

Southern NH Reiki Center Newsletter

December 2008

Namaste Reiki Friends and Family!

I hope this note finds each of you happy, healthy and enjoying your life!

Here at Southern NH Reiki Center things have been so busy! It is amazing, and wonderful, to see so many individuals coming to the Reiki path, I can't even begin to convey to you my excitement!

Many have also been seeking individual counseling in relation to being a deliberate creator, and are looking forward to this course which will begin in January. If you want to understand more about this, please join us on Dec. 12th from 7-9 for an introductory workshop. If you choose to take the course, the \$20 fee will be taken off your tuition.

Check the new schedule for Reiki training dates and other workshops being offered - on the website and coming soon as a seperate mailing.

Today as I sit and write this I am so thankful and happy! I love the holiday season, the coming together of families, the cooking, decorating, and expressing my love and joy. The Christmas music is floating good cheer throughout my home, vibrating in my cells. I waited this year til today, December 1st, to start playing it. I usually start on Thanksgiving, but my children begged me not to!!!

I reflect on the recent holiday and all that I have to be thankful for. I make it a habit to do a gratitude exercise daily, but am especially mindful during the holiday season. I give thanks for myself (as everyone should!) my husband, children, family, friends, colleagues, clients, students, the world, the universe. I am thankful for the minor challenges that I know are just learning experiences for me. These experiences help me to clarify more easily what I want. They help me to grow, to evolve as a spiritual being having a human experience.

I focus on the lesson, learn from it, and move on, applying what I have been taught. I am thankful, and grateful, for the wonderful teachers I have, physical and non physical. For the world teachers, such as Jesus, Buddha, Mother Mary, Quan Yin, Sai Baba, Paramahansa Yogananda and the Gurus of Self Realization Fellowship, the Dali Lama, Nelson Mandella, Abraham_Hicks, and so many more. I am so grateful to Mikao Usui, the founder of Reiki as practiced by millions of people worldwide. I am thankful for every Reiki practitioner who spreads their light and love to others, helping to manifest Usui Senseis' dream: That everyone learn, and utilize, the energy of Reiki. He felt that this system he developed, and the healing energy he was gifted, would help heal each and every human being, on every level.

He knew we could also affect the consciousness of the planet as well, which had the potential to heal our negative thoughts and beliefs which in turn create our present "reality". (more on this in the next newsletter) Practicing Reiki, and learning to live the Reiki way is certainly not the only way, but I have found it to be one of the easiest and most satisfying. The only catch? You must utilize it and allow it to teach you on a daily basis.

Doing so keeps one peaceful, grounded and centered. Giving and receiving Reiki, to me (and so many others!), is one of the most nurturing, gentle and loving experiences. It connects us effortlessly with higher states of consciousness and intuitive wisdom and knowing. Reiki practitioners who actively practice begin to have many experiences that are beyond what we can explain. These experiences help us to have more trust, confidence, and courage to dream big, not just for ourselves, but for others as well.

Reiki leads us to more teachings that further our personal empowerment. This knowledge helps to free us from those limiting ideas that feel like a ball and chain dragging us down into doom and gloom, self pity and despair, and victimization mode.

Reiki has brought so many of us to the understanding that this is an unlimited universe with unlimited abundance. It has led us to a place that science and quantum physics now can prove; our thoughts are energy and this energy brings into physical manifestation that which we think and feel very strongly about. good and bad.

The best thing you can possibly do for yourselves is to be a happy soul who immerses yourself in thankfulness, gratitude and appreciation! Focus on the good in yourself and everyone else, and this in turn will be reflected in the greater world community.

Each individual is powerful. Use your power, your energy, wisely. Use it for good. Be the change you want to see in the world. I've said it before, I'll say it again: Peace is attained one individual at a time.

During this holiday season, and always, practice random acts of kindness. Treat people how you would want to be

treated. Be joyful and happy in your giving. Do not give expecting something in return.

Give or donate from the heart. Do it because it makes you feel good to do it, not because it is expected. Since we celebrate Christmas in honor of Christ Jesus, open your heart to his true teachings. Believe me he is alive and well!

Please remember that he did not create a religion around himself, any more than Buddha created Buddhism! Jesus, like Buddha, is a world teacher, not the founder of Christianity or Catholicism, or any other religion. Jesus himself was an Essene!

Be open to learn the truth about his life and his teachings. You will be amazed to know that much of what we are learning today, he was trying to teach us thousands of years ago!

