



Reiki Spirit

Connecting, Informing and Inspiring Reiki Practitioners in Central Illinois

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Don't Miss Out!

**Spring Renewal Day
JUNE 2**

Jubilee Farm

Registration is
STILL open...

Register Now!

(See notice on page 8)

ALSO,

Mark Your Calendar...

**Fall Renewal Day
September 22**



“My inspiration for the *Cosmic Child* grew out of the tremendous anticipation and childlike wonder that I feel each year as Spring approaches...As Reiki practitioners, we are especially blessed to be in tune with these increased energies as we visualize each of our chakras responding and awakening under the gentle flow of Universal Love.” —Rebecca Matejka McVay

From the Publisher . . .



WELCOME...to the Spring and second anniversary issue of *ReikiSpirit!* It has been two years since our first issue in May of 2005.

Spirit continues to guide its production. In future issues, Virginia Carlson (see article on page 3) will have a Q & A column. Reiki questions may be emailed to her at: reikiquest@hotmail.com

How very blessed we are to be attuned to the healing energies of Reiki. Like Spring itself, Reiki nourishes us, bringing new growth; and it calls us to serve others and our planet in more and more healing ways. Many blessings!

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

ReikiSpirit

A quarterly newsletter serving Reiki practitioners in central Illinois.

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The Invisible Cat

One of the reasons I speak of confronting and accepting the negative in our lives is to find the power to overcome death and turn it from a damaging suffering into the kind that promotes growth.

When my cat, Zoe, had to be put down last February, she died in my arms. She was in a lot of pain, but it was not easy to tell how much she was suffering on the inside. The vet told me it was going to get worse, to the point of seizures, and if I loved her I would give her peace right then, before she came apart before my eyes. I could tell that her pain went away as she looked up at me with a very peaceful and happy expression. Then she softly fell asleep.

I had a very powerful ritual/funeral later. As I wept and purged my dark thoughts, a light was shed on death. It was very moving, and I reflected on all the time we shared together.

Even more recently, we discovered a cute black stray cat running around the neighborhood. One of our neighbors was feeding her and said that she had been pregnant and must have had her kittens in our garage. Well, we had fixed the garage so we didn't think she was in there; she turned out to be under the back porch. We all waited on the edge of our seats for the day she would bring her kittens out to meet us. Plans were already under way to have her fixed and take the kittens to a vet to be checked out.

About 3 1/2 weeks after they were born, we found the black cat killed in the road. The cat, named Midnight by a neighbor, had been so friendly and loveable, that it was very hard on all of us. I crawled under the back porch crawl space and fished out the kittens. If we hadn't known that Midnight had been hit, they might have died under there. They were bottle-fed KMR (kitten milk replacement) and the neighbor took two and we took one.



Mujo

The one we took, Lisa decided to name "Mujo," which is a Japanese term meaning "impermanence," in Sanskrit "anitya," in Chinese "wu-chang." He has become the new joy in our lives. ❀

Just thought I would share.

Ted Keylon

COVER ART:

Cosmic Child

by Rebecca (Becky) Matejka McVay

My inspiration for the *Cosmic Child* illustration grew out of the tremendous anticipation and childlike wonder that I feel each year as Spring approaches. With the quickening of new life and rebirth evident in all of nature,



there is also a renewal of spirit and energy in each of us as well. As Reiki practitioners we are especially blessed to be in tune with these increased energies as we visualize each of our chakras responding and awakening under the gentle flow of Universal Love. ❀

Integrating Counseling and Reiki

by Virginia Carlson, Retired Counselor

Hospitals during Hippocrates' era included health practices such as: leisurely conversations similar to a counseling session between the doctor and the sick; discussions with a nutritionist; and a physical massage to assist in the healing process. A hospital visit was a peaceful experience for the body, mind, and soul. It is stated that Hippocrates, the father of medicine, "observed sick people, not diseases" (*A Short Story of Medicine* by E.A. Ackerknecht). As a society, we are slowly returning to the team approach.

Part of my career involved counseling with children or adults who were at risk emotionally and or physically. In counseling sessions, I observed how difficult it was for a client, young or old, to articulate. The throat contracts, the tears prevail or a rigid stone barrier may be erected. Reiki was an intervention that I used by silently sending the loving/healing light to the individual before me. I would mentally hold that person in light during the counseling session, watching the body language change, and the ability to express inner thoughts expand. The client appeared to think through problems more clearly and reach resolutions more rapidly.

