



WINTER 2006

President's Message

A new year is upon us and with a new year comes new hope, new dreams, new energies and a chance to begin again. 2005 was a challenging year with much personal growth and experiences. 2006 promises to be a smoother year in general.

On January 29th, the Chinese New Year begins. It is the year of the dog. In Chinese Astrology, the year of the dog represents compassion, the good of all, as well as rooting for the underdog. In the year of the Dog, we become more idealistic in our views, shedding some materialism by doing charitable acts or otherwise championing some worthy cause. It is a year in which we will shift away from the pursuit of the almighty dollar and become more reflective. It is a perfect time to reassess our values, explore our virtues and go on crusades against tyranny and oppression. It is a year in which controversial issues will be awarded a hearing and unconventional but effective changes will be introduced. Equality and liberty will be advocated by the Dog's noble influence. His unselfishness will predispose us to be more big-hearted than we normally are.

2006 also continues the transit of Saturn in Leo. This began in July 2005 and will continue until September 2007. For those born between July 23 and August 22, this begins a new cycle of maturation and growth. You will clean out the cobwebs of

your life, assess what people and obligations will remain in your life and which ones need to go. Your career will become a major focus and you will use your time more efficiently and wisely. Saturn adds new responsibilities and usually involves a rite of passage such as marriage, the birth of a child, a new job, a new home, etc.

Saturn in Leo rules the needs of children, which is where society's new focus will be.

During the weekend of January 27 – 29th, LIRC is proud to sponsor the premier of the documentary movie, "The Indigo Evolution." (See web page or email) This is the sequel to "Indigo", a documentary about one of these special children. The term indigo has been coined to describe the new breed of children that have come to this planet to assist us in evolving. Indigo refers to the color of their aura, as described by clairvoyants.

They have been arriving on earth beginning in 1978. They are characteristically strong willed, headstrong, highly intuitive, creative, with an artistic flair for the arts; an "old soul" and often labeled ADD or ADHD. They stand up for their needs and rebel against absolute authority.

As lightworkers, we have paved the way for these children to come in. We came to our understanding, our enlightenment, at a later age. They were born with it. We have agreed as parents and teachers to assist these children in the process of the human evolution. It is a soul agreement and the time has come to honor our commitment to this generation.

As a parent of two Indigo's, as well as an "aunt" to even more, it has been a joy and a challenge to help raise these children in an often not understanding world. It has been a joy to witness the spirit and soul of these children; to nourish their light and to help them stand up to a world that doesn't always understand or accept them. It has been a gift for our own personal growth, for as we assist these children, we are also healing our own inner child; the child that was told to be seen and not heard; the child that was told to never question and always listen to

authority, and a child whose spirit was often neglected.

Please come and support our premier of this movie. Tell your friends about it. Bring the children. Help them to understand their gifts and their uniqueness. Let us help the world understand these children. They are our future. Our soul contract is to assist them in their process.

Let 2006 be the year of the children.

*Reiki blessings,
Kathie Lipinski
President, LIRC*

The Indigo Evolution Movie

“The Indigo Evolution”, is the title of a film produced by James Twyman, and is a sequel to his previous film, “The Indigo Children”. James Twyman, author and film producer has long been a pioneer in a movement geared towards shedding light on a population of children known as “Indigo”. These children were so named, due to an indigo colored “lightforce”, or aura, which surrounds them.

This population of people, is considered by many, as evidence that mankind has taken yet another step in its evolutionary process, and that this new population has evolved for the purpose of ushering in and demonstrating new ways of living. Most of them are children, or young adults, and possess an unusually strong connection to “Divine Source Energy”, and they live accordingly. Many of them exhibit strong psychic abilities, are extremely intuitive, may be gifted artistically or academically, as well as, have a strong sense as to who they are, and why they are here. Possessing many exceptional gifts, as well as this, “knowingness”, they often find difficulty within the framework of society, and develop behavioral problems. Other problems, may also manifest as learning difficulties, and lead to possible misdiagnosis of ADD or ADHD. These kids are often misunderstood, found intimidating, and become enigmas to their educators and often, to their own families.

It is believed that 95% of the population being born today is “Indigo”. (1) Proportions of this magnitude, and its subsequent influences, will require some adjustments on the part of society. As “Lightworkers”, we have the ability to “raise” the vibrations of those we interact with, and its ripple effect, having a profound influence on

society, as we presently know it. It is our belief, that this “raising of vibrations”, or frequencies, is needed to enable the “Indigo” to take their place as the leaders of tomorrow.

