

LONG ISLAND REIKI CONNECTION



Message from the President:

Kathie Lipinski; RMT, RN

The Quality of Reiki Training (Part II)

In my last article I wrote about the quality of Reiki training. How important it is to find the right teacher, the various teaching styles and philosophies, and what really is involved in opening your channel to Reiki. I would now like to continue on that theme by addressing the issue of distant attunements and instructional videos.

To write this article, I had to do some research. My Reiki angels brought me what I needed (as they always do!) to assist in this process. I watched a video where you receive the attunement by focusing on a crystal and a 5+ hour instructional video by Diane Stein on teaching Reiki. I would like to share my thoughts with you.

I believe that you cannot receive a Reiki attunement from reading a book or watching a video. However, I have come to understand that the issue may really be about opening one's channel to bring in healing energy. In that case, receiving an attunement by watching a video or via the internet may be a possibility. I have come to understand that there may be "degrees" or "strength" of opening that channel. That is why online attunements, distant attunements and instructional videos may be able to facilitate that process.

As I wrote in the previous article, I believe that when one intends to help or reduce the suffering of another, their heart chakra

AUTUMN 2005 NEWSLETTER

opens to let in love, compassion and healing energy. This intention more fully opens the heart channel. The healing energy then travels down the arm via this channel (meridian or energy pathway) and empties into the left hand. I believe that is the basis of all hands on healing.

Keeping that in mind, there are many other forms of healing energy and healing techniques that do not require an attunement. And they have worked for thousands of years.

We are all like a house that is already wired for electricity. The Reiki attunement is like the light switch that turns the power on. So saying that, I believe that the "in person" attunement is the best way to open to Reiki. The attunement activates, clears and opens the chakras so that one can bring in and hold the Reiki energy. Many experience a tremendous energy clearing and healing during an attunement.

After 11 years of teaching Reiki and passing more than 1200 attunements, I now believe that people can begin the opening process on their own. However, the strength or the degree to which they open is the difference between self-taught, book, video or on line learning, and taking a class. To give an example; a person may be able to open their channel 10%, or maybe up to 25% or more on their own.

I was teaching a Master class one weekend and just before the attunement I began to prepare myself. I stepped into the circle and was overwhelmed by the energy. The message that I received was that I didn't need to do the attunement. They already received it. That message was overpowering to say the least! I did continue and completed the Master attunement in the traditional way. Their intent had started the process and I was there simply to "seal" it in. Needless to say it was one of the most powerful attunements I have ever experienced.

I don't recommend doing distant attunements. I believe they are most powerful when done in person. But of

course, every time I have a belief about Reiki and how it should be, Reiki pushes me to expand my beliefs and think outside the box. For example, I had a Reiki I and II class planned in New Jersey for October of 2001. After 9/11, I received a phone call from one of the students that had signed up for that class. She asked me if I could attune her before the class because she was involved with a lot of the children that were orphaned by 9/11 and she wanted to help them. I told her my feelings about distant attunements, but was then guided to do it to get her started. I called her and explained how we would do it. I asked her to promise me that she would still come to class (and she did). She did some reading and preparation so she would understand and be able to receive it. We had set up a date and time for the attunement. I asked her to do a 15 minute meditation before and get in a quiet space. I set up a chair in my Reiki room, invoked the distant healing symbol, connected with her energetically, and then intended that she was sitting in the chair receiving the attunement. It was a powerful experience for us both! She began to work with the children and shared with the class all the healing that had happened. Those two experiences taught me that the process can begin before an official attunement and that people can begin to open their channel by their intent.

These experiences also taught me to be open to the evolution of Reiki...how it is becoming more a part of our every day lives and expansion of our consciousness as a human race. Having said that, I believe that as Reiki Teachers, we need to be open to new and different ways of teaching Reiki and different ways that people open to and receive Reiki training.

