



*Usui System of Natural Healing
School of Reiki*

A Division of QiSsage Body Systems, LLC

靈氣 **REIKI NEWSLETTER** 靈氣

Fall Issue, Vol. 1

Usui Shiki Ryoho

September 2009



Just for today, do not worry.

Just for today, do not anger.

Just for today, honor your parents, teachers & elders.

Just for today, do your work honestly.

Just for today, show gratitude to every living thing.

NEW REIKI GRADUATES

REIKI MASTER PRACTITIONERS



Guy Cornish (*standing*) and Lynn Kosek-Walker (*seated*) practice new techniques learned during their 2½ day training workshop in the Master Practitioner Level of the Usui System of Reiki.



New Reiki Masters Lynn Kosek-Walker (left) and Guy Cornish (right) pose for a picture with Sensei Walker (center).

The Usui Reiki System of Natural Healing School of Reiki recently certified two new Master Practitioners: Lynn Kosek-Walker and Guy Cornish.

Lynn and Guy spent 2½ days in training learning new techniques from the Hayashi Healing Guide and the attunement processes. They will spend the next 12 months cultivating their spiritual awareness and “finding” their purpose in the Reiki practices. At the conclusion of that time period, they will have the

option to return to training and receive instructions and certification as Reiki Master Teachers.

“I really enjoyed the workshop this weekend. We learned so much about Reiki’s ability to improve health,” commented Lynn after the last day of classes.

Components of the classes are to have nightly homework assignments as well as practical applications in classes. “Both students performed well and up to expectations in the technical and theoretical requirements for certification,” said Sensei Walker. “We look forward to seeing more students progress to the Master Level in the near future,” added Sensei. “I also look forward to seeing Lynn and Guy return for their teacher certification next year,” he concluded.

REIKI LEVEL III (ART) PRACTITIONERS



Actively listening to Lynn Kosek-Walker (right) lead a discussion on crystals is (left to right) Alice Newman, Pat Lindsay-Harvey, Janet Hoesly, Ken Catalano and Mary Ann Napolitan.



Happy graduates (left to right) Pat Lindsay-Harvey, Janet Hoesly, Alice Newman, Mary Ann Napolitan and Ken Catalano receive their official certifications.

In July, the school also certified five new Level III (ART) practitioners. Alice Newman, Pat Lindsay-Harvey, Janet Hoesly, Ken Catalano

and Mary Ann Napolitan proudly and officially received their certifications on July 25, 2009.

The all-day class was focused on a higher level of technical practices as well as the all important attunements that provide the necessary connections to the Reiki source. The student/practitioners were elated and eager to expand their knowledge and ability to help others.

Their new charge is to bring this ability and knowledge to another level of self-development and awareness so that they may expand the opportunity to assist family, friends and others.

WORK STUDY PROGRAM

Sensei Walker announced today that the Reiki school will create a Work Study Program for its students.

“We realize that money is an all important factor in today’s survival in our economic crisis. We also realize that monetary value is not the main consideration in producing Reiki practitioners, however, we do need this commodity to continue to be able to offer the complete Reiki program that we have in this school,” said Sensei Walker.

In an effort to ease the financial responsibilities of student practitioners, the school is developing a work study program. This program will offer practicing students in this school the opportunity to assist in providing Reiki classes to the public (under the guidance of the staff and senior practitioners) while earning dollars and/or credit for continued classes in the school.

“Work study programs are not new to educational systems,” comments Sensei, “so we will utilize this tool in our school to assist developing Reiki practitioners in continuing their education and development.”

This program is not yet underway but will be started in the fall or before this year is out.

FALL REIKI CLASS SCHEDULE

All classes are taught by certified Reiki Master Teacher, Jonathan B. Walker, Ph.D., Sensei. Certifications are presented by and registered under the Usui System of Natural Healing School of Reiki.

