

Southern NH Reiki Center  
December 2007

*Southern NH Reiki Center*  
*Offering Complimentary, Alternative Medicine*  
*to assist those seeking to transform mind, body, and spirit!*  
603-425-6977 or 603-247-0968  
[www.BethCrawford.com](http://www.BethCrawford.com)

**Namaste Reiki Friends and Family!**

Today we are experiencing our first substantial snow of the winter season...soo exciting! Outdoor enthusiasts all over New Hampshire are already making plans to get out and enjoy it. The kids are happy to have a day off from school, and shoppers feel the Christmas holiday spirit more strongly, surrounded by this magical blanket of crisp clean white snow!

Some people may not view this snow storm the same way..maybe even as you read this you may laugh and say: Obviously she hasn't been out yet! But I assure you that I have been out to shovel so I do know that it is heavy and wet. I do know that for many traveling wasn't so wonderful..and that having kids home and having to make arrangements for them, or take a day off, could be viewed as not very magical. But ...I say this to make a point. Everything you experience is due to how you think. Everyday we make choices in how we want to view our experiences in this life. We can choose to complain and see the bad in things or we can take each situation and find the good in it. I prefer, to the best of my ability, to see the good in all things. I prefer to focus my attention on the positive benefits present in all situations. This has been the result of my Reiki training and practice, which has helped me become a more deliberate participant in my own life.

Reiki has brought about many remarkable changes in the lives of the people it touches. I hope that you enjoy the stories that follow after the December Schedule, and if you have not had a Reiki treatment I invite you to experience this amazing healing energy in our monthly clinic, or to book a private session.

This month I am offering 90 minute sessions for \$45.00 thru the end of December...this is a \$20 savings!

Also, a reminder to those who are students of mine...you may take private sessions for \$35.00, anytime.

To view other benefits, see the website under benefits of SNHRC

May you all have a blessed and joyful holiday season. May the charitable spirit we see during this season continue throughout the new year. May you all be inspired to change those habitual ways of thinking that may be self-sabotaging...it really isn't as hard as you might think! For those who are Reiki trained... remember the Reiki Precepts.Continue self treatments and joining us at the monthly Share...if you are level 2 trained, use your "tools" to pre-pave the way for those goals and intentions! Happy Holidays, Love and Many Reiki Blessings! Beth Crawford

**December Schedule**

**We've Grown!!**

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**Congratulations to my colleague and friend Julianne Santini, owner and mangager of the Living Light Center, LLC. She recently purchased the condo unit which currently houses the Living Light Center, Southern NH Reiki Center and various practitioners who are working towards developing successful practices of their own. We have been very busy for the past 2 weeks moving into the larger space next door, and helping the old owner, Dr. Diana Collins to downsize and shift into the smaller space that we have called home for the past two years. We are very excited about this change, and although we are still transitioning, we are open for business! We look forward to being able to offer more treatment rooms and a larger classroom space. I am personally very grateful for the support of both of these individuals who have made it so much easier for me to follow my heart, and for taking Southern NH Reiki Center from a dream, to a reality! Many thanks also to our wonderful, and devoted students and clients. It is truly an honor to be the Channel which facilitates the Reiki Energy in the ways perfect for each one of you. Thank you!**

**DECEMBER 11TH...Cancelled Share for Hood students.**

**DECEMBER 13TH.....the second class in our Explorer Series.. 7-9 pm \$25.00**

*Introduction to the Healing Angels of the Energy field.*

**This fun class will introduce you to angelic connection, empowerment and healing. We will focus on the 9 Healing Angels of the Energy Field used in the healing modality IET. You will learn a powerful technique to experience a specific angels' energy so that you can play with, and intergrate, that particular angels' beautiful gifts into your life!**

**This class will be taught by IET Master Inrtuctor Laura Schulte..treat yourself to a wonderful evening of empowerment, play and healing!**

**No Angel or IET knowledge is necessary to enjoy the benefits of this class.**

*What a great way to enhance the Christmas holiday season...with your own special angelic connection! RESERVE EARLY!*

**DECEMBER 16TH REIKI CLINIC and PRACTITIONER SHARE..See website for more details...2 public appointments left. [www.BethCrawford.com](http://www.BethCrawford.com)**

**DECEMBER 22ND... OPEN HOUSE AND DROP IN REIKI CLINIC 10 am to 4pm**

**Let the Energy of Reiki relieve your holiday stress, and rejuvenate your mind, body and spirit. You'll be surprised what a few moments of Reiki can do! \$10 donation.**

**Offering 15 minute Reiki chair sessions for busy holiday shoppers or those wanting to see the new space and experience Reiki for the first time, or the first time with Beth. We are within minutes of the the Mall of NH, and the Bedford Mall and Shoppes, with very easy access of the highway!**

**Longer sessions may be arranged by appointment, or as time allows.**

**Reiki training will resume in January. Level 1 and 2 tentative dates are 19th/20th**

**INSPIRING REIKI STORIES**

**The stories being shared this month are from the Reiki News magazine, a publication of the International Center for Reiki Training, and my Master Instructor, William Lee Rand.**

**Many of these stories are documented by before and after medical tests and the observations of licensed health care providers. Please note that while Reiki can cause miraculous healing, it does not always do so. Most healing, in my experience, occurs over time and is profoundly subtle. The energy works in the way that is perfect for the recipient, and occurs on many levels. All Reiki patients receive some level of healing with the minimum being relaxation and stress reduction.**

### **REIKI HEALS**

**In 1998 I had a complete hysterectomy. Since that time I have had eight surgeries.**

**I was in constant pain and had no quality of life.**

**I am certified in Level One. When I went home from the class I felt a deep, relaxed feeling and I just wanted to go to sleep.**

