



Awakening Your Inner Healer  
Newsletter # 20 - March 2011

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Dear Friends,

Last month I had the privilege to be invited back to Zambia to teach another Reiki I workshop in Lusaka and a residential Reiki II weekend on the shores of Lake Kariba. It was very special to share Reiki in such a beautiful setting and a big thank you to all who made it possible. Your enthusiasm for Reiki and your warm hospitality touches me deeply; I look forward to my next visit.

With love and many blessings

Christine ☺

P.S. Laurelle Shanti Gaia's March newsletter carries an important message for all "[A Plea from the Angelic Realms](#)"

## **A Birthday Wish**

March is my birthday month, a time to celebrate and reflect. This year I also celebrate eight years of having Reiki in my life, teaching Reiki has been and continues to be most meaningful and rewarding for me. It is such a privilege to share this simple and profound healing tool, to be able to hand over a key that opens so many doors to our infinite potential spiritually, physically and mentally. I am truly grateful for the gift of Reiki and feel blessed to have met you along the way.

This is how most of you described your experience after the first Reiki course:

- A most enriching, cleansing and empowering experience
- Wonderful discovering myself, the world and energy around me
- Soulful and spiritually uplifting
- Enjoyable and relaxing – Very interesting
- Incredible, amazing, a must do for everyone
- An experience of healing with love and care

- Difficult to put into words but definitely uplifting – Awesome
- Exhilarating! Fabulous experience to reconnect and relax
- Powerful and loving, a truly life changing experience
- A great experience that must be integrated in everyday life.
- It was moving and effective, I felt the changes in my body and mind.
- And from self-professed sceptics: Enlightening! Be open and you will learn lots – An experience well worth trying – Should have done this earlier 😊

These are the comments that have encouraged me to carry on doing what I love most, I share your eagerness to live life with an awakened heart and an inspired mind and I am delighted when you come back for the next level. Each step that enhances soul awareness raises our frequency and strengthens our inner connection to the Divine, which is the process of ascension.

My birthday wish is to reconnect with each and every one of you who have attended my workshops over the years in whatever way that feels appropriate for you. I would like to know how you are and how you have integrated Reiki in your life if at all. Drop me a few lines or pop by for a Reiki session and an attunement. When was the last time you had a Reiki session? Why not join us on Saturday 2 April for a blissful group Reiki session, see details below.

## Reiki Morning

Meditation and Group Reiki  
 Saturday 2 April 9h00 to 12h30  
 Hartbeespoort Dam  
 Bring a plate of food to share  
 R.S.V.P. by 28 March as space is limited

## Reiki Course Schedule

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

### **Usui Reiki Level I - R800**

Saturday 9 April 9h30 to 17h30

### **Usui Reiki Level II - R1500**

Saturday 28 – Sunday 29 May 9h30 to 17h30

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

Saturday 7 May 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

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.

Only 6 places available, 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.

[Click here to book your place](#)

## Touch The Soul Treatments

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

**Touch The Soul's Unique Treatment:** 40 minutes Crystal Light Therapy ® + 40 minutes Reiki @ R300 (4 Sessions R900)

## Monthly Sonic Meditation Group

I have recently discovered a wonderful place in Hartbeespoort dam: "The South African Centre for Sound Therapy." Dr Wilna Dirkse van Schalkwyk leads a monthly group meditation enriched with live sound created with Himalayan and Quartz Crystal singing bowls and an array of other drums, bells, chimes, rain sticks, vocal toning etc... to find out more visit: <http://www.soundtherapy.co.za> or give Wilna a call on 071 682 2548

Namaste

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