



Awakening Your Inner Healer  
Newsletter # 19 - February 2011

**Exploring The Gift of Anger**  
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Dear Friends,

February celebrates love; Reiki like Love is energy of the highest frequency, all disease stems from a lack of love. Love can only manifest and be experienced through an open heart able to give and receive. One of the emotions that closes the heart is anger, and yet anger is a normal, healthy aspect of being human.

Embracing anger with the help of the Reiki energy has been one of the most healing aspects of my journey. Anger like everything in life is a gift for which we can be grateful, explore with me below!

With love and many blessings

Christine ☺

## **Exploring The Gift of Anger**

*"Just for today, do not anger"* **Kyo dake wa, Ikaru na** pronounced in Japanese is the first Reiki Ideal.

The term anger is used loosely often without much understanding of the different emotions that triggers such a reaction involving both body and mind. Anger can be destructive it is a complex emotion, some people are consciously angry while others are unable to get in touch with their anger. The challenge is to find our way from destruction to creativity.

If we accept that our purpose is to learn through experience then to deny ourselves our emotion would be the supreme denial of our soul. That would explain why repressed and stifled emotions are damaging to our health. On the other hand volatile explosions and either verbal or physical outward aggression is damaging to

our relationships with others and if we accept that we are all one then when we harm another we harm ourselves.

We have to find a healthy balance if we are to avoid senseless suffering. The word anger includes rage, aggression, grievance, grudge, hatred, revenge, fury, and indignation etc... It is no wonder some of us choose to consciously or unconsciously repress such destructive emotions; it takes courage and energy to face the power of our own destructive nature. Don't be afraid to admit that you are less than perfect; this is the essence of your humanity, we all want to be masters and it takes practice and perseverance.

We are born with an innate curiosity, which drives us in our search for meaning. Anger is one of our teachers if we make it bad and avoid it we will miss out on its gift. Anger shows us that something needs our attention, bringing forth an opportunity to heal and understand ourselves; to integrate our lower self and our higher self and become compassionate beings living from the heart.

Exploding and repressing are both ways of avoiding our feeling, both are destructive behaviours it takes honesty to own our feeling and be with it. When we act out our anger we are blaming outside conditions for the way we feel and avoiding feeling the wrath of our emotions. We have a choice, we can change our behaviour and simply acknowledge our emotion and allow ourselves to feel it and own it. When we embrace our feelings and emotions we honour ourselves and if we take a deeper look we often come to the realisation that:

- Anger is a way of avoiding feeling pain - Feel it and the anger will subside
- Anger is a way of avoiding fear – Face it and it will go away
- Anger is directed at ourselves because we have let ourselves down – Be kind and compassionate, forgive yourself.
- Anger is frustration because life is not going according to our plans – Change the things you can and surrender to higher wisdom.
- Anger at somebody who is not behaving according to our standards – Distance yourself until you've calm down. "Before you try to change others remember how hard it is to change yourself." *Unknown*

Simple answers to a complex emotion, so when you find yourself overwhelmed by a wave of anger just ride the wave, "do not worry" that too shall pass. Don't hang on to the emotion let it go, with time and practice and the help of Reiki every day in every way we get better and better.

Anger teaches us humility it reminds us that we are human - own it and you are on your way to mastery.

"One of the greatest moments in anybody's developing experience is when he no longer tries to hide from himself but determines to get acquainted with himself as he really is." *Norman Vincent Peale*

## Reiki Course Schedule

**For those seeking a path to healing and a deeper connection to Spirit  
We are all healers the memory of this is in our Soul.**

### **Usui Reiki Level I - R800**

Saturday 5 February 9h30 to 17h30

### **Usui Reiki Level II - R1500**

Saturday 5 – Sunday 6 March 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's Therapies**

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)

Namaste

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