

Dear Friend of The Reiki Center:

OSU VET COLLEGE TO PRESENT ANIMAL REIKI CLASS: The Reiki Center is proud to announce that it will present a 3-day Animal Reiki course to veterinarians in early June through Ohio State College of Veterinary Medicine continuing education program. This is reportedly the first time in the nation that a course in holistic medicine will be presented at a college of veterinary medicine!

REIKI ALLEVIATES STRESS FOR TEENS Reiki works particularly well with ADD and ADHD because Reiki helps calm and balance.

<http://www.care2.com/greenliving/reiki-and-teen-angst.html>



CONGRATULATIONS TO INTERN GRADUATES The Center's Spring 2010 Intern Graduates are all advanced practitioners who sought to enhance their professional skills. Graduates are Kara Lough, Jeannie Acri, Laura Emler, Samantha Matthews, and Ann Shaw. The six week course was led by Susan Baas. The next internship program is planned for September.

WHAT IS RESTORATIVE MASSAGE? *By Anthony DeLaCruz, LMT*

It was a beautiful Saturday and you spent the day outside weeding and sprucing up the flower beds, trimming the bushes, mowing the lawn, washing the car and...ouch! You've strained your back again. So you run to the trusty medicine cabinet and take some over the counter pain reliever but this time it just doesn't seem to be doing the trick. Then you decide to kick it up a notch and take some of those muscle relaxers that the doctor prescribed to you the last time you strained your back. Mmmm. They just make you feel groggy and the pain returns unaffected by the pills.

You tried chiropractic at the suggestion of a friend but just like the pills the treatments only rendered temporary relief. You tried physical therapy at the suggestion of your doctor but the exercises seemed to strain your condition increasing your pain as opposed to relieving it. What is a person to do?

Sound the horns! Relief is on its way in the form of Restorative Massage Therapy. Restorative Massage uses a variety of manual therapeutic styles to reeducate specific muscle groups and restore the muscle to its original condition leaving the muscle pain free. Through postural analysis I identify the core problem of an issue and endeavor to correct the root cause of the pain not just the symptomatic area where the pain is felt. In this way we may actually render the problem completely resolved.

Restorative Massage works well in conjunction with other manual therapies such as chiropractic treatments and Physical Therapy. Receiving a restorative massage before

or after a chiropractic adjustment will increase the integrity of the work. I spent 10 years working along with PT's and OT's in rehabilitation centers developing a protocol that worked quite successfully. First the injured party would receive Restorative Massage to normalize the tissues. Once normalized, the muscle tissues would then be strengthened by Physical Therapy ultimately preventing additional injuries.

Restorative Massage at The Reiki Center is covered by the Bureau of Workers Compensation with the a valid injury claim. These procedures are done with clothes on and do not resemble relaxation massage in any way. I have performed these procedures on literally thousands of clients, as I have been practicing since 1996, and have had many successes where people had not found relief or resolution with any other procedure or medicine.



WHAT IS TUPACO?!?

Tupaco is a practice and a way of thinking, based in movement and visualization which integrates many techniques including: core work, stretching, yoga, breath work, dance, movement fundamentals, visualization and meditation. Tupaco is for all body types & ability levels. In Tupaco you will learn to value and

improve your body, clarify your mind, balance, relax and invigorate your whole self.

Jessica Tupa received her B.F.A. cum laude, in Dance (OSU, 2001) after working as a principle dancer and assistant to the choreographer with Dance Theatre Northwest for several years. She is in her sixth teaching season at Dublin Dance Center and Gymnastics and her third year as an adjunct faculty at Capital University. Tupaco will be offered at The Reiki Center as an eight week series on Tuesday evenings from 6:00pm to 7:00pm. The series will take place from **June 29th to August 17th**. Price is \$96 per person with a minimum of five people required. That is only \$12 per class!!!!

www.tupaco.com

REIKI USED FOR DRUG AND ALCOHOL ADDICTIONS

“.... Overall findings suggest that the improvements in health outcomes for residents receiving Reiki have been remarkable, particularly during those difficult first weeks of drug withdrawal.” <http://energy-healing.suite101.com/article.cfm/reiki-treatment-in-drug-and-alcohol-rehabilitation-program#ixzz0oCg2kASa>

A LIFE FREE OF EXPECTATION When we live our existence to obtain the endorsement of our loved ones and pals, we unwittingly surrender our own joy. Reiki demonstrates to us that living a truly prosperous existence can simply be achieved by first looking inside of ourselves. It is through comprehending our individual desires that we may discover pleasure and long-term fulfillment. [<http://www.ahdaq.com/living-a-successful-life-through-reiki/>]

KITCHEN COSMETICS: Tuesday, June 1 at 6:30 pm. In this hands-on class, we will prepare a ready anytime white clay gently exfoliating mask – for normal to dry skin / green clay – for oily skin, skin nourishing coco butter/shear butter salves, good for your lips calendula lip balm. Supply fee for take home samples is \$10. Class fee is \$25. Please register at 804-0614.

