

LONG ISLAND REIKI CONNECTION NEWSLETTER 2007



Progress Report from the President of the LIRC

The LIRC has had a wonderful 2007 calendar year so far and we anticipate the remainder of 2007 to follow suit. Your Board has been working hard to provide you with interesting, educational and inspiring material that is presented at our shares and workshops. Planning for our 2008 events calendar is in the preliminary stages. Thus, we once again invite you to be a presenter at one of our shares and also consider doing a workshop. The LIRC is open to topics that relate to Reiki, alternative or holistic healing methods as well as metaphysical subjects.

Our website at www.reikiconnection.org provides you with the calendar of events for 2007. Please consult it often since there may be changes and additions to the information listed.

We are approaching the end of 2007 and it seems fitting that our members receive an overview of our accomplishments so far. It is also important for you to see that your dues are being used for the purpose of providing you with subjects and events that you are interested in and will make an effort to attend. Feedback from you is helpful and any suggestions on how we can improve, delete or add to our calendar are welcome.

The spring season found the LIRC busy with Moonlight Labyrinth walks as well as workshops and presentations about Reiki Drumming, Automatic Writing, and Magnified Healing. In addition, the LIRC was able to expand into Suffolk County and welcomed Suffolk members at an Open House at the Setauket House in May.

The showing of the movies, *Illusion* and *The Secret* were well attended and more movie showings are planned for 2008. The months of June and July offered both our members and non-members interesting presentations on Palmistry and the elements of a Shamanic Journey.

Our annual meeting, which is open to the general membership, was held in July. Plans are being made to move it to the fall since the summer months with vacations et al, limit the number of attendees. We want our members to have the opportunity

to meet with the Board and learn who we are and also be assured that the organization is being run efficiently and in their best interest.

Quite a few of the subjects presented at our shares evolve into workshops. Automatic Writing and Shamanic Journeying were exciting workshops presented this past October and were well received.

In November you will find us at Setauket Neighborhood House with another presentation at a Reiki Share of the *Violet Flame Meditation* and our last workshop of the year will be at Levittown Hall will deal with Crystals and Energy Layouts.

Don't miss our Holiday Boutique on December 1st at Levittown Hall! Lots of beautiful things will be available to help you with your holiday shopping.

Thanks to all of you and the terrific Board members that serve with me the LIRC is not only a well respected presence in the Nassau and Suffolk communities but is stable within its organizational structure. We will continue to build on these strengths and look with optimism toward continued growth. Discussions have and will continue to take place regarding the offering of shares and workshops in other locations in Suffolk County.

So, get connected and stay connected! We enjoy having you on this exciting journey with us.

Namaste
Janet Lehecka, President



Earth that gives us all this food
Sun that makes it ripe and good.

Dearest Earth and dearest Sun.
We won't forget what you have done.



"Gratitude is a vibration of divine light. Everything in the physical universe shares gratitude as a part of its life force. When we live in gratitude, we are in the flow of creation, and we increase the divine light within ourselves and in the world around us."

SAND AND STONE

Two friends were walking through the desert.
During some point of the journey, one friend slapped the other one in the face.
The one who got slapped was hurt, but without saying anything,
wrote in the sand:

Today My Best Friend Slapped Me in the Face.

They kept on walking, until they found an oasis, where they decided to take a bath.
The one who had been slapped got stuck in the mire and started drowning,
But the friend saved him.

After he recovered from the near drowning,
he wrote on a stone:

"Today My Best Friend Saved My Life. "

The friend who had slapped and saved his best friend asked him,
"After I hurt you, you wrote in the sand and now you write on a stone. Why?"

The friend replied,
"When someone hurts us we should write it down in sand, where winds of forgiveness
can erase it away.
But when someone does something good for us,
we must engrave it in stone where no wind can ever erase it."

Moral of the story:

Learn to write your hurts in the sand and to carve your benefits in Stone.

*They say it takes a minute to find a special person,
An hour to appreciate them, a day to love them,
But an Entire Life to Forget Them.*



This is a great reminder to each of us to periodically check the energy in our homes. If you are experiencing lack in your life or fatigue, tiredness, 'stuck,' maybe it is time to tune into your dwelling place to see what it needs. During the fall, it is a good idea to do some clearing and cleaning of your home, room by room to prepare it and yourself for the quiet, inner dwelling time that approaches.

THE DWELLING PULSE: Energy of a Home *from OM Place 9/07*

Our homes are filled with energy that we create and allow to flourish. In many cases, our relationship with the pulse of our homes is passive rather than active because we do not pay particular heed to the energy that has been established. It is only when we regard these spaces as unique entities that we begin to understand why it is necessary to take charge of the energy that fills our homes. Stagnant, inharmonious energy can find its way into our dwellings through many avenues. Previous occupants, builders, visitors, and the individuals who maintain a home leave a strong energy imprint behind. Objects and symbols can also have an effect on the energy of a residence. When we are aware of all that can influence the energy of our spaces, we are empowered to create harmonious homes that do more than meet our need for shelter.

