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Insured Member, International Association of Reiki Professionals

April 2008 Newsletter

Namaste Reiki Friends and Family!

I am not sure if I dare to say "happy spring"! It seems I no longer put words to paper last month when another foot of snow arrived! Ahhh, the joys of living in New England! Thanks to all of you who sent love and healing energy the situation concerning our daughter. She deployed on March 12 and first went to Kuwait for training and was transferred to Iraq March 27th. At this writing all is well, although they changed her detail and she is now supposed to be a gunner. We so appreciate the support!

Many emailed requests for healing energy for their own sons, daughters, family, friends and others who are currently serving in many places. In addition we are sending healing energy to these countries for the root cause of their particular situation and a timely, safe, resolution that is in the highest and best interest for all.

As is the case with all healing, energy must be sent to the root cause of an illness or situation or it will only be a "bandaid" fix. We must also remember to focus our attention on the desired outcome, not on what the picture seems to look like at the current moment. If you worry and are fearful you will draw a situation to yourself, or others, that most likely is not what you want. So, think positive!!! Imagine your loved ones in a protective bubble and surrounded by their angels and guides. Fill this bubble with the energy of Reiki if you are attuned, or imagine it filled with light and love.

If you are Reiki trained, please remember that you can use this energy for more than physical, mental/emotional and spiritual healing. Level 2 training introduces, and attunes you, to symbols that facilitate distant healing, giving you the ability to send energy back in time, forward in time and to a multitude of situations that may call to you, such as global warming, the earth, wars etc.

Reiki is truly an empowering gift! You will realize, with consistent use and practice, that you are NOT powerless! You have a gift to help yourself, and others in any circumstance. You truly come to understand the value and meaning of the Reiki Principles, (also called Ideals, Precepts, Admonitions). Dr. Usui, the founder of this original system of healing taught students to think about these Ideals daily and to sit in meditation on them or chant them so that it would improve the body and mind. Reiki Masters today also teach these precepts and help students to understand the true meaning of them, and how to apply them in their lives. We know that by mastering the mind (thoughts), we improve our outer circumstances dramatically!

The article I will be sharing this month, after viewing the schedule, speaks to the issue of empowerment and taking responsibility for your own life. Reiki students will easily

understand the connection to the Ideals. Enjoy and Reiki Blessings! Have an awesome month!

### **SPECIAL OF THE MONTH**

Purchase a block of 3 treatments, receive the fourth free! \$65.00 value!

**NEW SERVICE: We are now able to accept payments for most classes online..check it out!**

### **APRIL SCHEDULE FOR SOUTHERN NH REIKI CENTER**

#### **CERTIFIED ADVANCED REIKI TRAINING**

APRIL 19TH 9AM- 6PM \$225.00

Prerequisite: Reiki levels 1 and 2 (all Reiki lineages welcome)

Copy of highest level necessary (I do not accept on line certificates).

#### **IN THIS CLASS YOU WILL:**

- \* Receive the Usui master attunement which strengthens your Reiki energy
- \*Learn the Usui Master symbol, which increases the effectiveness of the other symbols and can be used for healing
- \*Advanced techniques to achieve goals and resolve life lessons
- \*The use of crystals and stones with Reiki and to make a Reiki Healing grid
- \*Reiki aura clearing
- \*Exercise for those preparing for Master Class

#### **APRIL 20TH PUBLIC CLINIC AND SHARE**

Pre-registration preferred, walk ins welcome if time allows

Experience the Healing Energy of Reiki,

OR Integrated Energy Therapy with  
Southern NH Reiki Center

Always the 3rd. Sunday Monthly

Public Wellness Clinic 4-6pm

Choose from:

30 Min. of blissful Reiki Therapy!

6 Sessions Available \$20.00 Donation

OR

30 Min. of wonderful Integrated Energy Therapy!

3 Sessions Available \$20.00 Donation

Scheduling appointments at 4, 5, or 6 pm

Reiki Share 7:30-9 pm  
(students may also choose to help with the public share)  
For all levels of students and certified practitioners. \$10.00  
Hone your Reiki skills, and enjoy a treatment  
Always a fun, joyful experience...great for the soul!

