

SOUTHERN NH REIKI CENTER

NEWSLETTER – DECEMBER 2009

Happy Holidays Reiki Friends and Family!

I hope that each of you is taking time to slow down and savor the season. I love this time of year because, for me, it inspires joyfulness, peace, and love. It also REMINDS me about the message of Christ, who is a spiritual teacher and guide for me in my life and in my Reiki work.



Some Reiki Practitioners may be very uncomfortable speaking about Christ and Reiki in the same breath. I am not! Christ is NOT a religion. Christ was not even "christian"! In my work as a Reiki Teacher and Practitioner I do not promote any religion, nor do I impose my own spiritual beliefs on others. I remain neutral and allow the Reiki Energy to Guide the Session, as it should be.

Those who practice Reiki regularly, and utilize the Reiki Precepts, a simple set of common sense teachings that can bring about harmony and balance in ones life, may refer to ourselves as "living the Reiki way", but it is definitely NOT a religion. Becoming Reiki attuned does not require that we stop living the way we do and become something we currently are not.

Reiki ACCEPTS us as we are.

Most Reiki Masters acknowledge that, in addition to being a system that reduces stress, brings about relaxation and promotes self healing, Reiki can also assist one in understanding themselves as who they truly are; A spiritual being having a physical experience. As a matter of fact, Usui Sensei, Founder of the system of healing we refer to as Reiki, was all about growing and evolving on the spiritual path! He felt that by correcting the way we think and act, would bring about healing naturally. Aren't we glad he had his Satori, and was gifted with the healing ability too!!

When one begins to immerse in the Reiki Energy, one may begin to have their own very personal experiences and may become aware of celestial beings such as angels, guides, loved ones who have passed over, and yes they may see Christ, Mother Mary or Buddha!

I really don't know what other Reiki Teachers, or Practitioners, experience, but I experience these things regularly in my Reiki work, and always have pretty much from the beginning, and it has nothing to do with my personal beliefs! If I had been told I would become aware of these things when I first decided to take Reiki training I would have said that it was impossible!

I believe that it is the love of our Creator flowing through me when I am engaged in a Reiki Session. I do not claim to do anything, it is the client and Source who heal themselves. I believe it is part of my work as a Reiki Teacher to assist those who come to me for training in remembering that they are a child of God, made in the image and likeness of the Creator, endowed with the same abilities. I believe that those of us attuned to Reiki, as well as other energy practitioners and spiritual teachers, are here on purpose to assist humanity in remembering our Divineness.

We have been so conditioned to think that God lives outside of us, nothing could be further from the truth! Creator is Alive and well and manifesting through us. We are ALL "sparks of the Divine"!

It is unfortunate that many perceive a practitioner, or the client on the tables', ability to be aware of higher levels of awareness, as an "evil" thing. Personally, I feel that it is a blessing, a gift from God/Goddess, Source of All That Is, A Higher Power. If you don't believe in a "higher power", that is perfect! Reiki doesn't need you to believe in "it"! Reiki meets you where you are, if you aren't ready for those experiences then they simply won't happen for you. Reiki engages you on all levels of your being and provides exactly what you need at that particular time.

If you don't have any "experiences", this doesn't mean that the Energy of Reiki is not re balancing you on all levels of your being, it is. Reiki generally works very subtly, which is why many people "give up" on Reiki Practice. Don't be deterred by this. Please, if you are attuned and not practicing, take it up again. The simplicity of Reiki allows you to practice anytime, anywhere.

The benefits are reaped over time and amplify too, if you add a practice such as meditation.

I often wonder if Takata charged the high fees so people would MAKE SURE they practiced!! Goodness knows, we certainly do value our dollars in this culture! I know if I paid \$10,000 dollars for anything, I would take care of it, and use it properly!

If you'd like to develop your God given, latent abilities, then I suggest more fully body practice sessions, especially with others. Most of us utilize Reiki "on the fly" or in our jobs as caregivers in an informal manner. Many times it is noisy around us, and it can be difficult to settle down and "tune in".

You will find, if you make the time, that you will be able to access the non-physical realm more easily as time goes by. The more you do it, the quicker you will progress.

In this Sacred Space and Time we are here to reawaken to the Christ Consciousness that resides in us all. It is time to remember that we are co-creators of this wonderful world, and that we are powerful beings. Don't confuse powerful with forcefulness, or domination here.

I mean utilizing the the power of the knowledge we are being given to move forward through all the current "chaos", more gracefully and easily by being purposeful with our thoughts.

We have the ability to help ourselves, families, communities, Gaia and our Galaxy, by thinking and living more consciously. Just a few moments daily. How is that for Powerful! Stop giving away your power!!!! Did that make you uncomfortable? **Good!**

It is a bit of a challenge to change the old ways of thinking, feeling and being. Most of us are so full of doubt and fear. We are generally taught that someone else knows better than us, that we must trust the ones with the degrees etc. after all "they went to school for that!" Most of us were not taught that we

are more than our physical bodies. Most of us were not told that we have non-physical helpers or guides who will help us and uplift us when we are feeling down and all alone. We are not told, or taught, that we have an inner guidance system that is more reliable than any outside source could ever be!

Learn to utilize the true teachings of Christ and other illumined Spiritual teachers, to create a better life for yourselves and others this year. Will you accept the challenge? Or will you continue to live the same life, and experience the same patterns of suffering, as you have been?

The choice is yours! I hope this year, for Christmas and this New Year, you explore this idea of being a "Christed" Being and accept the gifts Jesus gave thousands of years ago, and continues to bring, to humanity!

**Wishing you blessings of
Love, Peace, Joy, Health, Happiness, Prosperity and Wealth this Christmas and For the New
Year!**

Beth

PS..do you have Reiki experiences to share? I would love to hear them, so feel free to email. When we get the new web site up and running we'll make a place for everyone to share!

NEW FORMATS FOR THE NEW YEAR!

Please mark your calendars, important changes!

Beginning in this New Year, the practitioners share will be held on the last Saturday of the month, from 4-7 with a social hour following.

Light refreshments will be served, still a \$10 donation.

In January this falls on the 30th

The monthly Reiki Clinic will now be by donation; we realize the economic situation has greatly affected many people. Normally, clinic sessions are \$20 per 1/2 session. Our new format gives you the opportunity to have a relaxing, healing session, and pay what you are able to afford. The Clinic will be held on the 2nd Friday of the month, from 5-8 pm Appointments will still be necessary, so book early!