



Awakening Your Inner Healer
Newsletter # 21 - April 2011

**Healing Means Wholeness
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Dear Friends,

A big thank you for your kind wishes, we spent a few wonderful days in Kaapschehoop in Mpumalanga a quaint little village in the mist where wild horses, chickens, dogs and frogs roam free. This sleepy place has a magical feel; seeing the horses wonder in an out of town with flowers in their mane was so heart warming such freedom is a rare sight these days, they look so healthy and content.

My birthday treat was a visit to Adam's Calendar, which was really special; I love exploring the mystical dimensions at sacred sites. Standing on the edge of the world above the clouds and experiencing the ritual path of what is considered to be the birth of humankind and simply soaking in the beauty and energy of the place made the day a memorable one.

Adams Calendar is a well-known site among Shamans, Credo Mutwa who was initiated there in 1973, he calls this the most sacred site on earth where heaven mated with mother earth. Visit www.adamscalendar.com for more information.

With love and many blessings

Christine ☺

P.S. Dr Emoto has asked us to carry on sending energy to the water in Japan – [more here](#)

Healing Means Wholeness

*"That which you seek, is not outside of you!
'Healing' means 'wholeness.'*

*'Wholeness' means 'holiness.'
To heal is to find one's wholeness.
To find one's wholeness, is to find one's holiness.'*
~ **Zacciah Blackburn**

On our journey towards wholeness we encounter many teachers, the best teachers are those who lead us to our inner teacher. For me Reiki has been such a teacher guiding me to the sacred space within from which I am able to restore harmony between body mind and spirit. Life happens with its many challenges at times leaving me weary, in those moments I am particularly grateful for the gift of Reiki, it is my magic wand that brings harmony in the midst of chaos. Whether I am in need of answers or physical mending or emotional guidance Reiki is a practical tool that I can use anytime anywhere to help bring life into perspective. If you do not have Reiki simply taking a walk in nature or sitting under a tree can help restore, if the circumstances do not allow these outdoor luxuries simply sit quietly and breathe deeply and slowly for a while and trust in your ability to heal yourself.

In his book "THE SHIFT" The Revolution in Human Consciousness OWEN WATERS says the following:

"To become whole is to become harmoniously fully functional. In such a reality, you treat yourself and others with unconditional love and care. To care less than that for yourself, or less than that for others, would mean being less than whole"

Owen is a wise teacher who helps raise our consciousness I highly recommend you read his book. In the following short paragraph he expresses the concept of holiness neatly:

" In the Old Reality, the Creator was seen as someone outside of you, something separate from you. Physics today is proving that the universe is an interconnected whole, and that the separation is an illusion, as the concept of time and space. If everything is one then you are not just connected to the Creator, you are an aspect of the Creator. That's the way the universe was designed. You are an aspect of the Creator with a unique viewpoint of the universe. Your role is to experience life from one of the infinite number of viewpoints. Your experience then contributes to the infinite whole, because all is one."

Owen writes a free weekly newsletter at www.InfiniteBeing.com His new ebook "Soul Awakening" is available for free on www.infinitebeing.com/free

Reiki Course Schedule

For those seeking a path to healing and a deeper connection to Spirit

Usui Reiki Level I - R800

Saturday 9 April 9h30 to 17h30

Saturday 4 June 9h30 to 17h30

Usui Reiki Level II - R1500

Saturday 28 – Sunday 29 May 9h30 to 17h30

Level III (ART) Advanced Reiki Training – R1000

Saturday 7 May 9h00 to 17h30

Fees include lunch, refreshments, a comprehensive class manual and a certificate.
Click [here](#) for more information or a registration form or call Christine on: 083 334 6509

Usui / Tibetan Reiki Master

Friday 16 to Monday 19 September 2011

Mabula Game reserve

Residential class R3000

Fees include, accommodation semi private room, all meals, 2 game drives, tuition, a comprehensive class manual and a certificate.

Only 6 places available, a non-refundable R500 deposit will reserve your place. Prerequisite Advanced Reiki Training.

The weekend retreat in the bush creates an opportunity to nurture **YOU** in nature - To learn in a fun and relaxed environment.
To experience the powerful healing of the Reiki Master attunement under the stars harmonised by the evening choir of the African bush.

[Click here to book your place](#)

Touch The Soul Treatments

Reiki pay for 4 sessions @ R800	1 hour	R250	Book and
Crystal Light Therapy ® pay for 4 sessions @ R600	40 minutes	R200	Book and
Life Coaching pay for 6 sessions @ R1800	1 hour	R350	Book and

Touch The Soul's Unique Treatment: 40 minutes Crystal Light Therapy ® + 40 minutes Reiki @ R300 (4 Sessions R900)

Ten Things To Learn From Japan

From Tim Ebbeck

1. THE CALM

Not a single visual of chest-beating or wild grief. Sorrow itself has been elevated.

2. THE DIGNITY

Disciplined queues for water and groceries. Not a rough word or a crude gesture.

3. THE ABILITY

The incredible architects, for instance. Buildings swayed but didn't fall.

4. THE GRACE

People bought only what they needed for the present, so everybody could get something.

5. THE ORDER

No looting in shops. No honking and no overtaking on the roads. Just understanding.

6. THE SACRIFICE

Fifty workers stayed back to pump sea water in the N-reactors. How will they ever be repaid?

7. THE TENDERNESS

Restaurants cut prices. An unguarded ATM is left alone. The strong cared for the weak.

8. THE TRAINING

The old and the children, everyone knew exactly what to do. And they did just that.

9. THE MEDIA

They showed magnificent restraint in the bulletins. No silly reporters. Only calm reportage.

10. THE CONSCIENCE

When the power went off in a store, people put things back on the shelves and left quietly!

Namaste

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