Usui System of Natural Healing
School of Reiki
A Division of QiSsage Body Systems, LLC
www.qissagebodysystems.org

靈気 REIKI NEWSLETTER 靈氣

Spring Issue, Vol. 3 | Usui Shiki Ryoho | March 2011

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.

PRESIDENT'S COUNCIL ON FITNESS, SPORTS & NUTRITION

Jonathan B. Walker, PhD, LPN, RMT, ACH is one of 38 proud recipients of the 2011 President's Council on Fitness, Sports & Nutrition (PCFSN) Community Leadership Award.

May 10, 2011, the PCFSN distributed the official list of award recipients in Washington, D.C. The winners will also be posted on the PCFSN web site at www.fitness.gov.

PCFSN is a committee of up to 25 volunteer citizens appointed by the President to serve in an advisory capacity through the Secretary of Health and Human Services (HHS). Through its programs and partnerships with the public, private and non-profit sectors, PCFSN acts as a catalyst to promote healthy lifestyles through fitness, sports and nutrition programs and initiatives that educate, empower and engage Americans of all ages, backgrounds and abilities.

Two Co-Chairs lead the President's Council (2010-2011): New Orleans Saints Quarterback and Super Bowl XLIV MVP Drew Brees and three-time Olympic Gymnast Dominique Dawes. Shellie Pfohl, M.S. is the Executive Director. Members of the Council include:

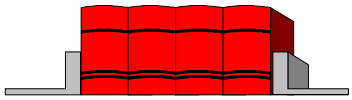
*Dan Barber -
NY Chef of Blue Hill Restaurant
*Tedy Bruschi -
Former NFL New England Patriot
*Carl Edwards -
Championship NASCAR Driver
*Allyson Felix -
Olympic Track/Field Sprinter
*Grant Hill -
NBA All-Star Phoenix Suns
*Billie Jean King -
Legendary Tennis Champion
*Michelle Kwan -
Most decorated figure skater in U.S.
*Dr. Risa Lavizzo-Mourey -
President/CEO, Robert Wood Johnson
*Cornell McClellan -
Fitness Consultant/Personal Trainer to The First Family of the United States
*Dr. Stephen McDonough -
Pediatrician, North Dakota Dept. of Health
*Chris Paul -
Professional NBA New Orleans Hornets
*Curtis Pride -
Retired MLB who has been deaf from birth
*Donna Richardson Joyner -
Fitness Guru, National Fitness Hall of Fame
*Ian Smith -
Creator/Founder 50 Million LB Challenge

The Council plays a key role in the development of the administration's programmatic priorities, outreach and awareness efforts to improve the health and quality of life for all Americans. It also produces informational materials on exercise, school physical education programs, corporate fitness, and physical fitness for youth, adults, and senior citizens.

When asked how he felt about the PCFSN award, Walker humbly replied, "I'm grateful for getting this award and hope that it will help to promote what I do in life. All that I ever wanted to do with my education, background and experience is to share it with others in hopes that they, too, can increase their quality of life. Afterall, isn't that what life is all about?"

CONTRIBUTING REIKI ARTICLES

BOOK REVIEW



Title:	*Reiki Healer: A Complete Guide to the Path & Practice of Reiki*
Author:	Lawrence Ellyard
Publisher:	Lotus Press
Copyright:	2004
ISBN:	13: 978-0-9409-8564-3 10: 0-9409-8564-0
List price:	$12.95
Reviewer:	Anonymous

This book was written as a general guide. It was not intended to be a final word on the practice of Reiki. The methods described are a collective of both experiences and training that the author had in Eastern and Western Reiki styles.

"Reiki Healer" reveals many topics such as Reiki Attunements, Reiki Symbols, the Chakra System and Absent Healing.

It's a must read for all practitioners at any level of practice or knowledge.

Usui System of Natural Healing

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EXPERIENCE REIKI!

Call for an appointment today at our new phone number:

(609) 915-3435

emails: *yangqichen@aol.com*

yangqichen49@gmail.com

靈気 LEARN REIKI 靈氣

Usui System of Natural Healing School of Reiki

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SCHOOL PRE-REGISTRATION FORM

Yes, I would like to pre-register for the upcoming Usui System of Natural Healing School of Reiki 2011 classes. Below, I have circled which class(es) I am interested in attending. I understand that there are prerequisites for classes above level II however, there are no prerequisites for the entry Level I.

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

Reiki Level I Reiki Level II ***SPECIAL**: Reiki Level I & II

Reiki Level III (*ART*) Reiki Master Practitioner Reiki Master/Teacher

***SPECIAL**: Pre-register for Reiki Level I & Level II and receive a 10% discount *($25.00 value)* off the registration fee for Reiki Level III (ART) class. You will, also, 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 a one-time nonrefundable $25.00 deposit TODAY to hold my seat in the next available class(es). I also understand that my deposit will be credited toward the cost of my class(es) and materials at the time of my full remittance for the selected class(es).

_____ _____
(Your signature) *(Date)*

Remit Payment to: **QiSsage Body Systems, LLC**
Send to: 3 Warwick Rd
Eastampton NJ 08060

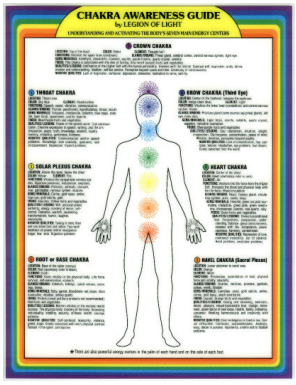
Contact us: (609) 915-3435

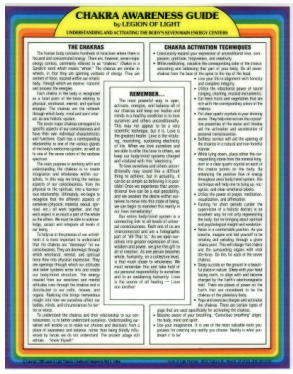
Method of Payment *(fill in info)*:

Cash _____ Check # _____ Money Order # _____

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

END PLATES

STOOLS

FACE CRESENTS

BOLSTERS

FOOT REST

TABLE SHEETS

*All supplies and equipment can be obtained through the school. For prices and ordering information, contact (609) 915-3435.