

# Reiki Healing Center August to December 2017 Newsletter

## Community Reiki and Reiki Shares (note correction of first Thursday dates)

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

**1<sup>st</sup> Thursday** from 2-4PM led by Joan Nikelsky at Media Fellowship House, 302 South Jackson St., Media, PA 19063, handicapped accessible. At 2:30PM handicapped parking opens up to everyone. Myra Reichel will lead on Sept. 7, RSVP at 610-348-5698. Joan will lead on Oct. 5, Nov. 2, Dec. 7, RSVP requested 215-498-5346, [ReikiJoan@live.com](mailto:ReikiJoan@live.com)

**2<sup>nd</sup> 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 and enter door on State Rd. 8/12/17 during Usui Birthday Party, Sept. 9, Oct. 14, Nov. 11.

**4<sup>th</sup> 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. Time/date may change, please RSVP Myra Reichel 610-348-5698. Aug. 28, Sept. 25, Oct. 23, Nov. 27.

Fridays – Chi Gong and Tai Chi from 1-2pm at Media Fellowship House 302 South Jackson St, Media, PA 19063



## Annual Usui, Founder of Reiki, Birthday Party - Aug. 11-15

### Schedule of events - (note changes and addition of Sunday events)

Location of all events (except Tai Chi) are at Watts of Yoga at 55 State Rd, Media, PA 19063, 2nd floor. All are welcome to attend. Please note fees for some events. Please use front door facing State Rd. for Reiki Healing Center events and rear door for Watts of Yoga classes. There are 2 rear parking lots for all on Overhill Rd., there are parking spaces in front for those with handicapped tags.

**Reiki events are in bold.** Yoga classes are in lightface. *Reiki classes running concurrently with Usui Birthday Party events are in italics.*

## Friday, August 11

8:30am - 12:45pm and 4:15 - 6 pm (continues noon-6pm Saturday, Aug. 12) – *Reiki II Okuden, \$300 (prerequisite Reiki I any lineage). Myra Reichel's students may review class for \$50 per day. RSVP required. 610-348-5698*

**Tai Chi at Media Fellowship House 302 South Jackson St. Media, Pa 19063 from 1-2pm Friday, Aug. 11 this class is ongoing on Fridays for 55 and over or those with chronic conditions RSVP Myra 610-348-5698**

Chronic Pain & Fibromyalgia Support Group meets one or more Fridays per month RSVP Myra 610-348-5698

## Saturday, August 12

9-10:15am Mindful Hatha Yoga with Val Boyko, \$15 pre-register at [www.wattsofyoga.com](http://www.wattsofyoga.com)

9-10:15am Vinyasa Yoga with Deb Santan, \$15 pre-register at [www.wattsofyoga.com](http://www.wattsofyoga.com)

## Reiki Healing Center August to December 2017 Newsletter

**10:30-noon Networking, bring your lunch – open to all – donations appreciated.**

11:00-1pm Kripalu Yin Yoga Workshop with Val Boyko in Yoga Studio. CLASS IS FULL – please be mindful class is in session in large yoga room – do not disturb.

*Noon-6pm Saturday, Aug. 12 Second class continuation of Reiki II Okuden from Friday, Aug 11 (prerequisite 1<sup>st</sup> Reiki II Okuden class)*

*Noon-6pm Saturday, Aug. 12 First class Reiki II Okuden Secondary class, \$150 (prerequisite Reiki II any lineage) – if you have already taken Reiki II or higher class with Myra, there is a special \$50 fee.*

*Noon-6pm Saturday, Aug. 12 (continues Sunday Aug. 13) First class Reiki Master Practitioner, \$300 (prerequisite Reiki II any lineage) – if you are one of Myra Reichel's students and have already taken this class, there is a special \$50 fee for the Reiki Master Practitioner Class on Aug 12<sup>th</sup> and 13<sup>th</sup> to celebrate Usui's Birthday.*

*Noon -6pm Saturday, Aug. 12 (continues Aug. 13, 14, & 15) First class Shinpiden Reiki Master, \$600 (prerequisite Reiki II any lineage) – if you have already taken Shinpiden Reiki Master class with Myra, there is a special \$100 fee for the four days or if you have taken Reiki Master with Myra Reichel or with other teachers and know how to offer attunements, there is a special fee of \$200 for the four day class only on these four days to celebrate Usui's Birthday.*

**The following activities are open to everyone for a donation:**

**Noon-1pm Meditation and Reiju – receive spiritual blessing as given by Usui, founder of Reiki, to be given by all Reiki Masters to all participants if they wish.**

