

The Reiki News

Summer 2001

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Working with Japanese and Western Reiki

by William Lee Rand

In the past several years we've learned a lot about the Reiki taught by Dr. Usui. The research done by Arjava Petter, his wife Chetna Kobayashi, Mr. Doi and others have created a breakthrough in our understanding of Usui Reiki and informed us of many techniques new to the West. This contrasts with what we had been told was Usui Reiki, but what we now understand was actually a Western development. When we first began to gain this understanding, many thought that the ideal would be to practice only the Japanese style of Reiki and to stay as close to what Dr. Usui practiced as possible. But now that we have had time to practice the Japanese Reiki techniques and compare them with the Western style, a better understanding has developed about what might be the best approach.

The style of Reiki presented to the West by Mrs. Takata, was promoted by her as being the unaltered methods of Dr. Usui. However, now that many have broken through the barriers that prevented us from researching Reiki in Japan, we have discovered that most of the techniques Mrs. Takata taught were mainly of her own creation and possibly that of Dr. Hayashi. When comparing her style with that of Dr. Usui, one could say that in many cases her's was methodically opposite to what Dr. Usui practiced.

Mrs. Takata's style relied on memorizing rules and working with standard procedures that remained the same for each client. This included the standard hand positions for giving a treatment. This was followed to such an extreme that when I attempted to give myself Reiki by placing my hands on my legs, my first Reiki teacher told me in a very emphatic way that "that is not Reiki" because it was not one of the standard hand positions. I found this attitude stifling, as it did not support the development or use of the student's inner awareness of Reiki. It also didn't acknowledge the differing needs of each client. However, this was not always the case as the Takata style did include some reference to allowing your Reiki hands to guide you, but this was only after one had given the standard treatment.

Even though there are some limitations to this system, it still has value. By placing the hands evenly over most of the body, the whole person is treated, thus creating balance. In addition, by using this technique, one treats the areas of greatest need automatically whether you know where they are located or not. So, while the Takata style may have limits, it allows virtually anyone to produce consistent results.

After Mrs. Takata passed in December 1980, for a while most of her students continued to practice exactly as she had taught. But in a few years, some began to experiment and to channel, develop or release new systems of Reiki. The first of these were Mari-el and the Radiance Technique. Many more followed and there are now at least 30 different kinds of Reiki

(continued on page 5)



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About the Center

Our Philosophy

- Honesty and clarity in one's thinking.
- The willingness to recognize prejudice in oneself and replace it with truth and love.
- Compassion for those who have decided not to do this.
- Speaking the truth without judgment or blame.
- Respect for the right of others to form their own values and beliefs.
- Placing greater value on learning from experience and inner guidance than on the teachings of an authority.
- Basing the value of a theory or technique on the verifiable results it helps one achieve.
- Being open to results rather than attached to them.
- Taking personal responsibility for one's situation in life.
- Assuming that one has the resources or the ability to develop them in order to solve any problem encountered.
- Using negative *and* positive experiences to heal & grow.
- Trusting completely in the Higher Power regardless of the name one chooses to call it.
- The complete expression of Love as the highest goal.

Our Location

The Center is located on two peaceful acres with many trees. We have a large classroom with a fireplace, a treatment room, a hot tub, and an office. We are located one half hour from the Detroit Metro airport in Southfield, Michigan. Our offices are at a different location.



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Our Purpose

- To establish and maintain standards for teaching Reiki.
- To certify students and teachers.
- To create instruction manuals for use in Reiki classes.
- To encourage the establishment of Reiki support groups where people can give and receive Reiki treatments.
- To encourage students to become successful Reiki teachers if they are guided to do so.
- To research new information about Reiki and to develop new techniques to improve its use.
- To openly acknowledge the value provided by all Reiki practitioners and teachers regardless of their lineage or affiliation.
- To promote the friendly cooperation between all Reiki practitioners and teachers toward the goal of healing ourselves and planet Earth through the use of Reiki.

William Lee Rand

William Lee Rand, founder of the International Center for Reiki Training, and author of *Reiki, The Healing Touch*, *Reiki for a New Millennium*, and *The Spirit of Reiki* (along with Arjava Petter, and Walter Lübeck) is a Reiki Master of the Usui lineage and developer of Karuna Reiki®. He has 25 years experience in metaphysics, healing work and was initiated into Reiki on the Big Island of Hawaii in 1981. He is the author of over forty articles on Reiki, is editor of the *Reiki News*, and teaches Reiki classes worldwide.



Our Center Licensed Teachers

Our Center Licensed Teachers are an important ingredient in the success of the International Center for Reiki Training. Each of our teachers has completed an advanced course of study designed especially for Reiki Masters who wish to dedicate themselves to teaching and practicing Reiki on a professional level. Some of our teachers operate healing centers, all maintain an active Reiki practice, and are committed to empowering others through Reiki. For more about our licensing program requirements see page 19

About This Free Issue

Thanks for downloading this FREE copy of the Reiki News!

I am glad you were able to get a copy instantly and I hope you enjoy my article, *Working With Japanese and Western Reiki*. Also, I want you to know that this FREE download is actually the small issue of the Reiki News. The BIG 40 page hardcopy has many more articles in it. Here is a list of the articles it contains that are missing from this issue.

Additional Articles in the 40 Page Hardcopy Issue

Reiki New Moon Meditation
Book Review
Stress and Disease
Reiki and Light Bulbs
Welcome New ICRT Licensed Teachers
ICRT Ethical Standards
Reiki in Hospitals Support Group
New Reiki Video
Karuna Reiki®

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About the Center

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**The articles without page numbers are in our 40 page copy of Reiki News. To obtain a copy, please call 800-332-8112 or visit www.reiki.org.

Visit our Website

Our web site has streaming audio, a bulletin board and contains 350 pages with over 100 Reiki articles! We have an electronic newsletter and you can request a Healing online and our staff will send you Reiki five days a week!

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Thank you for your support.

Sincerely,

William L. Rand

Reiki Tables & Tapes

(continued from page 1)

being practiced in the West. In an environment like this, one needs to have a clear understanding of ones personal needs and the ability to follow ones inner guidance if one is to wisely choose which Reiki system(s) to study.

While many new techniques have developed in the West, the same basic framework taught by Mrs. Takata seems to be the basis of most of these with treatments continuing to be based on her standard hand positions.

Dr. Usui's style represents a different approach. He didn't have standard hand positions. He taught his students to develop the ability to use ones intuition to guide one to the right hand placements. This often resulted in a unique treatment for each client. He taught several techniques for doing this including Byosen scanning wherein one uses the sensitivity in ones hands to find the areas needing Reiki as well as Reiji-ho in which one is guided directly with ones intuition or perhaps an inner sensitivity to know where the client's energy field is out of balance and in need of Reiki. This style validates ones own subtle awareness and encourages its development. It also allows one to develop a working relationship with the Reiki energy and thus be guided by its potential.

In addition to the above techniques, Dr. Usui also taught Gassho meditation, Kenyoku or dry bathing which is a method for cleansing ones energy, Koki-ho, a method that uses the breath to heal, Gyoshi-ho, a method of sending Reiki with the eyes, Jacki-Kiri Joka-ho, a method for clearing negative energy from objects and Enkaku chiryo which is a method for sending distant healing.

From this we can see that Mrs. Takata's style focused on a memorized system that was the same for each client and used only the hands to transmit Reiki. In contrast, Dr. Usui's style was flexible and relied on the developed awareness of the practitioner to provide a unique treatment based on the specific needs of the client. He also taught how to send Reiki not only with the hands, but also with the breath, and the eyes and included other techniques as well.

Since each of these styles is so different, at first many thought that they would have to choose between them. And since Reiki came from Dr. Usui, it seemed that the logical choice would be to practice Reiki as closely to Dr. Usui's style as possible. However, now that we have had time to practice and compare both styles, what many have concluded is that since both styles have value, the best approach would be to integrate them. The feeling is that by bringing both the Western and the Japanese styles together in one system, the best of both worlds is achieved. The Western style, which is more linear, logical and left brained balances the Japanese style, which is more open ended, intuitive and right brained.

This is what we have done at the Center. Our recently revised Reiki I&II manual includes both the Western style of Reiki and the Japanese Reiki Techniques (JRTs) of Dr. Usui. (See page 20) The JRTs can be learned from our manual, but

it is also recommended that one take a JRT class or use the JRT workshop video to get a better grasp of them. The video training is presented by Arjava Petter and Chetna Kobayashi and is an excellent way to gain an understanding of the Japanese mind as well as learn the JRTs. (See page 30) We also offer class outlines that show how to teach the JRTs and Western Reiki together. These outlines can be downloaded **free** from our website along with many other useful forms. Just click on Teaching Supplies on our home page at www.reiki.org.