The weekend of January 27, 28, and 29th, this film, “The Indigo Evolution”, is being premiered internationally. Long Island Reiki Connection is proud to announce that, as part of this international team, we will be hosting the premier of this illuminating film. Please join us in our efforts to create a network of “light”, supporting these children to freely evolve and teach us what this, “New Age”, is all about!

Marcy Neumann, VP of LIRC Contact info:
marcy4indigo@yahoo.com

1. Carroll, Lee , and Jan Tober., The Indigo Children, ISBN 1-56170-608-6 2003 Hay House, Inc.



KEEPING YOUR REIKI STRONG

Last year, 2005, saw many natural disasters such as hurricanes, earthquakes, flooding and landfalls. As Reiki practitioners and Lightworkers we were busy using our Reiki to ease the heartache and strengthen the hope and faith of those who were affected by these natural disasters. Our energy work was in great demand and we are still called to keep sending Reiki in order to embrace all those in need and to keep them blanketed in such a high vibration of love and light.

In order to meet the needs of Reiki and Light that is called for by so many groups of people, it is important that we as Reiki Practitioners keep our Reiki strong and strengthen our ability to be exceptional energy workers. There are a number of ways to do this. First, meditate daily so you are calm and centered in Light throughout your day. Your calmness will affect others and bring them peace.

Next, call upon any High Being of Light that you are connected to such as, the

Ascended Masters of Jesus, Buddha, Mother Mary, Kwan Yin, Archangels, Angels, Saints or any others that will assist you in sending Heart-Centered Love to others. Enlightened Beings assist with healing work and allow us to attract even higher levels of healing. These High Spiritual Beings have a tremendous desire to help people as well, so that together we can help our planet and humanity to further evolve.

Just imagine them in front of you and ask them to send Light to you. Then stand in their Great Light, allowing them to radiate waves of the highest energy to you. Bask in their Light until you feel that you are vibrating High! See yourself and your aura expand and glow. Allow your Divine Eternal Self, your Soul Self, to radiate Love of the Highest degree to all those around you.

Another way to keep your Reiki energy strong is to watch your diet. Try to eat healthier foods and stay away from too much alcohol or caffeine. Exercise, or simply walking, will oxygenate your cells and leave you with the ability to think clearly, get answers and solve personal problems. Also, sleep is important to maintain your reiki energy.

Enhance your Reiki by receiving a healing session yourself. Attend a Healing Circle or book a session at a Wellness Center, Health Spa or with a Reiki buddy. Finally, having another Reiki Attunement will raise your Reiki energy and keep your channel and chakras clear.

Let's continue to use our Reiki to add more Light, Healing and Love to our world community and to our planet this New Year. Remember that we do make a difference and that we are not alone: all of heaven is beside us. With Love in our hearts, let us hold the world in Light...

Reiki Blessings of Light and Love,

Theresa Sarin, RMT, editor

We are all connected. That, which breathes us, connects us. We are all One.....Mary Reynolds

HEALING CIRCLES

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

CENTERPORT : 19 Morahapa Rd

7PM to 9PM

4th Thursday of the month

Contact: Marcy Neumann...email:

marcy@heartlites.org...631-651-9380

CENTERPORT: 15 Paul Revere Lane

6:00PM to 8:30PM

3rd Weds. each month

Contact: Jennifer Staib..ReikiPeace4u@aol.com

HUNTINGTON: 75 Prospect St.

Room 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

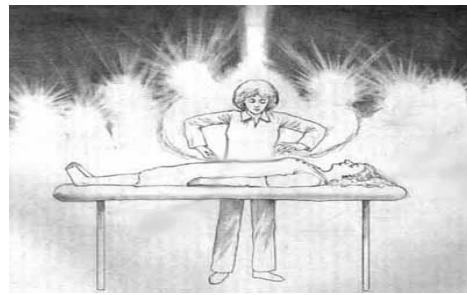
healingheart@optonline.net.....812-7761

WANTAGH: 3429 Edgerton Avenue

7PM to 9:30PM

1st Thurs. of the month

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



Spiritual Confidence by Barbara De Angelis

You probably have never heard the term spiritual confidence but it is a term that defines your relationship with the Universe you live in. Here are three characteristics associated with spiritual confidence.

1. The belief that the Universe is a constantly evolving mystery, and that there is a universal flow toward good.

Everywhere you look in the natural world, you'll observe that all life is designed to evolve. An infant magically grows into an adult; a seed grows into a tree. Built into each physical manifestation, whether it's a cell, a forest, or a human being, is an innate intelligence that guides the living organism to develop and express itself more fully. *Spiritual confidence comes from understanding the positive direction in which the Universe is going, and trusting that, although you may not always see how, your life is going in the same direction.*

2. The belief in the order of the Universe – that it makes sense.

If you feel like you're living in a crazy world with no rules, you won't have much spiritual confidence. Everything will appear to happen randomly, and you'll feel a constant sense of insecurity. Spiritual confidence develops when you observe the cycles of nature and the mechanics of creation, and conclude that our reality has been designed by an ordering intelligence beyond anything you or I can imagine. This all-pervasive intelligence is obvious in the tiniest detail of a bird's feather, all the way to the rotation of the planets.

