

LONG ISLAND REIKI CONNECTION



FALL 2006 NEWSLETTER

PRESIDENT'S MESSAGE

Once again Mother Nature is working her magic and we are seeing the color of the leaves change and we are treated to an array of colors that artists through the centuries have tried to duplicate in their paintings.

Children have begun the school year and are trying to shake off their slower summer routines. High School and College students are at full throttle speed calendaring their various papers and assignments.

Summer hours that are offered by some businesses are now curtailed and the regular schedules are back in place for all of us. Once Labor Day passes the time goes by quickly despite the moving back of the clock during the month of Oct.

Many stores have been busy since mid-summer setting up Halloween and Thanksgiving displays. It won't be long before Christmas decorations are evident as well. The message is clear from all these changes taking place that we are at a new beginning, heralded by the season of fall. Although the celebration of a new calendar year underscores the concept of a clean slate, a new beginning and resolutions to better ourselves and our planet, each season also brings a renewal of its own.

The LIRC is no different and we see this wonderful time of crisp breezes, falling leaves, witches, goblins and turkeys as a renewal of our spirit and commitment to our mission and our members. Our summer season was a bountiful one in that we were able to provide you with interesting workshops that were well attended and a Reiki share in June that set the tone for learning more about the wonderful gift of Reiki as well as other holistic modalities that can augment or be used in tandem with Reiki. The July walking the labyrinth workshop in Sayville was so successful that plans are being made to see if we can provide more of this experience in tandem with Reiki during some full moon time periods. 2006-2007 promises to be an exciting and joyful year. We would like what we do to be exciting and joyful just like the spirit of the technique of the Reiki that we all honor. The arrival of our new Recording Secretary, Christine Sugarman and our new Planning Committee co-chair, Marianne Fulfaro have already brought new ideas and perspectives to future endeavors of the LIRC.

Conversations with God showings at Hofstra in Hempstead and the Holiday Inn in Ronkonkoma were the highlight of our fall season. We are thankful to those who supported us in this endeavor and our goals to provide both quality and inspiring entertainment and raise funds for the LIRC. We want very much continue to provide you with a variety of workshops and Reiki Share presentations that you find educational and challenging.

There are many other changes coming about that will provide benefits to members and non-members alike. Keep an eye on our longislandreikiconnection.org, site and visit it often so you do not miss out on the events, shares, workshops and the upcoming ability to advertise on our website.

Blessings and peace to all of you and may the goals and intentions you make in this season be met and fulfilled.

Janet Lehecka, RMT President LIRC



OUR NEW BOARD MEMBERS

Christine Sugarman: Recording Secretary

About nine years ago I started focusing on how to take better care of myself and other people. Reiki kept popping up, so I connected with a teacher and started the learning process. After a few teachers, Kathy Lipinski was a key person in that learning, which led ultimately to the LIRC and my new position as Recording Secretary. I also went back to school to become a massage therapist (LMT). For me it really complimented the Reiki. I also work at my husbands company as the CFO, a few hours a week so I can focus on what I love to do and keep learning.

Namaste, Christine ...be your peace and share your peace.....

Marianne Annunziato Fulfaro: Planning Committee Co-Chair

Born: Brooklyn, NY -Sept. 22, 1942 and proud of it!!!

Educated: Graduate of Sayville High School Class of '60, Hofstra University '64 B.S. in Ed.

Married to Jim Fulfaro; have two daughters, Christina Fulfaro-Fitzpatrick and Diana Fulfaro

Occupation: Retired teacher of 35 years from Connetquot School District

Retirement Occupations: Bronze Life Master Bridge Player; Bridge teacher,

Treasurer of the Nassau -Suffolk Bridge Association

Reiki Master and Instructor

Award winning poet

Vice President of the Common Ground

Lecturer on Labyrinths; Designer and facilitator of the Peace Labyrinth

Sweet Adeline-Island Hills Chorus

Sailor, golfer, belong to two book clubs, and President of a women's investment club



May you be blessed

with all things good.

*May your joys, like the stars at night,
be too numerous to count.*

*May your victories be more abundant
than all the grains of sand
on all the beaches
on all the oceans
in all the world.*

*May lack and struggle be always
absent from your life
and may beauty, order and abundance
be your constant companions.*

*May every pathway you choose
lead to that which is pure and good and lovely.*

*May every doubt and fear
be replaced by a deep abiding trust
as you behold evidence of a Higher Power
all around you.*

*And when there is only darkness
and the storms of life are closing in
May the light at the core of your being
illuminate the world.*

*May you always be aware you are loved beyond
measure
and may you be willing to love unconditionally
in return.*

*May you always feel protected and cradled
in the arms of God,*

like the cherished child you are.

