



For: Immediate Release
Date: August 11, 2006

Contact: Robert Cavanaugh
Phone: 732-632-1586

Solaris Health System Offers First Degree Reiki Training Healing Mind, Body and Spirit

Edison, NJ – Have you ever wanted to reduce your stress and improve your relaxation techniques? Wished for an unlimited supply of “life force energy” to improve your health and enhance the quality of your life? Reiki is the only technique you need!

Reiki (pronounced ray-key) is a Japanese word meaning "universal life energy," and stands for spiritual wisdom (REI) and the life force (KI). According to Dr. Mikao Usui, the founder of the Reiki, it is a hands-on energy system of natural healing, recommending that one practice certain simple ethical ideals to promote peace and harmony.

On Sunday, September 10, The Center for Cancer and Blood Disorders will be offering a First Reiki Training course. Certified Reiki Practitioner and Reiki Master, Barbara A. Christie will be teaching the course, which includes:

- Receiving the First Degree Reiki Attunement, which connects you to the unlimited source of Reiki energy.
- An overview of the meaning, purposes, effects and history of Reiki energy therapy.
- Procedures for giving a complete Reiki treatment to others and oneself.
- Supervised practice sessions: giving and receiving a full Reiki treatment using over thirty hand positions.

“Today, many people are looking beyond conventional medicine to improve themselves mentally and physically,” says Christie. “Reiki Training is a method to accomplish that.”

-more-

Affiliates of SOLARIS Health System

JFK Medical Center • Multiphasic Regional Medical Center • Jersey Neuroscience Institute • The Women’s Auxiliary Pavilion • JFK Hartwyck Nursing, Convalescent & Rehabilitation Centers • Muhlenberg Regional Medical Center, Harold B. & Dorothy A. Snyder Schools • Mediplex Surgery Center • Diabetes Center of New Jersey • Whispering Knoll – Assisted Living Community

65 James Street, P.O. Box 3059, Edison, New Jersey 08818-3059 (732) 321-7000 www.solarishs.org





The First Degree Reiki Training (Reiki I) will be held from 9 a.m. to 6 p.m. at the Center for Cancer and Blood Disorders located at 65 James Street in Edison, NJ. The fee for program is \$125 and includes a Reiki manual and breakfast. For more information, please contact Diane Schneider at 732-321-5177 or email dschneider@solarishs.org.

###



Affiliates of SOLARIS Health System

JFK Medical Center • Muhlenberg Regional Medical Center • JFK Johnson Rehabilitation Institute • New Jersey Neuroscience Institute
The Women's Auxiliary Pavilion • JFK Hartwyck Nursing, Convalescent & Rehabilitation Centers • Muhlenberg Regional Medical Center,
Harold B. & Dorothy A. Snyder Schools • Mediplex Surgery Center • Diabetes Center of New Jersey • Whispering Knoll – Assisted Living Community

65 James Street, P.O. Box 3059, Edison, New Jersey 08818-3059 (732) 321-7000 www.solarishs.org