

Reiki Healing Center Newsletter - February & March, 2021

Myra Reichel 610-348-5698 - myra@reikihealingcenter.org - www.reikihealingcenter.org



Hello friends

We are all starting a new year together. We have all had a difficult 2020 but hopefully 2021 will open up new hope and possibilities.

The zoom classes and sessions are going very well. We are all surprised how we feel each others energy over the 8-12 hour classes scheduled in 3 or 4 hour chunks and how the attunements are activating the Reiki energy for new and continuing students.

Figure 1: Reiki Healing Center offers Reiki Sessions for pets!

I miss seeing all of you in person and hope to offer in-person classes and sessions again after we have had our vaccinations. In-person re-attunements for students taking Reiki and Karuna Reiki® classes over Zoom will be available by appointment after vaccinations are received whenever possible and again this year for free during our Annual Usui, Founder of Reiki, Birthday Party August 14/15 in Media, PA.

Gurdjieff Meetings are continuing to be held on Zoom or over the phone for those new, current, and/or former members interested to learn about the teachings of G. I. Gurdjieff as taught by his student W. A. Nyland see www.nyland.org for more information. Call Myra Reichel, member of the Institute for Religious Development since 1971 at 610-348-5698.

FREE EVENTS

In 2020 we offered free meditations and group healing sessions open to all to help during the pandemic. We are planning to hold events at 6:30PM on first Monday per month. You can also let us know what dates and times work best with your schedule for future consideration. If you are interested in attending these in 2021 please send an email to myra@reikihealingcenter.org and include your email so we can send you a Zoom link to the free events. Next events Mondays, February and March 1st at 6:30PM.

LOOKING FOR PRESENTERS for 2021 FREE EVENTS on Zoom please let us know dates and times available for you to join us and what you may want to present or participate in – email us info.

REIKI HEALING SESSIONS – call for appointment date/time

Myra Reichel 610-348-5698 myra@reikihealingcenter.org continues to offer Distance Reiki or absent First Phase Magnified Healing ® sessions for \$25 half hour with a 20 minute healing with additional 10 minutes to talk a bit before and after the session. Discounts for packages of sessions \$60 for 3 Distance Reiki or Absent First Phase Magnified Healing ® sessions. These sessions are done separate from scheduling phone call.

Reiki/Karuna Reiki ® Sessions over the phone or over zoom to have more person contact are \$50 per half hour including a 20 minute healing and a bit of time before and after the session on phone or over zoom during the session.

Absent Third Phase Magnified Healing ® sessions continue to be available by appointment at set dates and time for \$50. These sessions are done at a time separate from scheduling phone call.

Reiki Healing Circles for Reiki 1 students and Practitioners on zoom or call into zoom over phone to have a chance to meet each other and discuss how you Reiki Practice is coming along and to do your self-Reiki practice together. \$25 per student/Practitioner for 1 hour Reiki Healing Circle.

Reiki Shares for Reiki Level 2/Reiki II Okuden/Reiki Masters join in with other Reiki 2 and above Reiki Practitioner/Masters to do Distance Reiki for each other. \$20 per student per hour over zoom or call into zoom over phone.

Reiki Master Healing Sessions for Shinpiden Reiki Masters and Reiki Master Shinpiden and Shinpiden for a \$15 fee per student per hour over zoom or call into zoom on phone to do special Japanese Reiki techniques for Reiki Masters.

Please send your payment to www.paypal.com to email to myra@reikihealingcenter.org or call 610-348-5698 and pay on Venmo or contact Myra about Cash App.

There is a list of Reiki Masters and Practitioners at the end of the newsletter some of whom may still be offering in-person sessions and classes.

CLASSES

Myra has spent the 2020 year moving all her classes onto Zoom and you will see the different options as you look though the newsletter: Ethics, Holistic Practitioner, Intro to Reiki and Reiki I Shoden as well as Meditation classes are open to everyone. I continue to offer Reiki II Okuden, Reiki Master Practitioner, Reiki Master Shinpiden, Karuna Reiki ® 1, 2, and Master to all those who had taken their prerequisites.

