



# Reiki Spirit

Connecting, Informing and Inspiring Reiki Practitioners in Central Illinois

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### Mark Your Calendar!

**Winter Retreat  
Jan. 21-22**

Villa Maria  
Lake Springfield

Look for more  
details in  
the fall issue of  
**Reiki Spirit.**

## Reiki in the Garden

*Showing gratitude, not forcing growth or death to happen.*

**by Vicki Perkins**

**P**racticing Reiki while gardening is good for both the garden and the gardener. Reiki, at its most simple and most profound, teaches us not only to value all living things, but to recognize their kinship. Reiki deepens the gardener's connection to the living soil and plants, to the sun and rain, to the energy that cycles around and through and in the diversity of life that thrives in a garden.

Some gardeners use substances created in laboratories to control their gardens. But synthetic gardening creates both environmental and spiritual problems, disrupting natural cycles, destroying balances, and reducing the diversity of life. Chemical fertilizers and pesticides force growth and death. Reiki enables the gardener to resonate with the same energy as nature. A gardener who uses Reiki will probably find that showing "gratitude to every living thing" means not forcing growth or death to happen. A lawn that is too green when it should be dormant seems somehow offensive through a Reiki sensibility; Japanese beetles may eat roses but it is hard to ignore their beautiful colors when we are feeling gratitude for all life.

I grow both food and beauty, organically. I use Reiki as I garden. When I start plants, Reiki flows into the growing medium, seeds, and water. When my plants come up, I pass my hands over them and call upon the Reiki energy to nourish them. As I work in my soil, I place my hands on it and send gratitude. After I have planted, I broadcast Reiki around my garden as I walk through it and water it.

*Continued on page 2.*



*Vicki Perkins holds the fruits of her harvest and feels the energy surround them.*

## From the Publisher . . .



**Gloria Ferguson**

WELCOME to the second issue of *ReikiSpirit*. Thank you for all your great feedback! It is exciting to be recording

our local Reiki history—the stories of the students and teachers responsible for Reiki's growth here in central Illinois. Thank you for helping make this possible through your subscriptions and donations.

Hearing another's personal Reiki story is inspiring; sharing your own story is personally empowering. *ReikiSpirit* is an avenue for both!

*In the spirit of Reiki, we see only love.* - Gloria

### **ReikiSpirit**

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## **Reiki in the Garden**

*(Continued from page 1)*

When I harvest, I hold the fruits of the harvest in my hands and feel the energy surround them. I often, without words, thank the creatures that inhabit and visit my garden by beaming Reiki to them.

I find that in my garden, Reiki does not just flow one way. I am energized, calmed, refreshed, uplifted, and fed by my garden. It heals me and increases my awareness. I hear the rustle of the tall grasses and birdsong. I see a spectrum of shapes of leaf and petal. I smell sage, lavender, rose, basil, mint, lemongrass, garlic, and geranium. The wind, grass, and leaves brush my skin. The tastes of my garden feed both soul and body. When I eat the vegetables, fruits, and herbs I have grown, I appreciate how much the earth has given back to me.

Most of my plants grow exuberantly in their times of growth. When they don't, I realize that I have somehow not known or abided by some natural law necessary to their health. Sometimes plants die. However, this is part of the cycle of my garden, and I compost those plants that have died. Their remains nurture life when I apply the compost to growing plants. Gardening with Reiki has made me appreciate all the cycles of life and death, growth and dormancy, of the green earth. And season by season, as my awareness spreads out beyond the garden, I learn how to live by "just for today." ❁

*Vicki Perkins loves to do Reiki on people, plants, and pets. She is a student in the Environmental Studies Program at UIS, a copy editor for an alternative medical journal, and an avid organic gardener.*

## **LETTER to the Publisher...**

Dear Gloria,

I am so thrilled that you have started the *ReikiSpirit* newsletter. I enjoyed your first publication, Spring 2005 and am looking forward to the next issue.

