



# Reiki Spirit

Connecting, Informing and Inspiring Reiki Practitioners in Central Illinois

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## Mark your calendars!

**Reiki Renewal Day  
Sept. 30**

North of Springfield  
(see page 8)

**Winter Retreat  
Jan. 6-7, 2007**

Villa Maria  
on Lake Springfield



*"The seed of God is in us. Now the seed of a pear tree  
grows into a pear tree; and a hazel seed grows into a  
hazel tree. A seed of God grows into God.*

*—Meister Eckhart, 14th Century German mystic*

## From the Publisher . . .



**Gloria Ferguson**

WELCOME...  
to the Spring  
2006 issue of  
*ReikiSpirit*.  
It is a joy to  
know that  
more and  
more people  
are receiving

Reiki during life's transitions  
of birth and death. From my  
experiences, I know that Reiki  
can comfort us during difficult  
times, that it can help us accept  
those things we can't change,  
and can bring us to inner peace.  
Thank you, hospice volunteers!

Also, as I await the birth of  
my first grandchild, it's a joy to  
know that my daughter is giving  
herself—and her baby—Reiki!  
Maybe, a painless childbirth?!!

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

### **ReikiSpirit**

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serving Reiki practitioners  
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# Hospice Care of Illinois' Reiki Volunteer Program

by **Mindy McCaffrey, Volunteer Program Coordinator**

**H**ospice Care of Illinois (HCI), a program of the Visiting Nurse Association of Central Illinois, a Memorial Affiliate, has begun a Reiki volunteer program to be able to offer the alternative therapy to hospice patients, their family members, and caregivers. The volunteer program was started in the Spring of 2005 as the result of a generous grant received from the family of a hospice patient. At that time, hospice knew about Reiki only from the insights shared by the one registered nurse and the one volunteer who came to the field having already achieved Reiki practitioner certification. The family requested that the grant monies be used for the purpose of educating more staff and volunteers to use Reiki and to further the practice of Reiki as a part of hospice services.

With the goal of training as many interested current staff members and volunteers as



**Reiki Master Gay Stinnett gives Reiki to Mindy McCaffrey.**

possible, hospice organized three Reiki attunement workshops. Local Reiki Master Sr. Ann Mathieu, OSF, taught the first two workshops, and Reiki Master Gay Stinnett, who resides in Connecticut, taught the third one. During those weekends in July, February and March, three staff and eleven volunteers were attuned to Reiki.

Patients and family from throughout the entire hospice service area have benefited from receiving Reiki treatments. Those experiencing the therapy for the first time have commented on a sense of relaxation and

**ON THE COVER:** A colored pencil and ink illustration, "Birth of Enlightenment" by local artist Rebecca (Becky) Matejka McVay. "Rebirth in Reiki is to return to our spiritual connection with all of creation, the Universe and the very Life Force from whence we all came."





***Staff and volunteers in the hospice Reiki program.***

peace. Continued Reiki treatments seem to bring a sense of calm to the patient and their family, and may also have a positive effect on decreasing the incidences of pain, shortness of breath, and anxiety. It all

speaks to the overall hospice goal of providing quality holistic care and allowing a terminally ill individual to make life's final journey in comfort and dignity.

It has been exciting to watch the Reiki program grow within

**H**ospice Care of Illinois (HCI) is a program of the Visiting Nurse Association of Central Illinois—a Memorial Affiliate. Hospice is a program that offers comfort care, rather than curative medical treatment, to terminally ill individuals who wish to live their remaining days in the familiar atmosphere of a home environment. The focus of the care is pain and symptom management, including emotional and spiritual support. Care is given to the patient and family by an experienced interdisciplinary team: the hospice medical director, the patient's primary physician, registered nurses, medical social workers, certified nursing assistants, a chaplain, bereavement coordinator, volunteer coordinator, trained volunteers, physical therapists, and dieticians.

Hospice Care of Illinois covers a 10-county service area including Springfield, Jacksonville, Lincoln and surrounding areas.

