



Pentad

Simplifying
life and love

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Pentad Peak

Karuna Reiki, August 2007



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In this edition of *Pentad Peak* I'll be writing about what's going on "here and now", and in the next couple of months. Events, discoveries and development of services is slowing revealing the path forward. I'm ecstatic about it all!

The major event of this summer is one of development, which will lead to an expansion of available services here at Pentad. August 3-5, I'll be making the long trip to the Great Northwest, to take my Karuna Reiki Master training. This is a step further than Usui Master.

I am filled with excitement not only for the training, but also for a very special reason. That reason being that I will be receiving my

training from Master William Rand, himself. For those of you that are not familiar with Mr. Rand's work, it would take pages to write about his accomplishments within the Reiki Community, and his International contributions and work.

William Rand is a true Master and with the best of training. He has trained with Masters directly attuned by Mrs. Takata herself. Mrs. Takata brought Reiki to the West, after she finished her training with Dr. Hayashi in Japan. Hayashi was a student of Dr. Mikao Usui Sensei. Rand also received training in Japan, this time by second tier Masters after Dr. Usui.

He has been at the forefront promoting the development of Reiki Internationally, and is always

working to create and promote dignity and integrity for, and within the discipline. With his programs follows; quality teaching and criteria. So, that is why I am honored to have this opportunity to receive my Karuna training from the best, and to add it to my available treatment services.

Karuna Reiki is a developed system created by William Rand, and it is an integrated system within the realm of Reiki. Karuna is a Sanskrit word, which is used in Buddhism and Hinduism. The word itself can be translated as "compassionate action". It is then no wonder that the word Karuna sounds so inviting and full of warmth!

Snow Valley and Bear Watching

In July I will be traveling with my husband to Northern Canada for a few days to a small place called Kitimat. Kitimat is Indian for Snow Valley, and it's a couple hours drive from Prince Rupert.

I thought I'd check out what's going on with

the Indian tribes of the coastal Tsimshian and Kwakiutl people.

Rumor has it that there is rich opportunity to do some bear-watching.

I'll let you all know if I see any !



Usui Reiki Courses

Amazingly enough, it's started before schedule. Reiki courses have begun. If you are interested in the possibility of studying Reiki, drop me an e-mail. I have thus far hand-picked my beginning students, but that does not mean that my courses are "closed".

Reiki starts with Level I, which is basically for self-treatment. Reiki II gives the opportunity to treat family and friends/others. Advanced Reiki Training/Master is a course many decide to take proceeding Reiki II, however it does not

include the teaching credentials. Reiki Master/Teacher can be taken after or instead of ART.

Write to me at, tamera@pentad.no for more information.



Dr. Mikao Usui

Open Library

I now have a personal in-office, "Pentad Library" in the makings.

This means that clients will be able to check out books and take them home with them on loan for a period of time. I'm on a constant

look-out for new books that I feel meet the needs and interests of clients.

I am also in the process of building up a resource section for students taking my Reiki courses. They do and will cover literature on such topics as ethics,

Reiki practice and methods, and anything else I feel will benefit students in their training.

Let me know if anyone has quality recommendations for The Pentad Library.





John Lash, *The Yin of Tai Chi*

The Yin of Tai Chi, by John Lash is required reading for my Reiki I students. It is not a new book. By far. However, it beautifully expresses the original and core Philosophy behind the Eastern Traditions. A Philosophy that has become lost in its Westernized versions. Not many Tai Chi Teachers/Masters in the Western world can explain it like John Lash can. Most Tai-Chi students never learn it in their Tai-Chi training.

This book encompasses; love, balance, respect, harmony, and non-conflict attitudes. It describes the cultivation of oneself towards and back to a state of potential “being”, and “the way” of interacting with, and in the world. It is a way of life holistically connected with all life, and

it is a path one travels. This path is not only for people that practice Tai-Chi, as everyone can be a Tai-Chi person. It is an excellent book for people working on their personal awareness.

A must read for everyone, and my recommendation as best “read” for the month of May, 2007! You can find it at your local Barnes & Nobles store. I have experienced it being sold out, so if this happens to you, you’ll find it on Barnes& Nobles website, and also at Amazon.com.

I jotted an e-mail off to Mr. Lash who lives in Switzerland with his family. He runs an International Tai-Chi School there, and has done so for years. I thanked him for his fantastic book. He wrote back, and informed me at the same time that he has a new book coming out that

will be available for purchase on his website. It’s entitled, *Tai Chi: the Moonlit Path to Mother Tao*.

He also wrote that he will be holding a Tao Yoga seminar in College Station, Texas, the weekend of the 21st of July, 2007. If you are interested in this seminar and this amazing Teacher, jot him an e-mail at John.Lash@gmx.ch and ask for more information!



**John Lash
Vega, London
2002**



John Lash

(pictures from; mamma.com)



Organization

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Pentad's Tip for Life

Where in this world do you feel most content and peaceful?

*If you have a chance to take a trip there, do it! It may be your local park or beach. If you don't have the chance, visit this place in your mind. How does it make you feel? Spend some time there, and recall the sensations.

*While you are at this place, take a step back from yourself in your mind, and observe your life. Which internal thoughts, judgements, beliefs and feelings do you have that you allow to obstruct you from this feeling of contentment? By this I mean, "internals" about yourself as a person, your closest relations, your environment, your employer, your colleagues, etc.

*State to yourself your intention to clear and remove these things from your life, and even if you don't find them all, or don't know how to do it at this point and time.

Reiki is an ancient Japanese technique, which when give by a Practitioner with proper theoretical training and apprenticeship, can lead to amazing results regarding the individual's health issues, balance and overall general wellness and happiness.

Reiki can be used for general wellness as well as for specific issues. It works by assisting to reduce stress, which in turn may create an environment within the body where healing may more easily be facilitated. This system of natural healing energizes and balances on all levels with the energy of Reiki, which means "life energy". Reiki helps people towards harmony, clarity and strength. These are essential preconditions for supporting any issue or problem.

The touch and energy of Reiki is simple, pleasant, natural and totally safe for anyone and can be given along with any conventional or alternative treatment. Reiki is not related to religion. It is a relaxation technique of touch which respects all philosophical and religious paths and can be combined with all beliefs.

A Reiki session is performed on a massage table and you, the client, are always fully clothed. Sessions are usually performed with the client lying face up and resting comfortably. Soft background music is often added to benefit the client's relaxation.

This particular form of Reiki is called Usui Shiki Ryoho, and is called as such after the founding father Dr. Mikao Usui. Dr. Usui created this system and utilized it in treating his patients effectively, while at the same time treating them with the upmost ethical respect. Pentad's practice is in direct lineage to Dr. Usui, whose heritage has been handed down along a long line of Reiki Masters throughout the years.

I sincerely hope that you enjoy your Reiki experience, and welcome to Pentad!

*The answers about the "what and how" will slowly start to reveal themselves in your everyday life. When you catch yourself in them, "put the hammer down, and stop". Then remind yourself of the feeling of contentment, and take your mind back to that place.

Carpe' Diem! Start Today.

