

Reiki Healing Center Newsletter: December 2011

Reiki Healing Center - - 20 S. Olive Street, Suite 305, Media, PA - 19063
610-348-5698 * www.reikihealingcenter.org * reikireichel@earthlink.net

What is Reiki? “Rei” means spiritually guided and “Ki” is the Japanese translation of the Chinese Chi, otherwise known as the life force that animates all living things.

OUR SCHEDULE THIS MONTH – Let us know how you like this new format!

Thursdays December 8th, 15th, & 29th Reiki Sliding Scale Clinic

Reiki Master Practitioner Joan Nikelsky offers full one-hour Usui Reiki sessions weekly on Thursdays 2-7 pm by appointment for a sliding scale fee of \$45-75 (based on personal income). Call Joan at 215-498-5346 or e-mail ReikiJoan@live.com.

Saturdays December 10th, 17th, & 31st – 2 pm - 6 pm

Acupuncture Clinic &/or Reiki Sessions - Eloise Prescott – Licensed Acupuncturist and Reiki Master Practitioner. Sliding scale fee of \$30-45 for acupuncture mini-session by appointment during clinic hours. (Full initial private session is \$100 for 2 hours and \$75 for subsequent 1 hour sessions.) **Her new specialty is treating children and adults with ADHD by using auricular (ear) acupuncture. Recent studies have shown that acupuncture has successfully treated patients with ADHD.** Eloise also offers Reiki sessions by appointment. Call 267-240-5109 or e-mail elprescott1@yahoo.com for an appt.

Sundays December , 11th, 18th, & 25th Reiki Sessions & Reiki Clinic

Need to Receive the Powerful and Healing Life Force Energy of Reiki?!?! Gifted Reiki Master Practitioner & Clairaudient Khadijah “Renee” works with crystals and delivers to you, *through the voices of your ancestors (loved ones)* from the other side, the ultimate spiritual experience while on the Reiki table. “The dead are not dead”. Receive a message from your family on the other side!!! Reiki opens up portals of light through which the spirits of our ancestors can pass and often are present during a session with Khadijah “Renee”. Call 215-910-8902. Appts. at RHC or other locations. **Special Sunday Clinic!! Bring a friend; each receives a 20 minute Reiki mini-session for \$20 each – just \$1 per minute.** Regular Sunday appointments are \$75.00 for a full hr. or \$40.00 for ½ hr. Khadijah is only available for sessions on Sundays. Call 215-910-8902.

Mondays December 5, 12, 19, & 26 Monday Silent Meditation

with [Russell and Jeannie](#) - all welcome 6:30-7pm prompt Donation appreciated.

Call RHC 610-348-5698 (Meditation classes offered by appointment).

Mondays December 5, 12, 19, & 26 KRIYA HATHA YOGA Class with Frank Lock

Monday Series 7-8pm - \$5-\$10 per class sliding scale.

Starting in 2012, an \$80 fee will be charged for the series of 8 classes, so come now and check out what the classes are like! Space limited to 7 students. go to end of newsletter or to <http://rhcnewsletter.blogspot.com> for more information. Call 610-348-5698 to RSVP.

Monday, Tuesday, Wednesday December 5th, 6th, 7th

Karuna Reiki® Master - If you already have Karuna I & II and you already teach Reiki, you can learn how to do Karuna Reiki® attunements. \$875 for all 3 classes if you are already a Reiki teacher OR \$300 for the one final class if you have already taken Karuna Reiki® I and II and now are a Shinpiden level or a Reiki Master. Final class includes 4 hours learning attunement process. All Karuna Reiki® classes by appt. or dates listed: Karuna Master classes Monday-Wednesday, Dec. 5-7, noon-6:30pm.

Karuna Reiki® I – Prerequisite: Usui Reiki Master Symbol Attunement 6 months if working as practitioner or 12 months if not working as a Reiki practitioner. \$350. Monday, Dec. 5, noon-6:30pm or another date.

Karuna Reiki® II - 6 hours by appointment after completion of Karuna Reiki® Level I. \$300. Tuesday, Dec. 6, noon- 6:30pm or another date.

Tuesday December 6th Reiki Clinic PLEASE NOTE NEW DAY - first 20 minutes free with \$1 per additional minute. By appt. 10am-6pm Call 610-348-5698.

