



Photo by Nora Staffanell

Hello Dear Ones,

Happy New Year to you and your families and friends.

I wish you the best of everything this holiday season.

Reiki Healing Center 610-348-5698

www.reikihealingcenter.org

Love, Light and Many Blessings, Myra

Community Reiki and Reiki Shares –Various Locations

All are welcome to come and receive whether you do Reiki or not - Any amount donations appreciated.

1st Thursdays from 2-4PM at Media Fellowship House, 302 South Jackson St., Media, PA 19063, handicapped accessible. At 2:30PM handicapped parking opens up to everyone. Joan Nikelsky will lead on Jan. 4, Feb. 1, March 1, April 5. RSVP requested 215-498-5346, and call to confirm, as there may be a change in location in 2018. ReikiJoan@live.com. See [Sessions with Joan](#)

2nd Saturdays from 1 to 3PM at Watts of Yoga, 55 State Rd. 2nd floor, Media, PA 19063, park in either rear lot on Overhill Road, enter door on State Rd. For Jan. 13 Share, Barbara Cohn will lead. Myra Reichel will lead on Feb. 10, March 10, April 14.

4th Mondays from 1 to 3PM, at Media Fellowship House, 302 South Jackson St., Media, PA 19063, handicapped accessible. At 2:30PM handicapped parking opens up to all. Dec. 18, Jan. 22, Feb 26, March 26, April 23. Please RSVP Myra Reichel 610-348-5698.

Community Event

Fridays – Chi Gong and Tai Chi from 1-2pm open to all –call Myra 610-348-5698 to confirm, Jan. 5 Myra, Jan 12 Yang, Jan 19 Cheryl, Jan 26, Feb 2, Feb. 9., Feb. 16., Feb. 23, Mar. 2, Mar. 9, Mar. 16, Mar. 23, Mar. 30, Apr. 2, Apr. 9, Apr.16, Apr. 23. Media Fellowship House, Surrey Senior Center, 302 South Jackson St, Media, PA 19063

Fridays –Chronic Pain & Fibromyalgia Support Group by appointment. Call Myra 610-348-5698 except January 5, 12, or 19, 2018 from 1:45-2:45pm Media Fellowship House, Surrey Senior Center, 302 South Jackson St, Media, PA 19063

Saturday January 13, 2018 - Kriya Yoga is a physical, vital, mental, intellectual and spiritual discipline, in which one remembers one's true Self, the pure Witness consciousness, and lets go of the false egoistic identification with the body and mental movements. Kriya Yoga develops trust, gratitude and devotion for God's Presence in one's life. The next Kriya Hatha Yoga Class will be Saturday January 13, 3:00-5:00pm at: Watts of Yoga, 55 State Road, Media PA 19063 \$5-20 donation.

In this class, we will learn and practice some yoga postures, and introductory breathing and meditation. If you plan to attend, please RSVP. Frank Lock lock796@gmail.com cell phone: [484-947-1096](tel:484-947-1096)

Magnified Healing®, Reiki, & Karuna Reiki® Sessions, Reiki & Karuna Reiki® Classes, & Magnified Healing® Workshops, Card Readings, plus Yoga & Barre Classes

Sessions and Classes with Khadijah Renee (ReneeQueenA@aol.com) offers Reiki and Magnified Healing® sessions and classes in Philadelphia, PA. Khadijah Renee will be teaching 12 hour 2-day Reiki classes. Registration will require a \$200 deposit. Payment can be rendered via www.paypal.com to ReneeQueenA@aol.com or by credit card or check. Includes Reiki workbook and certificate. For information about Khadijah's music and Reiki practice, go to [Music and Reiki](#).

Reiki or Magnified Healing® Phase 1 Sessions for donations **with Linda Minton** – call for details and appointments at 610-237-0458. Linda offers affordable distance or Community Reiki Mini-Sessions, Magnified Healing® Phase 1 in-person or remote sessions, and/or Dolphin or Fairy or I Ching Card Reading in person or over the phone.

Nataki Bhatti CreativityAsEnergy@gmail.com 570-718-8436 Nataki Bhatti is a Reiki Master Practitioner, a Karuna® Reiki Practitioner, Master Teacher of Magnified Healing® Phase 1, a Magnified Healing (R) Phase Three "Light Worker", and Marriage & Death Rite Officiant currently based in the NEPA, North East Pennsylvania.

