



Newsletter # 2 - September 2009

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Dear Friends,

Much to my delight, the swallows are back, spring is everywhere and finally my website is up ☺

The link is: www.touchthesoul.org

Please take a look when you have the time I would appreciate your feedback, any thoughts and questions that may arise.

My son the philosopher who kindly proof read every page asked the following question:

“What do you mean by – *the wisdom of healer heal thyself?* “

I thought I would write about this.

May the miracle of spring energise your lives.

Blessings and love
Christine

P.S. There is a thought provoking film/documentary on the New Science of Healing showing at Zenatude next week Wednesday the 9th of September at 7pm.

“The Living Matrix” www.thelivingmatrixmovie.com

For more information or bookings please contact Brandon at Zenatude 011 – 234 3343

Healer Heal Thyself

I work with an understanding that our natural state is health and harmony. Life happens to all of us, it is the way we react to life that determines our experiences and state of health. Our thoughts, attitude, beliefs and behaviour are the cause of our trouble. True healing requires an understanding of body, mind and spirit so we can restore balance and eliminate “Dis” and “Un” “Ease”

For me there is only one healer of your body and that is you; we all possess the ability to heal ourselves. There is healing power within each and every one of us; it only needs to be

awakened. It is the Universal Life Force that permeates every living soul that enables all to be healed. All that is required of us is to cooperate with life.

Although the healing journey is an inner experience, we often need external teachers and source of energy to lead us back to our innate abilities.

If we listen to our body, we realise that all aches and pain are gifts, they are messages warning us that we are doing something wrong. We cannot keep doing the same thing and expect different results it is insanity. We have to address the cause and make the necessary changes. And make no mistake half hearted steps will only produce average and temporary results, success demands commitment and requires discipline and practice.

Healing is not for 'Sissies'; we so often unconsciously hand over our health and abdicate all responsibility forgetting that we are giving away the precious gift of our own power. Healing is a heroic journey in the mystery of you and true healing demands that you become the hero that you were born to be. How we respond to this sacred calling is unique to each individual and one must acknowledge that out of Self-Respect we are all doing the best we can.

I operate from the supposition that we all want to eliminate suffering and lead a happy healthy peaceful life; that as part of an evolving universe it is our responsibility to uplift ourselves individually and collectively if we are to evolve. We have been given an amazing tool to support us on this journey the simple and powerful energy system that we call Reiki and with it comes a few ideals to guide us along the way. All that is required of us is to put it into practice and allow the energy to lead us.

The human mind and energy field is contagious; what we do, think and feel affects the collective. By raising our vibration we acquire greater knowledge and awareness.

When a person is sick, his mind and body is vibrating at a low vibration, when you raise the vibration you eliminate the dis-ease.

Although while we give healing we also receive, we cannot give from a point of depletion. An effective healer attends to his own process first.

When we become conscious that we are all healers and that our life has a profound effect the whole it makes sense to adhere to the adage "Healer Heal Thyself". This lifetime journey leads us down the path of Self-Love and Self-Acceptance. There are many tools and many teachers to support and guide us along the way, pick the one that makes sense and resonates with you. According to me it does not really matter what we choose as long as we simply remember that the highest vibration is love we are sure to journey in joy.

Reiki Share

Reiki shares create an opportunity to receive and give group healing and depending on the size of the group we often give attunements. It is a space for sharing and healing which is available to all, no matter what level of Reiki you are at. You are also welcome to bring along members of your family and friends it is a good way to introduce them to the magic of Reiki. Our next share is scheduled for **Saturday 17 October**

Thank you Amber and Irvin for hosting the previous share at Crystal Whispers and for the visit to the stables. It was wonderful to see Nicky and the horses again. Nicky and family are going through a traumatic time and the horses are picking up the tension, please send Reiki to all of them.

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.

World Peace Card Meditation

Thursday, September 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 Thursday, September 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>

House Keeper

Patience Joe is looking for work on Saturdays in the Randburg area. Patience has worked with me for over 10 years, taking care of my home and family, she is a precious gem who takes pride in her work and has a warm caring nature accompanied by the most beautiful smile. Please contact Patience on 073 228 5604

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