A strong volunteer program has always been important to the success of HCI being able to offer varied services to patients and families. Currently, 50 trained hospice volunteers donate their time and talents by providing companionship, respite breaks for caregivers, transportation, socialization and assistance with favorite activities, and bereavement support.

Hospice volunteers excel at being the extra helpful hands and listening ears that a family and patient may need during a difficult time. ❀

hospice. Grant monies have also been used to purchase books for study and training, a massage table for use at the hospice office, and informational brochures that are now included in the admission folders for patients and families to familiarize themselves with the practice of Reiki before deciding if they would like to request a treatment.

Requests for Reiki volunteers to visit patients in the field have been steadily increasing and more attunement weekends are being planned to allow more staff and volunteers the opportunity to participate. Future goals include expanding the service to be offered in conjunction with bereavement support group meetings and to schedule regular "Reiki time" for office staff members.

Hospice can always utilize the talents of more Reiki practitioners who are interested in volunteering for the program! If you would like more information about becoming a hospice volunteer, please contact Mindy McCaffrey, Volunteer Coordinator, at 788-4113 or 1-800-342-4862. ❀



## **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 - 217-525-9157**  
**Gloria Ferguson - 217-544-4134**  
**Priscilla Hawk - 217-523-8992**  
**Brenda Peterson - 217-874-2027**

# Retreat Attendees Honor the Earth: Giving Reiki, Sowing Prayer Seeds

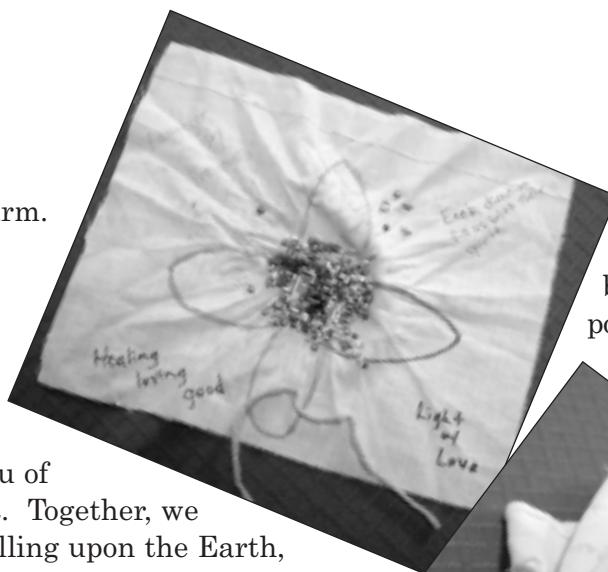
by Mary Kay Hinkle

**I**t was a beautiful day! How lucky we were to have our Reiki retreat at Jubilee Farm on Earth Day (April 22). It was the kind of day Earth Day was meant to be, when you want nothing more than to be outside enjoying the warm sunshine, cool spring breeze, and bright blue skies.

Besides sharing the blessing of Reiki community, our day was designed to bless Mother Earth. Upon arrival at the retreat, attendees tied bird seed up in little muslin pouches, on which all wrote messages of love and gratitude to the Earth. One woman wrote "Blessed by Love, Joy, Health, Wealth, Laughter, Renewal, Relationship," along with a personal intention, in sky-blue letters. Another thanked the waters of the Earth for flowing. The pouches were carried in a large basket to an outdoor ceremonial site, for the first formal activity of the day. With a drum or a rattle, we gathered near the labyrinth, a sacred geometric path for walking meditation, which is mown into the prairie grasses on

Jubilee Farm. The Earth blessing ceremony was led by Peggy Patty and Phyllis Lau of EarthBeat. Together, we prayed, calling upon the Earth, the mountains, the waters, the land, the forest, the creatures, our ancestors, and "all that we hold most sacred, the presence and power of the Holy Spirit of love and truth which flows

your heart-beat." We blessed our pouches of bird seed with Reiki and



*We gathered to honor Mother Earth in prayer and song, and to infuse with Reiki our offerings of bird seed.*

through all the universe...to be with us to teach us and show us the way." Many drummed and chanted "Mother I feel you under my feet / Mother I hear

prayers of thanks; then each chose one to carry with them into the labyrinth or elsewhere, to offer back to the Earth. Many scattered their seeds at the center of the labyrinth. The Earth ceremony/labyrinth walk was one of the highlights of the retreat.

