

Southern NH Reiki Center Newsletter

Fall 2009 Newsletter

Namaste Reiki Friends and Family!

Although it has now passed I hope you had a Happy Halloween, and that you have been enjoying the spectacular fall season. I am always in awe of the beauty we experience here in New England, and autumn is one our favorite times of the year.

Did you know? Many Pagan celebrations and rituals were integrated into the Roman Catholic Church. For a bit of Halloween Trivia please see the article on page 5. Thanks to history.com for this information.

It has been a long while since we last connected. June I think! As generally happens in times that life piles a lot on us, we have to make choices about what we can give our attention to. With a noisy household of 8, there isn't a lot of peace and quiet to compose a Newsletter!

This year, especially these past few months have been full of many challenges in our lives. We have been doing our very best to find the gifts in each of these situations, and move thru them as gracefully as possible.

As always they prompt us to make necessary changes and spur us to higher levels of growth and understanding. During these times I have been full of gratitude for the gentle power of Reiki and the ongoing support from all my wonderful family, friends and colleagues. Many thanks and Reiki Blessings to all of you for holding us in the light and seeing us thru these life changing events!

I know that there are so many of you too, who have been experiencing challenging situations as well; please know that my love and well wishes flow to you with the energy of Reiki.

In Remembrance of Alycia Gavin,
who returned home to Spirit on August 21st 2009

One of the events that occurred was the death of our daughter in law Christinas' 20 year old sister from injuries sustained in a terrible motorcycle accident. The driver of the bike, whom she had known for only a short while, died at the scene. Over 800 came to pay their respects and 100's attended her funeral. It truly was an overwhelming and tragic situation for all of the families involved, and they were deeply moved by the outpouring of love, and support.

Please continue with your prayers and energy if guided.

It is important to remember that no matter where you are in your spiritual awareness, the death of a loved one is still a painful experience. The grieving process is a bit easier if we do have a solid belief and understanding that life truly is eternal, and that death is simply a transition BACK to our true energetic home. Some may refer to as "heaven" here in the west. Somehow I have always known that life continues, and have had a lifelong interest in all things connected with this subject. I am thankful to have had many wonderful, extraordinary experiences assisting loved ones to transition, and also that I am able to receive and convey messages of love from them during energy sessions, if that is in the clients best interest. This is not something that I often talk about because we know that when we do a Reiki session we are only acting as a channel for the healing energy. I do not specifically set out to "do" a spirit communication session, I simply "go with the flow", so to speak. If a loved one shows up, so be it! To borrow a line from Forrest Gump I like to say: "Reiki/Energy sessions in my office (and so many others!) are like a box of chocolates...you just never know what you are going to get!" Even though this (Spirit Communication) has been happening spontaneously in my private Reiki sessions for many years now, this recent death has spurred me to continue to develop, and refine, my own natural psychic and mediumship abilities in order to be of better service to my clients, family and friends. Of course, one thing is certain; you will leave your session feeling relaxed, rejuvenated and nurtured!

What have we been doing?

- In May I was honored to be chosen to be promoted in a new book by Bob Proctor (of "The Secret") and Michelle Blood, Singer, Motivational Speaker, Creator of Musivation(www.musivation.org), entitled: BECOME A MAGNET TO MONEY THROUGH THE SEA OF UNLIMITED CONSCIOUSNESS. The second addition of this book hit the stands in August and an e-book is also available. This book is a great help for Deliberate Creators and also those desiring to understand the levels of spiritual awareness. Both of these authors are amazing individuals, and I am very excited about this opportunity! If you would like to read it, it can be purchased at Amazon.com.

" I LOVE Reiki, and here with Beth Crawford you have the best of THE BEST in practitioners and teachers!! Reiki is an amazing, profoundly simple, system of holistic healing, personal empowerment and spiritual development. This system was the result of the lay Buddhist Monk and advanced meta physician, Mikao Usui's lifelong pursuit of esoteric knowledge and healing. The energy of Reiki has the ability to guide one very gently into higher levels of conscious awareness and to self realization when followed as a way of life. Reiki is truly a gift from Source and utilizes life force energy and the infinite wisdom of God/Goddess to bring about positive transformation for all who become attuned to its vibration. To have a Reiki Treatment with Beth ANYWHERE in the world (remember Omnipresence), or to learn how to take classes with Beth go now to www.BethCrawford.com " Michelle Blood