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All classes can be taken fully over zoom or as we receive vaccinations can become a combo class with part on zoom and parts in-person (see how the pieces of classes are divided at the end of this newsletter for Massage Therapists and Bodyworkers for Continuing Education to get an idea of how to divide up your class). Myra eventually hopes to be able to offer full classes in person again.

The first time you take and Reiki or Karuna Reiki ® class you must sign up and take the class in full either with classes on contiguous days or as spread out to a month or so apart. Classes once you have taken then can be retaken as full classes or as portions of classes to get support learning the particular Japanese Reiki Techniques. Classes are broken down into parts as listed under NCBTMB continuing ed at the end of the Newsletter. CNE Continuing Nursing Education is also available for Nurses for Reiki I Shoden, Reiki II Okuden, and Shinpiden Reiki Master check the [RHC Continuing Ed page](#) or the end of the newsletter for more info.

I am currently only offering Reiki and Karuna Reiki ® classes over Zoom by appointment and encouraging group classes so students can meet each other. I am enjoying teaching Reiki classes online. The students and I can really feel the energy much to our surprise. There is also an Online Magnified Healing ® Review and Advanced Practice for those with First Phase Certificates at this time on zoom but the full classes can only be taught in person and sessions can only be done at set date and time by appointment. There is a list of Reiki Masters and Practitioners at the end of the newsletter some of whom may still be offering in-person sessions and classes.

For those students Reiki 2 and above I would like to invite you to my new **Chanting Class** \$25 hour to learn more about the Reiki symbols and chant together. The next Chanting Class is at 5pm EST on Wednesday January 27th and another series of Chanting classes will start again on Wednesdays at a later time please let me know if you would like to attend send fee for class to myra@reikihealingcenter.org on www.paypal.com or to 610-348-5698 on Venmo.

ALL ARE WELCOME TO TAKE ALL CLASSES

IMPORTANT these are the full zoom classes which are currently being offered at \$300 per 8-12 hour class and which after Covid vaccinations can be completed as a Combo zoom up to half in-person for \$500 and in-person class or as an in person class for higher fee.

List with Titles of class with CE

CLASSES WITH NO PREREQUISITES

REIKI – No Prerequisites– these are the full zoom classes which are currently being offered and which can be taken totally in person in the future but for Combo starting the class in zoom and continuing the classes in person: Please see under CE for Massage Therapists and Bodyworkers to see breakdown of classes into parts to take combo zoom with in-person classes. Those who have already taken the full class may re-sit the class for additional learning.

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INTRODUCTION TO REIKI /Intro to Reiki – NO PREREQUISITES two hours
2CE Live/ Distance Learning \$50 on zoom or \$100 in person. (you can continue on zoom with the Reiki I Shoden Class by paying the balance \$250 in addition to the \$50 payment. You can continue in future paying the appropriate Combo class or in person fee. **SATURDAY, FEB. 20 from 2-4PM or by appointment.**

REIKI I SHODEN - NO PREREQUISITES **Saturdays, FEB. 20, 27, March 6, 13 from 2-5PM or by appointment.**

Learn to do self-Reiki and start to learn to do Reiki for others 12CE Live/Distance Learning \$300 for 10-12 hours of class on zoom. This class offers 12CE/10CNE for nurses.

REIKI II OKUDEN HAS PREREQUISITE REIKI 1 ANY LINEAGE Wednesdays, February 3, 10, 17, 24 for 3 hour classes or 10, 17, 24 for 4 hour classes. Possibly from 2-5PM or 5-8pm or 2-6PM start earlier every other week. (Fridays February 5, 12, 19, 26 for 3 hour classes 5-8pm or Saturdays March 20, 27 and April 10 and 17 from 2-5PM) or 12 hours in 4 hour classes over less days. **By appointment**

Learn meditations and qui gong. Practice doing professional Reiki sessions for others using the symbols. Practice self care. \$300 for 12 hour class on zoom. This class offers 11CE/10 CNE for nurses.