Wednesdays December 7th, 14th, 21st & 28th Reiki Clinic 5:30-7:30 pm

Jo-Ann Scocca, Advanced Practice Reiki Practitioner: on Wednesdays Jo-Ann offers \$20 off the usual \$75 fee, by appointment – 610-513-7151.

Thursday December 8th Reiki Share noon to 2pm for \$5-20 fee

Joan Nikelsky, Reiki Master Practitioner, and **Mirella Arghiropol, Reiki Master Teacher student** invite you to come early at 11:15 with snacks for a social gathering before the Share! RSVP to Joan 215-498-5346 or ReikiJoan@live.com.

Friday December 9th Reiki Share 5:30-7pm for \$5-20 fee

Jo-Ann Scocca, Advanced Practice Reiki Practitioner: RSVP requested 610-513-7151.

Note: NO Share December 23rd.

Saturday December 10th Media's 2nd Saturday Arts Stroll 6-9pm

Visit participating businesses, enjoy live music and the work of Media Arts Council Registry Artists, and stop by the Reiki Healing Center, see below for our schedule for the evening 6-9pm:

- 6:30-7pm **Free** Guided Meditation “for Reluctant Meditators” with **Joan Nikelsky**
- 7-7:30pm **Free talk** - Introduction to Reiki
- 7-9pm Chair Massages with **Wendell Hobbs** (\$1 per minute)
- 7:30-9pm Reiki mini-sessions for newcomers with **Joan** or chakra balancing sessions (\$1 per minute, 20-minute minimum)

Saturday December 10th Chakra Balancing &/or Reiki Sessions 3-9pm

Reiki Master Practitioner Joan Nikelsky *Joan has recently learned a new technique that balances the chakras and clears the energy field around the body. During this session, the energy from the earth is drawn up through the client's first chakra and the two chakras on the bottom of the feet. This is the most natural way to create balance and health in the whole system. Earth energy is always needed in healing the physical body. The body takes in energy and carries it to where it is needed. If you feel you have energy blocks, are stressed out, or just a little “under the weather,” this may help! Joan has been practicing Reiki for over 5 years.*

*Come and experience this refreshing new **Chakra Balancing** treatment for 20-30 minutes @ \$1 per min. – appointments available starting at 3 pm. Or schedule a full Usui Reiki session or combination Reiki and chakra balancing for \$75 per hour. Call Joan at 215-498-5346 or e-mail ReikiJoan@live.com.*

Saturday December 10th (and other days) Massage &/or Reiki Sessions

Wendell Hobbs Licensed Massage Therapist and Advanced Practice Reiki

Practitioner. Chair Massage is a great way to relax and unwind when you only have a little bit

of money and a little bit of time. Chair massage is performed on a specially designed chair, is done fully clothed, uses no oils, usually lasts from 10-20 minutes and costs a \$1.00 a minute. The massage focuses on areas of muscle tension in the back, neck, shoulders, arms and hands. **[Chair Massage Clinic Saturday Dec. 10th during 2nd Saturday event 7-9 pm.](#)**

Wendell is also available by appointment for Reiki, full body, & hot stone massage \$75 hr. Until December 31, 2011, Wendell is offering \$10 off his full hour hot stone massage sessions. Call 610-324-7586.

[Third Sunday, Dec 11, Jan 15, Feb 19, & Mar 18th](#) 1-7:30pm plus add. req.

[Shinpiden Reiki Master](#) above times or other dates/times by appointment, Weekdays or Weekends: e-mail myra@reikihealingcenter.org or call Myra 610-348-5698 with dates you would like to start and choose number of classes and suggest additional dates (subject to availability) 9-11am OR 1-3pm (12 classes), 9am-noon OR 1-4pm (8 classes), 9am-1pm OR 10am-2:30pm (6 classes), or 8:30am-3:30pm (4 classes) plus additional requirements if needed.

[Tuesday December 13th 6-8pm](#) NEW Magnified Healing ® Trade Times \$10-20 love offering for use of space Please RSVP 24 hours in advance 610-348-5698 and bring a copy of your Magnified Healing Certificate to your first visit for us to keep on file.