*And when you are tempted to judge
may you be reminded that we are all ONE
and that every thought you think
reverberates across the universe,
touching everyone and everything.*

*And when you are tempted to hold back,
may you remember that love flows best when
it flows freely
and it is in giving that we receive
the greatest gift.*

*May you always have music and laughter
and may a rainbow follow every storm*



*May gladness wash away every disappointment
May joy dissolve every sorrow
and my love ease every pain.
May every wound bring wisdom
and every trial bring triumph
and with each passing day
may you live more abundantly than the day
before.*

*May you be blessed
And may others be blessed by you.
This is my heartfelt wish for you.*

May you be blessed.



Freedom from Addiction: Reiki and the Twelve Steps, Part 5

By
Jennifer Staib, RMT

Step Eight: “Made a list of all persons we had harmed, and became willing to make amends to them all.”

Step Nine: “Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Steps Eight and Nine of the Twelve Step program relate to a person’s relationship with others. A person dealing with an addiction or major life challenge often finds themselves becoming self-centered and disconnected, isolating themselves. As a result, the quality of their relationships with others suffers on many levels. These two steps are about the tending to and care of these relationships.

Step Eight requires the individual to make a list of people they feel they had harmed in one way or another. In doing so, a person begins to consider how their words or actions may have had a negative impact on their relationships. This process helps the person put less energy into thinking solely of themselves refocusing it onto others. With their recognition of and willingness to make amends to the people that they feel they harmed, the reconnection and healing can begin to take place.

Reiki can add the energetic support needed to successfully complete Step Eight. The power symbol can be used to increase the flow of Reiki to the person and to the Step Eight list. The mental/emotional symbol can be used with the distance symbol while the person is remembering what people need to be added to the list.

Step Nine is putting Step Eight into action by having the person make amends to those people on the list. The word, amend, literally means “to change or modify for the better.” The most important amendment, or change, was made by the individual when they took Step One. Making the choice to begin their recovery was the first change that needed to take place before they

could begin the mending process of Step Nine with others.

Making amends to people on the list may mean a formal apology. It may mean that money is owed for a debt. It may be done in the form of a written letter. The decision to get help with an addiction or life challenge is many times the amends itself for many listed who only want for you to be happy. These are a few of the many ways in which amends can be made to others. But, amendments to others are only to be made whenever possible. They should not be done if to do so would further hurt someone else.

Full body Reiki treatments are always beneficial with any of the Twelve Steps. Reiki can help to open and soften the heart center making the reconnection with others easier. All three of the level two symbols can be used. The distance symbol can be used to bring Reiki to incidents with others in the past and can be used to send Reiki to each person on the Step Eight list (provided the usual caveats are in place in instances when verbal permission to send is not available).

The Reiki Ideals are great for those working on Steps Eight and Nine. By living a life with the Ideals, the resulting happiness and joy cannot help but bring beauty and healing to all of their relationships with others as well as themselves.



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.

REIKI HEALING CIRCLES

CENTERPORT

15 PAUL REVERE LANE

3rd Wednesday of the Month 6:30PM-8:30PM

CONTACT: JENNIFER STAIB E-Mail: 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
631 486 4577

HUNTINGTON

OM STRENGTH AND SERENITY CENTER

210 EAST MAIN STREET

1st & 3rd Tuesdays of the Month

CONTACT: JIM LAVERY E-Mail: Jflavery@aol.com

MASSAPEQUA

116 Garfield Place

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

CONTACT: LAURA MAGLIO EMAIL: LLM529@aol.com
516 804 9219

OCEANSIDE

3335 SKILLMAN AVE.-7:30 PM-9 PM

Last Wed. of the month

CONTACT: DONNA MILLER-SMALL E-Mail: ReikiNewYork@optonline.net
516-764-0153

OCEANSIDE

TABOR RETREAT CENTER

60 ANCHOR AVE.

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

CONTACT: CAROLYN MCGUIRE E-Mail: HealingHeart@optonline.net
631-592-8322

SETAUKET

HARMONIC PATHWAYS

100 North Country Road

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

CONTACT: MARIA HODGINS 631 897-7779

FALL CALENDAR

NOVEMBER 1, 2006

“How to Build a Labyrinth”

Workshop. *Marianne Fulfaro, labyrinth designer and builder will show us how to build a labyrinth and explain their history and meaning.* Levittown Hall.

