



A Pennsylvania Reiki Consortium Project

Reiki Today

A 1-day public conference
for Reiki practitioners, teachers
& holistically-minded citizens

June 18, 2016

9:00 a.m. - 5:00 p.m.

Moravian Theological Seminary
Bethlehem, Pennsylvania

Natural Healing for Families



www.reikittodaypa.com Register Early for \$25 savings pareikiconsortium@gmail.com

8:30- 9:00 **REGISTRATION, EXHIBITS, HEALTHY BREAKFAST FARE**

9:15 – 9:30 **INTRODUCTIONS & MEDITATION**

9:30 - 10:15 **NATURAL HEALING WITH REIKI: TAPPING INTO
PHYSICAL, EMOTIONAL & SPIRITUAL WELLNESS**

Many families are searching for non-pharmaceutical ways to fully engage health and healing. Based on her 23 plus years working with children and Reiki, Judy McCracken paints a picture of what our lives can be like with Reiki as a core strategy for improving the quality of our lives. She shares her passion for Reiki including her belief that the effects of Reiki go far beyond physical healing and can powerfully assist children and adults with the many stressful pressures being experienced daily in our homes, schools and work lives. Reiki can work to help balance the needs of the special needs child with those of their siblings. She will discuss the successful uses of Reiki for illness, behavior and learning problems, parenting and relationships. Judy has taught Reiki to thousands of adults and children in many settings and has given Reiki treatments to some 7000 recipients.

Judy McCracken



M.Ed., President and CEO of Reiki Rays of Hope for Families and Children, LLC, shares experiences from her 23 years as a Reiki master/teacher and 30 years as a public school administrator of programs for children with special needs. She has conducted research on the effects of Reiki on various groups: Parents and their children with Autism; caregivers with loved ones with Alzheimer's/dementia; surgical patients with pain and anxiety from joint replacements; and dogs and cats undergoing surgery in a veterinarian hospital.

<http://www.reikiraysofhope.org/>

10:30 – 11:15

POSITIVE SENSORY TOUCH

How can we open the door for the special child to explore a sensory world? Debbie-Ann Champion, illustrates how specific movement and touch techniques – using massage skills and Reiki can create new opportunities for parents through Parent Partnership Workshops. The program developed at Doubletrees School in Cornwall UK, a school for children and young adults with Special Educational Needs shares the benefits of what has been developed in the school classroom environment and has been transferred to the home lives of these special children. The whole family can play, learn and grow together... When learning is fun, people learn even without realizing it! Building trusting bonds and developing communication pathways builds confidence, reduces frustration and provides consistency in approach; all of which improve the quality of the individual lives involved.

Debbie-Ann Champion



Our Keynote Speaker is a volunteer holistic therapist at the Doubletrees School in Cornwall, UK , she brings her experience as a nurse, a Reiki therapist, and reflexologist to children in this special needs environment. She also has a private practice and is certified by the UK government as a holistic practitioner.

<http://www.jikidenreiktoday.co.uk/about-debbie-ann/>

11:15 – 12:00

CHILDREN AND REIKI ARE AS NATURAL TOGETHER AS THE STARS ARE TO THE SKY REIKI FOR CHILDREN WITH SPECIAL NEEDS

This presentation is an experience-based discussion of the many ways Reiki helps children with exceptional needs. When children experience cancer, ADHD, learning disabilities, hearing issues, emotional issues, spectrum disorders (e.g. autism, Asperger's) and physical ailments they sometimes are overwhelmed by the demands of their conditions. Annette Kroninger and Lynda Sand bring their many years of experience teaching elementary school children to the Reiki enterprise. They will share their experiences working with children through a wide array of situations and document how Reiki has made a difference in childrens' lives.

magichandsreiki@yahoo.com www.circleofmiracles.org/MagicHands.aspx

[On Facebook MagicHandsReiki](#)



Lynda Sands



Annette Kroninger

Lynda Sands & Annette Kroninger have recently taught Reiki to: children with cancer, with kids whose parents have AIDS, and children with other profound needs.

Magic Hands Reiki

LUNCH

12:15 – 1:15 P.M. **CACTUS BLUE'S MAGICAL FAJITA BAR, VEGAN FRIENDLY, GLUTEN-DAIRY FREE OPTIONS**

NOTE: Our speakers will be stationed at tables based on their expertise, we invite you to have a leisurely lunch with opportunities to chat with people with Reiki resources. There will also be time to look at the exhibitor tables.

AFTERNOON WORKSHOP SESSIONS FOR PARENTS NEW TO REIKI

1:15 – 2:15 **HEART RHYTHM MEDITATION FOR PARENTS:
STAYING IN BALANCE**

Learn ways to use the breath to achieve a place of balance in your life! We live in a pressure cooker of a world, that demands our attention 24-7. So take this time for yourself.



