



ReikiSpirit

Connecting, Informing and Inspiring Reiki Practitioners in Central Illinois

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Mark Your Calendar!

Reiki Retreat Jan. 21-22

Villa Maria
Lake Springfield

More information
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ReikiSpirit.

Reiki on the Farm

Attunements, group Reiki en pleine aire and Reiki for animals



Reiki Renewal Day participants beam Reiki. Feel the energy!

Twenty-five Reiki practitioners from 11 central Illinois communities gathered at Jubilee Farm west of Springfield, Saturday, Sept. 17 for a day of renewal and reunion. The collective energy was very uplifting as participants excitedly greeted familiar faces from the winter retreat and joyfully introduced themselves to new ones.

The day was filled with activities and attunements. Some of the highlights were: a chakra sound-and-color exercise

led by Grace Blankenberger, an attunement by Priscilla Hauk to a symbol for healing animals, a guided forgiveness meditation by Nancy Calumet (with each of us receiving a real long-stemmed beautiful rose to take home), and an impromptu attunement by Nancy to a symbol she had received for relieving depression.

And then there was also the delicious dinner catered by Holy Land Diner, that brought sounds of culinary delight from the mouths of most everyone there.

Continued on page 2.

From the Publisher . . .



Gloria Ferguson

WELCOME to the third issue of *ReikiSpirit*. What a joy it was to reconnect with Reiki friends and meet new

ones during the Reiki Renewal Day at Jubilee Farm. What started out last spring, for me, as a Reiki community is now feeling like a Reiki family! Reiki has a way of opening the heart wide, and like a big, warm hug, it welcomes others in a loving and personal way. Thank you all for being my Reiki family!

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

ReikiSpirit

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Reiki on the Farm

(Continued from page 1)

Another surprise for participants was Rhonda Camfield bringing her Polaroid aura camera. Rhonda took pictures of the petition basket (which held the names and photos of pets) before and after we beamed Reiki. The colors and intensity of light in the two pictures were significantly different.

Vicki Perkins loved doing the group sending to pets. She recalled the experience, saying, "Usually, in a room of that many people, there will be some who don't like or are neutral to animals, but almost all of the participants...felt some spiritual connection to animals. I find that amazing!"

A perfect day for being outdoors, several participants walked the labyrinth on the farm. Others did group Reiki on a table set up under a shade tree. Margaret McHarry brought her dog, Lucky, for those who wanted to do hands-on Reiki using the Dog Symbol that Priscilla had attuned every-



Margaret McHarry's dog, Lucky, receives Reiki from (left to right) Mary Snow, Theresa Durbin, Vicki Perkins, Jan Summers, Becky McVay, and Amy Blankenberger. How lucky (pun intended) can a dog be?!

one to. Yes, Lucky looked very lucky enjoying his group session.

Another highlight of the day for Vicki was doing Reiki outside. She recalled an interesting phenomenon that happened while giving Reiki outdoors in a group session. "The diamond ring on my finger started pulsing through all the chakra colors in sequence. We were out in the sunlight, and a ray must have caught the ring, but it has never pulsed like that before. It did it for several minutes." Vicki, who also participated in the winter

retreat, shared a poignant observation. "What has inspired me about both Reiki retreats...is the loving, harmonious way everyone respects each others' practice and spirituality." Aaaahhh! ✨



(left to right) John Blank, Paula Neef, Mark Moore, Anne Termine and Colleen Comstock give Reiki to Connie Weller.

Remembering REIKI PEOPLE...

Mary Mattingly

by Gloria Ferguson, RMT

Many of us know at least one deceased Reiki practitioner who we will never forget, a person who shined more brightly toward the end of her/his life, leaving a rich legacy of selfless service.

Mary Mattingly, the mother of three Reiki masters (Bill Ferguson, Priscilla Hauk and myself), was such a person. It was she who urged me to teach Reiki when, at the age of 83, she desired to send Reiki for distant healing.

Before Mary received her first attunement, she had already compiled a list of names of over two hundred people, living and deceased, that she planned to send Reiki to. And like her daughter Priscilla, she would send Reiki to seven people at a time for 100 days. She let go of finishing her list a few months before she died, asking Priscilla to promise to finish it for her.

A devout Catholic, Mary was a member of the Third Order of St. Francis. She loved to read the writings of saints, especially the mystics. During the last three years of her life, she devoted herself to sending Reiki, praying the rosary, reading scripture and writing letters, prayers and poetry that revealed her faith and personal struggles.