CHANTING REIKI SYMBOLS HAS PREREQUISITE OF REIKI 2 ANY LINEAGE Wednesdays possibly 2PM or 7PM or other days/times by appointment

Chanting Reiki Symbols 1 hour class \$25 or 3 1-hour classes \$70 on zoom.

SHINPIDEN REIKI MASTER HAS PREREQUISITE OF REIKI 2 ANY LINEAGE

Learn all Japanese Reiki Techniques for all levels receive Master attunement with symbol, jumon, and chants and how to prepare for and do reiju and attunements. You will be permitted to make and copy manuals for their own students.

Wednesdays, **February 17, 24 and March 3, 10, 17, 24 and 31 plus April 7** from 2-5PM or 5-8pm from 2-6PM or 5-8pm or start earlier every other week. Number of hours need to be 23 over the number of days necessary could be fewer days.

(Fridays **February 19, 26 and March 5, 12, 19, 26, April 2 and 9**)

(Saturdays, **April 10, 17, 24 plus May 15, 22, plus June 5** from 2-6PM or other dates and times by appointment)

Learn all the material from both the Reiki Master Practitioner and Reiki Master Practitioner classes – 24 hours of class 22CNE for nurses. Receive Reiki Master attunement and symbol with chants and jumon, learn Reiki Master Japanese Reiki Techniques, learn to do reiju and attunement preparation and process. Teach others to do Reiki \$600 for 24 hours on zoom.

REIKI MASTER PRACTITIONER HAS PREREQUISITE OF REIKI 2 ANY LINEAGE Learn all Japanese Reiki Techniques for all levels receive Master attunement with symbol, jumon, and chants Reiki Master Practitioner Hands-on 10CE Hands-on Live/Distance Learning- Prerequisite prior level. Learn the Reiki Master Symbol plus its chants and jumon and receive the Reiki Master Attunement and Shinpiden level special meditations and healing techniques plus professional Reiki session practice. 10-12 hours \$300 on zoom.

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Wednesdays, **February 17, 24 and March 3**, 10 from 2-6PM or 5-8pm or start earlier every other week.

(Fridays **February 19, 26 and March 5, 12** 3 hour classes

(Saturdays, **April 10,17, and 24** from 2-6PM or other dates and times by appointment)

REIKI MASTER SHINPIDEN HAS PREREQUISITE OF REIKI MASTER PRACTITIONER with Myra Reichel or have same workbooks or materials as used in these courses from the International House of Reiki so you can teach the full lineage coursework Reiki Master Shinpiden Hands-on 11CE Live/Distance Learning for this 11-12 hour class. Learn the preparation and procedures for doing reiju for anyone and attunements for your future students plus discussion of lineage, teaching, printing manuals etc.

Wednesdays, **March 17, 24 and 31 plus April 7** from 2-6PM or 5-8pm or start earlier every other week

(Fridays March 19, 26, April 2 and nine 3 hour classes)

(Saturdays, May 15, 22, and June 5 from 2-6PM or other dates and times) or by appointment.

KARUNA REIKI ® 1 HAS PREREQUISITE OF HAVING BEEN ATTUNED TO USUI REIKI MASTER SYMBOL AT LEAST MONTHS PRIOR

Thursdays **February 11 and 14** or **By appointment**

Send your certificate for Reiki Master Practitioner/Advanced Practice/Reiki III/Reiki Master/Shinpiden/Shinpiden Reiki Master or Holy Fire or other Reiki Lineage.

KARUNA REIKI(R) Prerequisite Reiki Master Symbol any lineage

Karuna Reiki (R) 1 8CE Live/Distance Learning learn 4 Karuna Reiki ® symbols useful to working with self/clients for abuse issues, addictions, habits, and grounding issues.

KARUNA REIKI ® LEVEL II HANDS-ON PREREQUISITE KARUNA REIKI ® 1 **Tuesdays February 2 and 9 or Thursdays February 18 and 25 or By appointment**

Karuna Reiki (R) Level II. Hands-on 8CE Live/Distance Learning lean 4 additional Karuna Reiki® symbols and their uses. DO more work on chanting and toning.