It is a joy to see how wonderfully Reiki is unfolding. As we focus on Reiki and allow it to guide us, we discover greater levels of harmony and balance in how it can express through us. What at first seemed like a conflict is becoming a beautiful integration of complementary styles. This will lead to the possibility of even greater levels of health and well being for ourselves, our clients and the world around us. May we all be allowed to choose ever-increasing peace, freedom and love.

William Lee Rand is the founder and president of The International Center for Reiki Training, author of *Reiki, The Healing Touch, Reiki for a New Millennium*, and with Arjava Petter and Walter Lübeck, *The Spirit of Reiki*, editor in chief of *The Reiki News*, and developer of Karuna Reiki®. He has taught Reiki classes internationally for the past 12 years

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Reiki Meditation Tape

by William Lee Rand

This is a tape of the Reiki meditations given in the ART/III/Master classes. It's true that doing a Reiki self treatment is a form of meditation, and it's possible to meditate with Reiki in a much more powerful way.

This meditation system combines all the values of other types of meditation plus the healing power of Reiki. It can bring physical relaxation, mental clarity including improved ability to visualize, clairvoyance, enhanced healing skills and expansion of consciousness.

Use it to realize goals, evenly distribute healing energies throughout your system, and release and/or transmute negative energy.

Side 1: Bringing in the Light

Side 2: Creating Balance & Harmony

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Reiki Articles & Insights

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rt200wa optional reiki arched leg \$27.00

Tote bag colors:

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Allow 1-3 weeks for delivery.

Be sure to indicate color when ordering.

Price includes shipping within the continental U.S.

The Reiki Class Tapes- 1st & 2nd Degree Training

by William Lee Rand

This tape set includes most of the information from "Reiki; The Healing Touch," plus answers to the most frequently asked questions, and includes one full hour on the Usui symbols.

These tapes were made during actual Reiki classes taught by William Lee Rand. If you feel you may not have received the complete Reiki training, or if you have questions that have gone unanswered about Reiki, this is the tape set for you. Also great for teachers!

Contains three 60 minute cassettes of Reiki instruction in an attractive vinyl album.

Great for students or teachers!

William gives in-depth answers to the most frequently asked questions about Reiki and includes all the information from his Reiki I & II intensive. William was trained by seven Reiki Masters, has 16 years experience with Reiki and has taught over 250 Reiki classes around the world. Rather than simply accepting the "traditional" information about Reiki, William has done extensive research to bring you a clear understanding of what Reiki is and how to get the best results with it.

Newly revised to contain new information about the history of Reiki!

This tape set has been recently updated to include the latest discoveries about the history of Reiki including research from William's trip to Japan. The revised history is based on verifiable facts and includes information from Dr. Usui's memorial stone in Tokyo as well as information from Mt. Kurama where Reiki was rediscovered. The myths about Reiki are dispelled and a clear understanding about the practice of Reiki is established.

CT230

Was \$29.95, Now Only \$21.95!

The True History of Reiki

If you have already purchased the Reiki Class Tapes but wish to have the latest information on the history of Reiki you can purchase The True History of Reiki tape separately. This tape contains the latest discoveries about the history of Reiki.

CT231

\$11.00

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Reiki Retreats & Fun

ANNUAL LABOR DAY REIKI RETREAT



Labor Day 2001 Annual Reiki Retreat at Camp Ronora

The annual Reiki Retreat at Camp Ronora, Michigan will be held over Labor Day weekend again this year. See pages 6-7 for details.

Co-Create Your Retreat Accommodations!

Based on suggestions from last year's retreat, we're pleased to announce the following new format for retreat registrations: when you send in your \$50 deposit, please indicate which of the following accommodations you prefer (prices shown per person, including the deposit):

Camping.....	\$230
Bama Bunk House.....	\$230
Grandma's House Loft.....	\$260
Grandma's House Room.....	\$320
Ranch House Bunk.....	\$290
Ranch House Bed.....	\$320
Trilogy Lodge.....	\$360

If you're not sure where you want to stay, simply choose one of each of the following options:

Lodging: ___ Standard (Rustic) ___ Premium (Modern)
Bedding: ___ Standard (Bunk) ___ Premium (Twin)
Sleeping: ___ Standard (Public) ___ Premium (Private)
(Public: 8-12 people per room, Private: 2 per room)

Add \$30 for each premium option to the base price of \$230. Rooms will be assigned on a first-come, first-serve basis. We'll contact you to make other arrangements if we are unable to fulfill your request.

Cost of the retreat includes the retreat, meals, lodging and activities. **The Retreat is filling up fast ... so don't wait, REGISTER TODAY!**

PLEASE NOTE: Class deposits are non-refundable but may be transferred to future classes. Retreat deposits are used to secure your space at the retreat location and are non-refundable, but a portion may be transferred to future events.

RETREAT TO "REIKI MOUNTAIN" IN COLORADO

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With Helen Sonobe

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Come share the natural beauty and spirit of my home state at Kalani Oceanside Retreat on the Big Island. Kalani meaning "heaven on earth" is a unique eco-resort with nearby tide pools, thermal steam baths, and a black sand beach frequented by turtles and dolphins. Retreat includes training, 4 nights lodging and meals for \$650. Space Limited. Call toll free 866-228-7299, local 808-485-0026 or visit www.reikiclass.com

AUTUMN ON REIKI MOUNTAIN IN COLORADO

Oct. 19-22

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ART/Reiki Master Training Retreat-4 Days

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With Laurelle Shanti Gaia & Michael Arthur Baird

Nov. 16-19

Karuna Reiki® Master Training (4 days)

in a beautiful, serene wooded setting. Includes training, lodging, lunches, additional practice and Reiki Drumming. All inclusive fee \$1200/single room, \$1100 shared room, \$1000 commuter. Less than 1 hour from West Palm Beach or Ft. Lauderdale airports. Deposit \$300. Call Michael or Laurelle 800-359-3424 or 719-836-9385 or visit www.ReikiClasses.com **EARLY registration discount!**

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Reiki Master Retreat Pawleys Island, South Carolina

With Laurelle Shanti Gaia & Michael Arthur Baird

May 4-10, 2002

Usui Reiki® Master Training (7 days)

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Reiki Retreats & Fun

Celebrate Reiki at the Annual Labor Day Reiki Retreat

by Kristin Evans

This Labor Day weekend promises to be the most wonderful Reiki Retreat yet, as preparations are already underway to bring together the best of Reiki and rustic camping in Watervliet, Michigan August 31 through September 3, 2001. Join us at beautiful Camp Ronora (www.ronora.com) for three nights and four days filled with lots of informative workshops, activities and Reiki exchanges to help you connect to the legacy of Dr. Usui while enjoying some time away from the hustle and bustle of urban life- what a great way to end the summer!

No phone, no fax, no email- just Reiki relaxation in rural Michigan, where natural surroundings help ease your mind and allow you to focus on the Universal Life Force energy that unites Reiki people from all over the world during the retreat.



Look forward to spare time spent boating and swimming in Lake Sherwood, hiking around Ronora's 300 acre nature conservancy, or perhaps playing a leisurely game of tennis.

Grace in the Woods is a peaceful meditation lodge overlooking a hillside forest bordering the lake. There are many other locations where you can relax and contemplate the subtle healing ambiance.



Ronora's modest facilities feature several lodges and dormitories perfect for bunking with Reiki buddies old and new, who travel from all over the US and the globe to spend time with other practitioners and teachers. The cabins' country charm will take you back to a simpler time, lacking the stress of modern day "conveniences" like crashing computers! For those wanting more modern accommodations, there are a few private and semiprivate rooms available, and several hotels nearby.

There's also plenty of space for camping, if you'd like to bring your tent and rough it for the weekend. No matter where you sleep, you'll enjoy the chance to commune with nature and soak up the rich energy of the

Camp- from the organic help-yourself garden to the Native American Sacred Circle, there are limitless possibilities to "Just BE."



A highlight of the Retreat are the delicious gourmet vegetarian and semi-vegetarian meals prepared by holistic chef and Karuna Reiki® Master Laura Ziembra.