In the past couple months, when Priscilla and I have invited Mom to assist at certain Reiki sessions, her presence has been

felt and seen. When we recently gave our brother Bill a session for his birthday, she was there. An internal voice said several times to Bill, "Tell Gloria that Ramona says, 'Hello'." When he shared this with Priscilla and me, we knew immediately that it was Mom. Her favorite fiction was the romantic novel *Ramona* by Helen Hunt Jackson, and it would fit her sense of humor to connect with us in this way.

One can always call on Mary to help mend broken hearts, as she grieved the death of three of her own children ❀



Mary Mattingly, RM
1912-1999

An Excerpt from **Reminiscing in the Garden of My Heart**

Where are you my Elijah...
The one I met on the woodland trail...
The one whose voice still echoes in my heart...
Holds it in bondage, in the woodland vale?

'Tis not the falling weather that inspires me...
Nor rain, nor sleet, nor snow,
But a fire that burns within, the Master of my soul...
Who found me wandering some forty years ago.

My mind still wanders over that woodland trail...
Where I moved from place to place, both near and far...
Such a loss, wasted time, days and months and years...
All my life just following a star.

He drew me unto His wanderful self...
The road was long, I still had far to go...
I must forsake those foolish wanderings...
It was the fated gypsy in my soul.

—Mary E. Mattingly

The Early Days of Reiki in Springfield - Part 3

by Sr. Loretta Vetter, OSF

The Reiki tradition continues with Reiki Master Linda Keiser Mardis, OSF, from Olney, Md. and Reiki Master Roberta Naegele, OSF, from Chicago, Ill.

I was certified as a Reiki practitioner for Level I in 1993 and Level II in 1994, while serving as chaplain at St. John's Hospital [Springfield]. I found many opportunities to apply the healing skills. Besides the Clinical Pastoral Education and Gerontology, that brought me to chaplaincy, I received from my Reiki Master, Linda Keiser Mardis, the gift of Reiki in the Usui tradition. Linda taught and initiated many members of my Joliet Franciscan Congregation.

As stories of healing energy were told and experienced, I met individuals who were eager to learn more about Reiki. I agreed to sponsor a class and invited Linda to come to Springfield in the spring of 1995.

As Sr. Ann Mathieu, OSF, hinted in her article (Vol. 1, No. 1 of *ReikiSpirit*), the medical community was hesitant to host a workshop in alternate healing. Consequently, we rented space at the Springfield Holiday Inn, where seven or eight women were initiated for Level I and II



Sr. Roberta Naegele's Reiki I class held May 8-9, 1993 at the Sacred Heart Convent in Springfield: (left to right) Sr. Kathy Salewski, OSF (sponsor); Phyllis Hebert (Level II); Martha Martin; Sr. Helen Michael Horne, OP; Gloria Ferguson; Sr. Roberta Naegele, OSF; Carole Yocum (auditor); Paul Puckel; and Susan Steele.

with one for Mastery.

The following spring, Linda named Sr. Roberta Naegele, a member of my own community, and an active member of the International Reiki Alliance, to replace her when she became ill shortly before the scheduled weekend. (Sr. Kathy Salewski, OSF, had sponsored Reiki training workshops for Sr. Roberta during the early 1990's in Springfield prior to my initiation.)

Roberta and I met in my apartment in Springfield. Besides being an excellent teacher of Reiki, she brought articles, books and resources to share. Having learned my role

as a sponsor from Linda, Roberta and I worked well together.

Group practice and group treatments brought the new students to an awareness that Roberta had shared with them a special gift that could change their lives.

I continued to offer treatments and group practice as time permitted.

In the spring of 1997 another Reiki workshop emerged. We were welcomed by Sr. Loraine, OSF, at the Springfield Aids Resource Association (S.A.R.A.) Center. The workshop drew several men as well as women. Roberta had recently come from

an International Reiki Alliance Annual Gathering. Beyond the initiations for levels I and II, each student received a copy of the handbook, *The Usui System of Natural Healing*, prepared by Paul David Mitchell in 1985 for the Reiki Alliance. This booklet contains writings from Hiawayo Takata's Early Diary, the biographical sketches of the lives of Dr. Mikao Usui, Dr. Chujiro Hayashi, Mrs. Hawayo Takata and her granddaughter, Phyllis Lei Furumoto. It was Ms. Furumoto who first brought Reiki to the Northwest of the United States and from there to the Midwest.

Each spring, Roberta



Sr. Roberta Naegele

returned to Springfield with renewed zeal and energy, along with rich resources.