**1-3pm Community Reiki: RSVP 610-348-5698 for appointment and experience mini-Reiki sessions**

**1-3pm Reiki Share: trade with other Reiki practitioners**

**3-3:30pm Chanting and Toning and Jumon – feel the energy of the chants or if you know them, join in the chanting**

**3:30pm break**

**4-5pm Be Happy! An hour of Positive Psychology and Meditation led by Rahman Beckwith, PsyD, who is here to help you to bring more joy to your life through conscious focusing.**

Using a mixture of positive psychology and spirituality she helps people reach new levels of wonderful feelings and experiences in their lives! \$25 donation suggested. In this class you will learn how to improve your thoughts using various methods, including an ancient powerful breathing meditation.

**Dr. Beckwith's training:** PsyD in Holistic and Spiritual Psychology, Eisner Institute; MS in Counseling, International Institute for Restorative Practices; BA in Molecular Biology, Princeton University.

Email [Rahmanheals@gmail.com](mailto:Rahmanheals@gmail.com) if you have questions, or call 484-680-8196. Learn more at [Dr.RahmanBeckwith.wordpress.com](http://Dr.RahmanBeckwith.wordpress.com)

## Reiki Healing Center August to December 2017 Newsletter

### Sunday, August 13

9:30am-10:45 Power Vinyasa with Deb Santan, preregister at [www.wattsofyoga.com](http://www.wattsofyoga.com)

Noon-6pm Second class Shinpiden Reiki Master and second class Reiki Master Practitioner from Sat., Aug. 12

Noon-6pm Reiki Master Practitioner Secondary Class, 6 hours, \$150.

**1-2pm Meditation and Reiju – open to all – donation - to be offered by all Reiki Masters to all participants if they wish.**

**2-2:30pm Chanting and Toning –open to all - donation**

**2:30pm Networking break – open to all – donations appreciated**

**3-4pm Be Happy! An hour of Positive Psychology and Meditation led by Rahman Beckwith. See description under Saturday, August 12. Donation- open to all.**

### Monday, August 14

9:30-10:45am Mindful Hatha Yoga with Val Boyko, sign up \$15 per class on [www.wattsofyoga.com](http://www.wattsofyoga.com)

**11-11:45am Networking lunchtime – park in rear lots on Overhill Road, enter front door on State Road quietly since students will be in meditation in yoga class until 10:45am, RSVP Myra 610-348-5698**

Noon-6pm Third continuing class of Shinpiden Reiki Master

Noon-6pm First class Reiki Master Shinpiden, prerequisite Reiki Master any lineage or Reiki Master Practitioner with Myra Reichel, 12 hours \$300– these two classes teach attunement process. Reiki Masters from any lineage are welcome to take this as a review class for \$100. Myra’s Shinpiden and Reiki Master Teachers are welcome to join the class as a review, donation appreciated.

**4:30-5pm Chanting and Toning – donation all are welcome**

**5-6pm Meditation with Reiju – donation. All are welcome - Reiju to be offered by all Reiki Masters to all participants if they wish.**

6-7:15pm Vinyasa Flow with Deb Santan, sign up \$15 per class on [www.wattsofyoga.com](http://www.wattsofyoga.com)

### Tuesday, August 15

9:30-10:30am Barre class with Jan \$15 sign up on [www.wattsofyoga.com](http://www.wattsofyoga.com)

Noon-6pm Fourth continuing class Shinpiden Reiki Master

Noon – 6pm Second class Reiki Master Shinpiden

## Reiki Healing Center August to December 2017 Newsletter

Noon-6pm All of Myra's Shinpiden Reiki Masters or Reiki Master Teachers are welcome to attend this class for review, donation. Other Reiki Masters who know attunement process pay \$100 fee per day.

5-6pm Meditation with Reiju

6:15-7:15pm Barre class with Jan \$15 sign up on [www.wattsofyoga.com](http://www.wattsofyoga.com)

6:15-7:15pm Vinyasa Flow with Deb \$15 sign up on [www.wattsofyoga.com](http://www.wattsofyoga.com)

Location of all classes and events: Watts of Yoga, 55 State Road, 2nd floor, Media PA 19063.

For Reiki classes pay \$100 deposit in advance and balance is due first day of class by cash, check, or PayPal at [www.paypal.com](http://www.paypal.com) to [Myra@reikihealingcenter.org](mailto:Myra@reikihealingcenter.org).