I was unable to attend the retreat but am hopeful that I can attend the next one! Grace Blankenberger has been the person responsible for my Reiki training and I have enjoyed doing Reiki especially on my grandchildren. My grandchildren range in age from 12 years down to 3 years old! On one evening, as I babysat them—I put on a Reiki CD and they all lay upon the living room floor—they looked like a row of matchsticks!!! After grandma did Reiki on them, of course, they all said they had to take a turn and do Reiki on grandma and each other!! It was so cute how they took Reiki very seriously and had a lot of respect for the energy. Even the youngest, my 3-year-old granddaughter really got into the spirit of Reiki as she lay hands on us! We had the best time and everyone was relaxed and happy! I have found that children have an abundance of energy and love that makes it work for them. I had virtually no fighting that evening amongst my grandchildren and it made for a very fun and memorable time!

Sincerely,

Janice L. Tellier, CPS  
Springfield  
June 10, 2005

## Celebrating a Senior Healer—

# Mary Bernardi

by Peggy Patty, RMT  
EarthBeat Women's Drum Circle



Mary Bernardi honored a gathering of 15 EarthBeat women drummers by sharing personal and spiritual journeys of her life, during a potluck celebration May 28. Mary recollected many joys and sorrows that contributed to her becoming the wise woman she is today.

Mary captivated her audience, as she celebrated her Life Story of almost 80 years with tales of her "wild child/party girl" adventures to her current service as both a mentor and healer.

Her role as a healer in the community is clear. For more than a decade, Reiki has played a prominent role in her life. It became an important and essential part of her after embracing it in the early 1990's.

For over five years, Mary joined with Barbara Erdmann in providing Reiki treatments to clients at the SARA Center in Springfield. The Reiki she has shared with hospice patients has blessed countless individuals and their loved ones with love, healing and compassion.

Mary continues to inspire us to expand our vision and develop our practice of Reiki so that we may follow her example of service to others through Reiki. ❁



## Reiki Renewal Day, Sept. 17

The Reiki retreat team of Grace Blankenberger, Theresa Durbin and Gloria Ferguson are hard at work again, this time, organizing a Reiki Renewal Day for Saturday, Sept. 17 at Jubilee Farm, located six miles west of

Veterans Pkwy., Springfield.

The all day event opens at 9 a.m. and closes at 8 p.m. The Day will include group Reiki sessions (outdoors if weather permits), a contemplative labyrinth walk, an attunement to a symbol received by Reiki Master Priscilla Hauk for healing dogs (and other animals); giving Reiki to the farm animals (llamas, chickens, cats, and a dog); a forgiveness meditation/ ceremony lead by Reiki Master

Nancy Calumet; and dinner, catered by Springfield's Holy Land Diner.

Come and join us for a peaceful day of fellowship, sharing and healing on the quiet and lovely grounds of Jubilee Farm.

REGISTER EARLY! Space is limited to the first 35 people. Registration forms are scheduled to be mailed the second week of August. If you do not receive one or if you have questions, you may call Grace at 217-546-0269. ❁

# The Early Days of Reiki in Springfield - Part 2

with Brenda Swartz, M.A., RMT, and Nancy S. Calumet, R.N., RMT

**Brenda Swartz** relates her early experiences with Reiki, 1991-1993; invites Michigan Reiki master William Lee Rand to teach in Springfield.

**W**hat is RAKING?" I asked my friend Sharon. She was picking up her son at my house after getting a massage from Sr. Marie Clare Scheible, OSF.

"I don't know," she said, "but it sure brings up a lot of emotional stuff for me. The massage is nice, but RAKING...Wow!"

The light in my friend's eyes as she spoke about her experience with Sr. Marie Clare, told me this was something I needed to investigate. I'd studied many different forms of alternative healing for years, but this was something new to me.

I called Sr. Marie Clare a few days later. She said there was a class coming up soon at the convent just for the sisters, but she would find out if it would be OK for me to attend. The class was scheduled for the last weekend in July (1991), and I was allowed to attend.