She offers a variety of individual and group services: Reiki energy healing sessions, Distant Reiki, Magnified Healing® Celebrations and Teaching, Meditative Art Mentoring - Creativity as a Spiritual Practice, Reiki Shares, Workshop Facilitation, Energetic Marriage Ceremony, Burial Rites, Hospice Reiki & Support, Addiction Relief & Support and Creativity Energy development sessions.

Nataki is also an **interdisciplinary artist** with a background in community art management, teaching, program development and workshop facilitation. Commission her for living sacred art attuned with energy promoting spiritual transformation and healing. She is available for "Energy Clinics" where she uses a performative art style to educate and demonstrate the creative power of energy healing.

To see more of her art work "like" her face book pages:

www.facebook.com/paintedmother, www.facebook.com/narrativeoftheredstring, www.whalesongcontinuum.com.

Email creativityasenergy@gmail.com to schedule a free 15 minute consultation and for service fees.

Eloise Prescott, Acupuncturist, Reiki Master Teacher Eloise.prescod@gmail.com 267-240-5109. Eloise offers Acupuncture and Reiki sessions, offers Reiki Shares plus teaches Reiki classes. She works out of Hidden River in Manayunk section of Philadelphia, PA and does some home visits for homebound by appointment. New clients check Groupon.

Reiki Sessions with Joan Nikelsky, 215-498-5346, ReikiJoan@live.com, offers one-hour Usui Reiki sessions for a sliding scale fee (\$45-75) based on income. Also, Reiki can be combined with chakra balancing, a technique that uses energy drawn up from the earth to

clear the energy field around the body and balance the chakras. Joan offers a flexible schedule for appointments, call to arrange. See Community Reiki and Reiki Shares section on website. [Sessions with Joan Nikelsky](#)

Victoria Powell is a Reiki Master Teacher and Sound Healer from Media, PA. She is a transformational leader, helping people to heal themselves and heal the Earth. She provides Usui/Holy Fire Reiki, Sound Healing, and Akashic Healing sessions for stress relief, well-being, and spiritual healing. During a session, she combines hands-on healing with weighted tuning forks for the body and non-weighted tuning forks for the aura. Clients experience a deeply relaxed state, allowing the body to feel calm and peaceful. "Tune your body to its natural frequency." For more information or to schedule a session with Victoria, [visit Victoria Powell](#)

Yoga and Barre Classes at Watts of Yoga, 55 State Road, 2nd floor, use rear entrance with wooden steps by rear parking lots behind building when attending yoga or barre classes. See www.wattsofyoga.com Yoga and Barre Classes. A small room with natural north lighting has become available in which to offer holistic sessions, rent at \$125 per month. Call Deb Santan 267-690-1004.

Chi Gong and Tai Chi with Cheryl Macklin cam2506@me.com teaches the same lineage that Myra teaches on Fridays - on Monday evenings 7-8PM at the Media Borough Hall 4th and Jackson streets in community center to left of police station. First class free - \$50 for ten classes Media residents or \$55 for those living out of the borough.

Sessions and Classes with Myra Reichel 610-348-5698 myra@reikihealingcenter.org at Watts of Yoga, 55 State Rd., Second Floor, Media, PA 19063. Use front door but park in either rear lot in back of building off Overhill Road. Do not use Watts of Yoga rear wooden steps to enter. **Sessions:** 1st Phase and/or 3rd Phase Magnified Healing \$50 half-hour or \$100 per hour by appointment or three twenty minute remote sessions for \$60 or one/half hour Reiki session for \$50 or one hour Reiki session \$80 or one hour Karuna Reiki ® sessions \$100 .

Classes and Workshops: Classes scheduled by appointment can start as early as 8:30am but scheduled classes are usually held from noon to 6pm. Scheduled workshops usually go from 9-5pm. Dates/times can be adjusted to fit your schedule. Reiki classes can be either six 2-hour or four 3-hour or three 4-hour or two 6-hour for 12 hours of class. Class and Workshop descriptions are listed below. Upcoming dates are be posted on www.reikihealingcenter.org or schedule by appointment. Choose first and last class dates or pick multiple dates from list for shorter length classes, or talk with Myra 610-348-5698. myra@reikihealingcenter.org.

[Continuing Nurses Education](#) is available with an additional \$50 fee for filing reports to AHNA for Myra Reichel's Shoden Reiki 1, Okuden Reiki II, and Shinpiden Reiki Master Classes, which have current approval.