I believe that the best training is done in person. The most important parts of Reiki training are the teaching, the practice and the coaching that one receives during and after class. When a teacher is present, they can observe the student practicing and can support, supervise, guide and assist in the learning process. Questions can be answered immediately and mistakes corrected. Discussions can come from the practice and can lead to other topics that are also relevant. This part of the student/teacher relationship cannot be addressed by an online course, reading a book or watching a video. Although books, online courses or videos can get one started,

they often do not adequately meet the learning needs of the Reiki student. There are many Reiki books out there and many are good (some of the best ones are listed on our website.) They don't take the place of in person training, but they give the person basic information to peak their interest and provide some understanding. Diane Stein's "Essential Reiki" book and video series is a good example. Although Diane is often considered controversial, her book gives a lot of good information. She dedicates her work to getting Reiki out there and she has. We may not agree with the way that she does it or what she teaches, but she is spreading the word about Reiki. Her "Essential Reiki" book is the #1 Reiki book sold. Many criticize her for publishing the symbols. Reiki people know that the symbols do not work unless you are attuned to them. The book peaked a lot of interest in Reiki and brought many people to it and that is a good thing! Her video series of teaching Reiki has good information. She recommends one also use the book as additional material. I found the attunements easy, but confusing since it seemed like they were all the same for each level. And if you believe that the person's intent is most important, all attunements work!

There is another series by Steve Murray. He has books and videos for each level of Reiki. Detailed instructions and pictures are given in the Master Teacher book for passing attunements. The accompanying videos have you focus on a crystal that he has attuned so you can receive the attunement. I did not personally feel anything when I was receiving the attunement, but I heard from other students and read the many reviews from students and masters who received their training this way. I think this reviewer sums it up when he says... "This book may be upsetting some reiki masters, but in this day and age, reiki and healing should be open to everyone." Again, I believe it can be helpful in starting the process for some. His aim is to increase the awareness of Reiki, simplify it and demystify it so that it spreads more readily.

There are also Reiki Masters offering online distance attunements and classes. Some do a decent job of it. Others are lacking. Some students have come to me after they received initial online attunements and learning from these and felt they needed more. *(continued page 3)*

William Rand, President and founder of the International Center for Reiki Training, (www.reiki.org) writes in his article on distant attunements and distant learning...."My experience in working with others and in talking to those who have experienced distant attunements is that distant attunements can have some limited value under certain conditions and also can be used in an emergency or for unusual circumstances, but that they do not take the place of an attunement done in person...Those who received their first attunement at a distance and then went on to take Reiki training in person and receive the attunement in person have reported that while they did feel something from the distant attunement, the attunement in person was much stronger and effective and that their Reiki was also much more effective after receiving the attunement in person.

He also wrote that "while it may be possible for some to give distant attunements, important aspects are being left out. It seems that the physical touch is needed to transmit important metaphysical frequencies when the teacher touches the head, the neck and the hands etc. In addition, many want the physical touch as they intuitively understand that it transmits important psychological as well as physiological energies.

It is also important to realize that without really knowing the person who is to give the attunement, you really have no idea what they are transmitting to you. It may be Reiki, but it could be something else."

To summarize, I believe that Reiki training is best done in person. Books, videos and online learning may start the process or encourage the person to begin the study of Reiki. But they do not adequately address the needs of the new Reiki student nor develop the student/teacher relationship that is so important in Reiki training.

I hope that these articles have encouraged you to explore and expand your understanding of Reiki attunements and the opening process. And to increase your awareness of how Reiki is evolving and getting out there to the world. Reiki is a living energy and it is part of our birthright as human beings. As a living energy, it is growing and evolving as we as human beings grow and expand in our awareness and consciousness.

