



Awakening Your Inner Healer
Newsletter # 14 - September 2010

**Distant Healing
Reiki Class Schedule
World Peace Meditation**

Dear Friends,

I am all set for our Reiki Master's weekend retreat in Mabula tomorrow. I am looking forward to a wonderful healing weekend and a glorious time in the bush.

Our Reiki share at the stables on Saturday was a beautiful soothing day for the soul. We set up beds under the trees and gave group Reiki session to all willing recipients lulled by the music of the wind in the pine trees and embraced by the loving energy of mother nature and the horses. A glorious day! We had a few new comers to Reiki amongst us and they were astounded by the experience and effect of such a short session in an informal setting. I love it when someone experiences the magic of Reiki for the first time.

Wishing you a magical spring month.

Blessings and love
Christine ☺

P.S. I am away until the 1st of October, if you want a Reiki session or Crystal Light Therapy® please contact Kevin on 082 459 2213. I can still be contacted by email.

Distant Healing

At the Level II Reiki we are taught distant healing and I send energy daily to all my students, clients, family etc. If you have someone in need of energy let me know and I will add their name to the list. Although I make use of the distant healing this way, I have resisted offering distant healing sessions simply because I am a social creature who likes the human touch and the physical interaction. I have myself been the fortunate recipient of such sessions at a distance from my friend in Mallorca in the past and found the effect quiet profound. Whenever I was dealing with issues of anger I would come up with a rash after the treatment!!! Thankfully this would pass

after twenty-four hours along with my emotional turmoil. As we all know what you resist does persist and life has a way of bringing situations that will encourage you to move beyond your comfort.

In the past month I have been presented with people who are either too busy or too sick to travel to my practice. First a family member who became ill and due to stress was not sleeping well, I unexpectedly offered for her to call me when she went to bed so I could give her a Reiki session. The next day she reported that she had slept like an angel and did not even hear her kids climb into bed in the middle of the night. When I mentioned this to my friend she asked if I could do the same for her because she was feeling the tension of juggling a stressful job, her intense studies and the demands of being a single mom. So we arranged times when she could lie down for thirty minutes or more and I would give her a session. She reported that it helps her relax and cope better.

A few days later I had a phone call from one of my clients who is living with what the medical profession terms stage four cancer. This amazingly courageous woman was given nine months to live five years ago and refused all conventional treatments. For the sake of privacy I will call her **B** for brave. **B** felt that although her body was tired and ready to give up there was still emotional healing that needed to happen before she makes the transition to the spirit world. Once again moved by the desire to serve I offered distance treatments. **B** was happy to have sessions three times a week and reports that she feels peaceful during the treatment and falls into a deep sleep afterwards. Reiki also helps with her physical discomfort she looks forward to our sessions and so do I.

For me much to my surprise the time I spend connecting with the various people that way have been very special moments surrounded with peace and imbued with love that is beyond words. I encourage you if you have Reiki II to offer distant treatments to the people in need; it is a real privilege to be able to assist from wherever we are. The distance symbol creates a doorway through space and time; distance and separation is a construct of our physical world there is no separation in the Spiritual.

I am grateful to these lovely people who have presented me with the opportunity to fulfil one of my purposes. Some years ago when I was still in accounting and raising my children. I had never heard of Reiki and was content doing what I do; I had a chance meeting with a stranger, this person held my hand and told me that my strength is in distance healing, I did not understand what she was saying back then nor did I believe her so I discarded the information and completely forgot about it until now. Life has its ways...

Reiki Class Schedule 2010

We are all healers; the memory of this lies within our Soul

Reiki is an amazingly simple technique that anyone can learn.

The training is intensive and thorough; all classes are a combination of lectures, discussions, meditations, demonstrations and hands on practice. All techniques are

explained, demonstrated and practiced so that each student becomes confident in their use. All attunements are given and a comprehensive class manual is included. Fees include refreshments, lunch and a certificate.

Usui Reiki Level I - R800

Saturday 9 October 9h30 to 17h30

4 Week Course Wednesday Mornings

Wednesday 06 / 13 / 20 / 27 October from 9h30 to 12h30

Reiki I Lusaka Zambia

Saturday 24 – Sunday 25 October

Usui Reiki Level II - R1200

Saturday 30 – Sunday 31 October 9h30 to 17h30

ART (Advanced Reiki Training) - Reiki Master

No more classes scheduled for this year, contact me for a private course.

Click [here](#) for a registration form and more information

World Peace Card Meditation

Wednesday, September 15, 7:30pm
(Based on local time in your time zone)

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, September 15 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

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