When you begin to perceive universal truths that explain your perceptions and experience, spiritual confidence begins growing inside you. You know that even your greatest challenges must, like all things in nature, have a purpose, otherwise they wouldn't be happening.

3. The belief in yourself as a miraculous expression of God, Spirit, Higher Intelligence, or whatever great force you feel is responsible for creation.

If you think about it, your very existence is a miracle. Somehow, you know yourself as the person you are; somehow, your consciousness lives within your physical body, learning, feeling, growing, and loving. Somehow, you're here, visiting this place we call Earth. You're a unique, one-of-a-kind expression. As an expression of the whole, you have within you the same magnificence you see when you gaze up at

a majestic mountain. You have within you the same beauty you witness when you watch a spectacular sunset. You have within you the same power as that which created you in the first place.

Spiritual confidence comes from remembering who you really are, beyond your body and personality, beyond the masks you wear. It comes from honoring yourself as one of creation's miracles.

When you're lacking in spiritual confidence, you might experience the following symptoms:

1. You try to *control everything* in your life. You have to be in control because you don't trust God, or the Universe, to create a positive outcome. This mistrust often immobilizes you from taking action, or sabotages your relationships when you refuse to fully open up. You find it hard to flow with events and experiences, and by resisting you make your life more dramatic and painful than it needs to be.

2. You have a *difficult time being adventurous or taking risks*. When you don't have confidence that the Universe operates in an orderly, meaningful fashion, you don't feel safe. You behave, love, and work cautiously. *You live a more limited, protected, uninspired life, and therefore, a less fulfilling life.*

3. You feel a *deep sense of emotional restlessness*. Nothing completely satisfies you. Nothing fills you up. That's because you're waiting for life to validate you, to give you a reason for being here. You're missing the point: *The fact that you're here at all means you're a miracle. You're loved. You are enough.*

Here are some suggestions for developing spiritual confidence:

1. Seek out evidence that the Universe operates in an orderly, positive fashion.

Look back on your life and the lives of others, and see how many times situations you thought were problems turned out to be blessings in disguise. Remember a time when you thought, *I'm never going to love anyone again*, but you did; recall a time when you found a door closing to you, only to reveal another opening. See how life is constantly evolving.

2. Spend time outdoors in Nature, and pay attention to what you see.

Nature is an ever-present and powerful spiritual teacher. When you walk through a grove of trees, stare at the details of a flower, watch the ocean's

waves' crash onto the shore, or look up at the stars filling the night sky, you'll instantly notice and connect with the magnificent, unlimited intelligence that's responsible for all of creation. The more you observe the wonders of our physical existence, the easier it will be for you to experience spiritual confidence.

3. Look for everyday miracles and evidence that you are loved.

Every day you're surrounded by signs that remind you of how blessed you are to be alive. Every day you'll receive evidence that you're loved. The sun will rise to light your way and give you warmth. The earth will bring forth food to nourish you. Just when you're feeling sad, a bird will begin to sing. Just when you're feeling totally alone, a child will smile at you. Just when you're feeling that you can't figure out what to do with a problem, the answer will come: You'll bump into the right person or read the right book or suddenly have the right revelation. Look for evidence that you're being guided and watched over. Look for evidence that *you are loved*.

📱📱 **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.



Separating Outcome from
Intention

By: Lorraine Austin, RN, RMT
Treasurer, Long Island Reiki Connection

During my Reiki Level 1 training, my Reiki Master kept reminding us that Intention is a key factor when channeling Reiki energy. I remember her saying, "Intend that the Reiki flow, but do not attach yourself to the outcome....leave that up to the Universe. I often find myself repeating these or similar words to my own Reiki students. Recently, with the help of my friend Valerie, the truth and deep implication of these words were revealed to me.

This revelation began when I received an urgent call from my best friend's husband. My friend Valerie had been diagnosed with a devastating form of cancer 10 years ago. At the time of diagnosis, she had two sons, ages 6 and 3. The doctors gave her 2-3 years to live, but with her inner strength and unbelievable will to live, along with the love and support of her family and friends... she gave us 10. Throughout these years she sought the guidance, support and treatment of many conventional and non-conventional professionals. She explored a variety of religious, spiritual and metaphysical paths and embraced the help of many healers.