In another area of my career, a mother approached me regarding her pre-teen daughter who was struggling with the divorce proceedings of her parents. The girl's grades were dropping; she was becoming withdrawn; and a doctor diagnosed her with depression. Neither parent was willing to start their young daughter on medication. During counseling sessions, it was very apparent that the young girl found it too challenging to express the anger and rage that had been building within her. She considered herself a 'good' girl who loved her

One session of Reiki replaced weeks of counseling and forthcoming medication.

parents and would be disloyal to speak against either parent.

A family meeting with both parents and their child was held to explore the practice of Reiki. All were in agreement to try. In one session, this young girl was able to let go of all that had been held inside. She released anger, pain, and negative emotion. After a few counseling sessions addressing communication skills, I did not see her again.



Virginia Carlson is a retired counselor. In her career, she has worked in the private and public sector, in homes with children and families, as well as, one-on-one concentration with women's issues. Most currently, she worked with Alzheimer residents, and then senior citizens as mentors in schools. Her private practice focused on women's issues.

Virginia is a motivational speaker and facilitator of workshops. She is a teaching Usui Reiki Master and a Karuna Reiki Master. She may be reached for questions/comments at: reikiquest@hotmail.com

Her mother later reported that the girl's grades were up, she was interacting appropriately with both of her parents, and she was expressing her sadness more openly. One session of Reiki replaced weeks of counseling and forthcoming medication.

A toddler had been sexually abused which was believed to be an isolated instance. It affected the personality of the little tyke,

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Counseling and Reiki

(Continued from page 3)

and his inappropriate behaviors accelerated. Given his young age, play therapy was being offered, but the parents sought out Reiki. As in many other cases, this little boy who was unable to dialogue his frightening experience was able to lie still and receive Reiki. During the session the child sobbed, but by the closing of the session, his little body was relaxed and peaceful. With follow-up counseling, the child appeared to have released the trauma in a very timely manner.

A third grader was brought to me for counseling regarding negative behaviors in his classroom. The mother described him as becoming hateful. In counseling sessions, little was disclosed. The mother, having experienced Reiki herself, asked for a session on her son. Midway during the Reiki session, the little guy began crying. Cries turned into racking sobs for the loss of

someone named "Skipper". After the Reiki session, I questioned his parents and learned that Skipper had been his dog. The little boy had left the gate open and Skipper escaped. The dog bit a child and had to be put down. At a later date, during a counseling session, the child reported that his parents had put all of Skipper's things away and no one had talked about him ever again. He also disclosed that he believed he had killed the dog. Although counseling sorted out his repressed thoughts, Reiki had been the acting force to relieve the pain.

Focusing on Women's Issues, I enjoyed counseling women seeking to redefine their life both personally and professionally. While working with one woman in her early 30's, it became a joy to watch her unfold as she sorted through remnants of a challenged childhood that had been limiting her sense of self. When we reached a point where we jointly agreed to end, she confided in me that although she felt hugely empowered, she still felt as though she carried a heaviness within her. She had used meditation and journaling to explore random possibilities, but did not seem to identify what was at the core of this sensation. She asked if I would do Reiki on her. The session was peaceful, but soon turned to tears, followed by a deep felt sigh. Afterwards, she disclosed that she had been very close to her grandfather who died while she was away at college and was unable to return for the funeral. As this had happened numerous years ago, she had not given it

much consideration. She said while receiving Reiki, he came to mind. She felt his presence, and while smelling his pipe tobacco, she was able to tell him good-bye. The heaviness was gone from her body and her mind was filled with peace. Reiki had offered immediate closure.

There are so many stories that I could share demonstrating how counseling and Reiki can be used together to accelerate healing of the body, mind, and spirit. Reiki can release emotional and physical pain that can assist in the process of counseling. As a counselor, I was always able to discuss with a client what they had experienced, examine issues as they surfaced, and remained open to where they needed to explore. Coupled with Reiki, however, the process seemed to demand less time and was definitely enhanced. Karuna Reiki, in particular, offers many symbols to work more specifically with: sexual or physical abuse, unconscious patterns, good habits, addictions, relationships, chakra work, grounding, and manifesting goals, to mention only a few areas.