Having completed Reiki 1 at the convent, I mainly did "self" treatments. I lacked the confidence to work on others very much, so my friend Donna Ruyle volunteered to be my guinea pig. One day (Jan. 7, 1992) as I was



*William Rand's Reiki III/Master class in Springfield, Aug. 13-15, 1993.*

giving her Reiki, I had a powerful experience. I felt a light shining on my left side above me, as if the sun was coming in through a window. I knew the window shade was down, so I opened my eyes and looked up. There was nothing there. I closed my eyes and focused again on giving Reiki. There it was again! I looked up, and again, there was nothing there. At least, nothing I could see with my open eyes. I decided to ignore it and continued with the session. I felt the intense light/heat move upward on my left and hover overhead, then move down my right side. It then moved directly above me and, after a brief pause, slowly

ascended upward. I watched with inner vision as it seemed to fade into the distance, but never quite disappearing completely.

The encounter will always be with me, and at times I still feel connected to it as if by a thread. (Years later, I asked Reiki Master William Rand about the experience. He related it to something like Dr. Usui's encounter on the mountaintop with the ball of light.)

After the experience, I was

*Continued on page 8.*



*William Lee Rand*

**Nancy Calumet** shares her memories of Reiki, 1991-1995; sponsors classes for Reiki masters Richard Casey, Mary Ellen McClure and William Lee Rand; starts master Reiki circle.

**W**ith the sudden death of my husband on Feb. 2, 1990 my life changed forever. Unable to shed my pain through tears, I buried my grief deep inside me. Knowing I needed help to gain my footing in the world again, I embraced Reiki as the number one source of my healing.

In the summer of 1991, I met Sr. Marie Clare Schieble, OSF, who combines massage and Reiki in her healing work. After a session with her, I knew I wanted to do what she did. We decided that that something was Reiki, and I signed up for the next available class.

Sr. Marie Clare became my role model and mentor. With her support and encouragement, I took First and Second Degree Reiki classes taught by Richard Casey at the St. Francis Convent. It was a glorious time, filled with new beginnings, new spiritual growth and, finally, the release of tears!

Later that year, I was gifted with an office by Dr. Henry Konzelmann and began my first clinical Reiki center. When several friends and clients asked me to set up Reiki classes, I called upon Sr. Marie Clare and Sr. Ann Mathieu to teach them. They recommended an experienced Reiki master teacher and suggested I invite Richard Casey to conduct the classes. I agreed and sponsored Richard



*(left to right) Mary Spresser (Nancy's mother), Mary Ellen McClure, Nancy Calumet, and Dr. Henry Konzelmann, 1993.*

for a series of three workshops.

It was through Richard that I met Mary Ellen McClure on Aug. 20, 1993. We became instant friends.

In keeping with my goal to study with a variety of teachers, when Mary Ellen received her certification for mastery, I invited her to teach the next three workshops I sponsored.

Although I was not planning to move beyond Second level Reiki, God had other plans for me. I heard the name William Rand in a dream. The following day, I ran into Brenda Swartz at Sundance bookstore. She asked, "When are you going to Master level?" Brenda mentioned William Rand's name and put the two of us in contact.

On July 13-17, 1994, an international group of 13 students met with William Lee Rand in the basement of Dr. Henry Konzelmann's office, where we received his Advanced Reiki Training class and Master class.

The most wonderful thing about studying with William was that by the third day, he had prepared us to begin doing the work ourselves.

After the Master workshop, Margaret Forth and I began working together. She coordinated my workshops and, together, we started a monthly Master Reiki Circle. Margaret served as secretary and was instrumental in fostering harmonious relations and expanding Reiki awareness. The circle (Linda Burgess, Barbara Erdmann, Gloria Ferguson, Margaret

Forth, Norma Harris, Sheila Holley, Barb Maxheimer, Janet B. Reed, Eva Rhodes, Barb Schob, Beverly Smith, Mary Spresser, Brenda Swartz, Fabian Tasson, and myself) met in the basement of Dr. Konzelmann's office, to exchange Reiki and to send distant healing.