- August 6th We had our first Free Reiki Clinic in Derry. It was hosted by one of our master students at their local downtown business. It was very well attended and we had an amazing group of 14 of our Reiki Students and Teachers facilitating the sessions. Namaste to you all! I am intending to offer another one in December and throughout the new year at the Bedford office or perhaps a larger venue. We are also considering the idea of taking the reiki clinic on the road. Setting up in towns across New England and offering this wonderful gift to those wishing to experience it! Please let us know if your community would like to host a reiki event such as this. We have a great group of the finest Reiki practitioners many of whom have holistic business' of their own. We also plan to do animal events as well..all pets and farm animals LOVE Reiki!
- August 16th This summer I was blessed to participate, and be trained to transmit, The Pure Light Blessings (Dishka) as given by Sai Maa Lakshmi Devi thru her Master Teachers. I will be offering this periodically as a gift to help those in our community to open into their Divine Nature. I have also been working with her program of Brain Illumination, as well as studying and experimenting with other brain entrainment programs. As a teacher I have been guided to encourage my students to spend lots of time working on the crown/head on self and others for several years now, and it felt so good to have this validated, in a sense, by this amazing Spiritual Teacher. If you are interested please visit HumanityinUnity.org to learn more.
- September 22nd Began our 4th 6 week Reiki 1 class for Derry Adult Continuing Education. This is a very popular way to learn Reiki and support the Adult Ed. Program. We have classes ranging from 4 to 10 students! They offer lots of other classes as well, check them out at <http://www.derry.k12.nh.us/adulted/aeindex.php>
- October 14th, I participated in my first public speaking event at a program hosted by Dartmouth-Hitchcock to help their patients understand more about alternative treatments for their wide array of conditions. It was a great experience! I met some wonderful people, and learned a bunch of new things too. Thanks to Pat Gocklin, and her team, for inviting me to join you.
- Oct. 27th We finished up the fall Reiki Classes at Hood School in Derry and are making plans for the next session this February 2010!

What's Happening Now?

We are in the midst of a busy fall season of Certified Reiki Training Classes, Private Sessions and will be offering other classes as well. Check the website for coupons and

schedule of events. www.BethCrawford.com There will be a Free Event for my students and a special offer.

- November 4th, my colleagues Debra Guimond of Bedford BodyCare and Massage, (www.bedfordbodycare.com) and Holly Sutherland of Today's New Dawn, (www.todaysnewdawn.com) will join me in providing Reiki treatments for the 3rd Annual Caregivers Conference. This event, which honors all caregivers, will be held at the Lake Opeche Inn and Spa in Lakeport NH. We are very honoured, and excited, to be invited to participate at this event. After all...if no one takes care of the care-givers there won't be many care givers to help those in need! For more information visit www.coalitionofcaring.org, especially if you are, or know a caregiver.

Reiki Blessings of, Love, Joy, Health,
and Abundance in all areas of life!

Beth Crawford

Congratulations To our newest Reiki Practitioners!
May the Energy of Reiki guide and bless you always!

Level 1

Judi Nazro, Denise Appleby, Linda Steele,
Marilyn Pettigrew, Lisa Gonzalez, Jean Howey
Doreen Cino, Angela Brockney,
Irene Matarozzo, Deborah Russell

Level 2

Aline Pinard, Judi Nazro, Denise Appleby,
Deb Olsen, Linda Steele

Reiki Tip

Everyone always asks me this question. How did your intuitive abilities develop to where they are today? For me the answer is, and continues to be, Reiki self treatment and practice. The more I utilized the energy and worked on myself and others the more I "opened" up to the non physical dimensions of life and all the gifts that brings. The more I practiced in groups, the more my inner knowing and visions were validated. Through these experiences, I have learned to trust. I trust my own inner knowing and guidance, no matter how il-logical they appear to my limited mind!

I have also taken a few classes on psychic awareness and I continue to explore the work and techniques of other teachers of these methods as well, but as with all things.... PRACTICE IS THE KEY!!!

Also, and I assure every new practitioner of this, Reiki is not about receiving intuitive insight. These natural gifts generally are remembered by the individual through the practice, but it is NOT a necessary skill to "do" Reiki! In fact it is the very action of getting the "self" out of the way that and detaching from outcomes that helps us to develop our natural gifts of claircognizance, clairvoyance, clairsentience, and clairaroma.

Quotes to Note

I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances."