When I was introduced to Reiki, I immediately knew that it was very important for me. I did not know at the time, however, that combined with counseling, it would ultimately change my life and so many lives of others. After becoming a Reiki Master, and as I became a Karuna Reiki Master, I realized that Reiki had evolved from being a personal tool to becoming a sacred practice and the core of my being. ❁

Articles and Stories for *ReikiSpirit*

Please consider sharing your Reiki experiences. What has worked for you can inspire and motivate others, giving them new and interesting ways to use Reiki for self-healing and the healing of others.

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

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

My Initiation Into Karuna Reiki®:

An Advanced Healing Energy

by Gloria Ferguson, RMT

In the summer of 1996, I knew only a little about Karuna Reiki®. I knew that the word “karuna” was Sanskrit for “compassionate action”; that the new Reiki system was developed by William Rand and the International Center for Reiki Training (ICRT) in Southfield, Michigan; and that its roots were in Tibetan and Usui Reiki.

Following inner guidance, in late August of 1996, I drove up to Camp Ronora near Watervleit, Michigan to attend a Karuna Reiki Master class. Rand and Laurelle Gaia, Director of Teacher Licensing for the ICRT, would be co-teaching the three-day weekend intensive.

The class was an international mix of 28 students. We were all Usui Reiki Masters—a prerequisite for taking the Karuna Reiki® Master training.

I was assigned to Grandma’s Place, a large, homey cabin with two baths and a kitchen. Seven women shared the loft with me. It was very “cozy” quarters for my 10-day stay. All eight of us had signed up to stay on through the week to attend the international Reiki retreat held on the following weekend.

It was during the hands-on training session following the first of two attunements, that I began to experience how powerful this new healing energy

system was. We were working outdoors in small groups of three and four. I had teamed up with a man from Connecticut and a woman from New York, both about my age. Kathy was first on the table. After drawing the four Level One symbols on our palms, Arnold and I placed our hands on Kathy and began chanting the symbols. After a bit, we were drawn to toning. Toning is done by sounding the name of a Karuna Reiki symbol with a Karuna Reiki empowered voice, while holding your hands a few inches to a few feet from the client, and beaming the Karuna energy into the block or area in need of healing. Toning and chanting can also be done silently.

I began toning at Kathy’s abdomen. All of a sudden, to my surprise, I was juggling this wobbling mass of energy that had been attached to her abdomen. It felt sort of like a balloon with water in it. In my years of practicing Usui Reiki, I had never experienced a block of negative energy coming out all at once like this and feeling so “physical” in my hands. I was stunned! Then, very carefully, I lifted the energy away from her body and up to the light. I continued with psychic surgery (aura clearing) in the region. Kathy shared after the session that she had undergone a complete hysterectomy that emotionally she had never recovered from.



William L. Rand (left) worked with and meditated on symbols sent to him by several Reiki masters. He was guided to develop a new healing system and to call it Karuna Reiki. In March 1995, he published a Karuna Reiki Master Training manual.

Laurelle Shanti Gaia (right) is the author of *The Book on Karuna Reiki®: Advanced Healing Energy for Our Evolving World* (2001).

tommy that emotionally she had never recovered from.

This was only the beginning! As we added the four Level Two symbols and the four Master symbols to the sessions, I was seeing and hearing others having more and more very dramatic releases. In fact, not feeling comfortable with the possibility of my having such a deep emotional release with so many others around, I asked Laurelle if I could have a private session with her. She consented.

Wednesday evening, I experienced my deep, “messy” session. Laurelle chanted Karuna symbols and prayed “Hail Marys” and “Our Fathers” during the session. The Karuna energy seemed to

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Karuna Reiki

(Continued from page 5)

envelope me, like a cocoon. My sinuses started filling up, and I soon felt like I had a bad head cold. I was beginning to feel miserable. Next, a wave of deep sadness came over me. It brought a flood of tears and a very messy, runny nose. Then, as quickly as it had come upon me, it passed. The congestion was gone. As the session closed and I thanked Laurelle, I was looking forward to my little cot in the loft. I had released much, felt lighter, but was very tired.

I was finding that Karuna Reiki was very powerful. Not more powerful than Usui Reiki, but the energy was different. It was a higher frequency energy, and unlike Usui Reiki, the energy seemed to surround the giver and the receiver, rather than simply flow through them. Karuna also had a more definite feeling to it; it was very direct; and it worked on all the energy bodies at the same time.

