



This Month: Georgiana Johnson, Reiki Master Teacher

~Body ~ Mind Harmony ~
~ Energy ~

This month the Dorough Lupus Foundation's Support Group welcomed Georgiana Johnson - a certified Qigong Instructor and Reiki Master Teacher who is also skilled in Breathwork and Meditation. In addition, a regular attendee of the Dorough Lupus Foundation's Support Group (who is a Lupus patient) shared her experience in receiving Reiki.

REIKI (ray-key)



In life, many things throw off the balance of our life force. There is stress, anger, pain, sadness, sleeplessness, and even flare-ups. If your life force is continually tipped off the scales, so to speak, that is where the injury, hurt, and disease come in. Therefore, what is needed is something to center your life force again. That is where Reiki comes in.

In short, Reiki (ray-key) is a

"Japanese term for Universal Life Force . . . a non-intrusive, gentle form of energy healing" that is used worldwide to reduce stress and increase relaxation, which aids in the human body in healing itself. The name Reiki itself is a combination of two Japanese words "Rei" meaning God's wisdom / Higher Power and "Ki" meaning life force energy. As neither a religion nor a belief system, Reiki's roots can be traced to Tibetan sutras some 5,000 years ago still being used as a method of self healing and balance; but, Reiki was rediscovered in the 1800s and refined into what we know it as today.

Georgiana Johnson

As mentioned earlier, Georgiana Johnson is a certified Qigong Instructor and Reiki Master Teacher who is also skilled in Breathwork and Meditation. Johnson was very thorough with her explanation of Reiki by using illustrations and group exercises. Johnson explained that Reiki, in general, is applied through "laying on of hands" to which spiritual

adjustments (called attunements) are passed from practitioner/teacher to patient/student. These attunements are what serve to open the patient's energy channel so that Reiki can flow freely; thus, the patient is better able to heal. In addition, Johnson gave a superb example to better place a mental picture in the audience minds as to the method of Reiki - according to Johnson, Reiki works in this order:

HIGHER POWER

(energy supplier)

TO

THE PRACTITIONER

(the tool)

TO

THE PATIENT

(energy receiver)

More simplistically, Johnson said to envision Reiki in the same method we receive a picture on our television:

TELEVISION STATION

(higher power - energy supplier)

TO

THE CABLE

(the practitioner - the tool)

TO

THE TELEVISION

(the patient - energy receiver)

Upcoming Meetings

July 24, 2007

August 28, 2007

September 25, 2007

October 23, 2007

November 27, 2007

Meetings are held the fourth Tuesday of every month at
Arnold Palmer Hospital
Classrooms 1& 2
92 W. Miller St.
Orlando, FL 32806



If you are interested in receiving or practicing Reiki visit: www.spiritbreath.com or call Georgiana Johnson at 407-339-4050.



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With Johnson's illustrations, the group was able to see that with Reiki it's the energy provided and the person receiving the energy that does the healing.

Towards the end of the meeting, Johnson initiated group exercises that demonstrated how energy can be transferred by just touching hands and meditation. With the use of the Pendulum before and after the exercise participants could see if there was a difference in the way it moved.

Cindi's Experience

Cindi is a Lupus patient who is a regular attendee of the support group meetings. For one month, she met with Johnson for Reiki sessions twice a week for two hours; the benefits were amazing. Cindi shared her experience with the group.

For months, she had been dealing with the typical Lupus complications and medications; just tired of the cycle. Moreover, just by

attending a few of the Reiki sessions, Cindi saw a lot of improvement within herself. Cindi spoke of one date, within that month of Reiki sessions, that she arrived at the Reiki session with a pile-up of problems - during a horrible flare-up, was in a lot of pain, and was dealing with insomnia - towards the end of her Reiki session with Johnson, she stated that she felt 98% better.

The final outcome? After all of the sessions were completed, Cindi affirmed that now her joint pain has abundantly reduced, and that her muscle spasms have been eliminated since she has been sleeping better due to the relaxation of the Reiki sessions. An experiment worth the time!

Reiki Sessions/Classes

A Reiki Session is usually one hour long. With Johnson, the patient lays on a table (similar to a massage table) and listens to soft music while Johnson begins Reiki. There are various hand positions to the body that Johnson initiates through Reiki; still, there is no pain. The

sessions are free to the patient.



The Reiki Classes are meant to educate someone to become a Reiki practitioner. There are two levels to a Reiki class - Level One (the basics) is \$100.00 per person and Level Two (putting Reiki into practice) is \$150.00 per person. The classes are in Orlando/Winter Park Florida; or, Johnson will travel to your location.

What better way to aid your own body in becoming healthy - it's all natural, it's safe, it's simple, it's oh, so, energizing!



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Benefits of Reiki

- Reduction of muscle spasms
- Relaxation
- increase in energy levels
- Improved sleep patterns
- Reduced joint (hip) pain
- Supports immune system
- aids in releasing toxins
- Reduces blood pressure
- Relieves pain
- Balance/Harmony for the body

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Summer Reading

Lupus: Alternative Therapies That Work, by Sharon Moore

New Hope for People with Lupus: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions, by Theresa

Foy Digeronimo, Stephen Paget, and Sara J. Henry

The Lupus Book: A Guide for Patients and Their Families, by Daniel J. Wallace



2007 DLF ANNUAL CRUISE INFO

It's time to start planning!

Enjoy a relaxing cruise vacation and join in the fight against Lupus!

Where: Port Canaveral, FL ~ Cozumel
~ Belize City ~ Costa Maya ~ Nassau

When: December 15-22, 2007

Visit www.doroughlupusfoundation.org

For all the details

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DID YOU KNOW?

- ~ 2 million Americans have lupus
- ~ 9 out of 10 lupus patients are women
- ~ 6,000+ Americans develop lupus each year
- ~ Every half an hour an American is diagnosed with lupus
- ~ 3 of every 10 Americans know someone with lupus
- ~ 22% have never heard of lupus
- ~ 39% have only heard of the name of the disease
- ~ About 5% of the children born to individuals with lupus will develop the illness
- ~ 1 in 5 adults with lupus receives Social Security disability payments

From: healinglupus.com