EXCITING ACTIVITIES AND WORKSHOPS

- Reiki Drumming Workshop
- The Reiki Power Doorway
- Reiki and Color Energy
- Reiki Reflexology
- Creativity as a Sacred Practice
- Reiki Co-Creatorship
- Reiki in Hospitals
- Advanced Healing Techniques
- Reiki Sessions
- Creating the Soul Treasure Chest
- Campfire and Drumming Circle
- ART/Master workshop taught by William Lee Rand after the retreat, Sept. 4-6 (additional cost*)

REGISTRATION INFORMATION

Reiki Retreat August 31-Sept. 3, Cost \$230-\$360

Space for the Retreat is limited, and always fills up well in advance, so reserve your space today by emailing center@reiki.org or calling the office.

The price includes the retreat, lodging, food, and activities. Price varies depending on accommodation

Check out our Reiki Retreat Bulletin Board on www.reiki.org. You can use it to get in touch with others attending the retreat- arrange to share transportation, schedule activities or just get to know your future bunk mates!

***ART/MASTER WORKSHOP**

William Lee Rand will teach an ART/Master workshop after the retreat Sept. 4-6. The cost is \$975.00 and includes accommodation at Trilogy lodge.

Japanese Reiki Techniques Video

The information in this four hour video has come from research done in Japan including the translation of Dr. Usui's Reiki handbook that he gave to all his students and other original Japanese documents, as well as interviews with members of the Usui Reiki Ryoho Gakkai - the organization started by Dr. Usui that is still functioning in Tokyo, Japan. It dispells all the myths and misinformation about the history of the Usui system of Reiki and establishes the practice on a solid historical foundation. All the exercises are clearly explained and demonstrated so you can start doing them right now!

Japanese Reiki Techniques Video
Two tapes, four hours of instruction.
JRTV \$60.00

Sacred Reiki Sites of Japan with Arjava Petter

This one hour video tape takes you to the Saihoji temple in Tokyo to view Dr. Usui's grave. Here you will see the Usui memorial erected in 1927, where a description of Dr. Usui's life including his discovery and work with Reiki is inscribed in stone. You will also be taken to Kurama-yama, the sacred mountain north of Kyoto where Dr. Usui had his mystical experience and rediscovered Reiki. The many temples and sacred sites on the mountain are presented, including: the San-Mon shrine containing symbols that are the likely origin of the Usui Reiki symbols, the waterfall where Dr. Usui is said to have meditated, the main temple and the Okunoin Mao-den shrine at the top of the mountain. At the end is a beautiful video collage featuring temple and nature scenes from Kurama-yama and the Usui memorial accompanied by meditative flute music. This last section really captures the spiritual feelings of the mountain! A visual guide instructing you how to travel to the Usui memorial and Kurama-yama is also included. See video review on page 11

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Karuna Reiki® is a powerful, compassionate healing energy. Karuna is a Sanskrit word used in Hinduism, Buddhism and Zen. It translates to mean any action taken to diminish the suffering of others and could also be translated as "compassionate action." When individuals experience enlightenment, they report that all beings are known as one. Therefore, it is natural to extend compassionate action or Karuna to everyone without distinction, as we are all one.

As we help others and aid them in their healing process, all beings benefit. It is also stated in Buddhist literature that Karuna must be accompanied by prajna or wisdom to have the right effect.

Karuna is the motivating quality of all enlightened beings working to end suffering on Earth. They continually send unlimited amounts of healing energy and guidance to us, but not all are receptive to it. As you develop Karuna in yourself, you are helping others, and you will also become more receptive to the Karuna energy sent by all enlightened beings.

Karuna works on the emotional and spiritual levels and helps one become more grounded. Those who receive the attainments report experiences with their guides, angels, higher self, and feel the healing presence of other enlightened beings.

To learn more about what is taught in our Karuna Reiki classes, please see the class descriptions in the "Understanding the Levels of Reiki Training" section on pages 18 & 19. If you would like more information about the uses of Karuna Reiki, you may be interested in "The Book On Karuna Reiki; Advanced Healing Energy for Our Evolving World". Please see the ad on page 17.

STUDENT'S COMMENTS ABOUT KARUNA REIKI®

"I have thoroughly enjoyed this Karuna Reiki® class. I have been enlightened and personally feel as though my body has been healed. I feel more limber and pain free. This weekend has been such a happy & joyful experience. . ."

Suzanne Engles, Reiki Master Teacher

"Karuna Reiki® energies seem a lot more specific and my Reiki abilities have jumped to new levels I thought I would never be able to achieve. I feel 100% connected to my guides and I see great potential for development."

Paul Ribet, Reiki Master Teacher

"The Karuna Reiki® training weekend was a profound and life changing experience for all who participate. The shadow meditation was especially meaningful for me . . ."

George Katchmor, Attorney and Reiki Master Teacher

"My first impression of Karuna Reiki® was that it indeed was an energy that empowered the Usui Reiki I have been using . . ."

Yvonne Moonstar, Reiki Master Teacher

Reiki Videos

Reiki, The Healing Touch

by William Lee Rand

ABOUT THE BOOK

This book was recently updated to include the latest discoveries about the history of Reiki as well as the Japanese Reiki Techniques and the Hayashi Healing Guide. The this new information is based on verifiable facts and includes techniques from the Reiki manuals of Dr. Usui and Dr. Hayashi as well as information from the Usui memorial stone in Tokyo and Mt. Kurama where Reiki was rediscovered. The myths about Reiki are dispelled and a clear understanding about the practice of Reiki is established. This book is a must for anyone wanting the latest information on Reiki. It is fully illustrated with more than 50 drawings and 18 photos. It also contains a comprehensive, easily understood explanation of Reiki, how it works and how to practice it. Written with inspiration, clarity and vitality, it captures the essence of Reiki and provides a remarkable depth of understanding. The chapters on *Developing your Reiki Practice*, *Becoming a Reiki Master* and *Reiki in Hospitals* inspire and instruct one on how to integrate Reiki into the everyday world. It is an excellent introduction to the subject as well as a user-friendly manual for the experienced practitioner. Extensively revised and expanded, this book is over 60% larger than previous versions. It is available in two sizes; a workshop manual for use in Reiki classes and a bookshelf version. Both versions have exactly the same information.



ABOUT THE AUTHOR

William Lee Rand is founder of The International Center for Reiki Training in Southfield, Michigan. He has written over forty articles on Reiki and recorded seven audio tapes. He is publisher of the *Reiki News* and a 300-page Reiki web site. He has practiced Reiki since 1981, and taught full time since 1989. He has received training from seven Reiki masters and teaches classes worldwide.



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REVISED EDITION

This revised and expanded edition features sections on:

- Reiki Past and Present
- How Does Reiki Heal
- How To Use Reiki
- The Reiki Symbols and How to Use Them
- Becoming a Reiki Master
- Developing Your Reiki Practice
- Reiki in Hospitals
- Discovering the Roots of Reiki
- Reiki Training and Licensing
- Photo's of the Usui Memorial and Mt. Kurama
- Japanese Reiki Techniques
- Hayashi Healing Guide
- Extensive footnotes and an index

NEW sections !!!

Japanese Reiki Techniques

Hayashi Healing Guide

NEW SECTIONS!

JAPANESE REIKI TECHNIQUES

Included are the nine Reiki techniques Dr. Usui taught to his students, but have only recently become available in the West. Illustrated instruction.

HAYASHI HEALING GUIDE

This is a hand position guide for over 100 illnesses and conditions that was developed in Japan by Dr. Hayashi.

CLASS WORKBOOK STYLE

The Class Workbook is based on William's original teaching manual and is a great compliment to any Reiki I/II class. It is also revised and expanded and contains exactly the same information as the 6 x 9" book. Students and teachers will really enjoy this easy to use 8½" x 11" spiral bound manual that lays flat, when open.

CP451TM

\$18.95

**Used by over 4000 Reiki Masters
as their class workbook!**

TEACHER DISCOUNT

Reiki Teachers — order five or more copies of either version and receive a 30% discount on each manual — that is only \$13.27 each.

AVAILABLE IN BOOKSHELF STYLE

This book is also available in the bookshelf 6" x 9" reading format and has 254 pages. This version is a perfect addition to your library as well as a compact reference book for practicing Reiki. Both versions contain exactly the same information.

CP451

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What is Reiki, Who can Learn it?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well-being. Many have reported miraculous results.

Reiki does not depend on one's intellectual capacity or spiritual development and therefore is available to everyone.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an "attunement" given by a Reiki master and allows the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.

