

Namaste Everyone, Happy April!

As I was sitting in meditation today, asking for guidance and inspiration for this months newsletter, I was directed to check my e-mails. There I found a message from a fellow Reiki Practitioner, and friend, regarding the Federal Drug Administration and its intention regarding CAM therapies which I feel we all need to give some attention to. As many of you are aware we had an issue last month in New Hampshire regarding Reiki being regulated under the Massage therapy laws which was addressed at the State House. The result was this: Reiki, and some other therapies, will remain exempt from this for the time being anyway. Now there is a new issue, the FDA wants to regulate all CAM therapies. These pending actions from the FDA could affect us all, not just those practicing Reiki.

Reiki is considered a CAM therapy which means Complimentary Alternative Medicine. There are basically 4 categories of CAM therapies and The National Institute of Health has classified Reiki as energy medicine specifically bio=field energy therapy. The other categories are: Physical...as in massage...Biological...as in herbal remedies...and Psychological...as in meditation and complete healing systems such as traditional Chinese medicine.

For more information about CAM this please visit www.nih.gov .

As you are all noticing, people are spending a great deal of money on Alternative medicine and it is not resonating very well with the FDA. Apparently they have a goal of eliminating. By making it illegal to practice CAM therapies unless you are a Doctor. Yes it does seem ridiculous and unlikely that they could do this, but if we care about our freedom to choose our own health care options, it seems we need to become educated, and support those who are paying attention to what is happening in the greater community in regard to these issues. Please read the attached email and then follow the link to add your name to petition being sent to the FDA. We only have until April 30th to do this. The goal is 5 million "signatures", which should be easily met (perhaps even surpassed). Once again, this is NOT LIMITED TO REIKI, it includes all people practicing any CAM therapies! That is ordinary folks buying herbal supplements, etc. Please take the time to make your voice and opinion count. Send energy for this situation to be resolved in the highest and best interest of all.

As a CAM practitioner, I support this letter and have already added my signature...I encourage you to do the same and to share this information with others on your own mailing lists if you feel guided.

Wishing you Love, Joy, Health,Happiness and Prosperity!
Reiki Blessings,

Beth Crawford

Events This month at Southern NH Reiki Center

Wednesday, April 11th and 25th: 6-8

Masterminding Group for Deliberate Creation Students

Sunday, April 15th:

4-5:30 Meet and Greet.

Meet Reiki Master Teacher Beth Crawford and learn about Reiki

6-7:30 Public Reiki Clinic

30 minute treatment, \$20.

1 appt. left (6:30)...register soon!

7:30 -9 Practitioner Share \$10

For Beth's students and other certified practitioners desiring the opportunity to hone their Reiki skills, interact with like minds and give and receive Reiki treatment.

April 28th/29th: Certified Reiki Training Levels 1 & 2

Reiki 1...\$125.00...Reiki 2...\$225.00 Save \$25 by registering for both levels.

For more information or to request an information packet with course

descriptions please visit me online at www.BethCrawford.com

Classes have a maximum of 6 students. Currently there is availability for 3 more students so don't delay in reserving your space!