KARUNA REIKI ® MASTER PREREQUISITE KARUNA REIKI ® 2 AND HAVE ATTUNED STUDENTS TO USUI OR OTHER REIKI Karuna Reiki (R) Master Hands-on 8CE Live/Distance Learning **Thursdays February 18 and 25 or By appointment**

Learn additional Karuna Reiki® symbols and the attunement procedure.

List with Titles of class with CE

NO PREREQUISITES

BUSINESS- No Prerequisites There are 2,4,6, and 12 hour classes to take, Please see under CE for Massage Therapists and Bodyworkers in this Newsletter for further info \$25 per hour of class. **By appointment**

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HOLISTIC PRACTITIONER 12 CE, Live/Distance Learning
Holistic Practitioner Chapters 2 CE, Live/Distance Learning
Holistic Practitioner Conversations 4 CE, Live/Distance Learning
Holistic Practitioner Secondary Course 6 CE. Live/Distance Learning
HOLISTIC PRACTITIONER Classes use Business Mastery 3 by Cherie Sohnen-Moe.
recommended

ETHICS No Prerequisite there are 26 two-hour ethics classes that you can take. For full list of topics please see list under Continuing Education for Massage Therapists and Bodyworkers later in this Newsletter or on the CE page on the www.reikihealingcenter.org website. **By appointment**

Ethics Applied 26CE/Live courses/Distance Learning

Ethics Applied: Foundations 2 CE Live/Distance Learning

Ethics Applied: Boundaries 2 CE Live/Distance Learning

Ethics Applied: Dual Relationships 2 CE Live/Distance Learning

Ethics Applied: Sexuality 2 CE Live/Distance Learning

Ethics Applied: Through Supervision 2 CE, Live courses/ Distance Learning

Ethics Applied to Career and Livelihood 2 CE, Live courses/ Distance Learning

Ethics Applied: Cases of Trauma 2 CE, Live courses/ Distance Learning

Ethics Applied Dynamics of Communication 2 CE Live courses/ Distance Learning

Ethics Applied: Effective Communication 2CE, Live courses/ Distance Learning

Ethics Applied: Ethical Practice Management 2CE, Live courses/ Distance Learning

Ethics Applied: Management 2 CE,

Ethics Applied: Money 2CE, Live courses/Distance Learning

Ethics Applied: Trauma 2CE. Live courses/ Distance Learning

ETHICS Classes use the Ethics of Touch by Ben Benjamin & Cherie Sohnen-Moe) required

CONTINUING EDUCATION

For nurses approved by the AHNA

REIKI I SHODEN – 10.5-12 hours 10 CNE, on zoom \$300

Reiki II OKUDEN, 10.5-12 hours 10 CNE, on zoom \$300

SHINPIDEN REIKI MASTER 23-24 hours -22CNE on zoom \$600

for massage therapists and bodyworkers NCBTMB approved

Number of teaching hours of class equals the number next to CE which is the number of Continuing Education Credits for Massage Therapists and Bodyworkers – for the following classes except in higher level Reiki classes where an hour or 2 of class does not receive CE since distance Reiki is taught are important hands-off information especially if you intend to

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teach is taught and we recommend that you all 12 hours per level unless just going back over a particular section for practice of previously learned material. For nurses see 10 CNE offered for 10.5 hour on zoom 12 hour Reiki I Shoden and Reiki II Okuden and 22CNE offered for 22.5-hour on zoom -24 hour Shinpiden Reiki Master.

List with Titles of class with CE

NO PREREQUISITES

INTRODUCTION TO REIKI /Intro to Reiki – NO PREREQUISITES two hours
2CE Live/ Distance Learning \$50 on zoom or \$100 in person.

