



Awakening Your Inner Healer  
Newsletter # 24 - July 2011

**IQ ► EQ ► SQ**  
**Reiki Course Schedule**  
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**Volunteering in India**  
**Light Bringer®**

Dear Friends,

The month of June has been about embracing change for me, Touch The Soul is in the process of changing host and service provider with the challenging prospect that I will be managing the website myself in the near future!!!

The Subscribe link on my current site has been malfunctioning for a while, if you know of anyone who has subscribed in the past month and is not receiving mail, please forward this newsletter with my apologies. Hopefully we will be up and running smoothly again soon – *insha'Allah* - as my friend would say.

When technology works it is fantastic but to rely solely on it is daunting, I am grateful that most people who find their way to me come from word of mouth, I maintain that it is the best mode of advertising. I also like to help spread the word when I find something of value; this month I have included Sharon's invitation on a special journey to India and Gavin brings light into matters of finances.

Wishing you a blessed month of July  
Love always

Christine ☺

P.S. Click [here](#) for a Free Ascension Times – A positively good newspaper!

**IQ ► EQ ► SQ**

Whenever I encounter SQ on a menu I translate it as 'silly question' and expect it to be pricey! Although not quite correct not too far from reality isn't it? Acronyms can be taxing on my memory bank so if my life does not depend on it I enjoy my powers of deduction and have some fun.

We've all heard of the dreaded IQ test, which is used to measure our Intellectual Intelligence and some time later the discovery of EQ, which for me was a progressive realisation that without Emotional Intelligence a high intellect was indeed precarious if not hazardous.

There is a new buzz around town, it is a Spiritual Intelligence assessment (SQ), I am not sure how one would assess someone's spiritual intelligence or what kind of measure would one use and I assume that the higher the SQ the more enlightened we are. One would have to tread cautiously on this path honouring everyone's beliefs, who they are and where they are. What delights me though is the coining of and recognition that there is such a thing as Spiritual Intelligence in my view it is a fundamental aspect of our development as human beings. The three 'Q's are interconnected and interdependent, refining our IQ, EQ and SQ lead to a balanced and harmonious life.

Most spiritual paths advocate meditation as a mean to still the mind in order to hear the voice of the heart often referred to as our Higher Self. When they talk about reaching a state of bliss during meditation don't they refer to the experience of Oneness with the Divine? We are all potentially divine but the emotional baggage that we carry life after life creates a veil that prevents us from experiencing this state of enlightenment. We cannot escape the law of cause and effect it is the law of life; you will reap what you sow... Whether we do it consciously or not we create our lives by our thoughts and feelings; doesn't it make sense then to make a conscious effort to understand life and willingly work in harmonious cooperation with it?

**"Where your attention is, there you are; what your attention is upon-that you become!"** *Ascended Master Saint Germain*

Reiki is Spiritually guided energy, which supports our mental, emotional and physical wellness; it helps reduce stress, restores balance and brings clarity of mind. A daily spiritual practice is important whether you practice meditation, Reiki or any other chosen means of stilling the mind and going within. Take some time to listen to and be grateful for your heartbeat and the precious gift of life, we have a tendency to rush out of bed everyday to attend to the outside demands. It does not really matter what is on the agenda for the day it is how we approach and embrace whatever life dishes out that matters so why not make some time every morning and give yourself the gift of a divine day. 😊

## Reiki Course Schedule

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

**Level III (ART) Advanced Reiki Training – R1000**

Saturday 6 August 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 **FULL**

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.

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.

## **Touch The Soul Treatments**

Reiki pay for 4 sessions @ R800	1 hour	R250	Book and
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Crystal Light Therapy ® pay for 4 sessions @ R600	40 minutes	R200	Book and
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Life Coaching pay for 6 sessions @ R1800	1 hour	R350	Book and
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**Touch The Soul's Unique Treatment:** 40 minutes Crystal Light Therapy ® + 40 minutes Reiki @ R300 (4 Sessions R900)

## Volunteering in India

If you are interested in giving some of your precious time to others, Sharon would like to get a few people together and go.... VOLUNTEERING in INDIA !

PLEASE check out the website <http://www.volunteeringindia.com>  
[short term volunteer program palampur dharamshala india.htm](http://www.volunteeringindia.com/short_term_volunteer_program_palampur_dharamshala_india.htm). and  
lets get proactive.

Costs:

Flights are about R5 000, VISA costs are free!

Week 1:

US\$ 250 (plus an application fee of US\$ 150) includes airport pickup (worth the \$250 alone!), all meals, and accommodation, lessons and so much more....

Agenda: I thought of doing the first week in Delhi on the orientation and immersion into the language and culture program,

([http://www.volunteeringindia.com/orientation language cultureweek.htm](http://www.volunteeringindia.com/orientation_language_cultureweek.htm))

Weeks 2, 3 and maybe 4:

US\$649.00 (plus an application fee of US\$150—not sure if we have to pay this again). This includes your accommodation with the host family, (check out the 'volunteer house' on you tube link), all meals, and the weekend excursions to various places of interest - like the Golden Temple in Amritsar and Daramshala, hometown of the Dalai Lama.

Agenda: 2 weeks volunteering on the Mini-Break Program in Palampur, near Daramshala. 550km north of Delhi, in the Dulhadar mountains famous for its tea plantations. Volunteers (that's us) work in local, semi-rural day care centres, assisting the caregivers there in their daily chores, teaching, playing games and generally bringing LIGHT and LOVE into the children's lives. For those who have time there is the option of going to another place of interest for the fourth week- This can be decided upon by those who do not want to leave... Maybe Rishikesh, the home of yoga or the holy city of Varanasi?

OCTOBER 2011 would be the perfect month to practice our 'giving and receiving' in light, as this coincides with Diwali, the festival of lights on Oct 26th. Also ,Gandhi's birthday, Oct 2nd. Autumn weather will be pleasantly cool up in the mountains at 4 500ft and the monsoon rains will have finished in September. Check out <http://www.hill-stations-india.com/palampur.html> for more info.

**Give and you shall receive**.....Let Sharon know soonest if you are in!– Email:  
[ahoythere@lantic.net](mailto:ahoythere@lantic.net)

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Namaste

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