

*Usui Shiki Ryoho*  
The Traditional  
Usui System of  
**Reiki**

靈  
氣

*with*  
**Reiki Master**  
*Elizabeth Ohmer Pellegrin*

*Reiki* is an ancient and revered practice that promotes and accelerates healing and balance of the body, mind and spirit.

*Reiki* is a Japanese word, pronounced ray-key, which means energy of the soul, spirit or universe.

# 1<sup>st</sup> Degree Reiki Class

Philadelphia

Saturday and Sunday

## November 17 & 18, 2012

1-7 pm Saturday, 10 am - 4:30 pm Sunday

Tuition: \$250

A **Second Degree Reiki Class**, *Oku Den (the deeper knowledge)*, will also be available for Reiki students with at least 6 months experience. Please contact Elizabeth for complete class schedule and required pre-registration.

Private classes and 4 day format classes (day/evening) available upon request

*The Reiki Center of New Orleans was established by Elizabeth Ohmer Pellegrin in 1990 to provide treatments and training in Reiki. Elizabeth is a Reiki Master in the traditional practice of The Usui System of Reiki – Usui Shiki Ryoho, initiated by Phil Morgan, in the direct lineage of Mikao Usui, Chujiro Hayashi, Hawayo Takata and Phyllis Lei Furumoto.*

**To register or for more info:**  
**Contact Lee Fogel at 610 639-3036 or [leefogel@visioningbody.com](mailto:leefogel@visioningbody.com)**

The Reiki Center of New Orleans  
[www.NoLaReiki.com](http://www.NoLaReiki.com) \_ [NoLaReiki@gmail.com](mailto:NoLaReiki@gmail.com)  
(504) 376-8518 \_ (504) 388-2356

## The Usui System of Reiki Healing

### What Is Reiki?

"Reiki" (ray - key) is a Japanese word meaning "universal life energy," the energy found in all things.

The Usui System of Reiki Healing, or Usui Shiki Ryoho, applies this energy through gentle touch for the purpose of healing. Among the many thousands of Reiki students all over the world, most will agree that "universal life energy" is only a minimal description of Reiki's extraordinary force. In her early diary, Hawayo Takata, the woman who brought the Usui System of Reiki out of Japan, stated, "This power (Reiki) is unfathomable, immeasurable, and being a universal life force, it is incomprehensible to man. Yet, every single living being is receiving its blessings daily, awake and asleep."

### What Is Reiki Supposed To Do?

The Usui System of Reiki can be a personal tool for healing and growth, a way to give energy to family and friends, or a gentle complementary therapy in holistic medicine.

A Reiki treatment supports the whole person — physically, emotionally, mentally and spiritually. It is simple to learn and can be applied in a clinical setting, given as self-treatments, or used as a "home remedy" to enhance health and emotional well-being.

When a Reiki practitioner places his/her hands on an area of their own or a client's clothed body, Reiki flows through the practitioner into the client. This transfer may be felt as any type of sensation—heat, cold, vibration, tingling, unusual heaviness, or sometimes as no sensation at all. A full Reiki treatment takes about 60 to 90 minutes.

Reiki has specifically been documented to relax muscles, still the mind, and ease pain. Hands-on treatment has been scientifically proven to accelerate healing. Many health professionals are effectively incorporating the use of Reiki into their individual practices.

Those who learn Reiki find that it can be successfully administered very simply in all kinds of settings: home, clinic, hospital, or any place where people experience stressed muscles, accidents, exhaustion, or personal trauma. Many programs have been created for Post Traumatic Stress, AIDS patients, victims of war, and hospice care settings, to name a few.

On the physical level, Reiki can bring relaxation to stressed muscles, decrease pain, accelerate the healing time of bones and wounds, diminish the tissue involvement of burns and bruises, and much more.

On a mental and emotional level, anxiety is reduced, a sense of well-being is increased and another level of relaxation can be felt. At this degree of deep relaxation, a rebalancing of energies can occur and the natural healing ability of the body is enhanced.

On a spiritual level, people have stated they feel revitalized and newly awakened after a full-body session.

### Where Does the Usui System of Reiki Healing Come From?

The Usui System of Reiki is named after its founder, Dr. Mikao Usui. Relying on an oral history, we know that Dr. Usui was an educator in Kyoto in the late 1800's. He began an investigation into the healing phenomena of history's greatest spiritual teachers. Through travel, study, research, and meditation, he developed the healing practice of Reiki and spent the rest of his life applying and teaching this method.

Usui's work continued in pre-war Tokyo at a clinic run by Chujiro Hayashi. A patient, Mrs. Hawayo Takata of Hawaii, recovered from her serious ailments at Hayashi's Reiki clinic, and became his first known western student. She practiced and taught throughout the US and Canada from 1937 to her death in 1980. Her granddaughter, Phyllis Furumoto now carries on her work. Today millions of people practice Reiki throughout the world.

The Usui System of Reiki Healing has spread through an oral tradition of teaching, sharing information, and exchanging treatments. Reiki is not something that can be learned by reading a book—it is something to experience by receiving a treatment, taking a class, and talking with Reiki practitioners, students, and masters.

### How Can I Learn More?

#### Reiki Treatments

Reiki treatments are given to the person fully clothed and generally lying on a massage table.

The Reiki practitioner gently places his/her hands on the head, the abdomen, the back, and any particular areas of pain or discomfort. Treatments last between 60-90 minutes.

#### Reiki Classes

The Usui System of Reiki or Usui Shiki Ryoho is taught by Reiki Masters who are trained in the traditions of Reiki as passed through the spiritual lineage, and whose personal and professional lives are committed to this healing art and the lifestyle it engenders.

**A First Degree class (Reiki I)** is usually taught in four, three-hour sessions. Each student is connected to the energy while also learning the history of Reiki, the basic hand positions for self-treatment and the treatment of others, and ways to use Reiki in their own lives.

**The Second Degree Class (Reiki II)** is offered to students who have taken First Degree (Reiki I), have had six months to one or more years of committed practice, and feel drawn to take this next step with Reiki.

**To schedule a Reiki session, to register for an upcoming Reiki class or for more information:**

**Contact Elizabeth Ohmer Pellegrin at 504-376-8518 or [NoLaReiki@gmail.com](mailto:NoLaReiki@gmail.com)**

**Lee Fogel at 610-639-3036 or [leefogel@visioningbody.com](mailto:leefogel@visioningbody.com)**

**[www.VisioningBody.com](http://www.VisioningBody.com)**

**[www.NoLaReiki.com](http://www.NoLaReiki.com)**