REIKI I SHODEN - NO PREREQUISITES 12 hours \$300 on zoom

Reiki I Shoden Part 1 Hands-on 6CE Live /Distance Learning

Reiki I Shoden Part 2 Hands-on 6CE Live /Distance Learning

Reiki I Shoden Part 3 3CE – Live/Distance Learning

Reiki I Shoden Part 4 3CE Live/Distance Learning

REIKI II OKUDEN HAS PREREQUISITE REIKI 1 ANY LINEAGE 10-12 hours \$300 on zoom

Reiki II Okuden Hands-on 11 CE Live/Distance Learning – Prerequisite prior level

Reiki II Okuden Hands-on First Half 6CE

Reiki II Okuden Hands-on Part 2 6CE

Reiki II Okuden Hands-on Part 2A Prerequisite First Half or full Reiki II Okuden Class

Reiki II Okuden Hands-on Part 2B

Reiki II Okuden Hands-on Part A 3CE

Reiki II Okuden Hands-on Part B 3CE

Reiki II Okuden Hands-on Part C 3CE

Reiki II Okuden Hands-on Part D 2CE

Reiki II Okuden Hands-on Attunement/Table Work 1CE

CHANTING REIKI SYMBOLS HAS PREREQUISITE OF REIKI 2 ANY LINEAGE

Chanting Reiki Symbols 1 hour class or 3 1-hour classes

REIKI MASTER PRACTITIONER HAS PREREQUISITE OF REIKI 2 ANY LINEAGE

Reiki Master Practitioner Hands-on 10CE Hands-on Live/Distance Learning- Prerequisite prior level 10-12 hours on zoom \$300

Reiki Master Practitioner Hands-on Part A 3CE

Reiki Master Practitioner Hands-on Part B 2CE

Reiki Master Practitioner Hands-on Part C 2CE Prerequisite Reiki Master Practitioner Part A and B

Reiki Master Practitioner Hands-on Part D 3CE

REIKI MASTER SHINPIDEN HAS PREREQUISITE OF REIKI MASTER PRACTITIONER

with Myra Reichel or have same workbooks or materials as used in these courses so you can teach the full lineage coursework on zoom 11-12 hours \$300

Reiki Master Shinpiden Hands-on 11CE Live/Distance Learning

Reiki Master Shinpiden Hands-on Part A 3.5CE

Reiki Master Shinpiden Hands-on Part B 2CE

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Reiki Master Shinpiden Hands-on Part C 3.5CE

Reiki Master Shinpiden Hands-on Part D 2CE

KARUNA REIKI ® 1 HAS PREREQUISITE OF HAVING BEEN ATTUNED TO USUI REIKI MASTER SYMBOL AT LEAST MONTHS PRIOR 8 Hours \$300 on zoom

Send your certificate for Reiki Master Practitioner/Advanced Practice/Reiki III/Reiki Master/Shinpiden/Shinpiden Reiki Master or Holy Fire or other Reiki Lineage.

KARUNA REIKI(R) Prerequisite Reiki Master Symbol any lineage

Karuna Reiki (R) 1 8CE Live/Distance Learning

Karuna Reiki (R) 1 First Half. 4CE Live/ Distance Learning

Karuna Reiki (R) 1 Part 2 4CE Live/Distance Learning

Karuna Reiki (R) I Part 2A. 2 CE Live/Distance Learning

Karuna Reiki (R) I Part 2B. 2 CE Live/Distance Learning

KARUNA REIKI ® LEVEL II HANDS-ON PREREQUISITE KARUNA REIKI ® 1

Karuna Reiki (R) Level II. Hands-on 8CE Live/Distance Learning 8 hours \$300 on zoom

KARUNA REIKI ® MASTER PREREQUISITE KARUNA REIKI ® 2 AND HAVE ATTUNED STUDENTS TO USUI OR OTHER REIKI

Karuna Reiki (R) Master Hands-on 8CE Live/ Distance Learning 8 hours \$300 on zoom

Once paid in full I will send you the Zoom link. Pay with www.paypal.com to myra@reikihealingcenter.org, 610-348-5698 to Venmo or on Cash APP \$ MyraReichel

CONTINUING EDUCATION

See info on https://www.reikihealingcenter.org/continuing_ed_message.htm

Continuing Education for Nurses, I have received approvals from AHNA the American Holistic Nursing Association for continuing nursing education CNE for Reiki 1 Shoden, Reiki II Okuden, and Shinpiden Reiki Master on Zoom in addition to in-person.