Reiki I Shoden upcoming dates: August 19 & 20, learn to do Reiki relaxation and healing for self and others. Workbook and Certificate. 12 hours of classes with Continuing Education available. \$300 or \$350 nurses with CNE.

**Suggested Class Dates** – All Classes are by appointment or on dates listed. Classes start at 8:30AM or later.

Class Title	First Class	Last Class
Reiki II Okuden	11-Aug	12-Aug
Okuden Reiki 2 Secondary Class 1 class	18-Aug	18-Aug
Okuden Reiki 2 Secondary Class 1 class	12-Aug	12-Aug
Okuden Reiki 2 2classes	4-Aug	18-Aug
Okuden Reiki 2 2 classes	4-Aug	12-Aug
Reiki Master Practitioner 12 hours 2 classes	12-Aug	13-Aug
Reiki Master Practitioner Secondary class 1 class	13-Aug	13-Aug
Reiki Master Shinpiden 12 hours 2 classes	14-Aug	15-Aug
Karuna Reiki I 1class	19-Aug	19-Aug
Okuden Reiki 2 2 classes	21-Aug	22-Aug
Okuden Reiki 2 Secondary Class 1 class	22-Aug	22-Aug
Shoden Reiki 1 2 classes	19-Aug	20-Aug
Shoden Reiki 1 Secondary Class1 class	20-Aug	20-Aug
Shoden Reiki 1 Secondary Class1 class	7-Aug	7-Aug

## Reiki Healing Center August to December 2017 Newsletter

Class Title	First Class	Last Class
Shoden Reiki 1 2 classes	6-Aug	7-Aug
Ethics Fire Drill - 2-4 -or 6	21-Aug	21-Aug
Magnified Healing® Phase 3 or Reiki I Shoden	26-Aug	27-Aug
Reiki Master Shinpiden 12 hours 2 classes	9-Sep	9/30/2017
Okuden Reiki 2 2 classes	10-Sep	17-Sep
Okuden Reiki 2 Secondary Class 1 class	17-Sep	17-Sep
Okuden Reiki 2 Secondary Class 1 class	30-Sep	30-Sep
Okuden Reiki 2 2 classes	10-Sep	30-Sep
Reiki Master Practitioner 12 hours 2 classes	17-Sep	24-Sep
Reiki Master Practitioner Secondary class 1 class	24-Sep	24-Sep
Reiki Master Practitioner Secondary class 1 class	18-Sep	18-Sep
Reiki Master Practitioner 12 hours 2 classes	17-Sep	18-Sep
Shoden Reiki 1 2 classes	9/12/2017	9/19/2017
Shoden Reiki 1 Secondary Class1 class	9/19/2017	9/19/2017
Ethics Fire Drill - 2-4 -or 6	9/7/2017	9/7/2017
Reiki Master Practitioner Secondary class 1 class	9/15/2017	9/15/2017
Reiki Master Practitioner 12 hours 2 classes	9/8/2017	15-Sep
Reiki Master Shinpiden 12hour 2 classes	9/22/2017	9/29/2017
Reiki Master Shinpiden 12 hours 2 classes	9/29/2017	9/30/2017
Shoden Reiki 1 Secondary Class 1 class	9/23/2017	9/23/2017
Shoden Reiki 1 2 classes	9/16/2017	9/23/2017
Reiki Master Shinpiden 12 hours 2 classes	9/25/2017	9/30/2017
Reiki Master Shinpiden 12 hours 2 classes	9/25/2017	10/2/2017
Ethics Fire Drill - 2-4 -or 6	9/26/2017	9/26/2017

