

Namaste Reiki Friends!

I hope this note finds you all happy, enjoying good health and well-being in all areas of your life. The summer season is always a very busy one for us personally. We try to take as much time as possible to enjoy the warm weather, travel and interacting with family and friends. I would like to thank you all for being understanding about my "limited" availability, and also to express my gratitude for being able to truly enjoy season with my husband. It sure does go by quickly!

## **AUGUST SCHEDULE:**

### **Certified Reiki Training**

***Reiki classes were held recently on the 11th and 12th...next training for Levels 1 and 2 will be in September on the 22nd and 23rd...***

***I will be offering a "Back to School Special" for September:  
Buy one, get one 1/2 price!***

***Register for training for both classes, \$350.00 and bring along a family member or friend (you will be sharing materials) for \$175.00  
Reserve space by September 15th, 2007***

***Or***

### **Family Special.. good thru Dec. 31st 2007**

***Families love to Reiki together! A built in support system and a "tool" to help everyone, at every age! My youngest Reiki child is 8 months...children still in the womb can be attuned along with their parent as was the case with my first grandson now two.. .who has automatically been doing Reiki since he was born!***

***Reiki helped their mom (and many others!) throughout pregnancy and a smooth as silk birth, and both parents and child to adjust easily to this new life. In my experience children attuned to Reiki sleep better, learn more easily and are very happy little campers!***

### **Family Special:**

***2 Adults and up to 4 children ...\$900.00  
Adults and children over 11 will be trained to Level 2  
Children under 11 will be trained to Level 1***

*Children will share parents materials...classes can be customized to fit your needs, and held at your home or at the center during regularly scheduled classes, or by special arrangement*

*I will also begin teaching a Reiki Level 1 night course for the Derry Centre for Adult studies beginning September 25th..the flyer should be out around Labor Day in local papers, if you are interested in taking training in this way, or call Connie Toombs at 603-432-1245*

### **Reiki Clinic and Practitioners Share**

#### **Sunday, August 19th..**

*There is one appointment left for the public clinic.*

*It is for 7pm...contact soon if you are interested!*

*Clinic is from 6-7:30 pm... 30 minute appt. \$20*

*Student/Practitioner Share is from 7:30 to 9 pm...if you are "new" to us, please bring along a copy of your most recent Reiki Certification..\$10*

#### **Prior to Clinic:**

*I am available from 4-5:30 at the center for a meet and greet..*

*This is a great opportunity for those interested in taking training to meet me and see if I am the teacher for you. It is also a wonderful opportunity to learn more about Reiki if you are curious, or if you haven't had the chance to connect with me for awhile...it is a good time to "catch up"!*

#### **New Opportunities:**

**As always, life is changing, evolving, growing...and so are we!**

**This fall we will be offering new classes for personal growth. It is my intention to teach a course on understanding the human energy field and learning to see the aura, in addition to Deliberate Creation and Reiki and also to open up doors for you to discover new and exciting areas by inviting in many guest teachers who will provide you with a "taste" of many different things. These special opportunities will be offered monthly beginning in September and will vary from learning about Crystals, Angels, Shamanic Journeying, experiencing channeling, as well as other topics. Many of you have expressed that you are curious about these, but have not wanted to commit to ongoing classes without "knowing" if it is**

**truly something you want to pursue, so these single class experiences are designed to provide this.**

**We will also be working more on the website, providing more online resources for you as students and visitors to the site, and I will be restructuring this newsletter as well.**

## **Message for August**

August is the birth month of Usui Sensei (Aug.15th, 1865-March 9,1926)..and so I would like all practitioners to take time to honor the founder of this wonderful healing system. It is important to remember that Sensei spent his lifetime learning and practicing all that we try to pass to students in a very short period of time. There are a handful of teachers and practitioners who are still living that learned directly from him, and it is well known that the training they received is much different from what we learn now as "western Reiki". Mikao Usui was an immensely talented and spiritual man, those who were fortunate to train with him did so for extended amounts of time... often there were years in between levels...not days, or even hours! The idea was to learn mastery over the self (self realization) and the healing part of Reiki was actually secondary.

Now we have the tendency to only focus on the healing part... which is okay...many people are in need of healing and of course we know, and science is proving, that Reiki definitely promotes healing. However, if we truly want to know Reiki as Usui Sensei and his early students and colleagues did, we need to also focus on Reiki as a method for spiritual growth. Many times people shy from this because it conjures up images of enlightened masters meditating in a cave in the Himalayas. Then they feel as if they have to completely alter their lives and become like monks etc.!

This is definitely not the case! Although you can live however you choose...Reiki does not "demand" that you do this. If you allow it...the energy of Reiki helps positive change that is in your best interest to occur in your life, and you gradually find yourself letting go of limiting, restrictive thinking and opening more to joy, personal happiness and peace. You come to know yourself as a spiritual (energetic) being, having a physical experience. You learn what you can do to make this experience the best it can be simply by allowing the changes to unfold naturally, in a time and rhythm that is perfect for you! You learn to truly embrace those things that bring you joy (not throw them away!), and to live this life the way you want to.

So...if you enjoy concerts and riding a motorcycle... good for you!

If you enjoy Buddhist temples and classical music... good for you!

Reiki adapts to you...you adapt to Reiki...and it is ALWAYS GOOD!

So.. the message is *Patience*: We need to be patient...we need to practice Reiki daily and develop other practices such as meditation... we need to allow time for the energy of Reiki to TEACH US. If we are going to do energy work with and for others, especially as a professional practitioner, it would behoove us to take the time to work on ourselves first...address those issues within us that need healing, and gather experience with a variety of situations by being involved with clinics, shares and other opportunities such as finding a Reiki Buddy to practice with on a regular basis.

We should really apply the Reiki Precepts in our lives and give ourselves time to learn and develop the spiritual practices that deepen and broaden our healing abilities, and our conscious awareness. Often we want to rush our training, or get frustrated by time constraints many Reiki masters decide upon in-between levels. Don't be.. know that it is all for very good reasons!

As one of my non-physical teachers has often said..."

*There is no reason to hurry...the journey is never over, and you are never going to get it all done!"*

So... have fun with your Reiki and metaphysical exploration, and most importantly...*BE HAPPY!*

**Have a wonderful month...Reiki Blessings!**

**Beth Crawford**

**For contact information please visit:**

[www.bethcrawford.com](http://www.bethcrawford.com)