*(standing) Nancy Calumet with (left) Gloria Ferguson and Margaret Forth at a dinner meeting at Nancy's, 1994.*

Like Makenzie Clay, a Reiki Master teacher from Australia, I believe that we need to have as many Reiki masters as possible, and that as we heal ourselves, we help heal the world. ❀

*To be continued...*

# A Reiki Moment

by Brenda Swartz, M.A., RMT

*A personal narrative written after Second Degree Reiki training, St. Francis Convent, Springfield, Jan. 11, 1992*

Richard said, “Magic always happens during Second Degree Reiki initiations.” (Richard Casey is a Reiki master from St. Louis who has begun teaching in Springfield.) Since these initiations are always performed by Richard outdoors, our group of 13 bundled up in coats and scarves for the cold night air. We walked through the heavy wooden doors of the church into the darkness, and headed for the “sacred oak tree” where our ceremony would take place. This was the night of “11-11”, the powerful astrological alignment that everybody was talking about...the “Biggie”... and we expected magic.

Our little procession made its way down the pathway in the cold night air. We could hear the bells from the “Brother’s” church down the road. They chimed in honor of our initiation in Second Degree Reiki, heralding the doorway we were about to pass through.

With coats buttoned tight against the cold, and flashlights to guide us, we followed the walkway across the grounds of the convent, through the cemetery and around to the point where the path ended. We would cut our own path across the low, grassy area that used to be a pond. I wondered about the symbolism in this, as we veered away from the main path. Each of us had departed

from the “mainstream” in our own lives. Even our passage through the cemetery held some meaning and seemed to symbolize the life issues we had struggled with and were laying peacefully to rest.

I stared up to the sky in total awe at the glittering stars. For some reason, they looked different tonight. They were brighter and there seemed to be many more stars than I’d ever remembered seeing. I kept scanning the sky as we finished crossing the pond area and started up a grassy hill. The music from the church bells echoed off the trees around us. Then, we reached our destination, where the “Sacred Oak” awaited our arrival.

We took our places on the circle of benches that had been prepared for us, and huddled together for warmth. Richard told us to take a deep breath to ground ourselves, and as I exhaled, I sensed an energy running through my body and into the ground. It seemed to follow the guidance provided by the oak tree’s mighty roots. I felt the energy flow through me and continue into the earth to an unknown depth. I felt quite grounded.

As if on cue, the church bells suddenly stopped. We sat for a moment, drinking in the stillness of the night. I felt enveloped by the solemnity of this special moment. I thought about the commitment each of us had made as we sat there under the watchful presence of All Creation. Something wonderful was about to happen, and I knew I would never be the same again.

And it was so.

In the process of the initiation, we lifted our hearts to heaven and planted our feet deeply into the earth, each of us committed to our chosen lives of service. After the ceremony, as we were walking back to the convent, Richard casually remarked that he saw shooting stars in the sky during our initiation. It truly was magic! ✨

# Journey through Grief

by Nancy S. Calumet, R.N., RMT

*[In the following three poems, Nancy shares her emotional journey through grief to healing. Widowed in 1990, she locked her pain within. Through Reiki, which she embraced in 1991, not only was she able to shed tears, she was gifted with another healing art...poetry. In writing poems which dealt with the loss of a love, she finally found her way through her grief.]*

My first poem, *Solo Flight*, opened the doorway for me to write about my loss.

## Solo Flight

His soul left sometime in the early hours of winter's night

His body found warm to loving touch tucked silent beneath an afghan tomb

Respirations ended silence surrounds as first the cat and then his wife reach his side to close his eyes and kiss his lips

Softly whispered prayers rise up to meet the incandescent blue white light hanging over his frame as angels vie to take him home

—Nancy Calumet

My second poem, *Little Girl Blue*, expresses the continuing dilemma we often face when we lose someone we love.

## Little Girl Blue

Who will take my hand as we dance among the stars

Lay long stemmed red roses on my pillow for no reason at all

Take the time to listen without speeding up my thoughts

Who will be my friend now that you are gone

—Nancy Calumet

My third poem, *Heaven Side*, represents true emotional healing taking place after 15 years, bringing peace, acceptance and closure to the death of my spouse.