The elemental sound of drums punctuated the day. Some of us used them during our meditation walk. Others, like Bev Smith, preferred walking quietly, find-



*We connected with nature, drumming/walking the sacred path. (Right) Sitting, enjoying the warmth of the sun's rays, making contact with self...Earth.*

ing the drum a distraction: “I found my energy was in the drum, instead of in the walk. I didn’t get the spirit of my usual labyrinth walk. I like drumming for itself.” Jen Spearie, on the other hand, found that the drum spurred her to walk on.

Connie Weller walked the labyrinth with her new buffalo drum. “I liked the drumming at

the winter retreat and enjoyed a ‘drum wash’ during a Reiki session.” Connie says the bass sound opens the root chakra, especially for women. In the Central Illinois community, drumming and Reiki have overlapped and enhanced each other, each raising the vibration of the other.

After the “green bag” lunch, everyone congregated in the meeting room for group Reiki. As is customary in the Central Illinois Reiki community, people formed spontaneous groups



around each table and gave and received Reiki in turn. Ann Termine had her Reiki with a twist—a little massage. Participants had varying levels, degrees, and experience with Reiki, but all had a chance to feel the powerful energy that group Reiki provides, as well as all that activated energy swirling around the room.

Charles Hershey, who heads the Springfield Vegetarian Association and was at last

year’s retreat to take photographs, this year attended as a Reiki practitioner. He took a group photo in front of La Casa late in the afternoon, good-naturedly enduring teasing and mock complaints about the sun making people squint. With the camera on a tripod, he set the timer and raced to the group to be in

*(Continued on page 6)*



*Laughing, wind-blown and a little sunburned, retreat attendees beam Reiki.*



## Spring Reiki Retreat

(Continued from page 5)

the picture. The photo will be a great memento of the day. It, along with the photos that have been taken at the other three retreats in Springfield in the past two years, provides a visual history of the Central Illinois Reiki community coming together in grateful fellowship.

After a delicious vegetarian supper catered by Holy Land Diner, the closing circle was held. With a final chant of "Shalom," the Hebrew word for peace, and many hugs, this year's attendees parted reluctantly. Though there is the promise of a winter retreat weekend to be held at Villa Maria next year, many members of the group expressed a wish to congregate before then, at harvest time to bless the Earth once more. ❀

*Mary Kay Hinkle is a retired Special Education teacher. She is a Reiki II practitioner who enjoys gardening.*

*NOTE: The groups' wish has been granted; EarthBeat has graciously offered to sponsor a fall Reiki Renewal Day on Saturday, Sept. 30 at their home south of Athens.*

## ReikiSpirit

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*A Reiki/healing drumming session at Cheryl "Rising Eagle" Moscardelli's ninth annual Spring Equinox Celebration held on March 18 at the Moscardelli farm south of Athens.*

# Reiki and Jin Shin Jyutsu: Wisdom from the Mountains of Japan

by Vicki Perkins

Because Reiki flows so easily and requires no special conditions or equipment for its practice, it blends in well with other kinds of body and energy work. Other modalities that make use of touch are often enhanced by Reiki energy; Reiki, in turn, can be enhanced by the practices of other modalities.

Many Reiki practitioners in our Central Illinois area use techniques and methods from varied kinds of body and energy work. Massage, soft tissue manipulation, healing touch, herbalism, and even allopathic medicine are just some of the other practices of local Reiki practitioners.