In the morning, still feeling tired, a little sad and a bit insecure, I took a walk with Rog er, a Frenchman from the Ivory Coast. He offered to give me a treatment. While seated in a chair facing a peaceful pond with floating water lillies, I breathed in the scents of wet sand, pine trees and wild flowers, and closed my eyes. Almost immediately, I became aware of the presence of Jesus and other light beings around me. There were several angels and animal spirits. The angels began working on me. They removed an energy block from my heart. Then, they began gently clearing other areas in my energy field. As they finished, I became

aware of a surge of cool earth energy coming up from the ground, washing up through me, then out into the air. As I looked up, I saw twinkling, sparkling energy above me, coming down toward me, entering my energy field, then dancingly moving through my aura to descend into the earth. I felt like I had been washed with a cool, damp cloth, healed and energized. It was a powerful experience! Many other visions appeared during the session.

After the treatment, I skipped like a little girl along the path with Rog er. My feet seemed to barely touch the ground. I felt so light, so joyful and so filled with love.

Rog er had used a combination of Usui and Karuna Reiki on me. My awesome experience impressed on me how well the two systems worked together. It also confirmed reports that Karuna energy attracted the assistance of spiritual beings.

I was finding that there were many uses for Karuna. Early in the class, William had guided us in meditation to connect with our shadow selves. The shadow self, our darker side, resides in the unconscious mind, a part we have created by denying or suppressing feelings that we have labeled “unacceptable”. These unwanted qualities are often projected onto others and we dislike them for it. Guided meditation, as well as activating a specific Karuna symbol, can be used to work with and heal the shadow self.

During the last few days at Camp Ronora, I continued to witness the power of Karuna. Joining with small groups that formed throughout the day and

evening in different locations—under a tree, near the pond or on the screened in back porch at Grandma’s Place—we worked on each other. And, as we chanted and toned the sacred symbols, we created awesome shifts in the vibrational frequency of the healing energy—and amazing things happened!

With the arrival of the new weekend retreatants, there was a distinct downshift in the energy. The Labor Day retreat seemed almost anti-climactic.

Outside of the vortex of healing energy that was created at Camp Ronora, I wondered if Karuna would still work in such a direct and powerful way. My first client was my friend Bev. Near the end of her session, her body began vibrating strongly. When the treatment ended, she stood up and moved around like she was seeing how a new dress fit. She said, “I feel like I’m now connected to my body, a feeling I didn’t have before.” The Karuna energy had realigned her energy bodies with her physical body.

In answer to the question that many have asked, “Why do we need another energy system like Karuna Reiki, when we have Usui Reiki that is so wonderful?” In her book, *A Book on Karuna Reiki: Advanced Healing Energy for Our Evolving World*, Laurelle addresses this question, saying: “It is my feeling that we will continue to need higher frequencies of energy as our species evolves. We live in a limitless Universe, and the healing power of God’s love knows no boundaries. As long as there is an appearance of suffering among people and our earth is abused, we must be open to all the healing gifts available to us.” ❀

More "Life Truths" of James B. Carey

[EDITOR'S NOTE: The late James "Jim" Carey (1940-2003) spent much of the last years of his life in contemplative prayer, reading spiritual material, and sending Reiki. He left behind some writings which he described as his "life truths," his "stepping stones to wholeness." Having been Jim's friend for over a decade, I know that he would wish to share his wisdom with us. This is the third of a three-part edition of his writings.]

Stepping Stones...

☆ I read with interest what has been written about creation and evolution. As I learn more my thinking too evolves. I give thanks and praise to God for what God has created. When I first heard the story of the creation, I thought of it all happening at one time. I now believe that creation and evolution are part of the same process in which God is the Creator. Through evolution the Creator is constantly creating new and wonderful forms of life throughout the Universe. This is as it always was, is now, and will be forever.

☆ God continually creates new and different forms of life. As a spirit, I share in these changing forms of life. Evolution happens as natural changes occur in constant rhythm as the Creator chooses.

☆ Divine Order: I must remember, I am always at the right time and at the right place where I am supposed to be. I can hear God say to me, 'Have courage and do not fear,



James B. Carey

for I am with you always. You have chosen this path for your life's journey. Learn the lessons it teaches. It leads you to holiness and oneness with me.'

☆ God gives me all I need at each moment of my life for accomplishing my purpose in this life. Knowing that everything happens in the right order, gives me peace and the assurance that all is well. When I am concerned about my physical health and safety, I know that I am to remain where I am until it is clear that I need to move. At that time I will know what I am to do.