Her presentations

included a video showing the movement of infrared and ultra-violet energy as light movement emanating from hands and between pets and their masters. This powerful video allowed participants to visualize more clearly what happens when Reiki energy transmits and interacts between healer and healed, as well as the surrounding space.

I continued to sponsor classes each spring. The workshops included the five basic principles that Dr. Usui taught. Although his principles have come to us in a variety of translations, as we live them out in our daily lives, they impact each of us in trans-

formative ways.

In the words of Ms. Furumoto, who had these words to offer to



Sr. Loretta Vetter, OSF,

is a member of the Joliet Franciscans. With a MA in Education from DePaul University, Chicago, she ministered as teacher and principal for 21 years in elementary schools served by her congregation. In 1969-1970, she earned a certificate in gerontology from the University of Michigan so as to serve her congregation as Director of Retirement for seven years, then in other congregation offices for six years.

During the next five years, Loretta served in the Springfield-Cape Girardeau Diocese as director of a diocesan house of discernment for vocations. She also completed studies in clinical pastoral education and was certified as chaplain by NACC and ACPE in 1988.

She served as Pastoral Associate in West Plains, Mo. and volunteer chaplain at Ozark's Medical Center before coming to St. John's Hospital in Springfield in 1990, where she served as a staff chaplain.

Loretta came to Joliet in 1999 to serve as coordinator for the sisters living at St. Francis Convent. Presently she serves as part-time secretary at St. Patrick's Parish in Joliet.

all students of Reiki:

"You have just touched the essence of yourself in these classes. A master, a person committed to service through Reiki, has shared with you a gift. This gift is powerful and is anything you wish to make it. It is the gift of yourself to you.

"Reiki is a part of your living. Cherish the truth of how you feel, what you do. Look into your anger and worry. Where do these emotions come from within you? What lesson do they hold?....

"...We can freely give only when we accept with gratitude all that life brings to us....As you grow with Reiki, you will contribute balance and harmony to yourself and to your world." ❁

To be continued...

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!

The Power of Forgiveness

by Priscilla Hawk, RM

I was introduced to attitudinal healing in May of 1994 by my sister Gloria, about two weeks after taking First Level Reiki. At that time, I was not in a good place emotionally. I was financially stressed, angry and feeling sorry for myself. I couldn't imagine *anything* changing my way of thinking!

When Gloria gave me the instruction sheet for "Soul-to-Soul Forgiveness," I read through it and decided I would give it a try.

I began by making a list of people who I might have hurt and/or people who I thought had hurt me. To cover my childhood issues, as well as current stuff, I started my list like this: Grandparents, parents, brothers and sisters, ex-husband, son, and lastly, myself. I then added others that might have hurt me or that I might have hurt. Later, if anyone else came to mind while doing the exercise, I added them to my list.

The instructions were for 40 consecutive days of forgiveness, followed by 10 consecutive days of thanks. Every night, I began by visualizing each person on my list, one at a time. I would look at her or him and say: "I forgive you for any hurt you might have caused me in the past, in the present, or may cause me in the future. I ask you to forgive me for any hurt that I have caused you in the past, here in the present, or may cause you in the future." I would then wait a few seconds to see if they had anything to say to me; if not, I would go on to the next person on my list.

The response I received was amazing! In my visualizations, some people would hug me or I would hug them. Some would have

tears in their eyes. I might cry. Some wouldn't show any emotion at all. When I got to anyone that I was very angry with, I would say the same things that I had said before, but then I would add that I didn't care if they forgave me or not, that it was strictly up to them. I was doing this for me, not for anyone else. My tone would reflect my anger. I said the words, but forgiveness was not in my heart.

Strangely enough, that changed! After about two weeks, I found that I didn't have the anger anymore. It was gone! I started seeing the people on my list differently, as people dealing with their own issues. They weren't mean people out to get me. They may or may not have changed, but I sure did!

I remember one instance, when asking my sister Juanita, who passed away in 1963, to forgive me. She didn't say anything, but tears ran down her eyes. At that moment, I realized that something was wrong. I had never remembered hurting her or her hurting me. All of a sudden, I found myself wondering why we had always call her Poodle instead of by her given name. Most people at birth receive a first and middle name. Juanita was given three names. I wondered if that could be the problem—that she *hated* her nickname. The next night, while doing the exercise, she smiled at me. I have always referred to her ever since by her given name.

I highly recommend this process for everyone, even if you don't think you need it. You might find that there is a lot more that could be healed than you realized. It works—and it is something you can do at home for yourself. It costs *only* your time.