I have been working with a modality called Jin Shin Jyutsu (pronounced “jin-shin-jitsu”). Reiki and Jin Shin Jyutsu complement each other very well. The histories of the two modalities are in some ways alike; perhaps such profound discoveries always play out in archetypal stories. Like Mikao Usui did with Reiki, Jiro Murai brought Jin Shin Jyutsu down from a mountain in Japan, where he was gifted with it. Usui was well-educated and familiar with both religion and philosophy. Murai was a philosopher. Both modalities were brought back to the United States by Japanese-American women, Mrs. Takata in the case of Reiki and Mary Burmeister in the case of Jin Shin Jyutsu.

Jin Shin Jyutsu is based on touching along energy meridians to balance the body’s energy flow. Murai mapped places along the meridians where the energy flow is close to the surface of the body. Through touch on each of these places, both deep and superficial body structures and organs can be brought into balance.

The basic daily practice of Jin Shin Jyutsu involves holding each finger of the hand, followed by holding the palm of the hand, until some shift in energy is experienced. There is also a circular breathing method, and 26 points on the body, called safety energy locks, which can be touched individually for addressing particular issues, or touched in sequence for general balancing. Jin Shin Jyutsu can

be as simple or as complex as one wishes.

Mary Burmeister calls the process of placing fingers on the safety energy locks “jumper cabling.” This idea of the practitioner being a conduit for conveying the energy appears in both Reiki and Jin Shin Jyutsu. There is no attunement process in Jin Shin Jyutsu, however; methods of working with and locating touch points can be learned by study alone. Touching of points on the body to balance its energy is done with the fingertips and does not require awareness of energy flow in order to work. Jin Shin Jyutsu is subtly effective by itself. It is convenient for self-administering and for practicing on other people because it can be done anytime, through clothes, and without much concentration. However, the practice of Jin Shin Jyutsu is greatly intensified when Reiki is allowed to flow at the same time. Reiki, in turn, is enhanced by placement of the hands on the Jin Shin Jyutsu touch points. Using Jin Shin Jyutsu before practicing Reiki opens the channels through which energy flows.

To find out more about Jin Shin Jyutsu, visit <http://jsjinc.net/> or read the book *The Touch of Healing* by Alice Burmeister. ❁

*Vicki Perkins is working toward an M.A. in environmental studies at UIS. An organic gardener, dog trainer, and mother, Ms. Perkins uses Reiki in all areas of her life.*



# Reiki Community BULLETIN BOARD

● A **Reiki Circle** is being offered on the **third Wednesday** of each month at 7 p.m. The circle will be held at Peggy Patty's home south of Athens. For directions, contact her at 636-8875 or at [earthbeat3@aol.com](mailto:earthbeat3@aol.com).

● *Mark your calendars!* A **Reiki Renewal Day** is scheduled for Saturday, **Sept. 30**. The event is being sponsored by Peggy Patty and Phyllis Lau, and will be held at their country home south of Athens. Look for more details in the summer issue of *ReikiSpirit*.

● A **Reiki Circle** is being offered by Jean Ferratier on the **first Thursday** of June and July at 7 p.m. In August, it will return to Mondays. The circle is held at her home at 1712 Devonwood, Springfield. Please RSVP if possible. For directions, contact Jean at 793-2798 or at [KDG8@aol.com](mailto:KDG8@aol.com).

● A **Healing Circle** is being offered on the south-west side of Champaign at Jan Shephardson's on the **second Wednesday** of each 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.

● *Mark your calendars!* The third annual **Winter Reiki Retreat** is scheduled for the weekend of **January 6-7, 2007**, at Villa Maria on Lake Springfield. Look for more details in the summer issue of *ReikiSpirit*.

● A **Reiki Circle** is being offered at JDR Therapeutic Wellness, 335 W. Carpenter, Springfield, on **Tuesday** evenings at 6 p.m.

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



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## Reiki Training

with Gloria Ferguson, RMT

### REIKI II CLASS June 24-25, 2006

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- Using Reiki for specific conditions
- Healing unwanted habits
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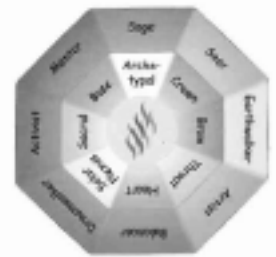
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