

# My Little Shangri-La

Holistic Health & Healing Oasis

**CHRISTINE McDONALD ~ Master Reiki Practitioner/Teacher ~ in the USUI system of REIKI**

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~ Boston, MA ~ 617-872-5268 ~ Cape Cod, MA ~

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**GENERAL OBJECTIVE:** to administer, teach and bring awareness of the energy healing capabilities of Reiki to as many people and in as many settings as possible – on vacation, in the workplace, as a part of regular healthcare maintenance

**CONCENTRATED OBJECTIVE:** To administer and document the effects of Reiki with Autism, Addictions, Alzheimer's

## SKILLS:

- Usui Reiki Master Practitioner-Teacher / Writer
- compassionate and caring bedside manner
- personal experience/understanding of holistic health, mind-body connection, humanity, spirituality, astrology & metaphysics
- high personal and professional code of ethics and morals
- professional public speaking presentation before any age, size or group setting
- works comfortably in both private and public settings

## SPECIALTIES:

Master Reiki Practitioner/Teacher in the USUI system of Reiki offering

- treatments
- demonstrations
- training
- articles, information, writing

## EXPERIENCE:

- Private Reiki practice administering treatments in various settings and situations
- Participant/Practitioner Japan Festival Boston – Reiki booth – free Reiki demonstration & treatments to festival goers  
<http://www.mylittleshangri-la.com/free-reiki-boston-japan-festival.html>
- Introduced and brought Reiki to the Somerville, MA YMCA as an affordable service to its members
- Practitioner/Assistant Facilitator of a Reiki Circle presented and administered to the residents of Thirwood Retirement Community, S. Yarmouth, MA
- Hosted “Reiki ‘Round the World – Heal Australia”, a distant healing session inviting Reiki practitioners around the world to send distant healing to Southeast Australia
- Practitioner/participant in Reiki with Crystals, Falmouth, MA, a free clinic offered bi-monthly to the general public
- Practitioner/participant alongside Falmouth Reiki, a free clinic offered monthly to the general public
- Participant/practitioner in an all day Reiki Share among and between ten plus Reiki practitioners of varying lineages sharing Reiki experiences, administering Reiki treatments and sending distant Reiki healing to specified intentions held in Mashpee, MA
- Daily administration of self-treatments

## EDUCATION & TRAINING:

- August 2008 trained and received First Degree Reiki instruction and certification in the Reiki Method of Natural Healing administered by John Harvey Gray and Lourdes Gray, Ph.D. of the John Harvey Gray Center for Healing, Jaffrey, NH
- December 2008 trained in Second Degree Reiki and received certification and initiation as a Certified Usui Reiki II Practitioner under the instruction and lineage of Maxine Bornstein, RN, MS, HNC, CIH, Reiki Master Teacher Practitioner, Center for Healing Therapies/Reiki by the Sea, Osterville MA
- March 2010 retrained & re-certified in Second Degree Reiki by my original Reiki Master Teachers, John Harvey Gray & Lourdes Gray, of the John Harvey Gray Center for Healing, Jaffrey, NH as required by them in order to study Advanced Second Degree Reiki with them
- July 2010 Trained and became certified in Second Degree Advanced Reiki under the instruction of the John Harvey Gray Center for Healing, Jaffrey, NH
- December 2010 trained and became certified as a Master Reiki Practitioner under the instruction and lineage of Usui Reiki Master Libby Barnett, M.S.W.
- December 2010 trained and became certified as a Master Reiki Teacher (First and Second Degree Reiki) under the instruction and lineage of Usui Reiki Master Libby Barnett, M.S.W.

## MEMBERSHIPS & AFFILIATIONS:

- Member International Association of Reiki Practitioners (IARP)
- Fully insured