☆ I detach from all my desires and expectations. This gives me freedom from personal motivation.

☆ I hold myself free from judging the words or actions of others. I can influence others but never change them.

☆ Whenever possible I will seek to settle differences by peaceful methods by seeking common ground between adversaries.

☆ Universal Call to Holiness: This is my primary mission as a spiritual being. It includes treating all humans as equals, being compassionate and caring about them. This is especially true for minorities, the poor, the homeless, those lacking an education, and persons with disabilities. Also, I am to treat animals, plants and the land reverently. This means

recycling, composting, and using organic farming methods whenever possible. Beyond this I seek oneness with the Universe. In this way I will feel as one with all creation in God.

☆ Universal Call to Justice: This is each person's primary responsibility next to love of God: true equal treatment of all people so that no person is treated differently.

☆ Knowledge is acquired from sources outside myself. Wisdom is acquired knowledge and reasoned thought. Truth is what for each person are the core values. They are a distillation of one's knowledge, experiences and wisdom.

☆ Prayer will not change things. It will only help me accept what is. Prayer is thanking God for his [her] goodness. I keep God in mind at all times.

☆ As Spirit, I have always lived in the eternal present. I have taken this human form and nature for a purpose. Why, I do not know, someday I will. I always live in the present. I have all I need at each moment that I live. ✨

ReikiSpirit

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in central Illinois by
supporting this publication.

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Reiki Community BULLETIN BOARD

● The **Spring Reiki Renewal Day** is planned for **June 2**, at Jubilee Farm north of Springfield. Registration information has been mailed. If you did not receive a flyer, please contact Grace at 546-0269. If you plan on attending, register now. Space is limited to the first 35 people registering.

● A **Reiki Circle** is being offered on the **third Wednesday** of each month at **7 p.m.** at Peggy Patty's home south of Athens. For directions, contact her at 636-8875 or at earthbeat3@aol.com.

● A **Healing Circle** is being offered on the south-west side of Champaign at Jan Shephardson's on the **second Wednesday** of the month from **7-9 p.m.** The circle is open to professional healers from a variety of healing backgrounds. For more information, call Jan at 359-0624 or Nancy Melin at 356-1107.

● A **Drum Circle** open to ALL is being offered at Unity Church, Springfield, on the **third Sunday** of each month, from **2-4 p.m.**

● A **Reiki Circle** is being offered by Jean Ferratier on the **first Monday** of the month at **7 p.m.** at her home, 1712 Devonwood, Springfield. Please RSVP if possible. For directions, contact Jean at 793-2798 or at KDG8@aol.com.

● A **Reiki Circle** is being offered at Omniana/Bodytudes, 989 Clocktower Drive, Springfield, on the **second Thursday** of the month from **7-9 p.m.**

● Carolyn Gray and Karen Ridinger are offering a **Reiki Circle** on the **first Thursday** of each month at **7 p.m.** at Main Street Yoga & Healing Arts, 418 N. Main St., Bloomington. Contact Carolyn at 309-451-4472 or Karen at 309-888-6285, if you plan to attend.

Cheryl Moscardelli, CHT, RMT
Reiki Master Teacher
B.E.S.T. Practitioner since 2000
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217-652-4494

Reiki Training

with Gloria Ferguson, RMT

REIKI II

June 16-17, 2007

Class includes:

- Reiki II Attunement
- Reiki II symbols and how to use them
- Using Reiki for specific conditions
- Healing unwanted habits
- Distant healing, scanning, and beaming

Certificate is included

Class time - 8 hours

Cost - \$150

Preregistration required:

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Reiki Training

with Gloria Ferguson, RMT

Karuna Reiki®
Practitioner II

June 30-July 1, 2007

Class includes:

- Practitioner II Attunement
- Four Level Two symbols and description of uses
- Chanting and toning with Karuna Reiki
- Instruction and practice in giving and receiving Karuna Reiki
- Practitioner II manual

Certificate is included

Class time - 7 hours

Cost - \$200

Preregistration required:

217-544-4134



ReikiSpirit

1234 North Third St.
Springfield, IL 62702



Reiki for Distant Healing

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

Grace Blankenberger - 217-546-0269

Theresa Durbin - 217-525-0157

Gloria Ferguson - 217-544-4134

Priscilla Hawk - 217-523-8992

Brenda Peterson - 217-874-2027