Views      Right Thoughts      Right Speech      Right Conduct  
Right Livelihood      Right Effort      Right Mindfulness      Right Concentration

# REIKI HEALING CIRCLES

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

## BABYLON

The Sacred Stone Crystal Shop  
29 Cooper Street  
3<sup>rd</sup> Sunday of the Month  
*Reiki Crystal Healing Circle*  
7:00 to 10:00 P.M.  
CONTACT: DONNA MALDONADO  
631- 321-1612 [DonnaRN1@optonline.net](mailto:DonnaRN1@optonline.net)

## CENTERPORT

15 PAUL REVERE LANE  
3<sup>rd</sup> Wednesday of the Month  
*CHILDREN'S REIKI & MEDITATION CIRCLE:*  
2<sup>nd</sup> Saturday ea. month 4:00-5:00 PM  
CONTACT: JENNIFER STAIB  
[ReikiPeace4u@aol.com](mailto:ReikiPeace4u@aol.com), 631-988-2003

## EAST NORTHPORT

5 Carrol Street  
3<sup>rd</sup> Wednesday of the Month  
7:00pm-9:30pm  
CONTACT: TERI SARIN  
Email:[tsarin@optonline.net](mailto:tsarin@optonline.net)  
[www.embracelight.com](http://www.embracelight.com), 631 486 4577

## HICKSVILLE

142 Division Ave  
*Day Time Healing Circle*  
4<sup>th</sup> Tuesday of the Month  
10:00 A.M to 1:00 P.M  
CONTACT: DARLENE FORESTA  
516 822-9763 [spinwheeler@verizon.net](mailto:spinwheeler@verizon.net)

## HICKSVILLE

180 6<sup>th</sup> Street  
*Day Time Healing Circle*  
2<sup>nd</sup> Tuesday of the Month  
10:00AM to 1:00 PM  
CONTACT: CAROLE TRUELOVE  
516 681-0830 [Tressy.Tress@verizon.net](mailto:Tressy.Tress@verizon.net)

## MASSAPEQUA

116 Garfield Place  
1<sup>st</sup> Weds. Of the Month  
7:00 PM to 9:30 PM  
CONTACT: LAURA MAGLIO  
804-9219 [LLM529@aol.com](mailto:LLM529@aol.com)

## OCEANSIDE

TABOR RETREAT CENTER  
60 Anchor Ave  
1<sup>st</sup> Thursday of the Month  
7:30 to 9:00 PM  
CONTACT: CAROLYN MCQUIRE  
631 592-8322  
[HealingHeart@optonline.net](mailto:HealingHeart@optonline.net)

## OCEANSIDE

3335 Skillman Ave  
Last Weds of the Month  
7:30- 9:00 P.M.  
CONTACT: DONNA MILLER-SMALL  
764-1053 [Reikinewyork@optonline.net](mailto:Reikinewyork@optonline.net)

## SETAUKET

HARMONIC PATHWAYS  
100 North Country Rd  
1<sup>st</sup> Thursday of the Month  
7:30- 9:30pm  
CONTACT: MARIA HODGKINS  
631 897-7779

## SMITHTOWN

7 Cottontail Ct  
3<sup>rd</sup> Thursday of the Month  
7:30 – 9:30 PM  
CONTACT: LORRAINE AUSTIN  
631 235-4145 [Artysyd@aol.com](mailto:Artysyd@aol.com)



## Reiki Is.....

- ◆ Reiki is a powerful natural system that unlocks the inner flow of vital energy.
- ◆ Reiki is always available. Once attuned to the Reiki energy, you never lose it.
- ◆ Reiki is easy and safe to use anytime, any place, any situation.
- ◆ Reiki is an individual experience.
- ◆ Reiki restores and balances natural energy.
- ◆ Reiki is for preventing disorders, maintaining positive wellness and helping the healing process.
- ◆ Reiki is a powerful tool for personal development and spiritual enlightenment.
- ◆ Reiki is for you and everyone alive who is desirous of a higher quality of life.
- ◆ Reiki is beneficial when used with medical or other procedures.
- ◆ Reiki is a completely self-contained natural healing system. It is complete and whole in and of itself, yet acts synergistically with other types of healing.
- ◆ Reiki is spiritually guided, it cannot be used to manipulate or control
- ◆ Reiki is transcendental energy. It works with physical, mental, emotional and spiritual levels. .
- ◆ Reiki is counterclockwise spiraling energy.
- ◆ Reiki is a gift from the Universe

[www.indianreikimasters.com](http://www.indianreikimasters.com)