All classes are pre-scheduled. There is limited space available and is pre-registration required. Classes will be confirmed upon sufficient pre-registration. Pre-registration is open all year. Pre-registration will include a non-refundable \$25.00 deposit and a 50% refundable down payment on the class and materials.

Reiki I Sept 26, 2009

Reiki II Oct 24, 2009

There are prerequisites for Level II but not for Level I. For specific prerequisite information, contact the school at (609) 518-9399.

Classes will be held in South Jersey (*Burlington & Camden County areas*). Specific sites will be announced on Facebook, in email announcements, on flyers and/or on our web site at www.qissagebodysystems.org.

To ensure your space in the next Reiki class, submit your pre-registration with the non-refundable \$25.00 deposit soon. Be sure to see the “special” on the flyer.

In this newsletter, a *Reiki Class Pre-registration* form can be found and printed out for your convenience.

Classes are open to certified practitioners who feel that they need a “refresher” class. “Refresher” students must produce a valid certification of their highest Reiki level achieved by a certified Reiki Master Teacher.

Classes are also open to practitioners from all other Reiki schools. Just provide a valid certificate from a certified Reiki Master Teacher upon request.

NEW LOGO FOR THE SCHOOL



The Usui System of Natural Healing School of Reiki has created a new school logo.

“The logo has significance,” stated Sensei Jon Walker. “I created it with Reiki in mind.”

Each part of it is symbolic of a specific aspect of this healing modality and our purpose with it.

The color green is characteristic of the heart chakra which is representative of divine/unconditional love, compassion, understanding and oneness in life. This chakra anchors the life-force from the Higher Self.

The shapes are significant in that they are the only three geometrical shapes in the universe. They represent the trilogy of our existence.

The square is representative of our foundation or root to Mother Earth; the circle representative of our center where the heart is acting as a conduit for the Higher Energy to channel through; and the triangle pointing upward represents the Higher Existence or Spirituality descending from the One downward over all. "In essence, this logo is significant of our connection from the earth below to our source of benevolence from above," said Sensei.

"Therefore, this logo means that we as Reiki practitioners receive the source of benevolent energy from above into our hearts and it is from our hearts that we bring this energy to those who seek our assistance," added Sensei.

You will begin to see this logo appear on all literature, web sites, correspondence and communications with the school and its practitioners. There will even be patches and/or T-shirts created with the new logo.

"As with all logos, eventually you will come to recognize our school and its practitioners by this logo," ended Sensei.

SUBMIT AN ARTICLE TO THIS NEWSLETTER

We welcome our readership's comments and feedback as well as articles which they would like to submit for consideration to print. There is no "deadline" to submit articles. Just write and submit any time by either email or postal mail.

All email submissions must be sent to qbsreikieditor@aol.com. All postal mail submissions must be sent to:

QiSsage Body Systems, LLC
Reiki Newsletter Editor
3 Warwick Road
Eastampton, NJ 08060

The newsletter will be published on a quarterly basis and will be distributed electronically online at www.qissagebodysystems.org.

CONTRIBUTING REIKI STORIES

This section features reports from practitioners and clients who have stories to share about Reiki experiences.

TEACHING REIKI CLASSES

by Sensei Walker

As a teacher of many different subjects dealing with health care and over 25 years of teaching experience, I have used many tools of delivery of bringing subject matter to the student. With that said, there is one thing that stands out in my mind when it comes to teaching. There are certain components that are a must and that will enhance the learning experience of the student.

I will basically outline some of these necessities in teaching.

- A standardized curriculum.
- Theory and Practicum.
- A standardized format for classes.
- Educational teaching aids.
- Homework/out of class assignments.
- Student notebook/workbook.
- Evaluation & testing tools
- Question/Answer period.
- Predetermined class duration.
- Predetermined class size.
- Handouts.
- Suggested reading materials (books, magazines, journals, etc.).

The teacher must be knowledgeable of teaching tools available for instruction:

- Lecturettes
- Classroom Discussions
- Demonstration/Practice
- Teaching/learning modalities

This is just a quick "laundry list" of items that would be in the basic handbook for new Reiki teachers. There is more and more should be investigated before teaching your first class.