[Continuing Education for Massage Therapists](#) is available for Myra Reichel's Shoden Reiki 1 12hrs/CE, Reiki 1 Shoden Secondary Course 4hrs/4CE, Karuna Reiki® 1 8Hrs/8CE, Karuna Reiki ® 1 Secondary Course 4hrs/4CE, Holistic Practitioner 12hrs/12CE, Holistic Practitioner Secondary Course 4hrs/4CE, Ethics Fire Drill for Practitioners 2hrs/2CE or 4 hrs/ 4CE or Ethics for Sexuality Issues for Hands-on or hands-off Practitioners 4hrs/4CE Classes Reapplication with the National

Certification Board for Therapeutic Massage and Bodywork, NCBTMB has been approved for classes listed here.

Please double check whether your state is accepting CE for higher level Reiki or Karuna Reiki ® classes and Magnified Healing® workshops – they may be accepted by your state.

Please check our website Continuing Education page for Lists of Classes for CE credit.

Classes with Myra Reichel 610-348-5698 myra@reikihealingcenter.org

Ethics Classes: Ethics Fire Drill –\$50 per 2 hours of class up to 6 hours for one class. 2-6 CNE

Shoden Reiki I/Reiki I Shoden (12 hours) on dates on proposed class list or by appointment. Learn to do Reiki relaxation and healing for self and others. Workbook, Certificate, 12 hours of classes: either 2 six-hour or multiple shorter classes by appointment. \$300 massage therapists and bodyworkers 12 CE/ \$350 nurses 10 CNE.

Secondary Classes for Reiki I Shoden: learn additional techniques and/or practice to deepen your practice – Prerequisite already have certificate for Reiki I any lineage - usually the 2nd class of level, pick date from proposed class list or by appointment, 6 hrs 6 CE \$150.

Okuden Reiki II/Reiki II Okuden (12 hours) on dates listed on proposed class list or by appointment. Learn three Reiki Symbols and how to do professional Reiki sessions. Prerequisite is Reiki I any lineage. Workbook, Certificate, 12 hrs. of classes (two six-hour or multiple shorter classes by appointment); \$300 massage therapist or bodyworkers 12 CE or nurses \$350 with 10 CNE.

Secondary Classes for Reiki II Okuden: learn additional techniques and/or practice to deepen your practice – Prerequisite: already have Reiki II certificate any lineage - usually the 2nd class of level, pick date from proposed class list or by appointment 6 hrs 6 CE \$150.

Reiki Master Practitioner/Advanced Practice: (12 hours) on dates on proposed class list or by appointment. Learn Reiki Master Symbol and additional techniques. Prerequisite is Reiki II any lineage. Certificate, 12 hours of classes. \$300. 12 CE

Secondary Classes for Reiki Master Practitioner: learn additional techniques and/or practice to deepen your practice – Prerequisite: already have certificate for work with Reiki Master Symbol such as Advanced Practice, Reiki Master Practitioner, Reiki III, etc. - pick date from proposed class list or by appointment for 6 hours, 6 CE \$150.

Reiki Master Shinpiden: (12 hours) Learn how to offer Reiju and do attunements. Prerequisite Reiki Master Practitioner or already have and use Reiki Master symbol and know Japanese Reiki techniques. Workbooks and Certificate, 12 hours \$300. 12 CE

Shinpiden Reiki Master: 24 hours, either dates on proposed class list or by appointment - Certificate plus Shoden and Shinpiden workbooks. Review Reiki I and III; learn Reiki Master Symbol and how to do Reiju and Attunements. Prerequisite is Reiki II any lineage: \$600 massage therapist or bodyworker, 24 CE or nurses, \$650 with 22 CNE.

Holistic Practitioner: running your own holistic practice, any modality: 6 hours \$200 or 12 hours \$300. 12 CE.

Karuna Reiki® 1 & 2: Learn 8 Karuna symbols, chants, and toning to help abuse issues, negative karma, habits, and addictions. (Separately, Level 1 \$350/Level 2 \$300)
Prerequisite: attunement to Reiki Master Symbol at least 6 months prior – longer if using Reiki only for yourself; 8 hours per level. Workbook/Certificate also signed by William Rand, \$600. 16 CE.

Karuna Reiki® Master: Teach Karuna Reiki® and perform attunements. Prerequisite Karuna Reiki® 1 & 2 and have taught and attuned others to Reiki, any lineage, in your own classes at least 6 months if working as professional, or 1 yr. 8 hours -\$300 8 CE.