Its use is not dependent on one's intellectual capacity or spiritual development and therefore is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.

Reiki classes are taught all over the country and in many parts of the world. If you are interested in learning Reiki, please check the class schedule near the end of this newsletter and contact the teacher directly.

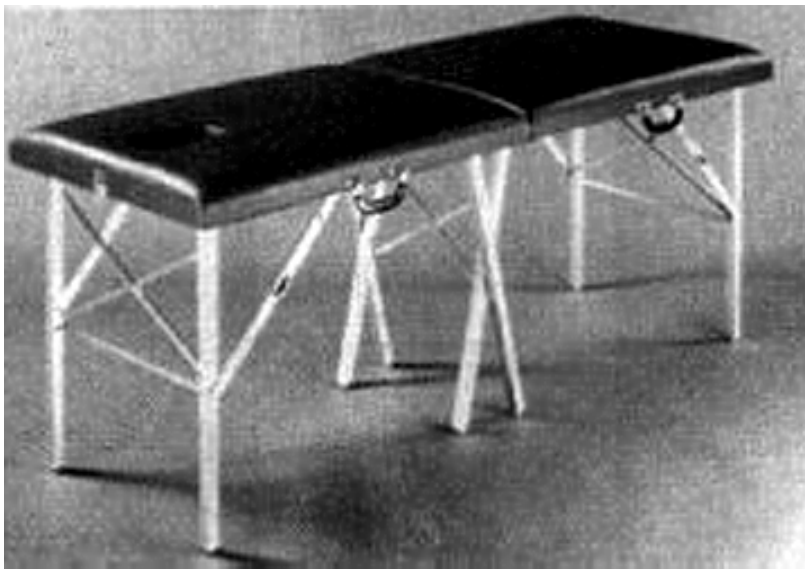
Questions to ask a Reiki Master about Reiki Training

- How long have you been working with Reiki? What training have you had? How often do you teach? How do you personally use Reiki? What is your lineage?
- Will this training initiate me into, or progress me within the Usui lineage?
- What qualifications are required to take Reiki Training?
- What do you cover in your classes? How many hours of class time is included? How much time is instructional, and how much is hands on practice?
- What are the specific things I will be able to do after taking the training?
- What are your fees, and will I receive a certificate and a manual?
- Can I take notes and tape record the class?
- How many symbols will I learn?
- Is there a Reiki support group in my area or can you help me establish one?
- Will you openly support me in being a successful Reiki practitioner or master?
- Do you have a positive respectful attitude toward other Reiki practitioners and masters, regardless of lineage or affiliation?

Be aware of how you feel about their answers and if they are responding in a loving manner that is supportive and empowering. Listen to your heart and you will be guided to the right teacher.

*Teach Only
Love*

Reiki Training & Tables



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Standard Reiki Table

We looked all over for a table that would work well for Reiki. This table is strong, yet light and well made. With no cables around the bottom, there is plenty of room for your legs to fit under the table when seated. It is a very comfortable table for Reiki.

Its wooden top retains Reiki energy and the metal legs keep the table grounded so that negative energies released during a treatment flow away.

This is a great table for Reiki and for massage!

Size: 24" wide, 28" high, 6 feet long
Folds up to 24" x 36" x 6"

Weight: 26 pounds

Colors: Blue Spruce, Wild Plum, Desert Rose,
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Price includes UPS Ground shipping within the continental U.S. Allow 2-4 weeks for delivery. Be sure to indicate color when ordering.

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The Deluxe Reiki Table features an extra 1/2" of long-life foam padding, brass corner guards to protect upholstery from wear and tear, extra width for added comfort, and a detachable crescent shaped headrest instead of a facehole. The Deluxe Reiki Table is 2" longer than the standard table, is 6" wider, and comes in your choice of 2 variable heights. The same colors, guarantee and shipping regulations apply as the standard table.

Size: 30" wide, 26-31" or 28-33" adjustable height,
6' 2" long
Folds up to 30" x 37" x 6"

Weight: 34 pounds

Colors: Blue Spruce, Wild Plum, Desert Rose,
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RT199 Deluxe Table

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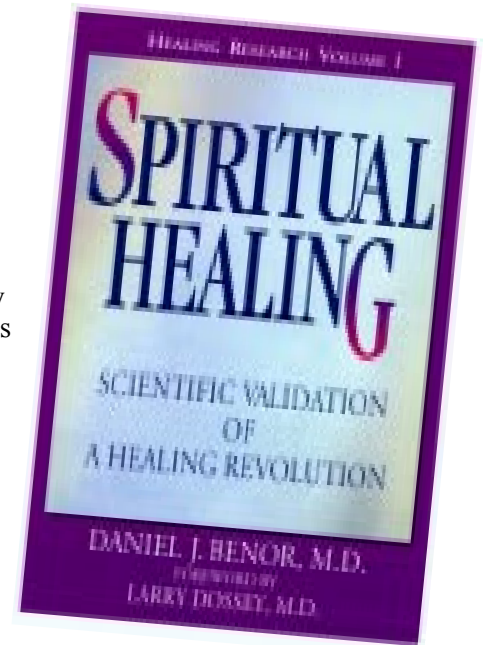
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Spiritual Healing

Scientific Validation of a Healing Revolution

by Daniel J. Benor, M.D., Foreword by Larry Dossey, M.D.

This book breaks new ground in presenting research evidence for spiritual healing. Over 200 scientific studies in the area of spiritual healing are reviewed and summarized, and 124 demonstrate positive results! The double blind studies, some of which have been replicated indicate that the positive results provided by spiritual healing come from more than just the placebo effect. This book presents studies on a wide spectrum of spiritual healing techniques and raises many questions about how healing might work in therapeutic settings. This landmark reference book is a must for anyone interested in the field of complementary medicine! This book was previously titled "Spiritual Healing - Does It Work? Research Says Yes!"



The scientific proof for non-ordinary forms of healing is one of the best-kept secrets of our time. Dr. Daniel Benor has taken the wraps off this immense data base. As physicians and laypersons learn of this evidence, healing may never again be the same. The ultimate value in this information extends beyond healing, however, to touch on the Great Questions: who we are, what our essential nature is, and how we may fit into the cosmos. A majestic contribution in the best traditions of science!
Larry Dossey, M.D.

An outstanding collection of information on healing written by a physician and scientist. Self healing, spirituality, psyche and other modalities are explored. This excellent collection is sure to open minds and help us see all healing is scientific.
Bernie Siegel, M.D.

Dr. Benor's manuscript goes well beyond anything that I have seen in documenting the abundance of work in the psychic-healing field. I am personally delighted to have had an opportunity to review the manuscript prior to its publication. Work such as this needs wide dissemination.
C. Norman Shealy, M.D. Ph.D.

Therapeutic Touch and other healing methods -Science Validates Spiritual Healing is a comprehensive overview of scientific investigations on spiritual healing. In this volume, Dr. Benor has assembled data from all over the world. His explanatory theories provide a solid base for badly needed research on these controversial phenomena. The material is clearly presented, masterfully organized and discussed in a manner that is fascinating without being sensationalized.
Stanley Krippner, Ph.D.

I find the book to be an excellent resource on research in healing. Some of the studies quoted in his book I can find nowhere else. I refer to his books often. The book is well written and contains much valuable information.
Richard Gerber, M.D., Author of Vibrational Medicine

ABOUT THE AUTHOR



Daniel J. Benor, M.D. is a practicing holistic psychiatrist. His practice involves a wide range of conventional and complementary therapies including transactional analysis, gestalt therapy, hypnotherapy, Eye Movement Desensitization, Reprocessing, Tapas Accupressure Technique, meditation, imagery, relaxation and spiritual healing.

He is founder of the Doctor-Healer Network in England and editor of its newsletter. He also provides consultation to hospitals and clinics in developing the integration of conventional and complementary care. He has been published in more than 35 journals and magazines, has presented 27 professional papers, 91 lectures and has made multiple media appearances, all in the area of spiritual healing

Healing Research is truly a remarkable effort. This book makes available the literature not only on psi healing but also on other diagnostic and therapeutic modalities. By adopting an energy paradigm, Dr. Benor Brings a coherence to what would otherwise be a confusing picture.
Bernard Grad, Ph.D.

NOW AVAILABLE

Order your copy of **Spiritual Healing** today for **IMMEDIATE DELIVERY.**

Size 6" x 9" 620 pages

CP400

\$28.00

"Helping you accomplish your divine purpose on Earth"

Reiki Books

New Reiki Book The Spirit of Reiki

by Walter Lübeck, Frank Arjava Petter, and William Lee Rand

The Spirit of Reiki was written by three world-renowned Reiki masters which makes this book a first. Never before have three Reiki masters from different lineages and with such extensive backgrounds come together to write a book and share their experience.

