

GO TEAM REIKI! NEWS

The Newest Edition of The Reiki School and Clinic Student Newsletter
July/August 2008

Hello Dear Friends!

This summer I've been taking some time off to meditate, reiki and revisit the intention of the school. One of things I thought would be nice was a real newsletter, that would not only share news and events, but also give some of our teachers and practitioners a chance to share their reflections on life and the practice of reiki. We all have so much love to give and gifts to share, why not take some time to do it in a newsletter? So, here's a first stab at some 'deep thoughts' I've been sitting with regarding my reiki practice. If you don't want to read them, feel free to skip on to the next part of the letter about Volunteer Opportunities, the PWP, as well as other great classes and events coming up.

If you have any thoughts, questions or reflections to share about my musing, feel free to email me directly at kim@thereikischool.com

In the future look out for some deep thoughts from some of our other practitioners and teachers!

May all beings Benefit!

*Peace and Boundless Love,
Kim*

KIM'S REIKI REFLECTIONS – TAT TVAM ASI

I am that - that I am.

For the past several years I have been contemplating this phrase that I first heard in a religious philosophy class years ago. Ever since it has been repeating like a mantra...I am that. That I am. I am that....

This phrase comes up for me a lot when I practice reiki and contemplate the meaning of universal energy.

I am that.

I am reiki. I am a part of the universal life force – made from it, made of it. How can I channel something that I already am, something that's not separate from me? I'm not sure that I can. I can be present, however, and aware of that innate connection I have with all things and allow a space for that connection to flow, uninterrupted, for the greatest good. And I can listen. And reply. And act by allowing my hands to be naturally and effortlessly guided.

That I am.

I am made up of energy and so is everything else, so nothing is separate from me. We are made up of the same stuff. Especially since we are not only connected, by interconnected. The sun shines and helps the body, the air gives us breath, our food sustains us, the water gives us nourishment, as do our relationships with good friends, teachers, and family. Without earth, air, water, people, we could not be. What we do to the earth, the air, the water, our relationship, ultimately impacts what we receive ourselves. In the food I eat I can see the sun that shined on the crops, the rain that watered them, the farmer that nurtured the little seed, the person who picked the veggies and shipped them, the pilot who drove the plane to deliver the veggies, the clerk at the supermarket who checked me out.... All there, smiling up from my broccoli bite. I am that. That I am...

When we do reiki we have the wonderful opportunity to open fully to ourselves and our connection with all that is. With intention and with love we can relax into the state of harmony, clarity, peace and freedom where true healing exists.

Nature is in us. We are in it.

Our family and friends are in us. We are in them.

The divine is us, we are it.

We need only surrender to our greatest potential, relax, and be.

VOLUNTEER OPPORTUNITIES

1. Coming up NEXT FRIDAY AUGUST 17TH! MAZZONI CENTER STAFF PICNIC

WE NEED VOLUNTEERS!

Giving reiki to staff members of the wonderful health clinic the Mazzoni Center

This is an annual event that we participate in each year at Neshaminy Park in Philadelphia.

Carpooling is available. We're looking for a handful of volunteers to do either reiki or massage.

Clients (staff members) from Mazzoni will sign-up in advance and contribute \$5 per session.

FRIDAY AUGUST 17TH, from about 9:30am-2:30pm. You can come anytime that's convenient for you, or stay the entire time.

BBQ and picnic style lunch is included on the house!

RSVP to me, asap and I'll give you details,

KIM@THEREIKISCHOOL.COM

2. ONGOING VOLUNTEERS WANTED - Giving Reiki To Recovering (Clean) Substance Abusers

In Gloucester City, NJ at a center that just opened a complementary reiki room!

By car -8 min from Philly (right over the Walt Whitman) and 5 min from Collingswood. Contact us for more information!

3. PWP – PHILADELPHIA WELLNESS PEOPLE (The Reiki School's Alumni Association)

If you are a graduate of any of our programs, do think about joining this organization!

Massage Arts Center of Philadelphia, Dhyana Yoga Center, and The Reiki School have started an affiliate alumni program for our community to network and share benefits. There are both free and low-cost membership levels that entitle you to many great benefits for members, as well as additional benefits at each of the three businesses. From yoga, bodywork and school store discounts, to free workshops and events, this network is designed to support your practice, both personally and professionally. Many grads have already been enjoying discounts on yoga class cards and other events! Call or email if you have any questions.

