

Reiki Healing Center Newsletter - April to June 2019

Reiki Healing Center at Good Karma Yoga and Barre 55 State Road, 2nd Floor, Media, PA 19063

Ph: 610-348-5698 myra@reikihealingcenter.org www.reikihealingcenter.org
<https://www.facebook.com/reikihealingcenter/>



Reiki Sound Bath - Saturday, April 13 starting at 7PM

with Susan Maule performing and doing sound healing while Myra Reichel and other Reiki Practitioners offer Reiki mini-sessions.

Location: Heartspace at Seven Stones 215 West Baker Street Media, PA 19063

Go to [Heartspace at 7 Stones - Reiki Sound Bath](#) to reserve your space (Limited to 20 registrants) \$30 in advance or \$35 at the door. Call Myra 610-348-5698 for further information.

Reiki Sound Bath

Clear and rebalance physically, emotionally and spiritually with the energy of Reiki and the vibration and tones of singing bowls, flutes, chimes, strings and more.

Experience Deep Relaxation, Balance of Mind and Body, Release of Stress and Blockages, Every Cell Vibrating in Harmony.

Reiki provides a soothing relaxing session where client and practitioner enter a oneness meditation together to send healing deep into the physical body, as well as to the mind, emotions, and spirit. The healing sounds of the performance will be taken in more deeply during this state increasing the effec-

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tiveness of the Reiki session. Reiki is done clothed without manipulating the body. It is done either hands-off without touching the body or can be done hands-on with hands lightly touching the body or sliding under the body or can be done as a combination of hands-on and hands-off, please confirm with your practitioner at the time of the session if you desire hands-on work.

Myra Reichel, Karuna Reiki® and Shinpiden Reiki Master, and Founder of the Reiki Healing Center of Media, PA.

Susan Maule is a Vibrational practitioner/teacher and Reiki Master.

*“If you want to find the secrets of the universe think in terms of energy, frequency and vibration.” -
Nikola Tesla*

Massage tables, chairs for Reiki, seats for just being in the energy and yoga mats will be available. There will be 3-4 Reiki practitioners to give hands on Reiki and personal vibrational energy with Susan.

*Space is limited.
\$30 preregister until 4/12 ~ 7PM
\$35 Walk in*

There are more Sound Baths on June 15 and June 22 – see last pages of newsletter for more information.

FREE COMMUNITY REIKI MINI SESSIONS

Fourth Mondays Community Reiki held on April 22 (None held in May since on Memorial Day) and June 17 from 1 to 3pm at the Media Fellowship House, 302 South Jackson St. Media, PA 19063. Location is handicapped accessible. At 2:30PM the handicapped parking opens up to all.

Call Myra Reichel 610-348-5698 for information

On various dates and time at the Vitamin Shoppe at 1058 Baltimore Pike, Springfield, PA 19064.

Location is handicapped accessible. Call Myra 610-348-5698 for schedule.

COMMUNITY REIKI/REIKI SHARES \$5-\$20 Donation

At GOOD KARMA YOGA AND BARRE, 55 State Rd. 2nd floor, Media, PA 19063, All are welcome. Park in either rear lot on Overhill Road, enter door on State Rd. Second Saturday Community Reiki and Reiki Share –April 13, May 11 and June 8 from 1 to 3pm. RSVP Myra: 610-348-5698.

Also at Good Karma Yoga, 3-5pm: KRIYA YOGA class on Second Saturdays, usually once per month. \$5-\$20 Donation. Please RSVP to confirm and get info on initiation - Frank Lock at lock796@gmail.com or cell phone 484-947-1096.

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COMMUNITY REIKI/REIKI SHARES \$10-20 FEE & PRIVATE SESSIONS JOAN

Third Thursdays Daytime Reiki Share and Community Reiki at Heart Space 205 West Baker Street, Media, PA 19063 from 12:30 to 2:30 pm, led by Joan Nikelsky. NOTE: This event was on the first Thursday and has been moved to the third Thursday in 2019: April 18 (Contact Myra about May 16), June 20.

The fee is on a sliding scale of \$10-20, payable at the site (call for special rate for unemployed). Please bring a check or exact change. Dress comfortably. Sessions will be on a massage table or a reclining chair. RSVPs are appreciated. Contact Joan Nikelsky at ReikiJoan@live.com or 215-498-5346.