To quote the authors:

“We decided to write this book together to share our love and knowledge of Reiki with each other and with the Reiki community. It is our hope that with this book, the love that we have for each other and for Reiki will spread throughout the Reiki community around the world.”

This book contains a wealth of information on Reiki never before brought together in one place. The broad spectrum of topics range from the search for a scientific explanation of Reiki energy to Reiki as a spiritual path. It includes the latest understanding of Dr. Usui’s original healing methods, how Reiki is currently practiced in Japan, an analysis of the Western evolution of Reiki, and a discussion about the direction Reiki is likely to take in the future. The fact that harmony is developing between Reiki groups is discussed and the author’s own collaboration in writing this book is offered as an example. Each shares his own personal experiences about what led them to the Reiki path and how they were guided to a deeper understanding of its principles.

All of Reiki’s meaningful aspects are clearly explained in this book. The latest knowledge and developments, as well as the original traditions are presented. Never before has a Reiki book of this depth and comprehensiveness been available.

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THIS REVOLUTIONARY BOOK INCLUDES:

- Understanding Japanese and Western Reiki
- The nature of Reiki energy including a scientific explanation.
- An in-depth analysis of the Reiki symbols
- A discussion of the teacher/student relationship
- Reiki as a spiritual path
- An additional 20 Usui treatment positions which have not been previously published
- The Hayashi Healing Guide
- The Future of Reiki

These features make this book an important document of contemporary Reiki history!

Pages: 304 Size: 5 3/8" x 8 7/16"
120 photographs and 40 illustrations
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CP406

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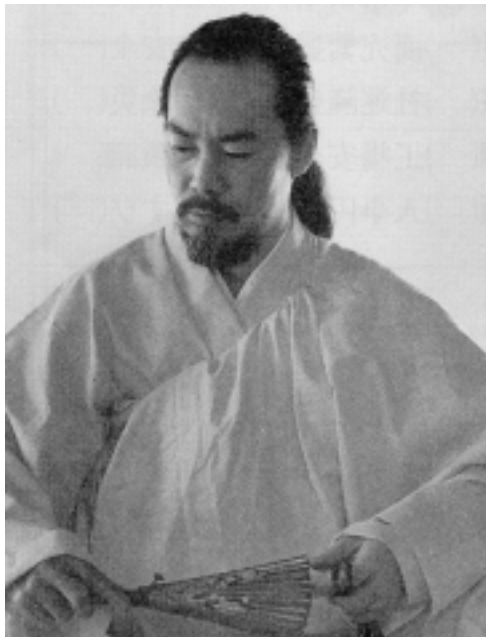
Reiki Calligraphy

This beautiful Reiki kanji makes a great gift! It is created in the Tensyo style, which is the same as that used by Dr. Usui. This original work of art is a wonderful, sacred addition to any healing or meditation room.

Japanese calligraphy is an art that takes years of practice. We are pleased to make available original Japanese calligraphy artwork of the Reiki kanji created by a Japanese calligraphy master.

Syunyu Chikai is a Shingon monk, who chose calligraphy as his devotional practice and spent nine years in the temple perfecting his skill. He is also a Reiki master and meditates one hour before beginning his artwork.

His original calligraphy often sells for \$1,000.00 or more, but because of his love of Reiki, he is willing to make these original works of art available at a much lower price.



This Tensyo style Reiki kanji is hand painted on rice paper, and the 9 1/2" by 12" size is perfect for framing and displaying on the wall or placing on an altar.

This is not a print or a reproduction, but an original work of art. Each one is individually painted and includes the artist's Japanese hanko stamp.

HTRC HALF PRICE SALE! Was \$150 NOW \$75 (Price reduced for a LIMITED TIME only)

Note that in purchasing this work of art, you are purchasing the right to display it only and not to reproduce it.

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REIKI AND MEDITATION TAPES

Product Description	Item #	Price	Qty	Total
Spiritual Protection and Healing	CT104	17.95		
Spiritual Protection and Healing	CT104CD	17.95		
Meet Your Reiki Guides	CT102	13.00		
Heal the Cause	CT103	11.00		
Chanting Reiki Masters	CT105	15.00		
Reiki Meditation 1 & 2	CT106	13.00		
Healing Your Shadow Self, Zoom Meditation, Resume for Life	CT107	13.00		
The Reiki Class Tapes (3 tape set)	CT230	21.95		
The True History of Reiki	CT231	11.00		
Reiki NYC Symposium Tapes	CT100	21.95		
Mrs. Takata Talks About Reiki	CT101	11.00		
Reiki Healing Yourself (2 tape set)	OT220	24.50		
Japanese Reiki Techniques Video	JRTV	60.00		
Sacred Reiki Sites of Japan Video	SRSV	30.00		

REIKI CLOTHING

Product Description	Item #	Price	Qty	Total
T-Shirt Kanji (Size: S M L XL)	CL801	17.00		
T-Shirt Kanji (Size: XXL)	801XX	19.00		
T-Shirt Logo (Size: S M L XL)	CL802	17.00		
T-Shirt Logo (Size: XXL)	802XX	19.00		

PRODUCT KITS

Product Description	Item #	Price	Qty.	Total
Tapes (CT102, 103, 104, 105, 106, 107)	KCT1	70.00		
Instructional (CT230, CP451, HT702)	KIS2	45.95		
Pics (HT701, 703, CP511, CPNP, CPSP)	KPS3	7.50		
Posters (CP500, HT702, CP510, OP7004)	KPR4	64.00		
Japanese Reiki Video KIT-JRTV+SRSV	KVI5	\$80.00		SAVE \$10

REIKI NEWS SUBSCRIPTION

Product Description	Item #	Price	Qty	Total
Reiki News Subscription 1 year	CP610	10.00		
Canada \$13US: Foreign \$17 US (SHIPPING INCLUDED)				

PUBLICATIONS ON REIKI TRAINING

Product Description	Item #	Price	Qty	Total
Reiki the Healing Touch I/II	CP451	18.95		
Reiki the Healing Touch I/II spiral	451TM	18.95		
Usui/Tibetan Master Manual*	CP411	13.00		
ART Manual**	CP410	11.00		
Karuna Master Manual*	RKRM	20.00		
Karuna Practitioner I*	RKRM1	14.00		
Karuna Practitioner II*	RKRM2	14.00		
Karuna Practitioner I&II*	RKRM1&2	18.00		
Spiritual Dev. in the New Age	CP402	11.00		
Reiki for a New Millennium	CP405	11.95		ON SALE
Spirit of Reiki	CP406	19.95		NEW!
Spiritual Healing by Dr. Benor	CP400	28.00		NEW!
The Book on Karuna Reiki	OP600	22.95		NEW!
Reiki-Hawayo Takata's Story	OP603	13.00		
Reiki Fire	OP620	13.95		
Reiki, The Legacy of Dr. Usui	OP621	13.95		
Original Reiki Handb. of Dr. Usui	OP622	14.95		

*Master manuals for Reiki Masters only - please mail or fax a copy of your Master Certificate. ** ART manuals for those who have taken the class, fax or mail a copy of your certificate. ***Karuna manuals sold only to those registered. (30% discount on teaching manuals if you buy 5 or more.)

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All items shipped UPS or US priority mail for P.O. boxes. **Expedited shipping is extra.** International orders are sent UPS Worldwide Express Air with 4 day service to most countries. (additional surcharge may apply)

All orders are shipped within two business days, except for special orders and back orders.

Returns must be made within 30 days of purchase and must be accompanied by a Return Merchandise Authorization number. An RMA number is mandatory and is obtained by calling the Center and serves as permission for the return.

REIKI CLASS REGISTRATION FOR WILLIAM RAND'S CLASSES

Note: For classes with other Center Licensed teachers, contact the teacher directly. Their phone numbers and email addresses are listed in the class schedule and on www.reiki.org

<i>Date/Location</i>	<i>Total</i>	<i>Deposit</i>
Reiki I/II _____	350.00	100.00
Reiki ART _____	225.00	75.00
Reiki III/Master _____	650.00	200.00
Karuna Reiki® _____	875.00	275.00
Reiki Retreat Camp Ronora, MI	230.00-360.00	50.00

Please Note: Class prices may be higher outside the U.S. Deposits on classes and retreats are non refundable but transferable to future classes..

