



Awakening Your Inner Healer  
Newsletter # 18 - January 2011

**The Secret Art of Inviting Happiness  
Reiki Course Schedule  
2011 Fees  
World Peace Meditation**

Dear Friends,

I wish you and your loved ones a wonderful year filled with magic, blessed with love, hope, faith and gratitude for all that life brings your way in 2011.  
I look forward to spending another year with you sharing the miracle of healing and the infinite wisdom of the Reiki energy.

With love and many blessings

Christine ☺

## **The Secret Art of Inviting Happiness**

### **The Reiki Ideals**

*“Just for today, do not anger  
Do not worry and be filled with gratitude  
Devote yourself to your work and be kind to people”*

Dr Mikao Usui founder of the Usui Reiki Treatment for the improvement of body and mind described the Reiki Ideals often called the Reiki principles or precepts “*The secret art of inviting happiness - The miraculous medicine for all diseases*”

Living by these principles may seem like a tall order, it requires a conscious choice to heal our life and cooperate with the cosmic energy that boosts the body’s ability to heal itself. It is an exercise in self-awareness, an exploration of truth to uncover our soul calling. The Reiki energy helps reinstate our intuitive sense of knowing of our connection to spirit and all that is and awakens us to our true essence, which is love free from fear and limitations.

Life is constantly changing and things are manifesting so quickly these days that if we do not have a strong sense of who we are and remain centered we suffer a great deal, Reiki offers a simple way of finding peace in the midst of chaos by bringing a higher awareness on all levels. The Reiki ideals is a guide for living a more authentic life where we claim responsibility for our actions, thoughts, and feelings and slowly

but surely we become masters of our emotions leading to a level of peaceful acceptance for the things we cannot change.

Being kind to people starts with being kind to yourself and from there extend kindness to all life, this principle encompasses all the others. I start my days by giving myself a Reiki treatment; for me it is the ultimate act of self-love, self-care, which fills me with gratitude for the gift of life. It also raises my awareness of how my body is feeling and what preoccupies my mind and brings clarity about my state of being. A self-treatment is a form of meditation with the added bonus of healing energy; it bypasses the need for the years of practice needed to master the art of meditation. It will extend your life, lower your stress level, create more happiness and help resolve emotional problems.

It is gratitude for what we have and who we are that enables us to give freely. Gratitude opens the door to joy and invites abundance it is a magical feeling. So then what is keeping us from being happy, why do we worry? Why do we anger? Could it be that it is because we are unconscious and are not fully present to life. I invite you to reflect on this and next month we will explore the gift of anger; in the meantime if you catch yourself worrying just remember this: *"Today is the tomorrow you worried about yesterday ... and all is well."* J.T. Tindskey

## 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

**Click [here](#) for more information or a registration form or call Christine on: 083 334 6509**

## 2011 Fees

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)

**World Peace Card Meditation**  
**Wednesday, Jan 12, 7:30pm**  
(based on local time in your time zone)

**Future Dates**  
**Wednesday, Feb 16, Mar 16, Apr 13 at 7:30pm**

You are invited to take part in the next World Peace Card Meditation. Please mark your calendar and forward this email to all your friends.

A World Peace Card group meditation has been scheduled for Wednesday, January 12 at 7:30pm. This is local time in your time zone. This method has been chosen because of the special effect it produces. As people meditate in each successive time zone the energy builds like a wave, which gets stronger and stronger as it circles the planet. Because of the higher dimensional nature of consciousness, the energy of peace will be transmitted for a full 24 hours and continue long after this.

For more information and World Peace Card Download go to:

<http://www.reiki.org/WPCM.html>

Thank you for allowing me to share with you, you may unsubscribe to this newsletter at anytime by replying to this email with the word remove in the subject line. Please pass it on to anyone you feel may be interested and benefit.

Namaste

Christine Lenferna  
Reiki Master Teacher / Practitioner  
Usui / Tibetan / Karuna Reiki ®  
Crystal Light Therapy ®  
Life Coach  
Cell: 083 334 6509  
Email: [Christine@touchthesoul.org](mailto:Christine@touchthesoul.org)  
Website: [www.touchthesoul.org](http://www.touchthesoul.org)

