



Newsletter # 3 - October 2009

**Reiki Evolution
Reiki Share / Angels Walking in aid of Breast Cancer
Class Schedule**

Dear Friends,

Having written the piece below about how I perceive Reiki's evolution I was reflecting on what to write in my short intro letter when I received the following email from a friend:

"This is too important not to share. Apparently NASA is planning on shooting a missile at the moon on Oct 8 (this Thursday) for scientific testing! This is without regard for the strong connection between the Earth and the moon....the Moon is responsible for our tides, influencing the ocean cycles, animals, and so much more... the link for this story <http://rgblogcast.wordpress.com/?s=nasa+bomb+the+moon>. I say "apparently" as I've checked this on the hoax sites and it does not appear to be a hoax and there was a meditation circle on Facebook yesterday for this...

Not too sure what is asked, but perhaps if we all stand together in prayer, this won't happen..."

Being a blog I was hesitant to pass it on but then I thought if it is a hoax then the person starting it is in need of prayers and Reiki. So whichever way you want to look at it please send Reiki and prayers to raise the consciousness of all and bring an end to the madness.

Blessings and love
Christine

P.S. I would love to hear from you, your feedback and input is necessary to keep this newsletter interactive and alive.

Blessings and love
Christine

Reiki Evolution

Since Dr Usui's passing we have seen the emergence of more than 70 styles of Reiki in the West. In view of the evolving nature of the universe it is not surprising that more and more come into awareness as we open ourselves to the Reiki energy. Dr Usui's healing system opens doors to consciousness; as a consequence it is only natural that we respond to the infinite possibilities available to us.

With the growing popularity of Reiki and its ability to enhance life in all its form, it is also apparent that many have been inspired to combine Reiki with other healing skills. If we agree that there is nothing new under the sun then we accept that the development of these new techniques, just like Usui's, have always existed but are only coming into consciousness as we evolve.

So much on offer can be overwhelming and create confusion; especially if there are claims to have the monopoly on the original or that certain teaching is the only effective system. I personally have difficulty with these claims as change is the only constant in life and such claims go against the essence of the Reiki energy, which is limitless, abundant and brings harmony and wholeness.

It raises the question, why is it so important that it is Usui's original? If the system works does it really matter if it is an original? Only you can answer that question; nothing has meaning other than that which we ascribe to it.

In my opinion, there can only be one original Usui method of healing and it died with Dr Usui. Usui Sensei taught Dr Hayashi and asked him to develop Reiki based on his medical knowledge and what followed after that can only be further discoveries if we are to take into consideration our creative minds. Besides to claim monopoly on teaching the original method reveals a limited understanding of the nature of perception and whoever does so probably has never played broken telephone.

How does one choose the right style? I don't know what you base your decisions on and what it is that you wish to achieve. My suggestion is to first clarify who you are and where you want to go, what works for others may not necessarily work for you. In other words be diligent and do your homework.

I am often asked if it is necessary to learn the other styles too. Necessary is not the word I would use, but if you feel moved to do so by all means explore. As humans we are curious by nature and we have an intrinsic knowing that there is always more which guides our next step.

Once we start on our healing journey we discover that there is a world out there that we had no idea existed and it is easy to become over enthusiastic and attend every course that our time and money can afford. My advice is; give yourself time to put into practice and assimilate what you have learnt; Practice is the most advanced form of theory.

Healing is an inner journey, there are different approaches, but there is only one healing power, which is within. We all teach and practice in our unique way that is perfect for us at the point of our development. There is only one consciousness and everything comes from this universal intelligence, when we acknowledge the basic truth that we are all one, we are on our way to wholeness.

All different schools and styles are one albeit unique, it does not matter where and from whom you learn Reiki, energy is energy no matter how you package it, what matters

most is that you find a style that you resonate with and you allow the energy to guide you.

I am grateful for Dr Usui's work, and to all those who came after him, those who endeavoured to uncover the lost history of Reiki, those who were guided to take it forward with new insights. I give thanks for evolution, free will and creativity.

Reiki is an age-old healing method, which has been reframed by many what is of value to me, is that it is a practical tool, which empowers the individual to heal his life and support others to do so, it is easy to learn and incorporate into our lifestyle. It works and most of all it is simple and available to all. What is it for you? EXPLORE!
Listen to your inner teacher and honour your inner wisdom - Follow your heart, trust life.

Reiki Share / Angels Walking

Fund raising walk for Breast Cancer.

Angels Walking - Sunday 1 November at Kyalami Grand Prix circuit.
Join us at the Healthy Living Village where we will be giving short Reiki sessions to the participants. We need all the hands we can use to keep the sessions short so that as many people as possible can benefit.

Support this cause by participating in the fun walk or by joining us and sharing Reiki with the participants.

To find out more, please visit www.angelswalking.co.za
If you are joining us to share Reiki please let me know so I can arrange entry.

Reiki Class Schedule

October to December 2009

Opening a pathway to the inner healer in you

Classes are held in the serene setting of Hartbeespoort dam, where Mountain, Water and Reiki energy create a peaceful atmosphere where you can relax and access the healer within.

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 II

Weekend Course

Saturday 3 and Sunday 4 October

9h00 to 17h30

Six week Course

Saturday 7, 14, 21, 28 November and 5, 12 December 9h30 to 12h30

Advanced Reiki Training (ART) Usui / Tibetan

One-day course

Saturday 10 October 9h00 to 18h00

Reiki Master Usui / Tibetan

Weekend Course

Saturday 24 and Sunday 25 October 9h00 to 18h00

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

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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