On December 1st I received the call that I feared, but prayed would never come. "Valerie is in the emergency room and things don't look good," her husband sobbed into the phone. I raced to the emergency room and found my dear friend lying in a bed in a semi-conscious state. She had suffered severe brain damage as a result of a massive seizure. The seizure was caused by the chemotherapy she was receiving to fight the cancer that had recently metastasized to her lungs.

As I looked at her, I could feel my hands heating up and the need to give her Reiki overcame me. I sat down next to her, placed my hands on her chest and willed the Reiki to flow and make her well. I cried and prayed for my friend. I desperately wanted her to recover and asked God to please give us a little more time to enjoy life together. After about 2 minutes, Valerie became noticeably agitated and began moving around in the bed. I removed my hands and she immediately relaxed. Thinking that my touching her was too much stimulation, I sat back in my

chair and decided to beam Reiki to her. This time I invoked the distant Reiki symbol and again willed the energy to flow and make her well. Her heart rate instantly increased as she began to moan and thrash in the bed. Her negative response to the Reiki energy both saddened and confused me. She always loved it when I gave it to her! I decided to stop sending her Reiki for the time being and remained at the hospital for most of that evening to provide support to her husband.

Upon returning home that night, I asked my Reiki Guides and Ascended Masters to help me understand why Valerie was “pushing me away” and having such a negative response to the Reiki energy. Almost instantly I felt as if a heavy load was suddenly lifted off my shoulders and my Reiki Master’s words echoed in my mind “..... do not attach yourself to the outcome, leave that up to the universe”. The overwhelming grief I felt at the thought of losing my best friend and my overwhelming need to see her wake up had clouded my ability to remember one of the basic principles of Reiki: it always works for the greater good; we act as channels for the energy, not directors. We need only to intend it to flow, and let go of the outcome.



Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.....Lao Tzu

UPCOMING SHARES AND WORKSHOPS

Look for upcoming Reiki Shares and Workshops on our website. These will be held both at Levittown Hall and Mather Hospital. Many new and exciting presentations are being planned which will focus not only on Reiki techniques but other complimentary modalities as well that can be used in conjunction with Reiki. Some of these topics include, Communicating with Your Angels, Magnified Healing, Energy Medicine Techniques, Crystals and much more. Please contact us if you would like to share your expertise at LIRC@optonline.net or call our Education Committee Chairpersons (see last page for emails.)

FALL WORKSHOP REVIEWS

The Long Island Reiki Connection is blessed with many individuals who bring related expertise to their Reiki practices. In our ongoing effort to extend greater knowledge to our members we offered several informative workshops during the last quarter of 2005.

In September Terri Sarin and Donna Maldonado taught us how to use pendulums to scan the chakras and find areas of imbalance and then use crystals during a Reiki treatment in a workshop entitled “Reiki and Crystals”. October brought to us Annemarie Citarella’s workshop on “End of Life Care”. She shared personal experiences during her work with patients in Hospice, facilitated a group discussion, and provided us with resources for further exploration. Marcy Neumann took us on a journey of self-exploration in her “Past Life Regression” workshop in November. In a safe environment, participants traveled to the past and were able to process and discuss their experiences.

The education committee is planning more exciting workshops for 2006.

Check our website at www.longislandreikiconnection.org and watch your email for announcements. Please contact us if you would like to share your expertise.

Donna Miller-Small
Education Committee Co-Chair



“A snowflake is one of God’s most fragile creations, but look what they can do when they stick together”.....Author Unknown

Five Simple Rules to be Happy

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Freedom from Addiction: Reiki and the Twelve Steps, Part 3 By Jennifer Staib, RMT

Step Four: “Made a searching and fearless moral inventory of ourselves.”

When a person is suffering from the disease of addiction, the light that shines within is dimmed. It is in this place where the intentions of one’s actions and choices become clouded and misdirected. Step Four is about a journey where one is asked to go within themselves to list the choices they have made in their life that have harmed themselves and others.

The person recovering from an addiction or life challenge is asked to search within themselves fearlessly, not fearfully, finding out as precisely as possible how, when and where their choices and behaviors caused unhappiness. It is also important to the success of one’s recovery to identify patterns in these past behaviors that need healing. The distant symbol can be used to help one recall this information from the past, especially if the memories are painful and are not easily revealed.

Reflecting upon the Reiki Ideal “*Today I will do my work honestly*” also helps with the process of taking a moral inventory. It is often said that “the truth sets us free”. By finding the courage to search fearlessly and honestly for one’s past misguided intentions, a person is given the awareness of all that lies within that needs to be released and healed. Only by being rigorously honest during the search is this possible.