**In August I had severe pain in my stomach. I went to my doctor and he said he felt a hernia. I gave myself Reiki and then the doctor called me with the results of a CT scan and he said that the hernia had been healed. He said I was a miracle and I was also healed of all inflammation and scar tissue.**

**My father had a stroke this past January. While in the ER they told us he would not make it. They called in a priest and my father was given his last rites. My father underwent brain surgery to remove a blood clot. The doctors told us that he would not have the use of his left side. My sister and I did energy healing on him everyday. My father not only pulled through his surgery, he also has full use of his left side.**

**I cannot believe how my life has changed the past six months. I am not in chronic pain, and I have quality of life. Reiki is the best thing that has happened to me!**

**Cindy Vignale**

### **REIKI, CHEMO AND CANCER**

**I have been a Reiki Master since early in 1998, mainly working on myself and my pets. Nancy a neighbor of mine who lives only 2 doors away developed cancer some months ago and had a "terminal" diagnosis. Only after she had gone to bed, was barely eating, and had significant pain, was she open to me trying Reiki on her. I sat upright on a sofa next to her and placed my hands on her liver area, the area of pain, for about 10 minutes. She said it was a bit better and moved away a bit. I figured if Reiki was to be of help, I would know. Sure enough, the next day her husband showed up at my door and said Nancy wanted me to come and take her pain away!**

**I have gone over 3-4 times daily and done Reiki sessions in the liver and lung area for about 25 minutes each.**

**Within 2 days all pain was gone, which puzzled her doctors, and her first chemo session was a breeze. The nausea from the cancer and chemo was also**

minimized. I had the opportunity to see how much Reiki was working when I had to leave for 10 days right before Nancy's second chemo session.

I attuned others to work with Nancy while I was gone and was able to send distance Reiki a few times during my travels, but learned upon my return that the second chemo had not gone well for Nancy who experienced pain and severe nausea for several days.

After one day working with her, all the symptoms were gone and her next chemo will be in a few days.

I don't know if the powers that be will allow Nancy to survive her liver cancer, but I can tell you that she is most comfortable..eating well and pain free, walking, laughing, and having a reasonably good time during a time she was supposed to be miserably in pain.

A side effect of doing Reiki on Nancy is that I feel even better after the energy passes through me!

I sincerely hope many more people will attune to Reiki. It is my deepest wish that Reiki spread more rapidly than it has, even if most only attune to level 1. The need for bandages around my house is practically non-existent.

After months of working with Nancy, she got her test results back today..she will live, the "terminal" diagnosis is no longer in effect. Her liver function is almost back to normal and she will have 4 more chemo sessions and another test. If she is entirely free of all traces of cancer, she will need 2 more chemo for "good measure". I am in awe. She was nearly dead, with only a few weeks to live when we started Reiki on her. Another friend who is a nurse said she has never seen anyone react so well to chemo.

Thank you Reiki. Thank you Universe!

Peggy Griffin

### **CONFUSION OVER A BILL HEALED**

I am a second level Reiki and a dowser. Two weeks ago just before Christmas I was working long days and my wife got a phone call about some equipment we rented in early October which they said wasn't returned and that we owed quite a bit of money in back rent.

We had returned the equipment, but I couldn't find the return slip, and without that we had to pay.

This was on Tuesday and I wouldn't be able to go into their office until the following Monday.

After thinking some negative thoughts, it came to me to NOT send negative thoughts, but to send positive thoughts, so I put them in the Reiki light of pure love. Every time I had a chance I did this and by Friday it didn't seem to be needed anymore.

On Monday, I went into their office armed with all the paper work I had. When I went up to the front desk the owner met me and said " Oh, my partner and I talked it over on Friday and decided to believe you so we wrote up a return slip and it's all covered!" I picked my jaw up off the ground and went out thanking the system. Putting them in the light did make a Big Difference!

**Namaste, Dave Carlson**

**REIKI HEALS HORSE**

I have been practicing Reiki for about a year now, and the most profound experience I have had to date is with an animal. My best friend has a ranch with about 15 horses. Her favorite horse/bestfriend/companion had colic about a month ago. The vet came by but didn't offer much hope. He told her to be prepared for the worst as he didn't feel the horse would make it through the night. She called me late that night crying, and I told her I would come over to console her.

We went to the horses stall to check on her, and she was on her side kicking and thrashing. My friends daughter cam running up and said they had another horse doing the same thing and she needed her there immediately. She left me there to watch Buggy.

I wasn't able to get close to her because she was thrashing about. I took three deep breaths, held my hands together, and prayed to God to please help my friends companion and not allow her to suffer so terribly. Within 5 minutes, Buggy stopped thrashing, laid her head down, closed her eyes, and went to sleep. I stayed with her until my friend came back. She was in amazement. That was the first time the horse had settled down, let alone slept, in over 20 hours.

The next day Buggy was still under the weather but was on her feet and walking. After a couple of days she was up and running. The vet said he was surprised to hear of her recovery, as he really didn't think she would make it. My friend is not aware of what transpired, but Buggy and I have a different relationship now. When she sees me, she will come up to me and nicker. That is more thanks than I could ever want!  
Suzette Smith

Well, I hope you have enjoyed these stories! The Reiki news magazine is wonderful, and all level two students trained by me receive a years subscription. If you would like to subscribe to this wonderful magazine go to [www.Reiki.org](http://www.Reiki.org) and order online! If you have a Reiki story you would like to share, send it along and I will include it next month!

***Merry Christmas and Happy Holidays!!***  
**[www.Southernnewhampshirereikicenter.com](http://www.Southernnewhampshirereikicenter.com)**