PRIVATE SESSIONS JOAN NIKELSKY

Private Reiki and/or chakra balancing sessions of one-half hour or one hour can also be arranged before or after the Reiki Share or at other dates/times by appointment. Contact Joan 215-498-5346 for sliding scale information and available times. Contact Joan Nikelsky at ReikiJoan@live.com or 215-498-5346.

PRIVATE SESSIONS LINDA MINTON

Call 610-237-0458 (NO texts) or contact Linda Minton at woofsing@yahoo.com for Reiki, First Phase Magnified Healing® Sessions or 2 day Workshop or Card Readings. By appointment or check locations where she offers card readings on a regular basis.

PRIVATE SESSIONS, WORKSHOPS, & CLASSES MYRA REICHEL

Myra Reichel, Reiki/ Karuna Reiki ®/ Magnified Healing® Phase 1 and/or Phase 3 Sessions and Classes, plus Gurdjieff Meetings, call 610-348-5698 or email myra@reikihealingcenter.org.

Sessions by appointment: Low-income, veterans, disabled call for info on discounts.

Half hour session is \$50 (4 sessions paid in advance is \$180), full hour session is \$80 (4 sessions paid in advance is \$280), and an hour a half session is \$115 (3 sessions paid in advance is \$300). Three 20-minute Distance/Remote Healing sessions are \$60.

Both sessions and classes are held by appointment at Good Karma Yoga and Barre in Media or for an additional fee at your location.

Class Descriptions for Reiki, Karuna Reiki®, Holistic Practitioner, Ethics, and Magnified Healing® Workshops with Myra Reichel are listed below in Classes and Workshops with Myra Reichel and on the “Myra’s Classes” page of our website [Myra's Classes](#)

Continuing education credits are available for nurses, massage therapists, and bodyworkers; go to Continuing Education-Nurses, Bodyworkers, and Massage Therapists

https://www.reikihealingcenter.org/continuing_ed_massage.htm

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Classes and Workshops with Myra Reichel

Scheduled Reiki Classes All Levels or by appointment

Reiki I Shoden, Reiki II Okuden, and Shinpiden Reiki Master classes offer CNE for nurses. Reiki I Shoden, Reiki I Shoden Secondary, Karuna Reiki I, Karuna Reiki ® I, Karuna Reiki I(R) I are approved by the NCBTMB for CE .

FRIDAYS, APRIL 12 and APRIL 19 **Reiki 1 Shoden** - Two 6-hour classes, 8:30am to 12:45 and then join in for 2:15-4pm, First 6 hour class on Friday, April 12 with second class on Friday April 19 same hours or on Three 4 hour days on Fridays 8:30AM-12:45PM or other days by appointment. 10 CNE for nurses or 12 CEU for massage therapists/ bodyworkers. \$350 for 12 hours, workbook, and certificate.

SATURDAYS April 20 **Reiki 2 Okuden** - Saturday April 20 8:30 to 11:30AM and 1-4PM to this day also with possible hour and a half lunch break, or as First class of four 3-hour classes, 8:30-11:30 or by appointment. 10 CNE for nurses or 12 CEU for massage therapists and bodyworkers. \$350 for 12 hours, includes workbook and certificate. \$350 for 12 hours classes, workbook and certificate.

WEEKEND CLASS **Reiki Master Practitioner** Saturday April 13 from 8:30 to 11:30AM (if you wish you can attend on the same day the Reiki Share from 1-3PM and/or Kryia Yoga from 3-5PM) then class continues on Sunday, April 14 from 1-4PM then class continues on Saturday May 11 from 8:30-11:30AM (if you wish you can attend on the same day the Reiki Share from 1-3PM and/or Kryia Yoga from 3-5PM) Either of the Reiki shares and/or 3 additional class hours will complete the 12 required hours which can be scheduled by appointment.

Magnified Healing® Workshops/Celebrations/Sessions: as scheduled or by appointment

MAGNIFIED HEALING® WORKSHOPS: Magnified Healing ® 1st Phase , Magnified Healing ® Celebration Workshop, Magnified Healing ® 3rd Phase 'Light Worker' , Phase 1 and Phase 3 Reviews, Celebration Ceremonies, Sessions,

FIRST SATURDAY & SUNDAY OF EACH MONTH or by appointment **Magnified Healing(R) two or more hours review, and/or Magnified Healing(R) Phase 1 and/or Phase 3 'Light Worker' Workshops,** review is 2 or more hours while Phase 1 or Phase 2 are 8 hours both days. If you need shorter hours per day add Friday or Monday to your class or schedule by appointment other dates. Workbooks and other materials included, call for details, 610-348-5698.