NOVEMBER 28, 2006

Reiki Share 7-10pm. Levittown Hall

*A guided meditation will be provided to calm us for the hectic holidays. Meditation will be followed by our *Holiday Boutique. Do your holiday shopping all in one place. There will be many interesting and unique gifts for every one on your list.*

DECEMBER 6, 2006

LIRC MEMBERS: REIKI

SHARE ADMISSION IS FREE!

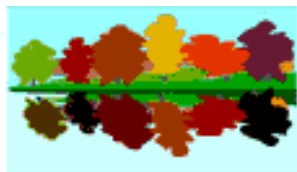
Reiki Share 7-10pm Suffolk Chapter at John Mather Hospital, Pt. Jefferson

Presentation on Kids and Reiki by Reiki Master

Teacher, Jen Staib. Guided meditation followed

By **Holiday Boutique***

*****Vendor Tables Available at
Holiday Boutiques, November 28
and December 6th. Vendor Fee
is \$25 for non members and \$20
for LIRC Members. Contact
Lorraine Austin at 631 235-4145



Call for workshop fees and registration. 631-321-7733 or Email: LIRC@optonline.net

Most LIRC Workshops are \$15 for Members and \$20 for Non-members

For updates on workshops and Reiki Shares, as well as other event information, VISIT US ON THE WEB AT:

www.longislandreikiconnection.org

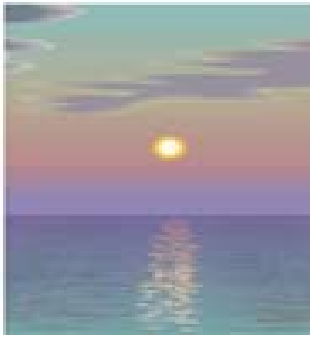
WELCOMENEW MEMBERS



<i>Victoria Hart</i>	<i>Dawn Pancella</i>
<i>Angel Donnelly</i>	<i>Elisa Delaney</i>
<i>Robin Brandvein</i>	<i>Carrie Galante</i>
<i>Dana Errico</i>	<i>Barbara Wolfram</i>
<i>Linda Gibson</i>	<i>Melissa Andolf</i>
<i>Robin Gabriel</i>	

WHO'S YOUR REIKI MASTER?

A recent article by Arjava Peter, author of Reiki Fire, wanted to set the record straight. He is not the Reiki Master of the 1000 Reiki Practitioners who claim that he is their Reiki Master Teacher. Instead he does claim to be the Reiki Master of about a tenth of that number, or about 100 Reiki practitioners. Arjava has discovered that Reiki students who have taken a Reiki class with him erroneously claim that he is their Reiki Master. According to the author, a Reiki practitioner's *true Reiki Master* is the person who teaches how to give Reiki Attunements in the Master Level Class. Furthermore, he adds, you are of his or her Lineage.



CALMING YOUR EMOTIONS

As Reiki practitioners, part of our purpose on earth is to bring calmer, more peaceful energies to assist others in their spiritual evolution. In order to do this, we must become centered ourselves with calm emotions so that we may hear the voice of our Higher Self and follow its guidance.

Life is lived smoothly when you follow the guidance of your higher wisdom. The further away from your Higher Self you are, the harder things become the more intense and turbulent your emotions may be. But when you stay connected to your Higher Self you create harmony and clarity all around you. Thus you learn to process emotions instantly by asking for guidance and letting discordant emotions go.

One step to understanding your emotions is to identify your “birth emotion”. This is a prominent emotion that you’ve carried all your life. Some people choose optimism, happiness, complacency as their main “feeling tone”. Others choose underlying feelings of pessimism, resentment or disappointment.

Some have an easy going nature; others feel quiet melancholy, loneliness or unhappiness. Some people choose love as their main feeling tone, while others choose to be serious, while others choose to be fun loving. Some people choose smug superiority whereas others choose unworthiness and inferiority.

Think about your most prominent feeling. If you don’t know, ask your higher self to know more about it. You chose these emotions because they gave you the perspective that would provide the most growth for you in this lifetime. Spiritual growth involves developing the ability to understand yourself and learning to act in higher and higher ways. See it all as an opportunity to grow.

As you grow, you have greater responsibility to send out a peaceful and harmonious energy broadcast to all life. This is especially true as you walk the path as a reiki practitioner.

As you follow and listen to the guidance of your Higher Self your life will work in easier, more joyful ways. As you calm your emotions, you add your harmonious and finer vibrations to the evolution of humanity and to all the earth’s kingdoms.

*Blessings of Peace and Light,
Theresa Sarin, RMT*



“Interdimensional Grace....to be in harmony with all things.” Steve Roth

L.I. Reiki Connection

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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 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 R.M. Teacher.

The endNamaste'