4. KIDS REIKI SUMMER CAMP – 4 DAYS OF REIKI 9AM-11AM EACH DAY Tuesday, Aug 21st – Friday, August 24th. \$80/child (some discounts may apply for multiple kids or partial scholarships for families in need – please inquire)

This mini camp is for kids who have adult family members who already practice reiki. Over the 4 days we will give attunements (optional), teach kids how to give reiki to themselves and others, practice, do yoga, and teach them how to integrate it into their everyday life. Thru hands-on work, energy games, discussion, art projects, and a manual, we will explore reiki! Certificate is included at the end of the course.

Kid's who have already attended a kids class before are welcome to come again!

*Notes about the class-

Teachers: Kim Fleisher, Jessica Marino, Tanya Manilla

Kim and Tanya are both experienced elementary school teachers. Jess is an amazing being who's been doing reiki for several years and loves to work with kids!

Who can attend?: For children 4 and up, and teenagers too! Depending on the ages and numbers of participants, we may split the class into age appropriate groups.

How to register: See attachment for a registration form.

The start time can change if there is feedback that it's too hard to get to Philly in traffic by 9am. We considered doing the class from 10-12, but weren't sure which would be more convenient. Let us know if you have feedback. For the 9am start time, early drop off can also be arranged for those going into work by 9.

5. Coming this September! NETWORKING NIGHT FOR PRACTITIONERS OF ANY HOLISTIC BUSINESS OR MODALITY!

Co-sponsored by the Sustainable Business Network, Yoga Living Magazine and The Reiki School and Clinic

FRIDAY NIGHT, SEPTEMBER 7th, 7:30-9pm at The Reiki School and Clinic in Philadelphia

Bring your business cards (no tables or products), we'll bring the snacks!

You'll get time to meet and chat with all the other participants, exchange business cards, and learn more about each other's endeavors!

FREE! RSVP – 215 238 0659, OR REIKI@THEREIKISCHOOL.COM

**6. CONTINUING EDUCATION WORKSHOP THIS SEPTEMBER- FINALLY WHAT MANY OF YOU HAVE BEEN ASKING FOR!!!!
*CRYSTAL WORKSHOP FOR REIKI PRACTITIONERS***

FRIDAY NIGHT, SEPTEMBER 14TH, 6-9PM at the Philly school. \$35 (\$30 PWP MEMBERS)

Book now to hold your space! Instructor: Anne Ostroff, Reiki Master Teacher/Practitioner, Reiki Practitioner here at the school

7. REIKI TEACHER TRAINING – THIS FALL! 3 months + apprentice time

For those of you who want to deepen your practice by learning to teach others, this IS the course for you!

Enjoy a small class size and in-depth training. Hands-on, discussion, practice, role playing, mentoring, development and lots of homework. Learn to give attunements, create and present lectures, course outlines, and more. This course is challenging in a good way, and totally awesome! Inquire about details or questions.

WEDNESDAYS SEPTEMBER 19-DECEMBER 19TH, 2007. 5:30 - 8:30PM, INSTRUCTOR:KIM

\$600 - Additional Apprenticeship required - No class on Halloween (October 31) or Hannukah (December 5th)

**8. NEW FOR REIKI 3 AND 4 GRADS - COMING THIS JANUARY! (IT'S FAR AWAY BUT I WAS SOOOO EXCITED TO SHARE!)
CONTINUING EDUCATION PROFESSIONAL DEVELOPMENT!**

Okay, here's the deal – we have been listening and observing grads and their needs for years now, trying collectively to come up with ways to support our reiki communities (or sanghas) once classes are over.

We've be gathering feedback and testing different ideas.

Here's the latest offering that I think will fill that gap of what people have been needing:

*8 topics over 16 weeks, focusing on each topic for 2 consecutive weeks.
Each topic will be hosted by me, and/or presented in conjunction with an expert in the field.*

You can choose to sign up by the topic, for a discounted rate for 3 topics, or an even bigger discount if you choose all 8!

More details soon of what topics will be covered on which dates.

Sample Topics include:

Web development, Flyer/Print Advertising, The Art of the Business Card, Role Playing with clients/potential clients/students, Spiritual Growth/Personal Development and Reiki, Accounting Tips and How to Keep your Books, and Online Advertising.

Each week is 4 hours – the first half of the class will include giving and receiving a full 1/2 hour of reiki, as well as a personal practice discussion. After the dinner break the second half of the class will focus on the topic at hand. For most topics the presenter will use the first week to instruct, and then the second week the group will return with their homework and we'll share ideas and share each other's work.

Choose 2 weeks (1 topic) - \$60 , 6 weeks (3 topics) - \$150, 16 weeks (all 8 topics!) \$400

MONDAY NIGHTS JANUARY 7TH THRU APRIL 28TH! 5:30–9:30PM

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...and don't forget to breathe