Most of all, preparation is important before beginning any class. Research of material to be covered is a great way to confirm your knowledge of the material to be covered. Take some time (*preferably a couple days*) prior to the class and complete preparations for the class. Then the day before, review your presentation and materials.

Importantly, have fun and enjoy your class!



LEARN REIKI



Usui System of Natural Healing School of Reiki

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CLASS PRE-REGISTRATION FORM

Yes, I would like to pre-register for the next available Usui System of Natural Healing School of Reiki class. Below, I have circled which class I am interested in attending. I understand that there are prerequisites for class level II and I have met those prerequisites, however, there are no prerequisites for Level I.

I am interested in attending (*circle your choice*): **(Locations in South Jersey to be announced)*

Reiki Level I
Saturday
September 26, 2009
9:00-3:30
\$85.00 (*incl. materials*)

Reiki Level II
Saturday
October 24, 2009
9:00-3:30
\$115.00 (*incl. materials*)

SPECIAL:
Reiki Level I and II
Sept & Oct 2009
\$200.00
(10% discount on Level III)

* **SPECIAL:** Pre-register for **both** Reiki Level I and Level II **now** and receive a 10% discount (\$25.00 value) off the registration fee for Reiki Level III (ART) in the next scheduled Level III (ART) class. Next Reiki Level III (ART) will be scheduled in early 2010. If you take advantage of this offer now, you will be included on the mailing list for early notification of the Level III (ART) class and will be guaranteed a seat in that class!

Name _____
Address _____
City _____ State _____ Zip _____
Phone (____) _____ Cell (____) _____ email _____

My present Reiki certification level is: _____
I received this certification on (*date*): _____
I was trained under Reiki Master Teacher: _____
My teacher can be reached at (*phone, email, postal mail*): _____

I am remitting my nonrefundable \$25.00 deposit TODAY to hold my seat in the next available class(es). I understand that I must remit the balance in-full no later than 7 days prior to the scheduled date of the (first) class at which time my deposit will be credited toward the cost to the class(es) and materials.

(Your signature) (Date)

Remit Payment to: QiSsage Body Systems, LLC Contact us: (609) 518-9399
Send to: 3 Warwick Rd, Eastampton NJ 08060

Method of Payment (*circle one and/or fill in info*):

Cash _____ Check # _____ Money Order # _____
Credit Card



REIKI EQUIPMENT & SUPPLIES

CHAKRA AWARENESS GUIDE



A colorful coded, laminated, 8"x10" chart with all of the chakras listed anatomically around a human form and highlighted with the location, color, element, function, glands/organs, gems/minerals, foods, qualities/lessons and negative qualities for each chakra on one side. The reverse side contains additional information regarding the chakras and chakra activation techniques.

REIKI HAND POSITION CHART



A 25"x38" wall chart containing all of the hand positions used in treatment for self, others and 4 additional positions for alternative methods. Each position has a clear 3" illustration of every hand position including description and numbered accordingly.

REIKI TABLES



Popular brand names like Avalon, Element, Harmony and Spirit. These tables are of good quality and craftsmanship. These durable tables of intelligent design are easy to set-up and carry a lifetime warranty. Tables come in a variety of designs, colors, widths and with adjustable heights and adjustable headrests. Most tables have the patented "Cradle Lock Cable System." Reiki Endplates and other optional equipment are also available.

REIKI STOOLS



3" padded seat rolling stools, adjustable from 19"-27" in height or rugged 19" flat folding stools both in a choice of matching colors and vinyl

REIKI T-SHIRTS



100% cotton T-shirts in purple with white lettering. Your choice of "Don't Worry, Do Reiki" "the original Kanji for "Reiki" and "Logo" in small, medium, large, extra large, double extra large, triple extra large.

**All supplies and equipment can be obtained through the school. For prices and ordering information, contact (609) 518-9399.*