Continuing Education for Massage Therapists and Bodyworkers Now there are many classes approved to offer CE by the NCBTMB for massage therapists and bodyworkers both as Live and Distance Learning classes. Reiki I Shoden, Reiki II Okuden Hands-on, Reiki Master Practitioner Hands-on, Shinpiden Reiki Master Hands-on, Karuna Reiki ® 1 and 2 and Master plus Ethics and Holistic Practitioner Classes with flexibility to offer the full class in person Live or over Zoom for Distance Learning or parts Live and parts Distance Learning as a Combo class so students can switch back and forth between live and distance learning as the pandemic changes. At this time all classes are over Zoom but I look forward to completing some zoom classes in person and being able to offer in person classes again in the future.

FEES FOR REIKI CLASSES

Recommended that you do the full hours of class to maximize your learning.

Zoom classes are \$300 for 12 hours, Combo classes are \$450-500 for 12 hours and when possible In-person classes will be \$600-700 when they resume. Shorter Reiki classes are \$25 per hour as are Ethics and Holistic Practitioner Classes on Zoom.

Those who have taken Shinpiden Reiki Master and Reiki Master Shinpiden retaking a level in order to student teach along with Myra Reichel pay half during teacher training.

Veterans, Disabled, those with chronic conditions and/or those experiencing financial hardships can request to take a class along with another student in order to receive a discount.

Live classes have in-person attunements while Distance Learning have attunements over the internet but Distance Learning students can also schedule in-person attunements in person by appointment when possible. Reiju/Attunements for current level are given by appointment for Reiki Healing Center Students if they wish to attend annually on August 14th and 15th during the Reiki Healing Center Annual Usui, the Founder of Reiki, Annual Birthday Party in Media, PA.

Myra Reichel's classes are available both whole class Live or whole class Distance Learning or there are also parts of classes approved for both Live and parts Distance Learning that can be combined to complete any Class Level.

Magnified Healing(R) Workshops

Online Magnified Healing (R) First Phase Review and Advanced Practice

Venue: Zoom online by appointment 2 contiguous days online over zoom or other program.

Time: two 6-hr days preferred on weekdays but class may be scheduled over 2, 3, or 4 days by appointment or weekends Saturday, 2-7pm and Sunday, noon to 7PM or other hours by appointment if necessary. You must register around 2 weeks before since your certificates and registration form needs to be received and approved.

Date: You can schedule this class dates above or on 2 contiguous day class during the week or on other weekends by appointment- NEW YORK TIME Venue: ZOOM Online Live from Media, PA | Country: UNITED STATES

Teacher: Myra Reichel Organized by: Phone: Cell: 1-610-348-5698 & WhatsApp | Fax: Email: myra@reikihealingcenter.org Web site: www.reikihealingcenter.org

CLASS INFO: We will do a complete review of the 1st Phase and study the Geometry of the 1st Phase and 2 articles on the Five Higher Bodies. Email registration form and photo of your First Phase Certificate 2 weeks prior to class. Before class pay \$145 full fee on www.paypal.com or on Venmo to 610-348-5698 or request address to mail check. Space limited to 10 students. \$145 for this workshop over zoom.

First Phase Magnified Healing (R) , Magnified Healing® Celebration Workshop, Third Phase Magnified Healing (R) Light Healing Workshop 2 to 3 contiguous days with Myra Reichel or other teacher by appointment. Live in person ONLY Magnified Healing ® Workshops do not offer Nurses CNE or Massage Therapists and Bodyworkers CE

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 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 .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. Shinpiden Reiki Master and Master Teacher of Magnified Healing ® and Counselor 267-624-8246 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 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

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

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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 or contact via email or phone: janamarierose79@gmail.com

Eloise Prescott Shinpiden Reiki Master and Acupuncturist 267-240-5109
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 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.

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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 17TH 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 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.

Check out our Reiki Healing Center Facebook page

<https://www.facebook.com/reikihealingcenter/>

Our Facebook Group

<https://www.facebook.com/groups/21961169505>

To unsubscribe: myra@reikihealingcenter.org