#### CERTIFIED REIKI TRAINING WORKSHOPS

April 26 Level 1 9 am - 6 pm \$125.00

April 27th Level 2 9 am- 6pm \$225.00

#### UPCOMING CLASSES:

May 4th...The Body Electric! 9am- 12 \$45.00

#### REIKI MASTER TRAINING

May 31st and June 1st 9am - 6pm both days \$650.00

Pre-requisite: Advanced Reiki Training

\$100 Discount given if you have taken ART with me

### MONTHLY ARTICLE OR STORY

#### **NO VICTIMS HERE: TAKING RESPONSIBILITY FOR OUR LIVES**

by Susan Jeffers, Ph.D.

In many of the self-help books you read (including mine) you are told, "Take responsibility for your life!" You may be wondering, "What exactly does this mean?" As I explain in *Feel the Fear And Do It Anyway...*

1. Taking responsibility means never blaming anyone else for anything you are being, doing, or feeling. Never? But this time, you say, it really is his fault (or her fault, or the boss's fault, or my son's fault, or the fault of the economy, or my mother's fault, or my father's fault, or my friend's fault.) If I missed anyone or anything, just add it to the list. Until you fully understand that you, and no one else, determine your REACTION to whatever happens...or has happened to you in the past...you will never be in control of your life. Remember that when you blame any outside force for how you are feeling about any of your experiences in life, you are literally giving away all your power and thus creating pain, paralysis and depression.

2. Taking responsibility means not blaming yourself. I know this sounds contradictory, but it is not. Anything that takes away your power...or your

pleasure...makes you a victim. Don't make yourself a victim of yourself! It is important to understand that you have always done the best you possibly could do, given the person you were at any particular point in time. Now that you are learning a new way of thinking, you can begin to perceive things differently and possibly change many of your actions and reactions. It is all simply part of the learning process - the process of moving from pain to power - and it takes time. You must be patient with yourself.

3. Taking responsibility means being aware of those circumstances in which you are not taking responsibility, so that you can eventually change. Your clue will be any signs of anger, upset, blaming, pain, self-pity, envy, helplessness, joylessness or disappointment. This is not a complete list, but you get the idea. Whenever you feel these symptoms, determine what you are not doing that is causing you to feel that way. You will be surprised at how easy it is to locate the area in which you are abdicating responsibility.

4. Taking responsibility means silencing the Chatterbox. This is the little voice inside your head that tries to drive you crazy--and often succeeds! It's the voice that heralds doom, lack and loss. The good news is that there are very effective ways to get rid of this kind of negativity--for example, by "outtalking" the Chatterbox with constant repetitions of positive thoughts, such as...

"Whatever happens, I'll handle it."

"I let go and I trust."

"I focus on my many blessings;

When you notice that your Chatterbox is casting you as a victim, commit to replacing it with a loving voice. You don't have to associate with enemies--not even the ones within yourself! I believe this is so important that I have created a free affirmation booklet, *Why Affirmations are So Powerful!* (See the sidebar to download.) And, by the way, once we silence the negativity of our Chatterbox, we really begin to enjoy being alone!

5. Taking responsibility means figuring out what you want in life and acting on it. Set your goals, then work toward them. We might find other goals along the way that we prefer to move toward, but as long as we realize it is all our choice, we are taking responsibility. What is most important is our decision to enjoy the process despite how it all turns out.

6. Taking responsibility means being aware of the multitude of choices you have in any given situation. It is so important to realize, as you go through each day, that at every moment you are choosing the way you feel. When a difficult situation comes into your life, it is possible to say to yourself, "Okay, choose. Are you going to make yourself miserable or are you going to learn and grow from it all?" The choice is definitely yours.

Yes, you have the power to place yourself on the "up" side of any situation. Keep in mind that this way of thinking is not meant to excuse inappropriate behavior on

the part of others. It simply allows you to make better choices and have a more satisfying life.

These are just a few tips to help you look into your life and see where you are not taking responsibility. Learning to take responsibility for your experience of life requires practice. The point is simply for you to begin. You will feel better immediately.

You can start by seeing if you can get through one week without criticizing anyone or complaining about anything. I can almost guarantee that you will have a very silent week! Each time you experience upset, be conscious of the other emotional alternatives that are available to you. Make it a game...and laugh a lot. Remember these two words and say them to yourself often: "I choose."

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