*Reiki is a Bridge to Divinity*



## 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 many blessings

## **LIRC CALENDAR OF EVENTS 2007**

**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 Fulfaro, RMT**

**August 8 Movie: "The Secret" Back by popular demand!!  
Levittown Hall 2.00 p.m. Suggested donation \$10**

**September 18 Reiki Share: *Communicating With the Other Side through Automatic Writing*" Presented by Lorraine Austin, RN, RMT  
Setauket House Members Free Non-Members \$10**

**September 19 Workshop: "Tools and Techniques to Help You Meditate"  
Levittown Hall 7:30p.m. Presented by Annemarie Citarella, RMT, CH  
Members \$15, non-members \$20**

**September 25 Reiki Share "*The Violet Flame Meditation*"  
Presented by Teri Sarin, RMT and Laura Maglio, RMT  
Levittown Hall 7:00p.m. Members/free, non-members \$10.00**

**September 26 Moonlight Labyrinth Walk at Sayville Park  
7:30 to 9:30 p.m. Presented by Marianne Fulfaro, RMT**

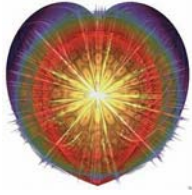
**September 28 Shamanic Journey Workshop; Levittown Hall  
Presented by Aveana Deerhart Members \$15, non-mem. \$20**

**November 20th Reiki Share: *Topic to be announced*  
Setauket Neighborhood House Members/Free Non-Mem. \$10**

**November 27 Workshop: "*Calling Your Guides to Assist in Witness Healing*" Presented by Teri Sarin, RMT  
Levittown Hall 7:30pm Members \$15.00, non-mem. \$20.00**

**December 1 Holiday Boutique at Levittown Hall 11:00 to 4:00  
Many Vendors offering Gifts, Books, Crystals, CDs, Jewelry**

*\*Please do not call Levittown Hall for information about our events. Contact us directly.*



## **OUTREACHES WITH L.I.R.C**

This past May, the Long Island Reiki Connection was contacted to bring Reiki to the employees and staff of the AHRC in Huntington. Employees were offered a day to experience massages, nutrition counseling, blood pressure testing, etc *and Reiki*. Needless to say, the LIRC booth was one of the busiest offered! All those who received the mini sessions spoke so highly of their experience that soon almost all employees signed up for a session.

Many employees commented that they felt so relaxed and peaceful, something that these men and women lack and need as teachers, therapists and caretakers of the many children with special needs. Reiki was a much deserved opportunity to replenish their strength and spirit and they succumbed to the peace and calmness that Reiki offered them.

Equally successful was the LIRC Outreach in early June for the American Cancer Society's "Relay for Life", an annual event designed to celebrate breast cancer survivorship. The event was held at Cunningham Park in Queens where teams of people walked or ran laps to honor survivors and raise money for cancer research.

Survivors as well as their family and friends received mini Reiki sessions in this outdoor setting and soon felt revived, relieved and relaxed under our member's reiki hands. It is extremely rewarding for us at LIRC to bring Reiki to those in these Outreach programs to assist in their wellness program and healing needs.

*We thank all those Reiki Practitioner-members that reached out to the community with their time, compassion and healing hands.*

L.I. Reiki Connection encourages all members to continue to support our Outreach Programs. For those who would like to participate but have no experience, any of our Board Members are happy to meet with you prior to the event for a briefing of protocol and procedure in giving mini sessions at these events. We look forward to more of you at upcoming Outreach Programs. If you know of any companies or organizations who would like the LIRC to bring Reiki to their business or wellness event, please contact us and we will speak with and set up the program.

*Namaste' Teri Sarin*

## **WELCOME NEW MEMBERS**



Renate Eppich    Susan E. Rau    Dolores Szigethy    Marjorie Harriz

Donna Gafforio    Sheryl S. Berger    Vicky Itin    Helene Schwizer    Carol Cary

## **COMMON PASSION PEACE PRAYER**

*I relax into the presence of pure love, peace and harmony...in and around me. Peace prevails!  
Thank you Creative Presence for the feeling of oneness shared \*now\* in the hearts and minds of  
all life, all matter, water and form, and in Mother Earth herself. I flow in my days with love and  
compassion in my heart, peace and calm in my mind, balance in my step and a sparkle of oneness  
in my smiling eyes*

# L.I. Reiki Connection

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Email: [lirc2@optonline.net](mailto:lirc2@optonline.net)  
[www.ReikiConnection.org](http://www.ReikiConnection.org)



## L.I. REIKI CONNECTION BOARD MEMBERS

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Thehealinghands@email.com  
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salesqt@optonline.net  
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AND Cindy Zeis RMT; [Rembrngme@yahoo.com](mailto: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 Calendar of Events link to view current programs.



**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. Reiki can be taught to anyone by a certified Reiki Master Teacher. Contact LIRC for information on locating a Reiki Practitioner or RM Teacher.*