YOUR PURCHASES ARE HELPING OTHERS! We donate 10% of our pretax profit to help other nonprofit groups who are helping others. Please see page 3 for details.

HEALING ART PRINTS & POSTERS

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Photo - World Peace Grid 8 x 10	CPNP8	11.00		
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Reiki for a New Millennium

by William Lee Rand



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We are experiencing the changing of the ages and this has more meaning than just a number on the calendar. Great change is taking place in the world. We are in the middle of a global transformation that is affecting every aspect of life. This process is creating fear and uncertainty for some; but for others, it presents a wonderful opportunity. The world as we have known it is dying, and a new one is emerging. Those who are able to let go of the old ways will enjoy the process and will be able to contribute to the greatest experience the world has ever known -- the birth of a new age. As part of this process ancient knowledge is rising to the surface to assist us. Reiki is a technique that can foster the qualities in us necessary to make the transition easily and create the unity and love that will be the essence of the new millennium.

This book addresses a wide range of topics that explain Reiki and show how it can help usher in the new millennium. Much of the material in this book first appeared in the *Reiki News*.

CP405 190 pages

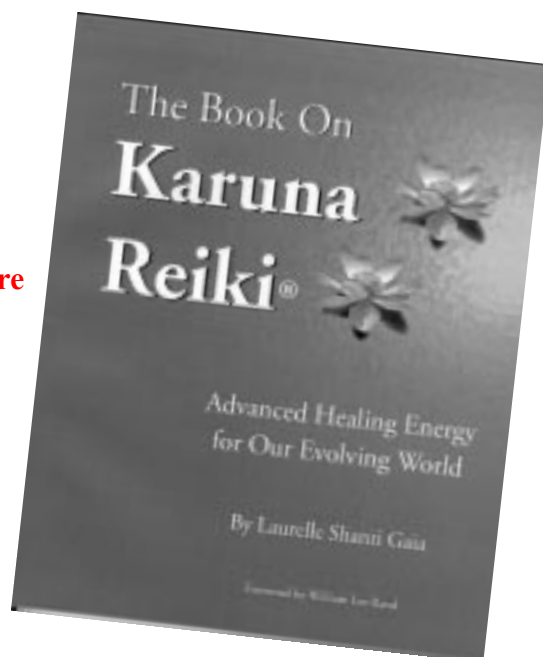
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The Book On Karuna Reiki®

Advanced Healing Energy for Our Evolving World

By Laurelle Shanti Gaia

Foreword by William Lee Rand



Karuna Reiki® is a healing energy that assists us in awakening to Universal compassion and the wisdom of our soul. Compassion is a state of consciousness, which when combined with energy, has great transformational power.

In this book you will learn about:

- The historical and spiritual origins of Karuna Reiki®
- Uses for the Karuna symbols
- Discerning spiritual guidance
- Using Karuna energy with crystals and gemstones
- Working with Archangel realms, spiritual masters, and Divine temples
- The evolving human subtle energy system
- Cellular and soul level healing
- Karuna techniques assist in healing Addictions, Allergies, Anxiety, Cellular Memory Ancestors, Karmic Issues, and many more.
- How to give a Karuna session including, preparing sacred space, the healing altar, preparing the client
- Personal, physical preparations for spiritual work
- and much more

OP600 160 pages \$22.95

Understanding the Levels of Reiki Training

REIKI I/II \$350

NEW!!

NOW including a review of the Hayashi Healing Guide AND Japanese Reiki Techniques; Gassho meditation, Byosen scanning, Kenyoku, Koki-ho, Jacki-Kiri-Joka-ho, Gyoshi-ho, and Enkaku chiryo

Reiki I/II are taught together during a weekend intensive. All attunements are given. All the information and techniques in the manual, Reiki the Healing Touch are covered including:

- Reiki hand positions
- Complete treatment for self and others
- Reiki II symbols and how to use them
- Using Reiki for specific conditions
- How to heal unwanted habits
- Distant healing, Scanning, and Beaming

The class is a combination of lecture, discussion and experience. Practice time is included for all the topics listed above, however, it is expected that you will practice once a week for several weeks after the class using your notes and class manual to complete your mastery. This additional practice is necessary to gain experience and the confidence you need to fully utilize the Reiki training.

A detailed class manual is included.

ADVANCED REIKI TRAINING (ART) \$225

This one-day intensive includes:

- The Usui Master attunement which strengthens your Reiki energy.
- The Usui Master symbol, which increases the effectiveness of the other symbols and can be used for healing.
- Reiki meditation to strengthen the mind & expand consciousness.
- Advanced techniques to achieve goals and resolve life lessons.
- Using Reiki to protect yourself and others
- The use of crystals & stones with Reiki, and how to make a Reiki grid to continuously send Reiki to yourself & others.
- Reiki psychic surgery to assist in removing negative psychic energy from yourself and others
- An exercise is taught for those planning to take the Reiki Master class.

A detailed 20 page class manual is included.

Note: You must take ART if you want to take Reiki III/Master. Classes are generally offered together as a three - day intensive.

REIKI MASTER \$650

This 2 day intensive includes:

- Complete Reiki III Usui/Tibetan Master attunement
- Instruction on giving all attunements, including Reiki Master.
- Complete Usui system and Usui/Tibetan system used by the Center
- The healing attunement, which heals and strengthens the effectiveness of Reiki treatments
- Two Tibetan symbols are taught, for a total of six symbols to assist in your Reiki healing work.
- Advanced Reiki Meditation that harmonizes the energy of the chakras.
- Values and spiritual orientation of a true Reiki Master.

Powerful healing experiences often take place during this class. Students practice giving attunements to each other, so each student receives many attunements. A 62 page class manual is included, which gives detailed steps for giving all attunements. While the content of this class will allow anyone to pass Reiki on to others and to teach, many take the class for their own use or to use with family and friends.

KARUNA REIKI® MASTER \$875

Karuna Reiki® is a three day intensive. It is an expression of the evolving nature of Reiki and was developed by The International Center for Reiki Training. After completing this class you will be a full Karuna Reiki® Master, able to teach all levels. This class includes:

- 4 level one symbols, 4 level two symbols, and 4 master symbols. Description of uses and discussion
- Two attunements
- Meditations for self-healing and removing blocks to our progress, utilizing the Karuna Reiki® symbols
- Instruction and practice in giving and receiving Karuna Reiki® treatments using all the symbols
- Instruction and practice in giving attunements for Karuna Reiki® Practitioner and Master levels
- Learn how to teach Karuna as a 4 level program, or a weekend intensive
- Chanting and toning with Karuna Reiki®.

A detailed 45 page class manual is included.

Note: You must have been a Reiki Master for at least 1 year to take Karuna Reiki® Master training.

ALL LEVEL KARUNA REIKI® MANUALS AND
USUI REIKI MASTER MANUALS NOW AVAILABLE
FOR PURCHASE TO REGISTERED MASTERS

Reiki Training

NEW Class

KARUNA REIKI® PRACTITIONER I & II \$500

Karuna Reiki® Practitioner I & II is a two day intensive. It is an expression of the evolving nature of Reiki and was developed by The International Center for Reiki Training. After completing this class you will be a Karuna Reiki® Practitioner. This class includes:

- 4 level one symbols and 4 level two symbols. Description of uses and discussion
- Two attunements
- Meditations for self-healing and removing blocks to our progress, utilizing the Karuna Reiki® symbols
- Instruction and practice in giving and receiving Karuna Reiki® treatments using all the symbols

A detailed class manual is included. You must have the Center's Advanced Reiki Training, or Reiki 3A equivalent from another school to take this class.

If you are interested in learning more about the Karuna Reiki® energy you may be interested in "The Book On Karuna Reiki" (see page 17). You may also wish to call one of our Licensed Teachers for personal answers to your questions.

***Note:** Karuna Reiki® Practitioners who later become Usui Masters and want to take Karuna Reiki® Master training are required to review the first two days of Karuna Reiki Master training at \$75 per day, and the fee for the third day is \$375. Total fee is \$525 with a \$175 deposit.*

Registration deposits are non-refundable

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Our Center Licensed Teachers



Our Center Licensed Teachers have taken an advanced curriculum of study that takes at least one year to complete after they are a Reiki Master.

This includes taking all our classes, reviewing all our classes, taking a written examination, writing a paper and doing a minimum of 100 complete Reiki treatments, then co-teaching each class before teaching on their own. Licensed teachers are licensed to use our logo (as depicted on the back of this issue).