[Saturday and Sunday DECEMBER 17th & 18th](#) **[Reiki II Okuden.](#)**

One student \$500 or Holiday Special two students signing up together for \$800(mention this e-mail). 2 6-hour classes 9am-4pm. e-mail myra@reikihealingcenter.org or call Myra 610-348-5698 to RSVP for this class or to pick dates you would like to start and choose number of classes and suggest additional dates (subject to availability) 9-11am OR 1-3pm (6 classes), 9am-noon OR 1-4pm (4 classes), 9am-1pm OR 10am-2:30pm (3 classes), or 8:30am-3:30pm (2-classes).

[Monday December 19](#) **[FREE Reiki Clinic at Senior Center](#)**

Reiki mini-sessions on 4th Mondays monthly at Surrey SERVICES FOR SENIORS for people 55 and older and those who bring them – at the Hometown Senior Center at the Media Fellowship House, 305 S. Jackson St., Media, PA 19063. 1-3pm. Call for appt. 610-348-5698.

[Tuesday December 20th](#) **[Reiki Share](#) for Reiki practitioners 6-8pm for \$5-20 fee. **[Beth Holcombe,](#)** **[Karuna Reiki® Practitioner and Advanced Practice Reiki Practitioner.](#)** Call Beth at 610-459-9098 or e-mail nimbus1025@aol.com.**

[Tuesday December 27th](#) **[NEW Karuna Reiki® Trade Times:](#) For all attuned to Karuna Reiki® 1st Tuesdays 6:30-8pm please RSVP Myra 610-348-5698 and bring a copy of your Karuna Certificate \$10 fee.**

[Wednesday and Thursday December 28th & 29th](#) **[Reiki Level I Shoden](#)**

Shoden means “First Teachings.” Learn to do Reiki for self and Reiki sessions for others. Reiki 1 Shoden Certificate. 10 CE Credits 12 hours of classes \$400. 1 student, 2 students (a couple, partners, friends, parent and child) signing up together \$600 – 3 students (family or co-workers) \$800 - each additional student you bring to class beyond 3 students is \$200 each Bring your Reiki I Certificate and pay \$100 to audit class.

SPECIAL OFFER when you mention this notice: Reiki 1 Shoden \$500 for 2 students signing up together any time in December or January. **[Reiki I Shoden](#)** - Weekdays or Weekends: e-mail myra@reikihealingcenter.org or call Myra 610-348-5698 with dates you would like to start and choose number of classes and suggest additional dates (subject to availability) 9-11am OR 1-3pm (6 classes), 9am-noon OR 1-4pm (4 classes), 9am-1pm OR 10am-2:30pm (3 classes), or 8:30am-3:30pm (2 classes).

[Tuesdays January 3rd, 10th, & 17th](#) **[Reiki II Okuden](#) – 9:15am-1:30pm**

One student \$500 or Holiday Special two students signing up together for \$800(mention this e-mail). 2 6-hour classes 9am-4pm. e-mail myra@reikihealingcenter.org or call Myra 610-348-5698 to RSVP for this class or to pick dates you would like to start and choose number of classes and suggest additional dates (subject to availability) 9-11am OR 1-3pm (6 classes), 9am-noon OR 1-4pm (4 classes), 9am-1pm OR 10am-2:30pm (3 classes), or 8:30am-3:30pm (2-classes).

Saturdays Jan 7th, Feb 4th, Mar 3rd & June 2nd Shinpiden Reiki Master: First Saturdays 10am-5pm plus student teaching between February and June additional requirements. **Holiday Special start NOW \$1200 for Okuden or Reiki 2 practitioners (includes student teaching) OR \$800 for Advanced Practitioner Level or above.** 610-348-5698 Myra. OR pick other dates/times by appointment, Weekdays or Weekends: e-mail myra@reikihealingcenter.org or call Myra 610-348-5698 with dates you would like to start and choose number of classes and suggest additional dates (subject to availability) 9-11am OR 1-3pm (12 classes), 9am-noon OR 1-4pm (8 classes), 9am-1pm OR 10am-2:30pm (6 classes), or 8:30am-3:30pm (4 classes) plus additional requirements \$1400 includes student teaching for Okuden or Level Reiki II or \$.1000 does not include student teaching for Advanced Practice or above.

Friday Jan 14 Reiki Share for Reiki practitioners 5:30-7:30pm with **Marie McMenamin Reiki Master Teacher student** for \$5-20 fee. Marie will start with an Okuden Meditation.