Anyone who is interested can call me at 217-523-8992 for a copy of the instructions. **BLESS EVERYTHING THAT YOU WANT TO LEAVE YOU!** ❀

Priscilla Hawk is a clairvoyant Reiki master who spends time daily sending Reiki for the healing of people, animals and the Earth.

My Prayer

Our Father, who art in heaven,
Could you please come down to earth?

I am tired and confused

And I need a strong shoulder
To lean on

And a gentle hand to caress

My weary brow.

“Why is life so difficult at times?”

I would ask.

Your audible sigh would sound like

A sweet and soothing breeze and

The tears that fall soft upon my hair

After traveling down your

Ever compassionate cheeks

Will feel like a healing balm

Bathing me in warmth and love Divine.

And I will have my answer to

Every question I could ever ask

Of you.

I am part of your marvelous creation...

The center of my personal universe

And co-author of magnificent mysteries.

And that comfort in your arms

Speaks of truth beyond all words

I am a child of God.

Whom shall I fear?

—Rebecca McVay



From the book 'The Creation' by Rebecca McVay

Rebecca McVay is a Reiki master, accomplished artist and creative writer. She is employed as a graphic designer for the State of Illinois.



Reiki Phone Line

The following Reiki practitioners have volunteered to serve the Reiki community during times of crisis by sending Reiki. Call one or more of them to ask for Distant Healing.

Grace Blankenberger - 217-546-0269

Theresa Durbin - 217-525-0157

Priscilla Hawk - 217-523-8992

Brenda Peterson - 217-874-2027

If you would like to serve on the phone line, let Grace know. ☸

Winter Reiki Retreat Jan. 21-22, 2006

Plans are in the works for the 2006 winter retreat.

The lovely Villa Maria Retreat Center on Lake Springfield will be the location for the two-day event.

Registration information will be mailed out in early January.

Retreatants will be offered two options to choose from: (1) All activities, plus four meals

for \$55 dollars or (2) all activities, four meals and one overnight stay for \$66 dollars.

The retreat team of Grace Blankenberger, Theresa Durbin and Gloria Ferguson are meeting and planning out the event. If you have suggestions for activities, please call or email one of them before December. ☸

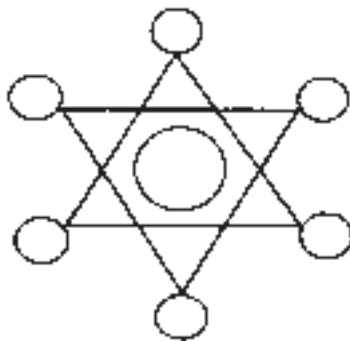
A Symbol For Opening To Higher Awareness

by Priscilla Hawk, RM

In the winter of 2003, I was watching a TV program on UFO's. They showed a crop field that had a strange design in the middle of it. I just couldn't get this image out of my mind, so I drew it on paper, then put it away. I felt sure that this was a message for all of mankind.

About two months later, while attending a White Eagle meeting with Nancy Calumet, at the JDR Wellness Center, I decided to mention this design. I recognized part of it as the Star of David, but what the circles meant was another matter. I asked those present to meditate on the meaning of the circles. After meditation, Darlene Anderson's son Richard looked at me and said: "The circles represent the seven levels of awareness!"

Recently, when I meditated on the design, I saw many



Star of David
Open all Seven Levels of Awareness

soldiers from different countries. Could this symbol be good for world peace by raising our consciousness? I feel it could be, so I've been using it along with my other symbols when I send Distant Healing.

The Star of David is made of two triangles. I draw the downward triangle first going clockwise, then the upward triangle going counter-clockwise. Then, I draw a little circle at each of the tips of the star, starting with the top tip. The circles are all drawn counter-clockwise. Lastly, I draw the larger circle inside the star, also drawn counter-clockwise.

This symbol is meant for

everyone. I was not given it personally. I believe it was given to all of us. Please feel free to use it. If a message comes through to anyone else while using this symbol, please share your experience. ✨

Priscilla Hawk is a clairvoyant Reiki master who spends time daily sending Reiki for the healing of people, animals and the Earth.

Sister Act

Reiki masters and biological sisters, Gloria Ferguson and Priscilla Hawk, traveled to Vandalia to offer Reiki to the staff at the Vandalia State Correctional Center during their Health and Fitness Day Sept. 27. Reiki was surprisingly popular! Gloria and Priscilla worked together on each person, giving 10-minute sessions to 25 of the staff. It was a grueling five hours without a break, but it was also exhilarating.

The two sisters plan on recruiting help for next year's event. Interested? Give us a call at 217-544-4134. ✨



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