DATE TO BE ANNOUNCED **Magnified Healing ® Celebration Ceremony**

TO BE ANNOUNCED CALL TO SCHEDULE **Magnified Healing(R) Celebration Workshop,** One 8-10 hour day or two half days. Workbook plus Certificate awarded after both workshop and celebration ceremony are completed, call for details, 610-348-5698.

FRIDAY, SATURDAY, SUNDAY, MONDAY **Magnified Healing ® 3rd Phase 'Light Worker' Teacher Training** with Jan Pemberton in the fall. Possibly September 20th-23rd or Friday through Monday in October 18th to 21st . Phase 3 must have been completed at least 6 months before this workshop and there are written assignments for students to complete in advance of the workshop.

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ETHICS CLASSES by appointment

Ethics classes are held at scheduled times on the calendar and in the newsletter or by appointment. Please note: Students taking Ethics classes must obtain a copy of *The Ethics of Touch* by Ben Benjamin and Cherie Sohnen-Moe from the teacher for an additional \$35 unless they bring their own copy to class. Approval has been received for the entire Ethics of Touch book from NCBTMB for massage therapists and bodyworkers to receive CEU credit but information is not yet published on their website (Supervision still needs to be confirmed). Fee \$50 per two hour class. By appointment. See www.reikihealingcenter.org/classes on website for class descriptions.

These classes are approved for both live or over internet by the National Certification Board for Therapeutic Massage and Bodywork NCBTMB

Ethics Fire Drill for Practitioners (2CEU) Ethics

Ethics Fire Drill for Practitioners (4CEU) Ethics

Ethics of Dealing with Sexuality Issues for Hands-on and Hands-off Practitioners Live (4CEU) Ethics

Ethics Applied (2 to 18CEU) Ethics - Live full course consisting of all or individual 2 hour sections of Ethics Applied Titles Live/16-18CE/Ethics

HOLISTIC PRACTITIONER AND ITS SUB-COURSES approved by NCBTMB for CE

Applied Holistic Practitioner a and b or b and a (12 CEU) - two classes to learn the basics of setting up a holistic practice and receive for self-care and practice giving sessions to develop skills. Course may be taken as two 6-hour classes in either order: class a then class b, or class b then class a, for \$300 per 12 hours of class. You can also take class a or class b as a Secondary Course (6CEU) for \$150 for 6 hours of class, or part of a class, or part of b class as Conversations (4CEU) for \$100 for 4 consecutive hours of an a or b class, or as Chapters (2CEU) \$50 for 2 consecutive hours of a or b class. Please discuss your needs with teacher prior to class so appropriate topics are chosen. Any number of hours can be scheduled by appointment. Contact Myra Reichel 610-348-5698.

ADVANCE NOTICE REGISTER EARLY SPACE IS LIMITED

ESSENCE OF ACUPUNCTURE, LLC

PRESENTS

VIBRATIONS OF HEALING AND LOVE

SATURDAY, JUNE 15TH 12 Noon – 4:00PM

3901 B MAIN STREET, MANAYUNK, PA 267-240-5109

FEE: \$30: RSVP AND REGISTRATION MANDATORY BY 5/30

12– 12:30 PM – Mingle and enjoy light refreshments

12:30 AM– 1:00 PM – Meditation

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1 – 1:30 PM An **Introduction to Acupuncture and Reiki** -Learn how Acupuncture helps to heal the Body, Mind and Spirit and may also complement Western medicine. Learn how Reiki helps to reduce stress and promotes relaxation which activates the body's own inner wisdom.

Presenter: Eloise Prescott MAc., LAc., and Usui Reiki Master Practitioner and Teacher

1:30 – 2:00 PM – Healing with Drumming and Percussion – Tap into your inner spirit through the Drum and Percussion instruments.

Presenter: Doc Gibbs: One of the most sought after percussionists in the music industry today, most recently seen as the musical director playing and “kickin’ it” with Emeril Legasse on cable. He has played for Anita Baker, Bob James (on the theme song for “Taxi”) and more recently, Wyclef Jean and Nancy Wilson.. He has recently created the “Healing Sound Bath,” which uses a variety of percussion instruments to create an experience that promotes relaxation, stress relief, balances both hemispheres of the brain, and encourages healing.