Magnified Healing® 1st Phase Workshop: In this sixteen hour, two consecutive day workshop, learn daily practice which includes self-healing, healing others, remote healing, and healing of Mother Earth. Includes workbook, essence, and certificate 16CE. Schedule by appointment. \$333

Magnified Healing® Celebration Workshop: This ten hour one day workshop includes both classroom time and participation in actual ceremony, workbook, and certificate. Next class by appointment. Prerequisite: completion of 1st Phase 1 workshop, even day prior. 10 CE \$111. If we have 15 students, we can ask Gisele King to hold this workshop in June or July when she comes - please let us know if you are interested.

Magnified Healing® 3rd Phase 'Light Healing' Practitioner Workshop: Create beams of light to heal body systems and points of need. Workshop is scheduled for set dates on list or by appointment. Prerequisite: 1st Phase at least 4 months prior, phone interview, and 11 continuous days of practice. Two full days of class. 16 CE \$333

Magnified Healing® 3rd Phase Master Teacher Workshop: This three-day workshop will be held in Summer of 2019 with Rev. Gisele King. Please let us know if you are interested in attending – prerequisite 3rd Phase at least six months prior, having taught at least one Phase 1 class, participation in Celebration Ceremony Workshop and Ceremony, completion of additional assignments given by teacher Rev. Gisele King prior to class.

We need to have 15 students signed up to have this workshop run. Please send dates in June and July that you would be available along with \$25 deposit to www.paypal.com to myra@reikihealingcenter.org or call 610-348-5698 for mailing address for checks. Please let us know if you would be interested in participating in the Celebration Ceremony Workshop and Celebration with Gisele King or other reviews on the days before the 3rd Phase Teacher Training Workshop.

SESSIONS, CLASSES, AND WORKSHOPS ARE USUALLY HELD at Watts of Yoga 55 State Rd., Second Floor, Media, PA 19063. Use front door but park in either rear lot in back of building off Overhill Road (other locations can be scheduled). Myra 610-348-5698 or myra@reikihealingcenter.org

Myra Reichel also leads meetings to study the teachings of Mr. G.I. Gurdjieff. [Gurdjieff Meetings in Media, PA](#). More information listed on www.reikihealingcenter.org or contact Myra Reichel 610-348-5698 or email myra@reikihealingcenter.org.

Reiki Healing Center Class List - Please check our new list for January to June 2018. You can also schedule classes by appointment with Myra to meet your scheduling needs even if dates are already chosen for some other class if students are not already signed up for those dates. This year classes that are highlighted in yellow offer CNE for nurses in addition to CE for massage therapists through NCBTMB. If you are a Massage Therapist or Bodyworker, and wish to take higher level courses and Magnified Healing® workshops, you will need to check with your state to see if they are accepted for CE since some states are not permitting hands-off and/or distance healing of any kind even if that is a tiny portion of the class.

About Magnified Healing®: Kathryn Anderson & Gisele King received this practice from Kwan Yin, Great Mother Buddha, to release all suffering for all people on earth. Sessions are by appointment: Phase 1 sessions are done standing, if possible: healing the nervous system, scanning the chakras and healing the body while redistributing the calcium on the spine, healing Karma and more. Phase 3 sessions are done sitting while body systems and parts of the body and etheric body are healed. On set dates during the Celebration Ceremony, those in need of healing move through a line of healers receiving a Phase 1 healing, then join in sending healing to their family and friends, as well as to Mother Earth. We are the celebration which is about connecting with others as an essential key to bringing about compassion and wisdom. Workshops to learn this modality are taught on set dates or by appointment.

About Reiki: The founder, Usui Mikao, was born in Japan on the 15th of August in 1865. He was in charge of security and general administration under the Mayor of Tokyo in 1922 and he was also a Tendai Buddhist Monk/Priest who lived at home with his family. He climbed Mt. Kurama and received the blessing of Reiki – spiritual guided life force - which he and his students, numbering over two thousand, were able to use by laying on of hands. He died in 1927 at the age of sixty-two. Sessions of this very gentle hands-on or hands-off Reiki brings about relaxation and assists healing of physical, emotional, mental, and spiritual dis-ease.

About Karuna Reiki®: Developed by William Lee Rand, Reiki Master, Sessions of Karuna Reiki® assist the client to heal abuse issues of any form, habits and addictions, karmic issues, and help clients prepare for exams and other future events. Classes to learn this modality are taught on set dates and by appointment.

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