To maintain their license, each teacher must review classes at least once a year and turn in class reviews from each student in classes they teach. They agree to support the Center Philosophy and Purpose and the Reiki Ideals and to be working on their own personal healing. They also agree to abide by a code of ethics and minimum teaching standards.

These high standards allow our Licensed Teachers to provide quality Reiki training that is consistent and verifiable. Our Teachers have also helped us become qualified to offer CEs for nursing, and CEUs for massage therapy and athletic trainers to students who take our classes. In addition, our high standards provide the basis for our plans to interface with the medical community including working in hospitals and doctors offices.

Due to the level of interest in our program We can no longer accept questions about the Teacher Licensing program by telephone. If you are interested in participating in our Center Licensing program, please **download a free copy of the program guidelines from www.reiki.org**

CEs for nurses through AHNA

**CEUs for massage therapists
through NCBTMC**

REIKI MASTER TEACHER DIRECTORY

TEACHERS LICENSED BY THE
INTERNATIONAL CENTER FOR REIKI TRAINING

Below is a listing of our Licensed Teachers. On the following pages you will find their class schedules. We have organized our classes by Reiki Level, then by State and then by date. When you find a class that you are interested in you will see the teacher's name listed also. You can then refer to this directory to obtain contact information for the teacher.

Please call the Reiki Master who is teaching the class directly to ask questions, obtain information or register for the class

A,B,C

Marcia Backos Email marcbac@yahoo.com
1-440-352-6674 facilitating classes in OH

Melford Bergland

Curacao, Netherland Antilles (Caribbean)
Phone (599-9)686333 Fax (599-9) 693275

Michelle Brennan Email ReikiExchange@aol.com
1-831-455-0293 (PST) Facilitating classes in
CA, KY, OH, SC

D,E,F

Melinda DeBoer Email goddess@reikifire.com
1-520-522-0326 (PST) Facilitating classes in:
AZ, CO, France, Italy, Australia

G,H,I

Laurelle Shanti Gaia Email Laurelle@ReikiClasses.com
1-800-359-3424, 719-836-9385 (Mtn Time)
Facilitating classes in AZ, CA, CO, FL, HI, IA, IL, KY, MI,
MO, NC, SC, Europe, Carribean & Others Internationally

Ana & Carlos Gonzalez Email center@nyreiki.com
1-516-742-4791 (EST) Facilitating classes in NY & Central Amer.

Mary Grace Email maryyeshua@aol.com
1-612-374-2176 (CST) Facilitating classes in MN

Marita Greene Email ReikiNevada@aol.com
1-702-454-1188 or 1-888-452-2250 (CST)
Facilitating classes in AZ, CA, FL, NC, TX

J,K,L

Kathie Lipinski Email KBLip@aol.com
1-516-882-0169 (EST) Facilitating classes in KY, NJ, NY

Additional classes and locations are constantly added to our schedule, contact the teacher you would like to take a class from for up to date schedule information.

M,N,O

Laura McGlennon Email Reikihalos@aol.com
0131 558 7879 Facilitating classes in the United Kingdom
i.e. England, Ireland, Scotland, Wales, Europe, USA

Jessica Miller Email jess@spirit-games.com
1-626-963-3533 (PST) Facilitating classes in CA, NY, MA

P,Q,R

Janeice Pennington Email janeice@gte.net
1-360-403-0221
Facilitating classes in HI, WA

William Lee Rand Email center@reiki.org
1-800-332-8112 1-248-948-8112
Facilitating Classes in MI and other parts of the U.S., UK,
Europe, S. America, India, and other parts of the world

S,T,U

Helen Sonobe ReikiHawaii@hawaii.rr.com
808-485-0026 or 866-228-7299
Facilitating classes in HI

Beth Simmons Stapor Email reiki@infoave.net
1-931-979-4178 or 1-931-528-8955 (CST)
Facilitating classes in CO, FL, GA, NC, SC, TN, VA, United
Kingdom, Europe, Carribean

V,W,X,Y,Z

Marv Witbeck Email MewToo@aol.com
1-540-562-4075
Facilitating classes in NC and VA

CLASS TUITION

Reiki I & II 2-day	\$350 with \$100 deposit
Advanced Reiki Training 1 day	\$225 with \$75 deposit
Reiki Master 2-day	\$650 with \$200 deposit
Advanced/Reiki Master 3 day	\$875 with \$275 deposit
Karuna Reiki Practitioner 2 day	\$500 with \$150 deposit
Karuna Reiki Practitioner/ Master 3 day	\$875 with \$275 deposit

NOTE: *Intensives, training retreats and international classes for all levels are offered from time to time. Because the locations and accommodations vary the prices for these events vary as well. Please contact the teacher of each retreat to confirm any special pricing.*

Deposits are non-refundable, but are transferrable to future classes

Reiki Training

Reiki Class Schedules

We have organized our classes by Reiki Level, then by state and then by date. When you find a class that you are interested in you will see the teacher's name listed also. You can then refer to this directory to obtain contact information for the teacher.

REIKI I & II CLASSES

ARIZONA

Jul 28-29	Laurelle Gaia	Tuscon, AZ
Aug 4-6	Melinda DeBoer	Sedona, AZ

CALIFORNIA

Jul 7-8	Jessica Miller	Pasadena, CA
Jul 14-15	Jessica Miller	San Diego, CA
Aug 4-5	Jessica Miller	Pasadena Sierra Madre, CA
Aug 18-19	Michelle Brennan	Carmel, CA
Sep 8-9	Michelle Brennan	Berkeley, CA
Sep 8-9	Jessica Miller	Pasadena Sierra Madre, CA
Nov 10-11	Michelle Brennan	Carmel, CA
Nov 17-18	Jessica Miller	Pasadena Sierra Madre, CA
Dec 15-16	Jessica Miller	Pasadena Sierra Madre, CA

COLORADO

Sept 15-16	Beth Simmons Stapor	Colorado Springs, CO
Oct 27-28	Laurelle Gaia	Reiki Mountain, CO

DISTRICT OF COLUMBIA

Sep 8-9	Marv Witbeck	Washington, DC
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FLORIDA

Aug 11-12	Beth Simmons Stapor	Tampa, FL
Oct 20-21	Beth Simmons Stapor	Pensacola, FL

HAWAII

Jul 7-8	Helen Sonobe	Oahu, HI
Aug 18-19	Helen Sonobe	Maui, HI
Sep 22-23	Helen Sonobe	Honolulu, HI
Oct 19-22	Helen Sonobe	Big Island, HI

MASSACHUSETTS

Nov 24-25	Jessica Miller	Cape Cod, MA
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MICHIGAN

Aug 4-5	William Lee Rand	Southfield, MI
Nov 3-4	William Lee Rand	Southfield, MI

MINNESOTA

By	Mary Grace	St. Paul, MN
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NORTH CAROLINA

Jul 20-21	Marita Green	Moorehead City, NC
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NEVADA

Sep 1-2	Marita Greene	Las Vegas, NV
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NEW JERSEY

Nov 10-11	Kathie Lipinski	Milburn, NJ
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NEW YORK

Jun 23-24	Ana & Carlos Gonzalez	New York, NY
Jul 7-8	Ana & Carlos Gonzalez	New York, NY
Aug 11-12	Ana & Carlos Gonzalez	New York, NY
Sep 8-9	Ana & Carlos Gonzalez	New York, NY
Sept 22-23	Kathie Lipinski	Glen Head, NY
Sept 29-30	Kathie Lipinski	Albany, NY
Oct 27-28	Kathie Lipinski	Manhattan, NY

SOUTH CAROLINA

Dec 8-9	Michelle Brennan	Hilton Head, SC
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TENNESSEE

Oct 27-28	Beth Simmons Stapor	Dale Hollow Lake Cookeville
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VIRGINIA

July 7-8	Marv Witbeck	Roanoke, VA
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WASHINGTON STATE

Jun 16-17	Janeice Pennington	Seattle, WA
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INTERNATIONAL

Jun 22-24	Laura McGlennon	Edinburgh, Scotland
Jul 21-22	Laura McGlennon	London, England
Aug 17-19	Laura McGlennon	Edinburgh, Scotland
Oct 6-7	Jessica Miller	Kyoto, Japan
Nov 10-11	Beth Simmons Stapor	London, England

SPECIAL CLASSES

REIKI I & II - INTENSIVE

Oct 19-22	Helen Sonobe	Big Island, HI* see pg 6
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ADVANCED - MASTER CLASSES