## Reiki Healing Center August to December 2017 Newsletter

Class Title	First Class	Last Class
Magnified Healing ® Phase 1	10/8/2017	10/8/2017
Okuden Reiki 2 2 classes	10/14/2017	10/21/2017
Okuden Reiki 2 Secondary Class 1 class	10/21/2017	10/21/2017
Shoden Reiki 1 Secondary class 1 class	10/22/2017	10/22/2017
Shoden Reiki 1 2 classes	10/15/2017	10/22/2017
Magnified healing	10/16/2017	10/17/2017
Magnified healing	10/23/2017	10/24/2017
Okuden Reiki 2 Secondary Class 1 class	10/25/2017	10/25/2017
Okuden Reiki 2	10/18/2017	10/25/2017
Reiki Master Practitioner Secondary class 1 class	10/26/2017	10/26/2017
Reiki Master Practitioner 12 hours 2 classes	10/19/2017	10/26/2017
Shoden Reiki 1 Secondary class 1 class	10/27/2017	10/27/2017
Shoden Reiki I	10/20/2017	10/27/2017
Reiki Master Shinpiden 12 hours 2 classes	10/21/2017	10/28/2017
Ethics Fire Drill - 2-4 -or 6	10/3/2017	10/3/2017
Reiki Master Practitioner Secondary class 1 class	10/29/2017	10/29/2017
Reiki Master Practitioner 12 hours 2 classes	10/28/2017	10/29/2017
Reiki Master Shinpiden 12 hours 2 classes	10/30/2017	10/31/2017
Shoden Reiki 1 Secondary class 1 class	11/8/2017	11/8/2017
Shoden Reiki I	11/1/2017	11/8/2017
Reiki Master Shinpiden 12 hours 2 classes	11/2/2017	11/9/2017
Magnified healing	11/4/2017	11/5/2017
Shoden Reiki 1 Secondary class 1 class	11/14/2017	11/14/2017
Shoden Reiki I	11/7/2017	11/14/2017

## Reiki Healing Center August to December 2017 Newsletter

Class Title	First Class	Last Class
Karuna Reiki I & 2 2 classes	11/15/2017	11/16/2017
Shoden Reiki I	11/7/2017	11/8/2017
Okuden Reiki 2 Secondary Class 1 class	11/17/2017	11/17/2017
Okuden Reiki 2	11/10/2017	11/17/2017
Ethics Fire Drill - 2-4 -or 6	11/20/2017	11/20/2017
Okuden Reiki 2 Secondary Class 1 class	11/18/2017	11/18/2017
Okuden Reiki 2	11/11/2017	11/18/2018
Reiki Master Practitioner Secondary class 1 class	11/24/2017	11/24/2017
Reiki Master Practitioner 12 hours 2 classes	11/17/2017	11/24/2017
Reiki Master Practitioner 12 hours 2 classes	11/18/2017	11/25/2017
Reiki Master Practitioner Secondary class 1 class	11/25/2017	11/25/2017
Reiki Master Practitioner 12 hours 2 classes	11/24/2017	11/25/2017
Ethics Fire Drill - 2-4 -or 6	11/30/2017	11/30/2017
Reiki Master Shinpiden 12 hours 2 classes	11/22/2017	11/29/2017
Reiki Master Practitioner Secondary class 1 class	11/26/2017	11/26/2017
Reiki Master Practitioner 12 hours 2 classes	11/25/2017	11/26/2017
Reiki Master Shinpiden 12 hours 2 classes	11/27/2017	11/28/2017
Magnified healing	12/2/2017	12/3/2017
Ethics Fire Drill - 2-4 -or 6	12/1/2017	12/1/2017
Magnified Healing	12/3/2017	12/3/2017
Shoden Reiki 1 Secondary class 1 class	12/5/2017	12/5/2017
Shoden Reiki I	12/4/2017	12/5/2017
Okuden Reiki 2 Secondary Class 1 class	12/13/2017	12/13/2017
Okuden Reiki 2	12/6/2017	12/13/2017

## Reiki Healing Center August to December 2017 Newsletter

Class Title	First Class	Last Class
Karuna Reiki 1	11/21/2017	11/21/2017
Karuna Reiki 2	11/28/2017	11/28/2017
Shoden Reiki I	12/5/2017	12/7/2017
Reiki Master Shinpiden 12 hours 2 classes	12/8/2017	12/15/2017
Shoden Reiki I	12/9/2017	12/16/2017
Karuna Master	12/12/2017	12/12/2017
Reiki Master Practitioner 12 hours 2 classes	12/13/2017	12/14/2017
Reiki Master Practitioner Secondary Class	12/18/2017	12/18/2017
Reiki Master Practitioner 12 hours 2 classes	12/13/2017	12/18/2017
Reiki Master Practitioner Secondary class 1 class	12/10/2017	12/20/2017
Okuden Reiki 2 Secondary Class 1 class	12/17/2017	12/17/2017
Reiki Master Practitioner 12 hours 2 classes	12/13/2017	12/20/2017
Ethics Fire Drill - 2-4 -or 6	12/19/2017	12/19/2017
Okuden Reiki 2	12/10/2017	12/17/2017
Reiki Master Practitioner 12 hours 2 classes	12/17/2017	12/18/2017

\$100 deposit is due before class, pay to [myra@reikihealingcenter.org](mailto:myra@reikihealingcenter.org) at [www.paypal.com](http://www.paypal.com) You must have prerequisites for higher level classes. Secondary classes may be taken for any level that you have certificate.