2:00 – 3:30 PM –Experience the “Healing Sound Bath” along with **Community Acupuncture and Mini Reiki Sessions**. Relax and receive acupuncture which helps build your immunity, lowers blood pressure, and reduces pain. De-stress and receive Reiki which helps to remove stagnant emotions and allows positive energy to revive and repair your human energy system.**(You must register in advance for both by calling 267-240-5109).**

Reiki Sound Bath – June 22

with Doc Gibbs performing Sound Bath while Myra Reichel and other Reiki Practitioners offer mini-sessions.

Saturday, June 22 Starting at 7PM

Location: Heartspace at Seven Stones 215 West Baker Street Media, PA 19063

Reiki Healing Center welcomes Baba Doc "Doc Gibbs"!

Join us receiving Reiki mini-sessions while world renowned percussionist Baba Doc also known as Doc Gibbs performs on a variety of instruments for a truly unique event.. Come experience true "Energy Medicine!" We are combining sound therapy through Baba Doc's "Healing Sound Bath" along with Mini-Reiki Sessions given by Myra Reichel and other Reiki Practitioners.

Entry Fee: \$30 in advance and \$35 at the Door

Call 610-348-5698 to register before Myra's birthday on June 19 so we can schedule your personal session during the concert.

Participants experience the soothing energy of gongs, cymbals, and meditation bells. Baba Doc provides additional colors and feelings to the experience as he plays his ocean drum, rain stick, kamale ngoni, the hand pan among others instruments. Baba Doc's Healing Sound Bath provides relief from daily stress, and provides deep relaxation. It releases negative energy and emotions, helps reconnect mind, body and spirit, and assist in recovery after illness . Healing Sound Bath can be created/performed/presented to yoga studios, meditation centers, senior citizen facilities, artists lofts, corporate and not for profit settings, private, Alzheimer's patients, and for special needs communities.

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Reiki mini-sessions will be done either hands-off or can be done hands lightly touching the clients' clothed body, please confirm with your practitioner at the time of the session if you desire hands-on work. Reiki provides a soothing relaxing session where client and practitioner enter a oneness meditation together to send healing deep into the physical body, as well as to the mind, emotions, and spirit. Sometimes a Reiki Practitioner may chant healing sounds to add to the benefits of the healing and heal difficulties beyond the reach of our hands. The healing sounds of the Sound Bath will be taken in more deeply during this state increasing the effectiveness of the Reiki session.

Baba Doc is a musician with a highly successful musical career of national, international touring, and recording as lead percussionist in the bands of high profile vocalists including Al Jarreau, Anita Baker, Dianne Reeves, Rickie Lee Jones, and Erykah Badu, and being a key musician in the rhythm sections of bands including those of Grover Washington Jr., Bob James, Wyclef Jean and many others. Master drummer and percussionist Baba Doc Gibbs heard a new rhythm. New directions called to Baba Doc, and he combined his multitude of experiences into a program of healing groups and individuals through sound. This was an easy and natural transition for him.

Looking back, it was Grover Washington Jr. whose understanding of the healing properties of music gave a young percussionist from Philadelphia, Leonard Gibbs the title Doctor. Grover's vision saw that his percussionist was a Doctor of Sounds. From 1997-2007 Doc Gibbs was the musical director for the popular cooking show "Emeril Live" on the Food Network, bringing his healing sounds to the master chef and thousands of viewers worldwide. Sound has been used as a powerful healing mechanism since humans first formed civilizations that promoted a high level of spiritual consciousness. The first rhythm we feel and sounds we hear come to us while in the stress free womb of our mothers. This experience unifies all humans no matter race, gender, age, or religious belief system.

Sound therapists have the ability to use sound frequencies to interact with the energy frequencies of human bodies. Through these interactions, frequencies, and energy, the human body can be balanced. Realizing more and more the importance of healing with sound, Baba Doc created the Healing Sound Bath, using a variety of percussion instruments, each with a unique voice and energy to create an experience that promotes relaxation, stress relief, healing, breathing, and balances both hemispheres of the brain.

During Doc Gibbs's 90 minute Sound Bath, **Myra Reichel**, Karuna Reiki® and Shinpiden Reiki Master, and Founder of the Reiki Healing Center of Media, PA, along with several of her lineage Reiki Master and Reiki Practitioners, plus other Reiki Masters and Practitioners will offer Reiki sessions during the Sound Bath. Myra studied with Marion Yaglinski, Reiki Master who founded Rose Tree Reiki, as well as William Lee Rand, Reiki Master founder of the International Center for Reiki Training. Myra also studied with Frans Stiene, founder along with his wife Bronwen Stiene, of the International House of Reiki.