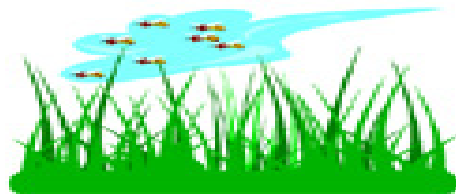


GRASSROOTS OF LIRC

By Marcy Neumann, Vice- President

During a recent LIRC meeting at Mather Hospital, I was describing the benefits of membership in our organization. As I was speaking about the networking opportunities for Reiki practitioners, I suddenly had this image of a cross-section, of a patch of grass. As I continued to speak, this vision clearly became a metaphor, in its likeness to LIRC as a "Grassroots" organization. My addressing LIRC as just that, allowed this explanation to unfold.

Created before me, was an image of this beautiful thick, lush, blanket of grass, vibrantly green and healthy, shiny and strong. It was wonderfully fragrant and sweet to the taste. I watched, as it grew to blanket the entire earth, protecting all beneath its cover, layer after layer, keeping all beneath it warm and safe, shielding it from the harshness of too much sun, wind, rain, or snow. I saw us, LIRC, as that blanket of grass. Our Reiki, our ability to spread light and healing energy, make us keepers of the earth, and keepers of its inhabitants.



How then, are we to create this blanket? How is it possible for our seemingly small organization to fulfill this purpose? This blanket, as seen in the "cross-section", has two distinguishable parts. First, that which exists on the surface, the one which meets the eye, whose purpose is more easily discernable. The second is that which remains unseen, yet whose very existence and purpose, creates the foundation for all growth.

That which meets the eyes, may, at first glance, appear to be all that there is. This blanket, being only a solid mass of greenery, which softens our steps as we walk upon the earth, enables our footsteps to be gentle and forgiving. However, upon closer examination, revealed, is that it is actually made up of individually rooted blades of grass. (Continued page 4)

Each individual blade is significant and important as the next and each one, part of the creation, part of the total, the whole, the critical mass.

Attached to each blade, are roots, extending down into layers of both soil and rock, creating strength to endure even the most devastating of storms. It is also the home for many of the earth's smallest creatures, providing insulation and protection from harm. Nurturing its tiny inhabitants, as well as nourishing the soil, and collecting the elements for conversion and disbursement.

As for those parts which reach beyond the naked eye, they also are protective and shielding. Here in lies a microcosm of community, which is vast and far reaching. Realization of its size becomes greater with each examination and re-examination. Here, lies a vast network of roots, one feeding the next, each feeding off of the other. Some of the roots appear to be larger, even stronger and some appear to be smaller, more fragile, perhaps even meaningless, so small and flimsy. These smallest roots, however, actually become the most important. As those presently larger and stronger, complete their jobs, it is the newer, younger roots which become the pioneers, and eventually the leaders into the new frontiers. For these, become the basis for the creation of a new root system, that will grow in size and strength, and able to achieve new dimensions. Those which are the viability of the whole, depend on for its future existence and sustenance. The roots, presently larger and stronger, their job completed, eventually giving way to the newly created source of life. It is only through this growth, that finally a network is created of such incredible strength, that it is able to withstand even the greatest of storms and challenges. That strength is required for us to achieve our potential and fulfill our purpose.

LIRC is a "Grassroots" organization. A GREAT "GRASSROOTS" organization!!! JOIN US...recognize your significance.....recognize our strength, as, "One blade at a time", united, creating this awesome force of energy. JOIN US in bringing light and sustenance to all those gathered under our blanket of love and light. Join us in creating this network, which is meant to bring strength and aid to the earth and all of its creatures. Simply by joining

our energies with intent to spread light,(our Reiki) we create this blanket of love.

This image is not yet complete. It is constantly being created and re-created by all that is brought to it. As Reiki practitioners, one of our responsibilities is to create change. This change can occur locally as well as globally, with YOUR help!! We cannot do this without you!! Bring your talents, bring your gifts, and bring your LIGHT!

JOIN US; GROW WITH US, AS WE BLANKET THE EARTH WITH REIKI.