WOMEN, HORMONES AND NATURAL ALTERNATIVES: Tuesday, July 6 at 6:30 pm. Herbs can enhance and support such stages of life from puberty to childbearing to menopause and beyond. Introductory class will touch on PMS, hormone regulation, challenging menstrual cycles, fertility & menopausal symptoms. Fee \$ 25. Please register at 804-0614.



MEDITATIONS WITH KUAN YIN AND SHIVA: Tuesday, June 8 at 6:30 pm. Connect with two of the most powerful Asian deities: Kuan yin, Bodhisattva of compassion, and Shiva, the Great Hindu god who is the keeper of the third-eye intuition. Presented by Beth Ann Kennedy. Please register. Cost: \$40

MEET YOUR ANGELS AND SPIRIT GUIDES Brenda Frazier and Tammi Rager will help to bridge the gap through guided meditations, group shared stories, handouts and writing exercises. Learn how to invite them into your life for greater spiritual clarity and increased inner peace. Dates: **Saturday, July 24** or **Sunday, July 25** from 1:00 to 4:30 pm. Please register. Cost: \$95.00



INTRODUCTION TO REIKI (Reiki I) Imagine peace of mind and release from pain just by employing an easy to use technique. Cost for the Reiki I class is \$200, with a \$50 deposit received prior to the class. A course manual, binder, handouts, vegetarian luncheons and snacks, and ample supervised practice periods are all included. Upcoming Reiki I Classes: **June 7th & 8th, June 12th & 13th, July 31st & August 1st, August 28th & 29th, September 11th & 12th.** All classes will include optional Animal Reiki and will be priced at \$275 if both certifications are requested. Pictured are new Reiki I and Animal Reiki practitioners (top photo, standing) Andrea Cook and Tracy Hahn and Erin Fowler and Christina Providence; and Terri Vrbancic, Lydia Stone and Jessica Tupa.



ADVANCED REIKI TRAINING (Reiki II) Learn how and when to use the Reiki symbols for maximum benefit, how to provide an effective distant healing treatment and how to set up a professional practice, if you so desire. Cost

for the Reiki II class is \$250, with a \$50 deposit received prior to the class. Fee includes course manual, handouts, vegetarian luncheons and snacks for both days, and ample practice time. Upcoming Reiki II Classes: June 19-20, August 14th & 15th. Pictured are new Advanced Practitioners: (top) Sherri Stonebrook, Dottie Clark, Marsha Summitt and Carol Creiglow, Paula Duff and Dyanne Gregg.



ANIMAL REIKI CLASSES Enhance your Reiki skills to help your pets or animals in your professional care. Learn merging techniques, animal behavior and body language, establishing trust, the animal chakra system and the treatment process by species. If you are already an energy practitioner, you may enroll for the class on **Sunday, June 13, August 1, August 29 OR September 12 from 1pm to 5pm** for \$125. If you are not yet an energy practitioner select the full Reiki I/Animal Reiki combo classes on **June 12-13, July 31-August 1, August 28-29, and September 11-12** for a fee of \$275. A \$50 deposit will hold your reservation. Note: a special class will be held in Canton at the offices of Dr. Pamela Fisher on June 26-27. For information on all Animal Reiki Classes, please go to http://www.thereikicenter.net/animal_reiki.html

ADVANCED ANIMAL REIKI CLASSES Taught by Animal Reiki Specialist Jennifer Ortman. Advanced Animal Reiki builds on those skills learned in Animal Reiki I, focusing on hand placement and life stage applications. Includes in depth, multi-species, small animal hands-on practicum. Emphasis is placed on establishing and working with a strong human-animal intuitive connection, and advanced energy scanning techniques. Comfortable fitness clothing is encouraged. Prerequisite: Animal Reiki I. Cost is \$175. Classes are scheduled for **Saturday, June 12th, July 31st, August 28th or September 11th from Noon-5 pm.**

ANIMAL REIKI INTERNSHIP ANNOUNCED: Applications are being accepted for a six-week intensive study period in Animal Reiki for six Wednesdays beginning on June 16 from 6:00-7:30 pm. Class size limited. Pre-Requisite: Advanced Animal Reiki at The Reiki Center. Enrollment is by approval only. Each student must sign a waiver of liability prior to the first class. Five classes will be on-site throughout Central Ohio and transportation will be required. Students are expected to be punctual and dress appropriately **Week 1:** Small Animal (Columbus) - June 16; **Week 2:** Cattle - June 23; **Week 3:** Shelter Work - June 30; **Week 4:** Llamas - July 7; **Week 5:** Horses - July 14; **Week 6:** Veterinary Hospital - July 21. For information, call the Center at 486-8323

REIKI SHARES are held on the last Sunday of each month from 6-8 pm. Shares welcome all lineages & practitioners for an opportunity to share in fellowship and some greatly needed TLC. The next share will be held on **Sunday, May 30 at 6:00 pm.**

Some servers do not allow the pictures to come through clearly. We apologize for any inconvenience. If you would like to stop receiving these emails please respond to this email with "Discontinue" in the subject line. Thank you!



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