Exercising care with regard to who and what we invite into our homes is one of the easiest ways we can ensure that the energy within remains loving and supportive. It is not always possible to keep potentially harmful people and possessions from entering our homes, but we can take precautions. Individuals can be kept from private spaces like bedrooms and meditation areas, while property can be purified through cleansing or smudging. During periods of remodeling or construction, Reiki symbols and other positive imagery can be printed on surfaces that will later be covered by walls or flooring. Though hidden, these will continue to attract good energy and cleanse the existent energy. Blessings can also be drawn in plain sight, where they remind us of how potently our home's energy can affect our own.

A home can appear beautiful, comfortable, and stable while still serving as a dwelling place for negative or otherwise offensive energy. If you care for your home conscientiously and with great care, you will instinctively look beyond the surface qualities of your home when assessing how it feels. Since you actively guard your home against the intrusion of unwelcome energy, you will have the time and vigor necessary to cope with it constructively when it should appear in your midst. The spirit of your spaces will respond to your thoughtful ministrations, nurturing and supporting you for as long as you choose to reside within her walls.





THE LIRC ANNUAL HOLIDAY BOUTIQUE

**December 1st
Levittown Hall
201 Levittown Pkwy, Hicksville
11:00 am – 4:00 pm**

Vendors representing specialty gifts such as crystals, jewelry, spiritually minded products, books and much more, will be setting up tables to help you with your holiday shopping. Also available will be psychic mediums, readings and aura photography.

Please join us in celebrating this wonderful holiday season.



REIKI HEALING

CIRCLES

PLEASE CALL TO CONFIRM BEFORE ATTENDING **

BABYLON

Sacred Stone Crystal Shop & Healing Circle
29 Cooper Street
3rd Sunday of the Month
7:00 to 10:00PM
CONTACT: DONNA MALDONADO
631- 321-1612 DonnaRN1@optonline.net

MASSAPEQUA

116 Garfield Place
1st Weds. Of the Month
7:00 PM to 9:30 PM
CONTACT: LAURA MAGLIO
516 804-9219 LLM529@aol.com
www.EmbraceLight.com

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

OCEANSIDE

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

GLEN COVE

Integrative Health Care Solutions
70 Glen Street, Suite 300
Last Tuesday of the Month
7:00-8:30PM
CONTACT: KATHIE LIPINSKI 516-676-0200
www.integrativehelathcharesolutions.org

SETAUKET

Harmonic Pathways
100 North Country Rd
1st Thursday of the Month
7:30 to 9:30 pm
CONTACT:MARIA HODGINS
631 897-7779
www.HarmonicPathways.com

HICKSVILLE

142 Division Ave
4th Tuesday of the Month
10:00 A.M to 1:00 P.M
CONTACT: DARLENE FORESTA
516 822- 9763
spinwheeler@verizon.net

SMITHTOWN

7 Cottontail Ct
3rd Thursday of the Month
7:30 to 9:30 PM
CONTACT: LORRAINE AUSTIN
631 235-4145
Artysyd@aol.com

HICKSVILLE

180 6th Street
2nd Tues of the Month
10:00AM to 1:00 PM
CONTACT: CAROLE TRUELOVE

SOUTH HAMPTON

30 Sanford Place
1st Wednesday of the Month
7:30 PM
CONTACT: SUSAN McCARDLE



OUTREACHES WITH L.I.R.C



This past October the Long Island Reiki Connection was invited to give a Reiki Talk and Share to the members of the *New York Holistic Association* in Manhasset. The meeting was well attended and all NYHA members were interested in the energy work our organization presented. They especially enjoyed the “hands on” sessions they received and commented they loved the warmth and relaxation they experienced.

A special thanks to our President, Janet Lehecka and our Board Member, Laura Maglio for lending your support and words of wisdom to the evening. I would like to also thank our members, Karin Tamburello, Darlene Foresta and Sandy Sarin for providing your healing hands to those in attendance. I could not have done this Reiki Presentation without the help and support of you all. Once again we have fulfilled part of our LIRC Mission: to bring Reiki to the Community.*Namaste', Teri Sarin*

*LIRC has been asked to come back for an encore Reiki presentation again in the spring!
If you would like to give a Reiki Talk to an interested organization, please contact us and we will be glad to assist or present the event.

WELCOME NEW MEMBERS



Patricia Laurencot Mary Lou Wojcicki Haas Kathleen Green
Arlene Koponen Mary-Louise Liguori Carol Ann Dalceredo
Joan Rosenberg Allyn Rivera Laura Marie Tallman Elizabeth Morales
Tammy Zerella Rev. Linda Rose

UPCOMING LIRC EVENTS FOR 2007

November 20th Reiki Share: *Violet Flame Meditation*
Setauket Neighborhood House Members/Free Non-Mem. \$10

November 27 Workshop: *Crystals and Energy Layouts*
Presented by Teri Sarin, RMT and Donna Maldonado RN, 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.*

our website and check our Calendar of Events link to view current programs.



L.I. Reiki Connection

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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



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

*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.*

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