ARIZONA

Aug 3-5	Laurelle Gaia	Tuscon, AZ
Aug 10-13	Melinda DeBoer	Sedona, AZ
Sep 14-16	Jessica Miller	Grand Canyon, AZ

CALIFORNIA

July 6-8	Michelle Brennan	Berkeley, CA
Sep 28-30	Michelle Brennan	Carmel, CA
Jun 23-25	Jessica Miller	Pasadena, CA
Aug 25-27	Jessica Miller	Pasadena Sierra Madre, CA
Dec 29-31	Jessica Miller	Pasadena Sierra Madre, CA

COLORADO

Oct 19-21	Laurelle Gaia	Reiki Mountain, CO
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FLORIDA

Aug 17-19	Beth Simmons Stapor	Tampa, FL
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IOWA

Sep 21-23	Laurelle Gaia	Coralville-Iowa City, IA
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HAWAII

Aug 3-5	Janeice Pennington	Kona, HI
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MASSACHUSETTS

Dec 1-3	Jessica Miller	Cape Cod, MA
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MICHIGAN

Aug 10-12	William Lee Rand	Southfield, MI
Sep 4-6	William Lee Rand	Camp Ronora, MI
Nov 9-11	William Lee Rand	Southfield, MI

MINNESOTA

By Appointment	MaryGrace	St. Paul, MN
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NEVADA

Jun 22-24	Marita Greene	Las Vegas, NV
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NEW YORK

Jun 29-Jul 1	Ana & Carlos Gonzalez	New York, NY
Jul 13-15	Ana & Carlos Gonzalez	New York, NY
Aug 17-19	Ana & Carlos Gonzalez	New York, NY
Sep 14-16	Ana & Carlos Gonzalez	New York, NY
Sep 21-23	William Rand	Queens, NY
Nov 30-Dec 2	Kathie Lipinski	NYC Manhattan, NY

See page 6 for MORE special classes and retreats!!!

OHIO

Aug 3-5	Kathie Lipinski	Cleveland, OH
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TENNESSEE

Nov 30-Dec 2	Beth Simmons Stapor	Dale Hollow Lake Cookeville
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VIRGINIA

Aug 17-19	Marv Witbeck	Roanoke, VA
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INTERNATIONAL

Nov 16-18	Beth Simmons Stapor	London, England
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ADVANCED REIKI

CONNECTICUT

Jun 30	Kathie Lipinski	West Haven, CT
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NEW YORK

Dec 8	Kathie Lipinski	Glen Head L. Island, NY
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SPECIAL CLASSES

ART/MASTER INTENSIVE

Sep 14-17	Melinda DeBoer	Grand Canyon, AZ
Sep 28 - Oct 01	Melinda DeBoer	Loveland, CO
Oct 19-22	Laurelle Gaia	Reiki Mountain, CO *pg 6

Class Review Fee Policy

Students who have taken all levels of their Reiki training from a Center Licensed Teacher may review classes with any Center Licensed Teacher for the following fees:

Reiki I - \$75
Reiki II - \$75
Reiki I & II - \$100
Advanced Reiki - \$100
Advanced/Reiki Master - \$300
Karuna Reiki Practitioner I - \$75
Karuna Reiki Practitioner II - \$75
Karuna Reiki® Practitioner I & II - \$150
Karuna Reiki® Master - \$300

Reiki Training

KARUNA REIKI® MASTER CLASSES

ARIZONA

July 13-16	Melinda DeBoer	Flagstaff, AZ
Sep 21-24	Melinda DeBoer	Grand Canyon, AZ

CALIFORNIA

July 27-29	Michelle Brennan	Carmel, CA
Jul 28-30	Jessica Miller	Pasadena Sierra Madre, CA

COLORADO

Jun 29-Jul 1	Laurelle Gaia	Colorado Springs, CO
Sep 21-23	Beth Simmons Stapor	Colorado Springs, CO
Oct 5-7	Laurelle Gaia	Reiki Mountain, CO

CONNECTICUT

Jun 1-3	Kathie Lipinski	New Haven, CT
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DELAWARE

Aug. 25-27	Laurelle Gaia	Bear, DE
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FLORIDA

Nov.16-19	Laurelle Gaia	Delray Beach, FL *See page 6
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MICHIGAN

Aug 17-19	William Lee Rand	Southfield, MI
Nov 16-18	William Lee Rand	Southfield, MI

NEW YORK

Jul 27-29	Ana & Carlos Gonzalez	New York, NY
Sep 28-30	William Lee Rand	Queens, NY
Oct 26-28	Kathie Lipinski	Glen Head, NY

TENNESSEE

Jul 27-29	Beth Simmons Stapor	Dale Hollow Lake Cookeville, TN
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SPECIAL CLASSES

KARUNA REIKI® MASTER INTENSIVE TRAINING RETREATS

Sep 21-24	Melinda DeBoer	Grand Canyon, AZ
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Prerequisites for Reiki Training

The following represent the prerequisites for training with an ICRT Licensed Reiki Master/Teacher. Our Licensed Teachers participate in an advanced training program after their Reiki Master training. Their training includes a minimum of 105 hours of in class training and 100 hours of documented Reiki treatments, a written test, and supervised teaching practice.

Each ICRT Licensed Teacher is bound by our Code of Ethics and agrees to teach the standardized curriculum in all their classes. ICRT Licensed Teachers are required to maintain an active Reiki practice.

USUI REIKI TRAINING

- Reiki I (prereq. none)
- Reiki II (prereq. Reiki I)
- Reiki I & II (prereq. none)

USUI/TIBETAN REIKI TRAINING

- Advanced Reiki Training (prereq. Reiki I & II)
- Reiki Master Training (prereq. Advanced Reiki Training)
- Advanced Reiki with Master Training (prereq. Reiki I & II)

KARUNA REIKI® TRAINING

- Karuna Reiki® Practitioner I & II (prereq. Center's Advanced Reiki Training or Reiki 3A equivalent from other schools)
- Karuna Reiki® Master (prereq. experience as an Usui Reiki Master)

QUESTIONS ABOUT CLASSES ? . . .

If you have questions about or are interested in taking a class:

PLEASE CONTACT THE TEACHER DIRECTLY For classes with William Lee Rand, please contact the Center.

Great NEW Reiki Books

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Class Schedule

WILLIAM LEE RAND Email Center@reiki.org

1-800-332-8112 or 1-248-948-8112

Facilitating classes in: MI, and other parts of US, UK, Europe, South America, India and other parts of the world..

Reiki I & II	Aug 4-5	Southfield, MI
	Nov 3-4	Southfield, MI
ART/Master	Aug 10-12	Southfield, MI
	Sep 4-6	Camp Ronora, MI
	Sep 21-23	Queens, NY
	Nov 9-11	Southfield, MI
Karuna Reiki® Master	Aug 17-19	Southfield, MI
	Sep 28-30	Queens, NY
	Nov 16-18	Southfield, MI

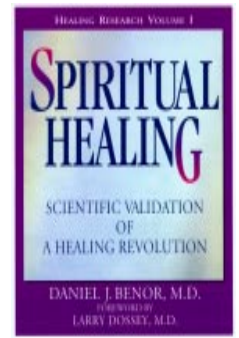
See page 14



The Spirit of Reiki

By Walter Lübeck, Frank Arjava Petter and William Lee Rand

See page 13



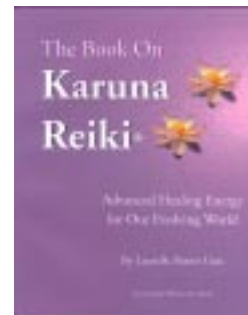
Spiritual Healing

Scientific Validation of a Healing Revolution By Daniel J. Benor, M.D.

More Schedules Inside

QUESTIONS ABOUT CLASSES ? . . .

If you have questions about or are interested in taking a class, PLEASE CONTACT THE TEACHER DIRECTLY (See the directory on page 36) Class schedules may not be complete. Additional classes and locations may have been added to our teacher's schedules. Many of our teachers accept sponsorships in other areas of the U.S. and internationally.



See page 18

The Book On Karuna Reiki®

Advanced Healing Energy for Our Evolving World by Laurelle Shanti Gaia

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Tune in for Reiki information, class schedule updates, to share Reiki energy, and more!

www.reiki.org

Visit our Reiki in Hospitals web site at www.srpt.org

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email center@reiki.org



May all who read these words be healed.



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