🎨🎨 **REIKI IDEALS** 🎨🎨

Just for today, I will let go of anger

Just for today, I will let go of worry

Today I will do my work honestly

I will be kind to every living thing

I will give thanks for my many Blessings

These Ideals were taught by Reiki's founder, Dr. Mikao Usui. They reflect the Reiki way of living and should be repeated daily from the heart.



DONATIONS

LIRC has accepted donations from the following people in celebration of:

- 1. The life of Simon Cohen, Father of Howard Cohen*
- 2. The life of Israel Dolgin, Father-in-law of Ellie Dolgin*
- 3. The Marriage of Jennifer Arigoni and Jeffrey Neumann, son of Marcy Neumann*

LIRC PROGRAMS 2005

At Levittown Hall/ Marty Nichols Room

October 16 Workshop 1-4PM

“Reiki and End of Life Care”

Presented by AnnMarie Citarella, RMT

[*Cost is \$10-members and \$15 non-members]

October 26 Reiki Share 7-10PM

“Acupressure Points to Enhance Your Reiki Session”

Presented by Shirley Murphy, RMT

At Mather Hospital in Port Jefferson

*November 2 Reiki Share 7-10PM

“Getting through Surgery with Reiki”

Presented by Kathie Lipinski RN, RMT,
LIRC President

Reiki exchanges and networking will follow

*November 18 Workshop 7 –10 PM

“Group Past Life Regression”

Presented by Marcy Neumann, RN, RMT.

[Note: cost of this workshop is \$35]

December 7 Reiki Share 7-10PM

Topic: Japanese Reiki Techniques

Presented by Kathie Lipinski, RMT

At Mather Hospital, Port Jefferson

Reiki Share Admission is \$7 for members and \$10 for non-members.

NEW: Workshop costs are \$20/Members & \$25 Non-members, unless otherwise noted.

Reservations Required. Contact Annemarie at amc21@optonline.net or call at 516 314- 2045.

NEW!!! LIRC Reiki share events will now include CDs & books for sale, ""gently used" books and our lending library at each event.

LIRC welcomes all ideas for Reiki Share programs lasting 20-30min. Workshops can be given by members at their homes or at a location of their choice. Please contact Donna Miller-Small, or Janet Lehecka. (Email on back page)



Blessed are you Autumn, Season of Thanksgiving

Freedom from Addiction Reiki and the Twelve Steps, Part 2

Step Two: “Came to believe that a power greater than ourselves could restore us to sanity.”

When a person is struggling with addiction or life challenge, many aspects of their life are in need of healing and change in order to restore balance and harmony. The physical body begins the healing process as soon as one ceases to use alcohol, drugs, cigarettes, excessive food etc. It is in Step Two where one begins to address the healing that needs to take place mentally and spiritually.

The first three words, “came to believe”, are there to remind ourselves that recovery from an addiction or getting through a life challenge takes time. It is a process for which there is no quick fix. Many of us practice the five Reiki Principles in our lives as a path toward spiritual enlightenment and happiness. Traveling down this path takes time. We use the phrase, “Just for today” to remind us of this. The Twelve Step program of recovery uses a similar phrase, “One day at a time”, which helps one with the idea that recovery too is a process. It is through one’s commitment to their recovery “just for today” or “one day at a time” that will enable them to come to believe over time.

Most suffering from addiction have little or no faith. They become totally self-sufficient having disconnected from a higher power, source or force. Being completely self reliant in the grip of an addictive disease or life challenge does not result in mental clarity. Step Two suggests that a belief or faith in something greater than oneself is a way for the mental healing to begin to take place. Faith or belief could be in God, Allah, Buddha, Source etc. It could be a belief in a greater force, like Reiki, the “universal life force energy”. It could be **anything** that a person believes to be greater than them. The word “sanity” means soundness of mind. It is this faith or belief in a higher power that begins to offer healing on the mental level by restoring soundness of mind.

