

## SESSIONS AND CLASSES

### REIKI HEALING CENTER REIKI MASTERS AND REIKI PRACTITIONERS

**Myra Reichel**, Shinpiden, Reiki Master, Karuna Reiki ® Master, Master Teacher Magnified Healing ®: 610-348-5698 myra@reikihealingcenter.org <https://www.reikihealingcenter.org>  
Check our website [www.reikihealingcenter.org](http://www.reikihealingcenter.org) and our Facebook pages. Doing zoom from Media, PA.



**Khadijah Renee G. Morgan** RMT, CFT, LSW : Shinpiden Reiki Master/Teacher, Certified Couples and Family Therapist, Licensed Social Worker. 6703 Germantown Avenue, Ste. 240D Philadelphia, 267.624.8246

[www.morgantherapeuticservices.com](http://www.morgantherapeuticservices.com) .

Khadijah offers in person Reiki Shares for a donation the last Sunday of each month 1-4pm by appointment at the Wissahickon Wellness Center 5740 Wissahickon Ave. Philadelphia PA 19144 [www.wissahickonwellness.com](http://www.wissahickonwellness.com).

Shinpiden Reiki Master and Master Teacher of Magnified Healing ® and Counselor 267-624-8246  
[reneequeen1954@gmail.com](mailto:reneequeen1954@gmail.com)

**Nataki McNeal Bhatti** - Nataki is a Master Teacher of Usui Reiki and Magnified Healing(r) and a Karuna Reiki(r) Practitioner. She offers remote sessions and teaches classes on an individual basis. She is available for Magnified Healing(r) 1st Phase, 3rd Phase sessions and classes and Usui Reiki Shoden and Okuden (levels I and II) classes. For more information go to [www.reikibynataki.com](http://www.reikibynataki.com) or contact her directly at 570-991-8733 or WhatsApp 1 + 5709918733 for a free consultation. Located in Wilkes Barre area.

**Melissa Dziewit** Reiki Practitioner Havertown, PA 267-357-1800

**Linda Minton**, Reiki Master Shinpiden – Practitioner offering sessions and Teacher. Master Teacher of Magnified Healing ®. Magnified Healing (R) Practitioner /Phase 1 teacher. She is offering Internet/FB live & distance/ph. conf. sessions! Check with Linda about times she is at the local diner. Distance Reiki and Absent First Phase Magnified Healing ® Sessions and in-person sessions at by appointment. Offers Angel Readings and I Ching Readings Offering New Year/Valentine Readings and Reiki, and can also be purchased as a gift! Contact # 610-237-0458 hse./ 215-605-7189 cell. [woofsing@yahoo.com](mailto:woofsing@yahoo.com)

**Jana Rose** became Reiki certified as a Reiki I Shoden Practitioner in 2017, but did not start actively as a coach and healer until 2020, shortly before the pandemic hit. She does Reiki with somatic massage in addition to coaching people on yoga, embodiment practices, meditation, and creative expression to help with holistic healing. She also uses essential oils as part of her somatic bodywork. In addition, her couples coaching program helps new lovers and long-time partners revive and invigorate intimacy in their relationships, through practices like meditation, unique endeavors, and healthy accountability. You can visit her at the MotherJana Healing Center with Covid precautions currently in place, 614 Darby Rd., 3rd

Floor, Havertown, Pa 19083. Book an appointment on Calendly through [MotherJana.com](https://motherjana.com) or contact via email or phone: [janamarierose79@gmail.com](mailto:janamarierose79@gmail.com)

**Eloise Prescott** Shinpiden Reiki Master and Acupuncturist 267-240-5109  
[eloise.prescod@gmail.com](mailto:eloise.prescod@gmail.com) Office in Manayunk section of Philadelphia, PA

Excerpt from Greetings From Eloise

We are beginning the New Year with a **full intention to help our communities be safe and healthy**. At “**Essence of Acupuncture**,” we are deeply committed to helping our clients navigate through this time as we may still be experiencing, heightened fear, uncertainty, stress, anxiety and worry, all of which have an adverse effect on the health of our minds, bodies and spirit. We have CDC safety precautions in place and we are offering time-tested treatments that **build and strengthen your immune system**. First, acupuncture reduces stress which enables your body’s immune system to work more effectively. Secondly, there are specific acupuncture points that build Qi and your immunity by increasing the white blood cell count. You may go to [essenceofacupuncture.janeapp.com](https://essenceofacupuncture.janeapp.com) if you wish to schedule an appointment.

We have changed our location. Essence of Acupuncture will be providing “in-person” Acupuncture and Reiki treatments at our new beautiful location, 5740 Wissahickon Avenue, located right off of Lincoln Drive. The hours are Friday 9am – 6pm and Saturday 12 Noon - 6pm. We will also be at Community Acupuncture of Mount Airy (CAMA), located at 6782 Germantown Ave on Thursday afternoons 12noon – 4pm.

➤ **VISIT CDC WEBSITE FOR MORE INFORMATION**

### What You Can Do To Take Care Of Yourself

**Social Distance is very important – Stay six feet apart  
Wear a Face Mask**

### **Wash your hands for 20 seconds or use hand sanitizer**

The most important things you can do to support your immune system are really basic:

1. Don’t panic. Stress is bad for your immune system. Spend time in gratitude, prayer and meditation.
2. Drink lots of hot water to support healthy mucous membranes as a first line of defense. Hot water and tea have been shown to inhibit viruses in our throat.
3. Eat less inflammatory foods: sugar, industrial seed oils, processed foods, alcohol, and foods you are sensitive to (wheat, dairy, eggs, soy,)
4. Support lung health by doing some even breathing throughout the day, preferably outdoors in fresh air, to move circulation and clear out toxins.
5. Probiotics are an important part of your immune system and can be purchased at local stores.
6. Elderberry syrup is great for antiviral support, taken at the initial stage.
7. Sleep 7-8 hours each night and exercise at least 30 minutes daily.

COME JOIN US FOR OUR SECOND ZOOM cooking class on “CREATING SOULFUL SOUPS” ON WEDNESDAY, FEBRUARY 17<sup>TH</sup> AT 4PM. We will be learning how to prepare a plant based meal, including two **IMMUNITY BOOSTING SOUPS, using locally grown foods and herbs.**

SEND AN EMAIL TO [essenceofacupuncture@gmail.com](mailto:essenceofacupuncture@gmail.com) if you are interested in participating. The fee is \$20 and you will receive a 30% off coupon for your next acupuncture or reiki treatment. The cooking class will be taught by Eloise who has been a vegetarian for 50 years, next year.

May your Blessings Continue to Overflow, Peace and Love, Eloise Prescott, M.Ac., L.Ac.