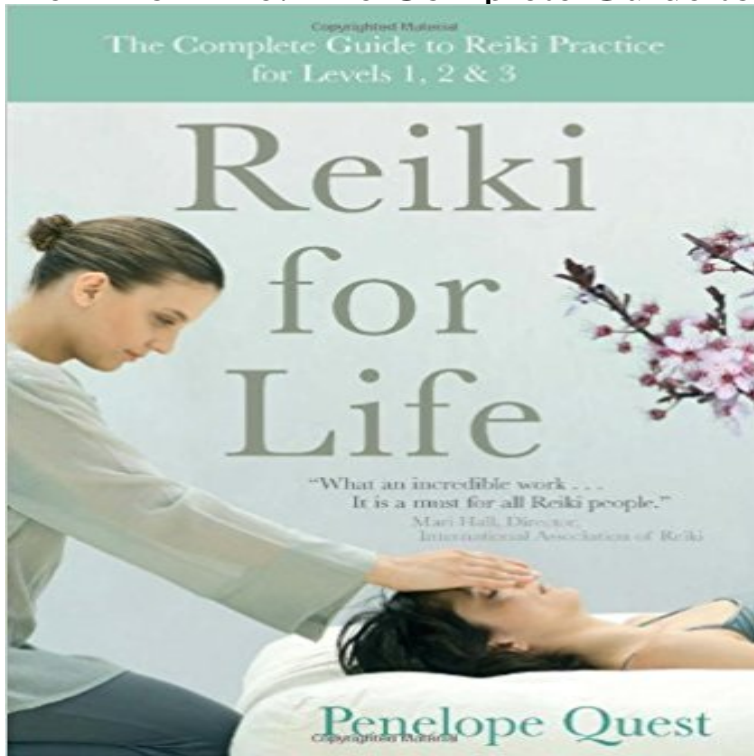


# Reiki for Life: The Complete Guide to Reiki Practice for Levels 1, 2 & 3



The must-have guide to self-healing and treating others with Reiki. An exciting and comprehensive handbook, *Reiki for Life* contains everything readers need to know about the healing art of Reiki. This practical guide covers all points: basic routines, details about the power and potential of each level, special techniques for enhancing Reiki practice, and helpful direction on the use of Reiki toward spiritual growth. Penelope Quest also compares the origins and development of Reiki in the West and the East, revealing methods specific to the original Japanese Reiki tradition. Suitable for beginners, experienced practitioners, and teachers alike, this book: \*explains what Reiki is and how it works; \*gives detailed instruction in First and Second Degree techniques; \*illustrates how to perform Reiki on yourself, as well as others; \*advises on how to become a Reiki Master/teacher; and \*includes special advanced methods for working with Reiki. Complete with illustrations and a useful section of resources, *Reiki for Life* is a must-have for the tens of thousands of Western seekers anxious to learn about this fast-growing healing practice.

Call My Journey...LifeSports, movies, family, kids, marriage, health, lifeWednesday, November 28, 2012Quick updateThe last time I posted a lot has changed. So for a quick update, my husband got a new job. As soon as we got an offer on our house we accepted we accepted it. We found a house to live in and put an offer on the table and after a little negotiation we can to an acceptable and agreeable offer. After a very painful moving process, which lasted 33 day after the original closing date we finally closed.I quit my part time teaching job. Now I get to stay at home with Roarie and substitute teach every now and then.Posted by Mrs. Stacie Christner at 8:13 AM Reactions: 75 comments: Friday, April 27, 2012Education CutsOne of the most important things in life is to have a good education. Teaching is the only occupation that shapes our country. We teachers touch every life from the farmer to the lawyer, to the CEO of some big company. Granted you may not use everything that learn in the classroom but the structure, respect, responsibility, social skills and time management are life skills that are used everyday.The frustrating thing about being a teacher is the lack of money put into education. I am not complaining about how much money I make because teachers do not go into teaching. What I am complaining about is teachers getting cut, class sizes are getting bigger, and yet we still get the same pay. The schools who have the money have the money get the technology and the good test scores. The better the test scores the more money you get. So if you a poor school you don't get the technology and yet you don't get any money for the low test scores. So the rich get richer and the poor get poor.Needless to say, I have gotten word from the school superintendent that my special education position is being cut. I am still going to have a teaching job being a part time American History teacher. Which I am glad that I am getting into the general education setting and that I get to be

a part time stay-at-home mom but at the same time I wish I had a full time, paying job. Posted by Mrs. Stacie Christner at 7:39 PM Reactions: 24 comments: Sunday, April 15, 2012 Manners Meal Every year, the Colfax-Mingo Middle School does what they call manners meal. Grades six through eight take a field trip to a designed location and practice using good dining manners. So on Friday, April 13, 2012, we went some where local, the Colfax Historical Building for our dining. Before we go to on our trip the staff reviews what it is to have good manners. There are so many manners to cover and sometime we just assume that it will happen but it doesn't. Here are a few manners that we covered: Appearance- The students were to Shower, which as middle school students it is a challenge for some, and use soap Fix hair up nice Wear dress clothes- dresses, dress pants, dress shirt Wear minimal make-up Wear minimal perfume or cologne Table Setting- Silverware start on the outside and work your way in and the fork at the top of plate is the desert fork The drink is off to your left Waiting for others- Wait for everyone to arrive to your table before seating yourself Wait for everyone to get their food before you begin eating Table Talk- Speak softly to the people at your table Do not interrupt Do not talk about bodily functions (farts, pooping, etc.) Say "Please", "Thank you.", "You're welcome.", "Pardon me" Some things we took for granted and expected the students to know were: Keep elbows off the table Keep elbows as close to your sides as possible when eating Keep hands to your self (which is hard to do for middle school students) Listen to speaker (which is hard to do in the classroom too) Pass dinner rolls and salad dressing all around the table Posted by Mrs. Stacie Christner at 4:57 PM Reactions: 18 comments: Labels: education, Teacher Advice Monday, April 9, 2012 Roarie Meets her Cousins Roarie is 7 weeks old and finally got to meet half of her cousins yesterday at Easter. 18 comments: Labels: personal Older Posts Home Subscribe to: Posts (Atom) About Me Mrs. Stacie Christner I am a second year Special Education teacher at Colfax-Mingo Middle school. I got married in July of 2010 to the love of my life. We have a morkie dog (maltese/yokie mix), Laila. I do a lot of online shopping and would like to tell you about great deals that I find. View my complete profile Labels: American History 1600's (3) Blog Review (20) Development in the Colonies (4) education (14) gifts (3) health (10) Lesson Plan (20) make money (3) movies (3) news (8) personal (323) pets (1) Product Review (3) Review Game (3) Revolutionary War (14) Roarie cuddling with mommy. (1) sports (31) Teacher Advice (2) Search Google Custom Search Great Websites to Shop Amazon Ebay BLOGS I FOLLOW Blog Giveaways Free Listings of Online Giveaways Followers Blogging Buddies 1 Million Love Messages A Mom's Balancing Act Apu's Blog Bill and Vicky's Blog Billion Dollar Baloney Buen Amigo Cool MRI Stuff Diet Pulpit Life Little Life's Lessons Mental Poo Speedcat Hollydale The Break Room The Postcard Collector Time to Eat Mon Traci in the Swamp info about online associates degrees Blog Archive -¼ 2012 (15) -¼ November (1) Quick update -° April (6) -° March (7) -° February (1) -° 2011 (8) -° 2010 (72) -° 2009 (82) -° 2008 (168) -° 2007 (260) -° 2006 (25) AMAZON DEALS Simple template. Powered by Blogger.

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