To help integrate Step Two in a person’s healing process using Reiki, all hand positions at the head area are beneficial. The CKR symbol can be used at the crown and brow chakras increasing the flow of Reiki. SHK helps to relax the brain making it more open and receptive to a new thought patterns and beliefs as well as any affirmations the practitioner/client may choose to use. It also balances and harmonizes the mental body. Reiki at the heart center is also helpful connecting the recipient to unconditional love for Spirit, life, self and others. If the person’s addiction or life challenge is connected to a past experience or past

lives that affect their thoughts, this can be addressed by using the distance symbol.

Step Three: “Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Step two focused on addressing the mental healing through a belief that a higher power could restore clarity to one’s thinking which often becomes distorted when affected by addiction or life challenge. Step three begins the healing process on a spiritual level. Healing on at this level helps a person begin to build the strong spiritual foundation they need for a successful recovery from addiction or resolution of any life challenge.

Step three is about letting go. There is a common phrase used in many recovery groups, “Let go and Let God.” Reiki practitioners sometimes say, “Let go and Let Reiki.” When we are channels for Reiki energy, we ask that our ego and personality step aside letting go and trusting Reiki energy to work its wonder. And so it is for one applying this step as they recover from addiction or life challenge. They must have the willingness to let go and trust, no longer relying solely on themselves but on a Higher Power or God. It is through this spiritual dependence, as practiced in the Twelve Step program, where true spiritual independence lies.

Similar to Reiki, the Twelve Step program is not a religion nor does it require one to participate in a religion. This step requires only willingness to turn our lives over to God as the individual defines “God”. God can be whatever higher power or source a person believes God to be to them. It is important to recognize that the struggle and challenge with letting go comes from the misuse of willpower. This step works miracles with ones spiritual development and recovery when they choose to stop plowing through their problems with their willpower, but instead, choose to bring it into alignment and harmony with God’s intention for them. Step Three begins this process.

To help with the integration of Step Three using Reiki, I like to begin with a healing attunement followed by a whole body treatment using all of the Reiki symbols. Reiki calms the entire body and relaxes the mind. This deep state of relaxation greatly supports the letting go process. In becoming willing to let go, the building of trust can begin. CKR can be applied to any area that may need an increase in the flow of Reiki in order to remove blocks that may be resisting. The distance symbol can be used to send Reiki back to old unhealed emotional or physical wounds that supported a non-trusting belief system. SHK can be applied to the head to relax and balance the brain if a person is fighting the compulsion to engage in addictive action.

These are only suggestions of some of the many ways Reiki can be used to help with the healing of addictions and life’s challenges. There is no wrong way to use Reiki to integrate any of the Twelve Steps of recovery in your healing sessions. Follow your intuition; be guided by its Light. As practitioners, we too can practice the use of Step Three by letting go and trusting Reiki in this process.

Written by Jennifer Staib, RMT
Reiki Peace Center for Health and Wellness
Centerport, NY Phone: 631.988.2003



The Importance of Giving and Receiving Reiki Training

By Janet Lehecka, RMT, Treasurer LIRC

In each of our personal quests to become a Reiki Master who can train others in the practice of Reiki and receive this training as well, we look for many things.

Often by word of mouth or by meeting a Reiki Master at an event, we make a choice to learn this ancient healing technique. The decision to earn and practice these simple yet powerful techniques will bring us into contact not only with Reiki Master Teachers, but with fellow students/practitioners as well. Whatever school or lineage we ascribe to, honoring each other and the Reiki Ideals is a central, core point that unites us all.

The commitment and effort of those teaching should be observed with discernment, the truth of what is being taught must also be assessed. In most cases there is no need to worry or doubt the veracity and good will of Master-Teachers. Although the things we need to know about hand positions, history of Reiki and the symbols can be taught and learned by rote, we need to ascertain the teacher’s faith in the modality and the sincerity of their intention in becoming involved in the first place. There certainly has to be an exchange of energy in the giving and receiving of Reiki. However seeing Reiki as a monetary interest only, may not result in growth as a practitioner because of the attachment to the physical plane. The clearness of our spiritual, mental, and emotional bodies can do much to enhance the vibrational level of Reiki sessions. Although Reiki does no harm, looking for a grounded, empathetic master is the search of a wise student. A wise Master in turn is open to those who want to learn but will find ways to try to groom all students to reach for high standards in the way they practice Reiki.