Kate Lampe, L.P.C. is a licensed professional counselor and experienced presenter with decades of experience working with trauma at all levels. Her practice is in Emmaus. She is a teacher of Heart Rhythm meditation, a mentor in her teachers' (Susanna Bair and Purran Bair) program in Arizona at Institute for Applied Meditation on the Heart. <https://iamheart.org/> To reach Kate go to: <http://katelampe.com/>

2:30 – 3:30 **AROMATHERAPY: USING ESSENTIAL OILS TO CALM YOURSELF AND YOUR KIDS!**

Debbie-Ann and Sherry serve as mentors to you in this part lecture, part question and answer period about safely using essential oils as a tool in your parenting toolbox. They will give you a list of essential oils, their effects and show you how to safely create your Essential Oil Survival Kit.



Sherry Giardiniera a practicing Aroma therapist and Reiki Practitioner, teaches aromatherapy at a local massage school in addition to holding workshops and seminars for individuals and groups focusing on safe and proper use of essential oils. <http://www.scentsiblebynature.com>



Debbie-Ann Champion, aromatherapy is a significant part of her holistic practice in Cornwall, England. She is an experienced practitioner using essential oils with children and adolescents. She says, “Aromatherapy has played a big part in some kids’ sensory diets!”
www.achievablewellbeing.com

WORKSHOP SESSIONS FOR REIKI PRACTITIONERS

1:15 – 2:15

TEACHING MAGIC HANDS™ REIKI TO CHILDREN

Many of us have wanted to teach Reiki to children, but have been reluctant to do so. In this workshop we have an opportunity to witness a program that has been successful in doing just that. Annette and Lynda will describe their trademarked program “Magic Hands”. They share their mission, the benefits of teaching Reiki to kids, and what people may want to consider if they want to begin teaching. They will also talk about their training program for Reiki Teachers that certifies teachers in Magic Hands’ program.



Lynda Sands and Annette Kroninger, have designed a teacher-training program to certify teachers who want to bring Reiki to children in creative ways. They are both Ministers in the Circle of Miracles, Ministerial program in New Britain, PA. and are former elementary school teachers.

2:30- 3:30P.M. **TAKE THE OXYGEN MASK FOR YOURSELF FIRST!**
THE REIKI THERAPISTS’ DILEMMA: TREAT OTHERS FIRST? TREAT SELF?

We are enormously attracted to helping others, it may be in our genes. However, over the years, we have all learned that throwing yourself under the bus for others, does not help anyone. In this session you will learn how a structured planning program for self-care is a win-win for everyone. How many Reiki practitioners never get sessions from others? From now on, you will have a system that helps you to step outside of the box of super-caregiver. At the Center for Conscious Caregiving they have begun to train their practitioners how to utilize a structured self care planning process, first for themselves and then with their clients. (Family and professional caregivers)



Suzanne McMurray, is a registered nurse for over 30 years and a Reiki Master Teacher for 13 years. She has a master’s degree in holistic health studies from Georgian Court University and a master’s certificate in Integral Theory from JFK University. Currently she is the founder/director of a nonprofit organization called The Center for Conscious Caregiving. <http://www.thecenterforconsciouscaregiving.org/>

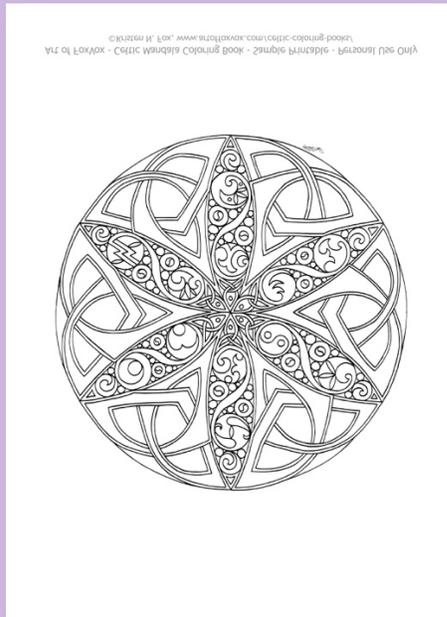
3:30 – 4:00 p.m.

SNACK TIME & VISIT EXHIBITORS

4:00 – 4:45

**GET THOSE CRAYONS OUT!
THE ART OF MEDITATIVE MANDALA COLORING**

In the background, we will feel the waves of calming, meditative music, go into a deep meditation, and come out with our colors in front of us and a printed mandala to create a colorful, focused attention process. We end with a few minutes to harvest the insights that come for us as we fully immerse ourselves in conscious artwork.



4:45-5:00

WINNERS OF RAFFLES ANNOUNCED BYE BYE

EXHIBITORS

AROMATHERAPY SCENTSIBLE BY NATURE
Sherry Giardiniera