- Martha Washington

If you don't like who you are and where you are, don't worry about it because you're not stuck either with who you are or where you are. You can grow. You can change .You can be more than you are.

-Zig Ziglar

Halloween Facts

Who Knew?

Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived 2,000 years ago in the area that is now Ireland, the United Kingdom, and northern France, celebrated their new year on November 1. This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living

and the dead became blurred. On the night of October 31, they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth. In addition to causing trouble and damaging crops, Celts thought that the presence of the otherworldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. For a people entirely dependent on the volatile natural world, these prophecies were an important source of comfort and direction during the long, dark winter.

To commemorate the event, Druids built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities. During the celebration, the Celts wore costumes, typically consisting of animal heads and skins, and attempted to tell each other's fortunes. When the celebration was over, they re-lit their hearth fires, which they had extinguished earlier that evening, from the sacred bonfire to help protect them during the coming winter. By A.D. 43, Romans had conquered the majority of Celtic territory. In the course of the four hundred years that they ruled the Celtic lands, two festivals of Roman origin were combined with the traditional Celtic celebration of Samhain.

The first was Feralia, a day in late October when the Romans traditionally commemorated the passing of the dead. The second was a day to honor Pomona, the Roman goddess of fruit and trees. The symbol of Pomona is the apple and the incorporation of this celebration into Samhain probably explains the tradition of "bobbing" for apples that is practiced today on Halloween.

By the 800s, the influence of Christianity had spread into Celtic lands. In the seventh century, Pope Boniface IV designated November 1 All Saints' Day, a time to honor saints and martyrs. It is widely believed today that the pope was attempting to replace the Celtic festival of the dead with a related, but church-sanctioned holiday. The celebration was also called All-hallows or All-hallowmas (from Middle English Alholowmesse meaning All Saints' Day) and the night before it, the night of Samhain, began to be called All-hallows Eve and, eventually, Halloween. Even later, in A.D. 1000, the church would make November 2 All Souls' Day, a day to honor the dead. It was celebrated similarly to Samhain, with big bonfires, parades, and dressing up in costumes as saints, angels, and devils. Together, the three celebrations, the eve of All Saints', All Saints', and All Souls', were called Hallowmas.

The American tradition of "trick-or-treating" probably dates back to the early All Souls' Day parades in England. During the festivities, poor citizens would beg for food and families would give them pastries called "soul cakes" in return for their promise to pray for the family's dead relatives.

The distribution of soul cakes was encouraged by the church as a way to replace the ancient practice of leaving food and wine for roaming spirits. The practice, which was referred to as "going a-souling" was eventually taken up by children who would visit the houses in their neighborhood and be given ale, food, and money.

The tradition of dressing in costume for Halloween has both European and Celtic roots. Hundreds of years ago, winter was an uncertain and frightening time. Food supplies often ran low and, for the many people afraid of the dark, the short days of winter were full of constant worry. On Halloween, when it was believed that ghosts came back to the earthly world, people thought that they would encounter ghosts if they left their homes. To avoid being recognized by these ghosts, people would wear masks when they left their homes after dark so that the ghosts would mistake them for fellow spirits. On Halloween, to keep ghosts away from their houses, people would place bowls of food outside their homes to appease the ghosts and prevent them from attempting to enter.

Go Carve a Turnip?

The carving of the pumpkin can be associated with an old Irish folk tale: A miserable man by the name of Jack trapped the devil and extracted a promise that he would not go to Hell when he died. Upon his death, years later, he certainly hadn't earned his way into Heaven, and the devil kept his promise and wouldn't allow him into Hell, either. Jack was forced to forever walk the darkness between Heaven and Hell, but the devil took pity on him and provided him with an ember from the fires of Hell to light his way. Jack placed the ember into a hollowed out turnip for safe-keeping. Painted and illuminated turnips, potatoes and gourds became a symbol for damned souls, and they were often left on Irish doorsteps to frighten away ghosts and spirits. When the Irish immigrated to America following the Great Potato Famine in the 1800s, they found that turnips were not readily available, and substituted pumpkins instead.

Celebrate Samhain

Many still celebrate Samhain in a traditional way, honoring the ancient customs with religious reverence. For some, Samhain is a way to celebrate their ancestors' memories, to request advice, protection and guidance from beyond the veil. Samhain rituals include celebrating the end of the harvest, honoring the ancestors, honoring the God and Goddess, celebrating the cycle of Life and Death, and holding séances or meditation groups to communicate with spirits.