

Reiki Healing Center Newsletter - May 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 BATHS

Saturday, June 15, 2019 12 -4PM in Philadelphia, PA &

Saturday, June 22, 2019 7-9PM in Media, PA



ESSENCE OF ACUPUNCTURE, LLC, presents **VIBRATIONS OF HEALING AND LOVE**

SATURDAY, JUNE 15TH 12 Noon – 4:00PM

HIDDEN RIVER, 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

1 – 1:30 PM An **Introduction to Acupuncture and Reiki** -Learn how Acupuncture helps to heal the

Reiki Healing Center Newsletter - May to June 2019

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. Please register early. Space is limited.



Reiki Sound Bath

Saturday, June 22, 7-9 pm

Location: [Heart Space at Seven Stones](#), 215 W Baker St., Media, PA 19063

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

Reiki Healing Center welcomes Baba Doc "Doc Gibbs"!

Reiki Healing Center Newsletter - May to June 2019

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.

Register at [Heart Space at Seven Stones](#)

Entry Fee: \$40 in advance and \$45 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.

See the Events page on our website for more information

<https://www.reikihealingcenter.org/events.htm>

FREE COMMUNITY REIKI MINI SESSIONS

Third Monday May 20 and Fourth Mondays June 24 – COMMUNITY REIKI held from 1 to 3pm (RSVP or walk-in arrive at 2PM) 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

Sessions for people with special needs can be scheduled at Media Fellowship House 302 South Jackson Street, Media, PA 19063 after 3pm or at the Vitamin Shoppe at 1058 Baltimore Pike, Springfield, PA 19064. Locations are both handicapped accessible. Call Myra 610-348-5698 for appointment.

COMMUNITY REIKI \$20 or REIKI SHARE \$5-20 Donation

Second Saturdays, COMMUNITY REIKI and REIKI SHARE –Mini-Reiki Sessions for a donation, May 11, June 8 from 1 to 3pm. RSVP Myra: 610-348-5698. Held 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.

KRYIA YOGA \$5-20 Donation

Second Saturdays, KRIYA YOGA class 3-5pm 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.

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,

Reiki Healing Center Newsletter - May to June 2019

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: Contact Joan about June 20 and future dates. 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 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.

PRIVATE SESSIONS & CLASSES MYRA

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

Continuing education credits are available for nurses, massage therapists, and bodyworkers; go to https://www.reikihealingcenter.org/continuing_ed_massage.htm

Classes and Workshops with Myra Reichel

Scheduled Classes & Workshops All Levels or by appointment

Reiki I Shoden, Reiki II Okuden, and Shinpiden Reiki Master 12 hour classes offer CNE for nurses. Reiki I Shoden, Reiki I Shoden Secondary, Karuna Reiki ® I, Karuna Reiki I(R) I Secondary are approved by the NCBTMB for CE. Magnified Healing ® Phase 1, Celebration Workshop®, Magnified Healing ® Phase 3, and Phase 3 Teacher Training Workshop. Holistic Practitioner (small business classes) and Ethics Classes for all chapters of “the Ethics of Touch” Workbook by Ben Benjamin and Cherie Sohnen-Moe (2 Continuing Education Units per 2 hours of class either in person or over internet for Massage Therapists and Bodyworkers), as well as Gurdjieff Meetings to explore the teachings of G. I. Gurdjieff <http://www.nyland.org/>

Reiki 1 Shoden – Schedule by appointment either four 3-hour classes or three 4-hour classes or two 6-hour classes by appointment for a total of 12 hours or join ongoing starting each month 3 hour classes on 4 Saturdays for morning 8:30-11:30AM or 4 Sundays 1-4PM. 10 CNE for nurses or 12 CEU for massage therapists and bodyworkers. \$350 includes workbook and certificate.

Reiki I Shoden Secondary Course By appointment or Wednesday May 22 or Saturday June 8 or 6 hours total out of Saturday or Sunday Reiki I Shoden scheduled classes or by appointment. Class includes certificate with 6 Continuing Ed Units for Massage Therapists or Bodyworkers 6 hours \$175 without workbook or \$200 with workbook.

Reiki Healing Center Newsletter – May to June 2019

Reiki 2 Okuden –Schedule by appointment or Saturdays afternoons 1:30-5:30PM or 2 Sundays 1-7PM or join First class Saturday, May 18 from 8:30-11:30AM with 2nd class Tuesday, May 21 1-4PM or longer and 3rd class Wednesday, May 22 9AM to Noon until 3PM plus additional dates/hours if more hours needed to reach 12 hours of class. Class is also offered on Friday, June 7 and Saturday June 8. Class is \$350 for 12 hours with workbook and certificate with 10 CNE for nurses.

Reiki II Okuden Secondary Course – By appointment or join class on Wednesday, May 22 from 9AM-3PM or on Saturday June 8. Class includes 6 hours of classes plus workbook and a certificate. \$200 or no workbook \$175.