## Heaven Side

Nature finds the path  
Traveling through falling snow  
Looking for you in outdoor places

There is a feeling you're around me now  
Glistening on the branches of a nearby pine  
Watching the deer drink from the creek below

Something in the way you move me causes the sky to open  
Placing me up there beside you

Listening in the silence  
We hear the song of the wind playing through the trees

Giving me the freedom to say  
Farewell my love until we meet Heaven side

—Nancy Calumet



**Nancy S. Calumet** is a retired registered nurse and a Reiki Master teacher. She gives and teaches Reiki at JDR Wellness Center, Springfield. Nancy writes poetry and is planning to publish a book of her poems.

## Articles and Stories for *ReikiSpirit*

Please share your Reiki experiences and/or valuable lessons that you have learned from Reiki. What has worked for you can inspire and motivate others, giving them interesting and new ways to use Reiki for healing.

Please consider writing an article or a few paragraphs about the value you or your clients have received from Reiki.

Any questions, call: (217) 544-4134 or email: gloria@famvid.com

**Share what works for healing yourself and others!**

**Early Days of Reiki with Brenda Swartz** (Continued from page 4.)



**Brenda Swartz**

taught Reiki classes in the mid 90's at several locations in Springfield, including Namaste Yoga Center. She owned and operated Serenity Place from 1996-1999. Brenda now works for the state and is a realtor. She is working on completing a book, *Reiki Blessings*. Brenda can be reached at 217-638-6600.

ready to take the next level of Reiki. On Jan. 11, 1992, I was attuned to Second Degree (see "A Reiki Moment" on page 6).

Then, in December of 1992, I came across a book written by William Rand, *Reiki: The Healing Touch*, and felt an immediate connection with him. I contacted him about teaching a master level class in Springfield. He said he would, but he wanted to teach First and Second Degree here first, so we'd have a pool of students for Master level.

The classes were held Feb. 27-28, 1993 at Donna Ruyle's store, Shepherds of Light, on So. 2nd St. I went through Reiki I and II a second time, and found it to be very powerful, broadening my knowledge of Reiki and strengthening my confidence.

William returned to Springfield in August of 1993 to teach his Advanced Reiki Training and Master classes. The 12 students, local and from other states, were: Theodore and Hilda Deines (Ft. Collins, CO), Linda Godtfredsen, Andrea Hoekstra, Jeffery Martin (Peoria), Barbara Maxeiner, Janet B. Reed, Cyndi Rowe (Indiannapolis, IN), Eric Ryser (Cleveland, OH), Barbara Schob, Beverly Smith, and myself. ❀



# Reiki Phone Line

*The following Reiki practitioners have volunteered to serve the Reiki community during times of crisis. Call one or more of them, to request them to send Reiki.*

**Grace Blankenberger - 217-546-0269**

**Priscilla Hawk - 217-523-8992**

**Theresa Durbin - 217-525-0157**

*If you would like to serve on the Reiki Phone Line, call Grace and let her know. ❀*

## ReikiSpirit

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**About the publisher of ReikiSpirit: Gloria Ferguson, RMT,** was attuned to the Usui System of Reiki healing in 1993 by Sr. Roberta A. Naegele, OSF. She received additional Reiki training and/or mastery in Usui and Karuna Reiki from Reiki Masters Mary Ellen McClure, William Lee Rand, Nancy S. Calumet, Kathy Lapinski and Laurelle Shanti Gaia (Laura Ellen Gifford). Gloria teaches all levels of Usui and Karuna Reiki. In her healing work, she intuitively blends the healing techniques of Usui and Karuna Reiki, Ancient Egyptian healing, and Medicine Buddha.

A graduate of UIS, Gloria worked as a graphic artist/supervisor for the IEPA until she took an early retirement in 2002, to spend more time giving and teaching Reiki—and promoting compassionate eating.

Gloria and her clairvoyant sister, Reiki Master Priscilla Hawk, are currently working together twice a week giving Reiki to Reiki practitioners by invitation or request. They can be reached for an appointment at 217-544-4134.