



A 501 (c) (3) Non Profit Organization

FEBRUARY, 2010

REIKI RAYS ENTERS PHASE II

REIKI RAYS has completed 2-½ years of operation and has been able to train over 800 caregivers in REIKI, free of charge to them. We could not have experienced this success without the loyal support of our individual donors and the hard work of the 31 REIKI master/independent contractors who instruct the classes for us. We have produced a REIKI curriculum and audio-visual tools for use in our instruction and these products are now being purchased from us by REIKI practitioners nationwide. This is another small source of income for our operation. With our basic foundation completed, we are ready for the next phase of our operation, which commenced in January, 2010.

- ***NATIONAL OUTREACH*** - We are now offering membership packages in RROH in which REIKI practitioners worldwide can receive from us: quarterly REIKI instructional newsletters; reduced rates on our products and conferences; free participation in periodic phone conferences discussing REIKI practices.
- ***NATIONAL CONFERENCES*** - We hosted our first national REIKI conference in October, 2009 and have scheduled the second annual conference to be held on October 9 & 10, 2010. **SAVE THE DATES!!**
- ***POST MASTER REIKI TRAINING CLASSES*** - Judy McCracken will be offering two new REIKI instruction classes for REIKI masters nationwide:
 - 1.) An intensive class specifically designed as an advanced track for REIKI master practitioners to teach REIKI to others at all levels;
 - 2.) An intensive class specifically designed to teach REIKI masters how to teach REIKI to caregivers, as per the RROH model which has been so successful. Class fees will go to RROH as a fundraising activity.
- ***RESEARCH*** - We completed our 2009 research project studying the effects of caregivers using REIKI on themselves and their loved ones with several positive significant outcomes. This will soon lead to a further, more controlled study on this same use of REIKI. We have a new research project pending with University Hospitals of Cleveland to study the effects of REIKI on patients with psoriasis, the hypothesis being that because stress exacerbates the condition, REIKI relief of the stress may have a positive effect on the condition.
- ***CONTINUATION OF REIKI CLASSES FOR CAREGIVERS*** - We continue to offer classes to caregivers free of charge to them. We are totally dependent on donations and grant funds for this key activity of our organization.

REIKI RAYS FIRST NATIONAL REIKI 2009 CONFERENCE A SUCCESS

RROH hosted its first national REIKI conference in Bedford, Ohio on October 24 & 25. There were 120 REIKI practitioner participants, with attendees representing 12 states. The program featured Cleveland area administrators of health care facilities explaining REIKI operations in their respective workplaces. Speakers from The Cleveland Clinic, MetroHealth Hospitals, Montefiore Nursing Home, South Point Hospital, the Gathering

Place and Hospice of the Western Reserve inspired participants to try to replicate the described REIKI models in their own home areas. Presentations on legal aspects of small businesses, collaboration and fundraising for nonprofits, research on REIKI, innovative alternative models at the Cleveland Clinic and panel presentations by veteran REIKI masters on successful practices and techniques using REIKI in varied settings highlighted the two days. Participant evaluations were extremely positive and emphasized the desire for RROH to host REIKI conferences as annual events. The conference was a successful fundraiser for RROH.

GOALS REACHED

We are proud to tell you that we surpassed our caregiver teaching goal by doubling our caregiver/student number from 412 in 2008 to 853 to date. We also reached our goal of nationwide outreach with our October National Conference and the sale of our REIKI products nationwide and to Canada, Iceland, Sweden, and England. We have received email inquiries from at least 10 countries. REIKI is spreading and is definitely international. It is fun to find REIKI “family” far and wide.



Sincerely,

Judy McCracken – CEO

Mary Ellen Lucas – Director of Operations

Reiki Rays of Hope for Caregivers, Inc.