



Awakening Your Inner Healer

Newsletter # 6 - January 2010

**Remembering Who We Are
Reiki Course Schedule
World Peace Meditation**

Dear Friends,

Happy New Year, may you be blessed with an abundant supply of Peace, Harmony, Balance and Reverence to all life. I wish you Perfect Health, Loving Relationships, Self-Empowerment, Success, Fulfilment, Divine Purpose, Wealth, Self Esteem, Spiritual Development, Enlightenment, Laughter, Joy, Playfulness, Fun, Self-expression, Enthusiasm, Bliss, Ecstasy, Wonder and Awe at the Miracle of life.

Blessings and love

Christine

P.S. And enough challenges to keep you creative ☺

Remembering Who We Are

Part of the process of our spiritual integration is becoming conscious of our programming by examining our thoughts and beliefs. Acknowledging the Spirit within us we become aware of our Sacredness as human beings and we gain an understanding that being spiritual simply means being aware of our connection to the Divine.

Reiki allows us to feel that connection in a very tangible way, being able to channel Spiritually Guided Universal Life Force Energy and experience its benefit leaves little room for doubt. It transforms our lives into a happier, more meaningful and peaceful experience. With regular practice we gain a deeper understanding of who we really are. Our interconnectedness has new implications and this knowledge transforms our lives into an unending act of love. Acting and reacting to one's reality on the path of self-discovery is part of the journey, our thoughts create our reality and the life we experience on the inside and outside of us. Life becomes a pleasure as we become comfortable with who we are. When health is established sickness disappears, when

we know the truth we cannot be deceived by error, where there is light there cannot be darkness.

Human beings as part of the Divine have a collective need to be healed and to heal others. Thus my favourite saying: " We are all healers, the memory of this lies within our Soul." The body does not hold the Soul the Soul creates the body. Reiki used to be called Soul Energy or Spirit Energy. Our body is consistent with our manifesting capabilities and individual perceptions, which is ever changing. Everything is energy and energy cannot be destroyed, our essence is eternal, the body is transient. Our life on earth starts with the first breath and ends with the last breath, in between we are being breathed and yet we have the ability to take in more life by breathing deeply and consciously. Just like we are capable of raising our vibration and transforming our lives when our channels are open with the Reiki attunement or we receive a Reiki session.

We have been conditioned to reject that which we cannot explain with our five senses, fear that which we do not understand and destroy that which we fear. In doing so we deny our soul it's full expression and we create dis – ease. When the unknown, the new, the mysterious is at the heart of life, the child within surfaces and embraces the joy of life with enthusiasm. Doesn't it sound like heaven on earth? Perhaps this is what spiritual evolution beckons. Reiki is as a practical tool, which supports us on our sacred walk into the profane. Coaching leads to a closer examination of the thoughts and beliefs that has created the life we have.

Do you need help reconnecting? Touch The Soul provides, Coaching, Reiki Courses, Reiki Treatments and Crystal Light Therapy ®
Get in touch; you were born to be alive.

Namaste ☺

Reiki Class Schedule January 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.

FREE Usui Reiki Level I

Saturday 16 January
Dam

9h30 to 17h30

Hartbeespoort

Although the course is free, a fee of R100 is charged to cover cost of course material, lunch and refreshments. Places are limited no bookings will be accepted without payment.

Usui Reiki Level II

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

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

World Peace Card Meditation

Wednesday, January 13, 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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