It should also be noted that learning from more than one Master can be beneficial. Learning Levels I and II with one Reiki Master and going on to ART and Master with another is not uncommon. (continued p.7)

The focus on Reiki as a discipline goes hand in hand with the tone set by the Master Teacher and how he/she lives the Reiki Ideals. It is acceptable to have a reasonable expectation that one's Master and fellow practitioners are making earnest attempts to spread the goodness of Reiki not only when they give sessions on others but in the living of their daily lives.

We owe it to ourselves and to our clients to give ourselves the benefit of being trained and to train others properly. This coupled with administering Reiki from the heart will do much to bring love, peace and Light to the world and add to the credibility of Reiki as a recognized alternative holistic modality.

HEALING CIRCLES

****Please Call to Verify Dates****

CENTERPORT : 19 Morahapa Rd
7PM to 9PM

2nd Tuesday of the Month

Contact: Marcy Neumann...email:
marcy@heartlites.org...631-651-9380

CENTERPORT: 15 Paul Revere Lane
6:30PM to 8:30PM

3rd Weds. & 4th Thurs. each month

Contact: Jennifer Staib..ReikiPeace4u@aol.com

HUNTINGTON: 75 Prospect St.
Rm 204 7PM TO 9:30PM

1st & 3rd Tues each month

Contact: Jim Lavery...Jflavery@aol.com

OCEANSIDE: 3335 Skillman Avenue
7:30PM to 9PM

Last Weds. each month

Contact: Donna Miller-Small...email:
reikinewyork@optonline.net...516-764-0153

OCEANSIDE-TABOR RETREAT

CENTER : 60 Anchor Ave
7:30-9PM

1st Thurs. of the month

Contact: Carolyn McGuire...email
healingheart@optonline.net.....812-7761

WANTAGH: 3429 Edgerton Avenue
7PM to 9:30PM

1st Thursday each month

Contact: Teri Sarin...tsarin@optonline.net



CRYSTAL CORNER: Kyanite

Welcome back Energy Workers!! With so much unrest in the world right now it seems a perfect time for us to clear and realign our energies. The stone for discussion today is **Kyanite**. When used this stone automatically and immediately aligns the Chakras. Kyanite can be thought of as a very effective energy conduit, it can balance the energies of the subtle or etheric bodies with very little guidance or direction. Because Kyanite does not absorb or hold negativity, it is the only mineral that never needs clearing or cleansing. Used as a channeler and transmitter of higher frequencies, it makes this stone perfect for attunements, on self or others. Likewise good for meditation also especially when connecting with spirit guides. Kyanite balances the Yin/Yang energies and pulls Qi down into the physical being. It also has a very calming, tranquil effect- especially when meditating.

Ways to use Kyanite:

- **Hold to the 3rd eye for clear insights and increased intuition or psychic ability
- **Place under a pillow or near you when sleeping for dream recall and problem solving
- **Place between navel and heart for aligning and bringing energy in
- **Use at throat Chakra for communication
- **For self-attunement hold a piece to your 3rd eye while holding your receiving hand in the air with thumb and 3rd finger together

As with all crystals remember to make a connection with the stone and communicate your intentions. Until next issue wishing you Beautiful Energy!!!Written by Donna Maldonado, RMT

~ VISIT US ON THE WEB at ~
www.longislandreikiconnection.org

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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 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 mentoring for those who are seeking certification in the various Reiki levels. The LIRC sponsors other exciting beneficial holistic techniques in our monthly 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 R.M. Teacher.