MAGNIFIED HEALING ® OFFERINGS

What is Magnified Healing®? This modality was transmitted by Lady Master Kwan Yin to co-founders Kathryn Anderson and Gisele King. The First Phase is a spoken moving meditation. The Third Phase works with all the systems of the body. The Celebration Ceremony includes meditations and healings for the participants, distant healing for loved ones, and the earth. Class in Media or your location by appt.

2nd Tuesdays 6-8pm NEW Magnified Healing ® Trade Times \$10-20 love offering for use of space Please RSVP 24 610-348-5698 and bring Magnified Healing ® Certificate [Myra Reichel](#) – 6-8pm

2 days By appointment Magnified Healing® Phase 1 Workshops

Magnified Healing® Phase I \$265 at RHC. (Audit fee for Phase 1 practitioners \$25). You can teach class to others after 11 days of self-practice. [Myra](#) . 610-348-5698.

2 days by appointment Magnified Healing ® Celebration Ceremony Workshop \$111. You must take class and participate in a Celebration Ceremony to receive your certificate. Myra 610-348-5698

2 days by appointment Magnified Healing ® 3rd Phase 'Light Healing' Practitioner \$265. (Audit fee for other Phase 3 practitioners \$50). Prerequisite: Phase 1 min. 4 mo. before Phase 3 , 11 continuous daily self-practice of Phase 1 before Phase 3 Workshop, and Phase 1 Cert. sent to MH in Florida.

By appointment Master Teacher Magnified Healing Phase I, Celebration® classes \$375 and **Magnified Healing ®3rd Phase.** [Beth Holcombe](#) is available evenings 5:30-8:30 and weekends. Contact Beth nimbus1025@aol.com or 610-349-5698.

OTHER CLASSES and OFFERINGS

KRIYA HATHA YOGA Class with Frank Lock

Monday Series 7-8pm - Dec. 5, 12, 19, 26 - \$5-\$10 per class sliding scale
Starting in 2012, a fee will be charged for the series of 8 classes, so come now and check out what the classes are like!

The first objective of Kriya Hatha Yoga is deep physical and mental relaxation. The body can become purified of many disorders and irregularities by asana (yoga

postures). The variety of asana grants flexibility, lightness and buoyancy in the body. The practice of this 18 asana series awakens the energy centers along the spine and kundalini, our potential power and consciousness. This class continues weekly. Check our blog at www.reikihealingcenter.org or go to <http://rhcnewsletter.blogspot.com> for more information. Call 610-348-5698 to RSVP.

Master Teacher Multidimensional Healing classes \$350, with Beth Holcombe.

Beth is available evenings 5:30-8:30 and weekends. Contact Beth nimbus1025@aol.com or 610-349-5698.

HOLISTIC PRACTITIONER CLASS is open to anyone interested in starting a holistic practice. Learn about advertising and marketing yourself, networking, paperwork, taxes and deductions, working with clients undergoing severe physical, emotional, mental, and spiritual difficulties, and get full session practice. Holistic Practitioner Certificate after 12 classroom hours and 24 hours of additional practice of outside activities (36 NCBTMB CE credits). By appt. \$400. myra@reikihealingcenter.org or 610-348-5698.

Energy Work - 3 hours of concentrating on the Aura and Chakras, by appt \$200 for private session. \$100 each if you bring a 2nd student, \$75 each in group of 3 to 6 students. At RHC or your location within 20 miles of RHC. Call Myra Reichel 610-348-5698 or myra@reikihealingcenter.org.

RHC Practitioners: private sessions, Reiki Shares, Clinics, and Healing Circles

For appointments: contact practitioners directly or call RHC 610-348-5698

Eloise Prescott, Licensed Acupuncturist and Reiki Master Practitioner :

Eloise offers acupuncture and full Reiki sessions for \$75 per hour. See listing for Dec. 3, etc. Call 267-240-5109 or elprescott@yahoo.com for an appt.

Joan Nikelsky, Reiki Master Practitioner:

Joan offers full Usui Reiki sessions for \$75 per hour by appointment and also a Reiki Clinic with sliding scale fees, Reiki Share and Healing Circle, and chakra balancing sessions (see listings for Dec. 1st, etc., Dec. 8, and Dec. 10). Joan is also available for presentations. Contact Joan at 215-498-5346 or e-mail ReikiJoan@live.com.

