



Awakening Your Inner Healer

Newsletter # 8 - March 2010

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Dear Friends,

Health means treating your body, mind and spirit with respect and experiencing the joy of feeling it work in harmony, health means vibrant energy.

Living in our fast paced world is taxing on our mental, emotional and physical health; making constant withdrawals from our energy bank account; Reiki is a simple and easy way of making deposits in your energy bank thus restoring balance and wholeness.

You are your greatest asset by investing in yourself you are investing in your quality of life. When you enrol on a Reiki course you embrace a remarkable gift of healing, the ability to heal with your hands and unleash your innate healing potential.

*“Wisdom and true knowledge can only be comprehended when body mind and heart are in harmonious unity with each other.”*

*The Path of Inner Wisdom - Osho*

Blessings and love  
Christine

P.S. Below are the classes scheduled at Hartbeespoort for the year, I am waiting for available dates to schedule classes at the Yoga Republic in Randburg. If these dates do not suit you, I also do private courses get in touch ☺

**R**estore your body's innate ability to heal itself -  
Learn and Practice a safe and effective simple  
ancient healing technique.

**E**nhance the body and mind connection -  
establish harmony, balance and wholeness.

**I**ncrease your vitality boost your immune system  
- awaken your infinite healing power.

**K**indle intuition and awareness reconnect with  
your inner wisdom – trust yourself.

**I**nfuse your life with purpose and meaning –  
experience blissful relaxation.

## 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 27 March 9h30 to 17h30

Saturday 15 May 9h30 to 17h30

### Usui Reiki Level II - R1200

Saturday 17 – Sunday 18 April 9h30 to 17h30

Saturday 5 – Sunday 6 June 9h30 to 17h30

### ART (Advanced Reiki Training) - R1000

Saturday 3 July 9h00 to 17h30

Saturday 14 August 9h00 to 17h30

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

## 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 5 places remaining, reserve your space with a non-refundable R500 deposit.

Early registration discount !!! **Save R500** by paying your deposit before 30 April 2010

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

## Consultation Fees

Reiki sessions @ R800	1 hour	R250	Book and pay for 4
Crystal Light Therapy® sessions @ R600	40 minutes	R200	Book and pay for 4
Life Coaching sessions @ R1800	1 hour	R350	Book and pay for 6

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

When Reiki is combined with Crystal Light energy, a unique form of "vibrational medicine" is created.

## Further information about Crystal Light Therapy®

Some features of the human energy system have the same transformational characteristics as natural quartz crystals. When one uses natural quartz crystals to heal the body, energy transference occurs partly because of a resonance effect between the quartz crystal and those cellular crystal systems with quartz-like properties. These same bio crystalline elements amplify certain aspects of the life force in special energy circuits that run throughout the body. The lymph system, pineal gland, fatty tissues, cell salts, and blood cells are all bio-crystalline in nature. Crystals can resonate with these liquid crystals in the body and communicate information to the bio-crystalline structure within the cells to encourage rejuvenation of the body and the release of toxic information that has been locked in the physical body and the etheric field.

With the Crystal Light Therapy® there is gentle pulsing of the color frequency, in synchronization with a gentle vibration of 7.8HZ, inherent frequency of the earth. Human brainwaves resonate with a frequency of 7.8HZ and scientific studies indicate that this resonance is essential for health and well being. In today's environment of electromagnetic interference from satellites, computers, cell phones, etc. it is very difficult for the human body to maintain it's natural resonance of 7.8HZ.

## World Peace Card Meditation

Wednesday, March 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, March 17 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.

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