Reiki Master Practitioner – By appointment or join class on Wednesday, May 22 from 9AM to 3PM or longer plus Tuesday, May 28 from 1-4 or longer plus possibly Thursday May 30 if more time need to reach 12 hours or by appointment or Saturday and Sunday, June 8 and June 9 includes 12 hours of classes plus 2 workbooks and a certificate.\$400.

Shinpiden Reiki Master By appointment or join class on Wednesday, May 22 from 9AM to 3PM or longer plus Tuesday, May 28 from 1-4 or longer plus possibly Thursday May 30 if more time need to reach 12 hours or by appointment or Saturday, June 8 and Sunday June 9. Class continues on Weekend June 15 and 16 for additional 12 hours of classes to learn reiju blessing and attunement process. Class includes 24 hours of class total, 22 CNE for nurses. \$800 includes certificate and 4 workbooks.

Reiki Master Shinpiden - Weekend June 15 and 16 or by appointment. Learn Reiju Blessing and Attunement Process. You must have already completed Reiki Master Practitioner in this lineage. \$400 for 12 hours, includes 2 workbooks and certificate.

Karuna Reiki® I – Class is offered by appointment 9am to 5pm, 10 CE for massage therapists and bodyworkers. Class includes 8 hours class plus workbook and certificate from International Center for Reiki Training \$350.

Karuna Reiki ® I Secondary Course – By appointment 1-5pm, 4 CE for massage therapists and bodyworkers for those who have taken Karuna Reiki ® before. 4 hours \$150 RHC certificate no workbook.

Karuna Reiki ® 2 – By appointment 9AM-5PM \$300 includes workbook and International Center for Reiki Training Certificate and workbook for those with Karuna Reiki ® 1 or higher.

Karuna Reiki ® 2 Secondary Course 1-5PM \$150 No workbook – RHC certificate for those who have Karuna Reiki ® I or higher Certificate.

Karuna Reiki ® Master – By appointment 3 days 9AM-5PM includes workbook and International Center for Reiki Training certificate \$875.

Karuna Reiki ® Master Secondary Course 3 hours \$150 for those who already have this certificate no workbook – RHC certificate

Magnified Healing ® Workshops scheduled or by appointment

Magnified Healing® review, By appointment with Myra Reichel 610-348-5698 in Media, PA or Dawn Mazzone 610-636-0279 in West Chester – Bring or color photo your certificate or bring your workbook if we have not taught or worked with you in past. Handouts of sacred names and instructions for making updated Magnified Healing ® essence included. Bring a bottle of Lavender oil to class.

Reiki Healing Center Newsletter - May to June 2019

There will be a small fee. No workbook given. Or contact Magnified Healing ® office in Florida and they will send out information if you have your information on file.

Magnified Healing® Phase 1 or Phase 3 Workshop. By appointment or schedule either level on Saturday and Sunday June 1 and 2 or June 29 and 30 or August 17 and 18 or August 24 and 25 or August 31 and September 1 (Labor Day weekend) 8 hours both back to back days but 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.

Magnified Healing® Phase 3 Teacher Training Workshop, 8 hours for 4 days. Wednesday through Saturday October 16-19 with Jan Pemberton held at Hidden River in Manayunk Section of Philadelphia, PA. You must have completed your Phase 3 Workshop at least 6 months prior to TT workshop and you will need to have already taught a Phase 1 Workshop and either have completed Celebration Workshop and have your certificate or will receive your TT Certificate after completing Celebration Workshop on Sunday, October 20, 2019. Workbooks and other materials included, call for details, 610-348-5698.

Celebration Workshop – By appointment pick well in advance since a location to offer the Celebration needs to be secured in advance call Myra 610-348-5698 or 8 hours on Sunday, October 20, 2019 held at Hidden River. \$111 includes Workbook, certificate, and permission to hold Celebration Ceremonies.

Celebration Ceremony – OPEN TO THE PUBLIC - COME EXPERIENCE Sunday, October 20 from 3-5PM open to the public – donations accepted. Held at Hidden River in Philadelphia, PA 19063 class Myra Reichel 610-348-5698 to RSVP.

ETHICS CLASSES by appointment in person or over the internet

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 Live (2CEU) Ethics

Ethics Fire Drill for Practitioners Live (4CEU) Ethics

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

Ethics Applied Ethical Practice Management 1/Live/2CE/Ethics

Ethics Applied Management 2 /Live/2CE/Ethics

Ethics Applied To Career and Livelihood 3/Live/2CE/Ethics

Reiki Healing Center Newsletter - May to June 2019

Ethics Applied Money 4 /Live/2CE/Ethics

Ethics Applied Dynamics of Communication 5/Live/2CE/Ethics

Ethics Applied Effective Communication 6/Live/2CE/Ethics

Ethics Cases of Trauma 7/Live/2CE/Ethics

Ethics Applied Trauma 8/Live/2CE/Ethics

Ethics Applied Supervision – under consideration

Ethics Applied – Live full course consisting of all 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.