Wendell Hobbs, Licensed Massage Therapist and Reiki Master Practitioner: Wendell charges \$75 per hour for a Reiki and/or massage session. See listing for Dec. 10. Contact Wendell at wendellhobbspa@gmail.com or call 610-324-7586 for an appointment.

Linda Waters, Reiki Master Teacher, Karuna Reiki® Practitioner:

Sessions & classes at RHC, Eviana, or elsewhere 215-823-6845. See Share listing for Dec. 1.

Beth Holcombe, Practitioner of Usui and Karuna Reiki®, Master Teacher of Magnified Healing®, Magnified Healing® 3rd Phase 'Light Healing' Practitioner, Integrated Energy Therapist, and Master of Multidimensional Healing.

Beth's charges are: Usui Reiki sessions \$95, Karuna Reiki® sessions \$125, Integrated Energy Session \$100; Master Teacher Multidimensional Healing class \$350, Master Teacher Magnified Healing class \$375. Beth leads Reiki Shares – see listings for Dec. 3 & 20. Contact Beth at nimbus1025@aol.com or 610-349-5698.

Jo-Ann Scocca, Advanced Practice Reiki Practitioner:

Full Reiki Sessions by appointment, \$75 weekdays and weekends [610-513-7151](tel:610-513-7151). Specialty focusing on knee pain clients. Jo-Ann is also available to do sessions for dogs and cats – call for further information. Jo-Ann now leads Wednesday Clinic and Friday Reiki Share – see listings for Dec. 7, etc., and Dec. 9. Contact joann_scocca@verizon.net or 610-513-7151.

Myra Reichel, Owner, Usui Reiki Master, Shinpiden Reiki Master, Karuna Reiki Master®, Master Teacher Magnified Healing® and Magnified Healing® 3rd Phase “Light Healer”

Myra offers both simple relaxation, as well as healing sessions: ½ hour Usui Reiki mini-session: \$40, 1 hour Usui Reiki: \$75, Karuna Reiki®: \$95 per hour, Magnified Healing® Phase I \$40 for ½ hr session. Phase III: \$100 per session 1 hour. A single session can provide relaxation and sometimes deep healing. When dealing with chronic conditions, Myra recommends 3 to 8 sessions depending on the seriousness of your difficulties. House Clearing or session at your location within 20 miles \$105 per hour with additional charges for further distances travel time. Distance Reiki for people, pets, and problems \$25 for 1 session, \$60 for 3 sessions.

Discounted sessions and classes: Myra offers 10% stacking discounts for students, seniors, chronically ill, disabled, or low-income for both classes and sessions. She gives students \$100 off a class if they bring another student with them to their class. For appointments or classes call [610-348-5698](tel:610-348-5698) or e-mail myra@reikihealingcenter.org.

Reiki Healing Center Mission Statement

The Reiki Healing Center was founded in September of 2006 by Myra Reichel, Karuna Reiki® & Usui Reiki Master Teacher, and Master Teacher of Magnified Healing®, to serve as a place for adults and children to learn about the power of Reiki (spiritually guided life force energy) for healing and relaxation of the body, mind, emotions, and spirit. Clients can receive or as students they can learn how to transmit Reiki Universal Healing Energy for their own healing, as well to heal other people, animals, plants, and the world itself. [610-348-5698](tel:610-348-5698) or myra@reikihealingcenter.org

The Center is a place where those in need of physical, emotional, mental, and spiritual relief from disease can start their path to wellness, abundance, and prosperity. www.reikihealingcenter.org

Give us your e-mail address or sign up for our newsletter and Google blog at <http://rhcnewsletter.blogspot.com> or see updates at www.reikihealingcenter.org.

We are on MySpace, ByRegion, MeetUp.com, Wisdom Magazine on-line, and Community Listings. Become a friend on Facebook at <http://www.facebook.com/myrareichel>. Become a fan of Reiki Healing Center at our Facebook page: <http://facebook.com/reikihealingcenter>

OPT-OUT: Let us know whether or not you wish to be on our mailing list, but please be patient since I will be doing it manually and it is difficult to locate a particular e-mail in the list.