

# Namaste!

Life is amazing, is it not?

I had the immense pleasure Thursday Feb. 8th of viewing the Oprah Winfrey show and seeing the wonderful people who helped bring the movie, "The Secret", to life. This fantastic movie meant so much to me, personally, because it talks about what I have been researching, learning, applying and teaching for several years now! So exciting!!!

Bringing this information to people, coaching, teaching and combining it with my Reiki skills had been so rewarding that it became apparent that this material deserved to be shared with all people seeking, not just my Reiki clients, students and friends. I was guided to create my own original program using this knowledge, and my personal experiences with this process. In November I finally began to "officially" teach my Deliberate Creation Workshop. This unique workshop explains what the "Secret" is, and is designed to help bring balanced success to all areas of your life.

If you feel guided to participate in this life changing experience, please register as soon as possible. Because this workshop involves personal coaching, the maximum amount of students per session is 6. Registration is open until Feb. 24th (error on website).

*I congratulate all our new Reiki, and Deliberate Creation, students and convey my gratitude to each one of you. You are each a blessing, and my life is so enriched by your presence in it! Now you will be sharing your own "light" with others, further enriching their lives, and your own! You are such wonderful individuals, thank you!*

## **VALENTINES MESSAGE: WHO DO YOU LOVE?**

February..... the month for Love!

Romance, flowers, chocolates, special presents...special moments.

Valentines day is such a wonderful tradition!

When you think of Love, who, or what, comes to mind?

I think of my husband of course!

**I also think of God/Goddess, Creator, or the Higher Power.**

**I think of Jesus and Buddha, and other Enlightened Teachers. I think of Reiki.**

**I feel Reiki is the energy of unconditional love, compassion and healing, and that it is a Gift from our Loving Creator.**

**Since Valentines Day is about Love Relationships...I reflect on my relationship with the afore mentioned as well as the "significant" others who share my life...my children...family, friends...students and clients.**

**I also think of myself.**

*Yes, myself!*

**Do you consider your relationship with yourself, when you think about Love? You should!**

*Your relationship with yourself...how you think and feel about yourself...is the most important one you will ever have!*

**Do you look in the mirror each day and tell yourself how much you love you?**

**Do you see your good qualities, or do you focus on the flaws?**

**If you see a wonderful person (which you are)...CONGRATULATIONS!!**

**You are part of a small percentage who understand that the person you should love the most is YOU!**

**No matter what circumstances you may have had to endure in your life, each of us has the ability, and obligation, to learn to love ourselves just as we are, without conditions. Your happiness is not someone else's responsibility!**

**No one can MAKE you think, or feel, anything you don't want to!**

**Since we know we create our lives through the power of our thoughts, we can turn our lives around and begin anew, NOW. The place to start is with yourself. We must be willing to let go of old wounds and programs. We must be willing to stop "blaming" other people for how our lives are, and start taking responsibility for our own happiness and well being.**

**Stop trying to change the world around you and focus on your relationship with yourself. This is a choice. *Everything* we do in life, including, and especially, the thoughts we think, is a choice. If you choose to think in a negative way, focusing on the bad experiences, complaining about life, love, health, etc., then you will stay stuck in this pattern. You must change the way you think about these things. You must let go of the past, embrace and enjoy today, and look forward to the future with a happy, joyful heart. *You are a Divine, Spiritual Being*. You are made in the image of your Creator, of God. Loving yourself is the same as loving God. *Embrace your Divinity!!!***

**You deserve Love, Joy, Happiness, Health, Wealth and Prosperity!**

**Allow yourself to have it. To allow it, you must first choose it! Choose to see all the good in yourself and others. Have gratitude and appreciation for yourself, your life and all that you have, and you will draw more of it to you. Don't wait for "special" occasions to show your love for yourself, or anyone else. Everyday is the perfect time for this, not just Valentines day!**

***Remember this:***

***You are the special someone...Gift Yourself!***

***Don't wait for someone else to "supply" your happiness, or to love you.***

***Love yourself unconditionally and the whole world will fall in love with you too!***

***Reiki is an wonderful tool for self transformation. Many times we need a little help to learn to love ourselves...I know I did! For me, Reiki was the path to my own healing. Give yourself the gift of Reiki, I know it will bless you! Have a wonderful month....Celebrate Love and Life.... Everyday!***

***Beth Crawford- RMT IARP***

***Southern NH Reiki Center***

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**REIKI CLINIC- SUNDAY FEB. 18TH 6-9 PM \$20/30 MINUTES**

**Clinic is by appointment, please book early!**

**DELIBERATE CREATION WORKSHOP- BEGINNING FEB.28TH 6-8 PM**

***Printable flyer attached below for more information***

**REIKI TRAINING- MARCH 24th and 25th 10-5.....\$125.00/\$225.00**

**\$25.00 Discount if taking both together.**

***Printable flyer attached below for more information***

**MASTER CLASS...APRIL 28,29th, May 2nd....PLAN AHEAD!**

**VISIT [WWW.BETHCRAWFORD.COM](http://WWW.BETHCRAWFORD.COM) FOR MORE INFORMATION.**

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