I do not say this upset anyone, in any religion. We must remember that religions are man made. Religions are the reason for so much of the turmoil we experience in this world. They are colored by the desires of those who created them. These desires were not always in the highest and best interest of the greater population. Wars are waged over religion, and whose God is the true God. I am sure this greatly amuses our Source of All that Is who waits patiently as we remember our spiritual roots.

Spirituality is not religion. Spirituality takes you far beyond the limitations of religion and life as it appears. Spirituality shows you that there is indeed One Source. This Great Creator is the one true source of all life and is named so many different things by so many different cultures. We are all correct. No one is wrong.

Great Spirit is happy to become whatever we can imagine. We were gifted with free will after all, and Creator is non discriminatory. My experience as a Spiritual Being no longer following any religious doctrine, is that the Almighty Creator, God/Goddess, Source of ALL that is, is loving, kind, compassionate and generous.

As I celebrate this Christmas holiday and the birth of my teacher, friend and brother, Jesus, I ask that He and our Creator bless each of you with Spiritual Understanding and the ability to give and receive Unconditional Love, not just at this time of the year, but always. Have a blessed holiday!

Merry Christmas sent with Love, Gratitude and Sincere Appreciation:

Beth Crawford

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Monthly Quote

"Into this climate of fear and apprehension,
Christmas enters, Streaming lights of joy, ringing bells of
hope
And singing carols of forgiveness high up in the bright
air.
The world is encouraged to come away from rancor,
Come the way of friendship."

Excerpt From the Christmas Poem, Amazing Peace,
by Maya Angelou

REIKI TIP

Eliminate the stress of the holidays by self treating with Reiki or receiving Reiki treatments.

Focus on the true meaning of the season and do not get swept away on the river of materialism. Create meaningful experiences, spend time, not necessarily money. Utilize your Reiki 2 skills to prepare the way for whatever you need or want to do, whether it is peaceful, fun, holiday shopping or ensuring harmonious family gatherings. By setting your goals/intentions and then utilizing your distant symbol to send the energy ahead in time you will truly have a magical yuletide!

Have fun!

CONGRATULATIONS to our newest Reiki

Practitioners!

May the Energy of Reiki bless you abundantly and eternally.

Level 1

Christine Belisle, Casey Blais, Pauline Johnson, April
Mixon,

Meg Peta, Brooke Richards, Laura Schulte, Sandra Thompson

Level 2

Christine Belisle, Dee Cleary, Christina Sargent

Advanced Level

Carolyn Elliot, Sandra Levassuer

Reiki Masters

Denise Bailat, Debra Guimond, Wayne Hoitt, Angela Pare,

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Reiki Spotlight: Laura Donehue

As mentioned in the last Newsletter, nothing brings me more pleasure than to see the progress of our wonderful, amazing Reiki Students.

This month I would like to introduce you to Laura Donehue. Laura is a level two Reiki practitioner who utilizes the energy of Reiki to assist her in her personal art, and her professional website and print design - as well as designing marketign campaigns. She is the creative and technical master of my own website, BethCrawford.com.

I spent many frustrating days and nights trying to figure out how to do my own website.

I came to realize that sometimes it is really better to hire a professional to do those things for meas I wasted a lot of time, and energy, attempting to master something that, quite honestly, is just not my "thing"! I finally gave up, set an intention to receive help in this department and then did Reiki each day for it.

Then one day ,several years ago now, Laura came to the Reiki clinic. Although in her early twenties at the time she impressed me with her maturity, knowledge, spirituality and vision. She came a second time and we began to chat

more about life and such and somehow got on the subject of websites and design. The rest, as they say, is history!

She has been an inspiration and a huge help in moving my Reiki practice forward. She completely understands the dilemma many energy workers and others in holistic and alternative medicine have in promoting, or marketing, their business. She has worked tirelessly with me to build and grow an appropriate online presence. She helped me to understand a lot about the "science" if you will, of website design and marketing. She also is the one who delivers to you this newsletter and puts everything I give her (which can be challenging!) into a format that, hopefully, you can digest easily!

Laura is continually coming up with new ideas to implement to keep me, and my business, at the top of the search engines and on the cutting edge of new forums to further grow my business.

I am very proud of Laura and appreciate the blessing she is in my life!

An online presence is an absolute necessity these days. If you feel the time has come to bring your business to the web, or revamp something you already have, give Laura a call. Let her utilize her talents and the energy of Reiki to build a website, or design promotional materials perfect for you. Holistic or not, she can give your business the boost it needs to compete in today's marketplace!

Feel free to e-mail Laura with any questions.

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Reiki Precepts

Just for today, I will let go of worry

Just for today, I will let go of anger

Just for today, I will give thanks for my
many blessings

Just for today, I will do my work honestly

Just for today, I will be kind to a all living things