Balance is due first day of class. Discounts are available only if three or more students are in the class.

Holistic Practitioner 12 hr. or Reiki 12hr. or Karuna Reiki® 8hr. Classes \$300 per level. Secondary Classes 6hr. \$150. Ethics \$50 for 2 hours of class.

Magnified Healing® Phase 1 or Phase 3 class: \$333, Celebration Workshop class \$100

Continuing Nursing Education \$50 fee to cover submittal of paperwork.

### **Continuing Education for Massage Therapists and Bodyworkers**

Credits are hour for hour - 12 hours Reiki class equals 12 credits; please check with your local Board to see if our classes certified by the National Certification Board for Therapeutic Massage and Bodywork are approved for your State.



## Reiki Healing Center August to December 2017 Newsletter

Continuing Nursing Education varies per class, see Continuing Education below.

### Continuing Education

Reiki Healing Center (RHC) is pleased to announce that Continuing Nursing Education is available for Reiki classes. RHC offers flexible scheduling for private or group classes. Call 610-348-5698 and schedule your class today! The Reiki Healing Center, founded by Myra Reichel, Shinpiden Reiki Master, teaches Reiki classes using philosophy and workbooks of the International House of Reiki.

Myra Reichel studied with Frans Steine, Shinpiden of the International House of Reiki in 2010. Frans studied with Doi Hiroshi, Current Member of the Usui Reiki Ryoho Gakkai and other teachers in Japan. Myra had previously studied with Marion Yaglinski, R.N., Reiki Master, of the Rose Tree Reiki Center from 1998 to 2004 when she completed her Master Training and started teaching classes.

### Continuing Nursing Education (CNE)

This continuing nursing education activity is approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

- Reiki I Shoden class #1197 is approved to award 10 CNE until June 17, 2018
- Reiki II Okuden class #1157 is approved to award 10 CNE until September 9, 2017 (re-approval is being sought)
- Shinpiden Reiki Master Class #1180 is approved to award 22 CNE until April 8, 2018

Note: Approvals are based on the review of RHC's Individual CNE Activities rather than "provider approval." See the specific class details to confirm CNE approval. Updates will be posted on the RHC website. Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.

### Gurdjieff Meetings

Introduction to the teachings of George I. Gurdjieff: Series of 6 intro meetings by appointment, then join group on Tuesday evenings or other times meetings are scheduled. \$10 donation per meeting. Meetings are led by Myra Reichel (610-348-5698), a member of the Institute for Religious Development since 1971. Myra studied with its founder, Mr. W.M. Nyland, a direct student of Mr. Gurdjieff. Potential students must read the first and last chapter of G.I. Gurdjieff's book, *All and Everything, Beelzebub's Tales to his Grandson*.

It is suggested that you meet with Myra before starting the series. During the meetings we read from *All and Everything*, read excerpts from 2500 meetings led by Mr. Nyland, explore our formation of interest in these ideas, development of a wish to achieve our aims, and form definitions of words to describe our experiences.

### Reiki, Karuna Reiki®, Magnified Healing® Sessions and Readings by Appointment

## Reiki Healing Center August to December 2017 Newsletter

Khadijah Renee ([ReneeQueenA@aol.com](mailto:ReneeQueenA@aol.com)) offers Reiki and Magnified Healing® sessions and classes in Philadelphia, PA. Khadijah Renee will be teaching Reiki classes: 12 hour 2 day classes Registration will require a \$200 deposit. Payment can be rendered via PAYPAL.com to ReneeQueenA@aol.com or by credit card or check. Includes Reiki workbook and certificate.

Joan Nikelsky, 215-498-5346, [ReikiJoan@live.com](mailto:ReikiJoan@live.com), offers one-hour Usui Reiki sessions for a sliding scale fee (\$50-80) 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.

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.

Magnified Healing® Celebrations will be held on Saturday, September 24 in New Jersey and on Sunday, October 8 in Media, PA 19063 at Heartspace with a morning “Right Livelihood” event. Please call Myra if interested in participating as a facilitator or wish to present what you do or if you would like to attend these events.

Please check [www.reikihealingcenter.org](http://www.reikihealingcenter.org) or email Myra Reichel at [myra@reikihealingcenter.org](mailto:myra@reikihealingcenter.org) or call Myra 610-348-5698 for additional information.

“Like” Reiki Healing Center on Facebook: <https://www.facebook.com/reikihealingcenter>