



Awakening Your Inner Healer  
Newsletter # 7 - February 2010

**Scientific Observations on Crystal Therapy**  
**Reiki Master Training @ Mabula Private Game Reserve**  
**Reiki Course Schedule**  
**Consultation Fees 2010**  
**World Peace Meditation**

Dear Friends,

January brought some exciting news for Reiki practitioners; it seems that evolution is orchestrating the marriage between Science and Reiki; the medical industry is acknowledging Reiki as a safe complimentary energy medicine and Studies based on rigorous analysis are being documented to promote scientific awareness of Reiki ☺

“The International Center for Reiki Training sponsored a Web site for the purpose of providing information on the current state of Reiki research. Named **The Center for Reiki Research**, the new site has been combined with the existing **Reiki In Hospitals** site ([www.reikiinhospitals.org](http://www.reikiinhospitals.org)), which has provided information on Reiki programs in medical settings since its inception in June 2005. The new site’s URL is: [www.centerforreikiresearch.org](http://www.centerforreikiresearch.org) “

*Reiki News Magazine Volume 8 Winter 2009*

“Reiki Masters across America and the world had cause for celebration on January 6 when Dr. Mehmet Oz revealed his Ultimate Alternative Medicine Secrets for 2010 during his nationally broadcast afternoon talk show. He ranked Reiki #1. Dr. Oz said, “Reiki is one of my favourites, we’ve been using it for years in the Oz family, and we swear by it.”

Before his popularity as a TV personality through his five-year association with Oprah, Dr. Oz incorporated Reiki into his open-heart surgeries through the assistance of Reiki Master Pamela Miles. On the show, Miles spoke about the benefits of Reiki and offered a demonstration to an audience member who had a headache, which quickly disappeared.”

*Seattle, WA (PRWEB) January 9, 2010*

Blessings and love  
Christine

P.S. If the predictions of 2012 fascinates you, Click [here](#) to view the videos called “The Maya of Eternal Time” with Drunvalo Melchizedek, who conveys the message expressed by the Mayan president the leader of all 440 elders and 440 tribes of the Maya.

## Scientific Observation on Crystal Light Therapy

According to modern science, quartz crystals are hexagonal bodies limited by plane surfaces formed by the interaction of the force fields of silicon and oxygen atoms. Crystals have the highest molecular orderliness found in nature. Crystals can also be understood as representing the complete electro-magnetic spectrum in a solid state. Modern physics postulates that matter is imprisoned solidified light, whereas light is energy in a free state. The highly organised state of matter of the quartz crystal allows photons to move without being trapped and condensed as in other forms of matter. A Crystal is therefore a special tool for using light in specific ways.

Marcel Vogel a research scientist at IBM, who spent his lifetime investigating quartz crystals, developed further understanding of crystal therapy. This gifted man utilised scientific inquiry and intuitive guidance in order to design experiments demonstrating the power of crystals to affect physical processes. The experiments of Vogel and his associates proved the following:

- Precisely cut quartz crystal produces a constant vibration of the same frequency as water produces in its purest state.
- Moving water will pick up the vibration from the crystal through resonant interaction and this transferred charge will structure the water.
- A cut crystal can be charged with intent in order to structure water.

Structured water increases surface tension and bonding properties; it is the purest state of water found in healthy cell tissue, while unstructured water is found in unhealthy cells and cancer cells. One of the most important biological bases for the health giving effects of crystal therapy is the vibration from the crystals resonating the water in our tissues and cells.

## Reiki Master Training @ Mabula Private Game Reserve

### Usui Tibetan Reiki Master Training September 10 – 13, 2010

You are invited to embrace the mystery of life, in the magical setting of the African Bush. This 3-day residential training is a wonderful opportunity for learning and healing while enthused by the miracle of spring in nature.

The class is taught in the Usui / Tibetan style of Reiki, with ample time allocated for practice, meditation and heavenly group Reiki + Game drives

**Who Should Attend?** Those who have completed Advanced Reiki Training and feel ready to take the next step. As well as Reiki Masters who would like to experience again the profound healing of the Reiki Master Attunements.

**Venue:** Mabula private game reserve +/- 2 hours drive from Johannesburg.  
[www.mabula.com](http://www.mabula.com)

**Instructor:** Christine Lenferna

**Dates:** Friday 10 to Monday 13 September - Course starts Friday 16h00 ends Sunday night. We leave after breakfast on Monday.

**Fees Include:** Tuition, Class Manual, Accommodation, Meals and Two Game Drives in open vehicles + Loads of fun.

Semi private rooms with bathroom en suite R3000 per person sharing - Book early, as space is limited to 7 participants, reserve your space with a non-refundable R500 deposit.

Reserve your space by **30 April 2010** and **Save R500** with your early registration discount.

For a registration form and more details click [here](#) or call Christine on: 083 334 6509

## Reiki Class Schedule February 2010

We are all healers; the memory of this lies within our Soul  
Awaken your inner healer, reconnect with your harmonious nature, experience blissful relaxation; restore vital energy.

**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.

### Usui Reiki Level I - R800

Sunday 21 February 9h30 to 17h30 The Yoga Republic, Fontainbleau, Randburg

### Usui Reiki Level II - R1200

Saturday 6 – Sunday 7 February 9h30 to 17h30 Hartbeespoort Dam

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

## Consultation Fees 2010

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

Life Coaching  
pay for 6 sessions @ R1800

1 hour

R350

Book and

**Touch The Soul's Unique Treat:** 30 minutes Crystal Light Therapy ® + 40 minutes Reiki @ R250 (4 Sessions R800)

## World Peace Card Meditation

Wednesday, February 17, 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, January 13 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>

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