Step Five: “Admit to God, to ourselves, and to another human being the exact nature of our wrongs.”

The unpleasant memories of past actions and events of an individual are commonly kept buried within, not shared with others. They are often times buried so deeply; they can not be remembered by the individual. Choosing to hold onto this negativity impacts the quality of a person’s life. The choice to release that which no longer serves the person’s highest good is the only way healing can take place. Step Five

provides the opportunity for this release to take place.

Through the verbal admission of one’s Fourth Step list, a person is choosing to willingly release that which has been buried deeply for so long. I find it helpful to apply Reiki at this time to the communication center. CKR aids in opening up this chakra, increasing the power allowing the release to flow more easily. Once the release has taken place, Reiki can be used to replace what was let go. The distance symbol can be used to send Reiki to all these areas, while SHK is useful to restore balance and harmony.

Step Five also addresses the isolation that occurs when one chooses to withdraw and withhold information from themselves and others. This isolation supports the false idea that we are in some way separate from each other. When one chooses to admit or share with God, themselves, and another human being that which has been secretly buried for so long, their Spirit remembers that they were never really separated, lost or isolated ever. For many, this remembering is a very powerful experience. Using Reiki at this time reinforces the fact that we are all connected and gives support to the chords that connect all life.

The release work of the Fourth Step list covers many experiences. However, the Fourth and Fifth Step process can be used for specific events as well. Reiki Healing Attunements and Auric Clearing techniques are beneficial with this release process. They are particularly useful for those memories that have been buried very deeply and have caused severe trauma. These techniques can be followed by a full body Reiki treatment.

“*Just for today I will let go of worry*” is another excellent Reiki Ideal to meditate on while taking this journey within. Let go of worry; for there is no wrong way to make the list. Let go of worry; for there is no time in which the list needs to be completed. Let go of worry; for there is no judgment.

Using Reiki to help one with Step Four, I like to give full body treatments because recalling painful memories can drain a person’s energy. All of the Reiki symbols are beneficial to use during the treatment. It is helpful to give Reiki treatments frequently, keeping the energy

replenished, until the process of making the Fourth Step list is completed.

The distance symbol can be used to send Reiki to past events that need healing. CKR can be used to remove blocks that may cause resistance in the memory process. SHK can be used to restore balance and harmony where needed. I like to spend extra time infusing the solar plexus and heart centers with as much loving Reiki energy as is needed until a person completes this step.

Step Four is an action step. The ideas and beliefs formed with the first three steps help assist with the action of the fourth. The list generated as a result of the Step Four journey is the first tangible piece of evidence of one's willingness to heal and continue to move forward.

It is necessary to walk through the release work of this step to further strengthen the success of one's recovery from addiction or life challenge. As many of us know, the only way we can heal is to first release that which no longer serves our best interest. And so it is for everyone. Every person addicted or not, also has the opportunity to receive abundant healing blessings by releasing all that lies within that no longer serves their highest good.



Our Soul does not want to be constrained by the body, and so it tries to leave us every time we breathe out. It is the Creator who injects the Life Force back into our body every time we breathe in.....Michael Berg

The Crystal Corner

Happy New Year friends! Even though we say we aren't going to make any big New Year resolutions, somewhere in the back of our minds we always associate the New Year with new beginnings and think of the things we want to change or accomplish. So the stone for discussion this month, **MALACHITE**, fits right in with change as it helps to reveal and remove blockages, especially emotional. This stone however is not for the lighthearted, it is powerful when used and means business. Unlike its' counterpart at the Heart Chakra, the Rose Quartz, it does not work in a gentle way, but firmly and quickly. The absorption property of Malachite, both physically and etherically, is astounding. It can protect against and absorb negative energies on the body or in the environment. Also used for acute pain or inflammation. Used mentally and spiritually it is considered a stone of transformation as it has a no nonsense way of showing you what the problem is and what is blocking your path. Malachite is also good for balancing and activating all the Chakras. Malachite works very hard and must be cleansed and charged after every use.

WARNING: Malachite in its raw form is toxic if ingested or the dust inhaled, so only use in its polished form if a novice.

Ways to use Malachite:

***Place anywhere on body where there is inflammation or pain.

***Place on third eye and meditate for transformational qualities.

***Use on heart Chakra for deep emotional healing—only if you are ready to release.

***Use in jewelry or carry on your person for protection against negative and electromagnetic energies.

As with all Crystals remember to connect with them first, and communicate your intentions.

Until next issue----Wishing You Beautiful Energy!!!!

*Donna Maldonado
The Sacred Stone*

**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.

