

Namaste Reiki Friends and Family,

Happy February!

Well, Phil the groundhog says its not going to be spring for a while! Are we really surprised, and do we REALLY need this ground hog and all the pomp and circumstance to tell us?

**AHHH...traditions! Some of them are good for a chuckle or two!
Speaking of traditions...Valentines day is just around the corner. I will not write something new this year, instead I will ask you to read the message from Feb. 2007, which can be found on the schedule/news page at www.bethcrawford.com .
Many individuals seeking Reiki healing have the issue of self love and worth as the root cause of many of their life challenges, so this is a timeless message.**

Whats going on?

Wonderful changes have been taking place since the last newsletter went out. The remodeling at the Living Light Center, the home base for SNHRC, is being finished up as I write, and the space looks absolutely beautiful!! We have new carpet throughout, the classroom has been expanded, the bathroom has been redone, and the entire downstairs and entry way is painted and redecorated!

We are surrounded by beauty and I know you will love it as much as I do! Once again, thank you to Julianne Santini for providing me, and many others, the opportunity to call this place "home".

If you want to know more about Julianne and the Living Light Center you will find a direct link on my website, scroll down to the links on the schedule/news page.

This month I am busy teaching Reiki again for Continuing Education in Derry. I am so happy with the turnout we have had..nearly full classes both semesters! Another fabulous group of Reiki "Angels" to spread more love, light, peace and healing in the world, so exciting!

At our monthly share many participants reported having seen six different shows from Greys Anatomy to Days of Our Lives, where the characters were practicing either Reiki, or healing with energy!! WOW! I guess we are arriving, so to speak! My private practice has been expanding and I have been doing a lot of Reiki Refreshers for those attuned to Reiki many years ago who are now feeling confident to "come out of the closet", and practice with renewed enthusiasm. As you know Reiki is considered a CAM therapy by the National Institute of Health, and so much research has been going on validating the use of energy modalities for healing,

promoting relaxation, stress reduction and, through consistent self treatment or the receiving of treatments, a more fulfilling, satisfying life!

Many practitioners are also inquiring about Reiki Attunements. Although you do not ever need to be attuned again, there is great value in having extra attunements, especially if you are consistently self treating and working through your personal healing journey. If you feel very strongly you need a "booster" attunement, please connect with your Reiki Teacher and ask for one. I give these freely to my students, and depending on the individual situation, I can do them for those attuned by others. Please call or email to discuss this with me.

I am also seeing an increase in the men being called to either have treatments, or receive training. I am so thankful this is finally happening! Men can be amazing healers if they choose, and Reiki can be used in any situation..from the mechanic to the sportsman. Reiki is not just for women, not just for physical healing, and men are not "sissies" for learning a valuable, practical, energy modality! My wonderful husband was one of my first students..he actually signed up and paid for the class, unbeknownst to me! (I told him I could've done it free at home!)

He is the reason I learned Reiki in the first place (see website/staff story). Although he isn't guided to work on others, he does use his Reiki on himself for pain management, and he also applies it to many of his hobbies and outdoor interests, from hunting to riding his Harley!

So to all the men coming forward...Congratulations!

FEBRUARY SCHEDULE

**REIKI CLINIC AND SHARE: SUNDAY FEB. 17TH 4-7:30/8
\$10 FOR PRACTITIONERS GIVING/RECEIVING
\$20 FOR PUBLIC OR PRACTITIONERS ONLY RECEIVING.**

Each treatment is 30 minutes+ and includes any intuitive guidance received by the practitioner(s) facilitating the sessions.

There are currently 3 sessions open to the general public. These need to be reserved in advance, and a 24 hr. notice is appreciated if you are not able to honor this appointment. They begin at 4:30 and end at 6 pm.

Please call 603- 425-6977 if you would like to reserve space.

If you have heard of the Healing modality IET, (Integrated Energy Healing, or Healing with the Angels), and would like to experience this, 3 appointments for the general public will be available. As with the Reiki sessions there is a \$20 fee for 30 minutes and must be reserved in advance.

We are slowly introducing this healing modality, and it is currently **NOT** open to IET practitioners, other than the ones mentioned in the Living Light Newsletter, and Laura Schulte. We are working on a separate clinic/share to support those

practitioners interested in participating in this. If you are a student of any of these IET teachers, or an IET practitioner looking for a place to practice, please email me with your information. I will keep you up to date on how things are progressing, and

I apologize for any confusion regarding this new service.

We have a large group of Reiki practitioners, with more coming each month, so even though we now have a larger space it may not accommodate everyone at once!

REIKI CLASSES

REIKI 1...SAT. FEB. 23 9-5 \$125.00

REIKI 2....SUN. FEB. 24 9-5 \$225.00

MASTER CLASS: APRIL 12TH AND 13TH

PLEASE VISIT THE CLASSES PAGE AT

WWW.BETHCRAWFORD.COM

FOR MORE INFORMATION ABOUT THE LEVELS OF TRAINING AND ANY PREREQUISITES. ALL CLASSES ARE CERTIFIED.

COMING IN MARCH

FINALLY! AT YOUR REQUEST!

THE 6 WEEK DELIBERATE CREATION COURSE

Scheduled to begin Tuesday March 18th

6:30 TO 8:30/9 P.M.

\$200.00

This course is for those who truly desire a better life and are willing to let go of old beliefs and patterns of behavior. Many people have asked about this course in relation to the movie "The Secret".

Yes this is about understanding the law of attraction.

The Secret is a wonderful movie, but it is not always as easy as they would make it seem.

This course teaches you how to identify the sabotaging patterns, and that the process of deliberate creation is just that...a process. It is not a magic bean. It requires you to participate and to be willing, and committed, to change.

I prefer to keep this class to no more than 10, some coaching is given and private coaching will also be available for a reasonable rate.

Please see the classes page for more info. or to reserve

603-425-6977

New Workshop: March 15th 9-12 \$45.00

The Body Electric: Part 1

This workshop will focus on helping you understand yourself as an energetic being. We will be focusing on understanding the aura; how to, feel it, measure it, manipulate it, and eventually, learn to see to see it!

Materials provided.

Part 2: April, date to be announced

REIKI STORIES

These stories are reprinted from The Reiki News Magazine.

I love this magazine so much that

I gift a years subscription to all my Level 2 students!

Some stories have been shortened just a bit.

This one sent in from Robert E. Johnson

Reiki Heals Fracture

I am a RM/T from Indiana. During my masters training my teacher had our class host a healing circle. During the share a man named Jack Billings showed up. Mr Billings had come to us with a negative re-occurring pattern of having broken his left leg just above the ankle 4 times and his right leg broken just above the ankle 5 times with it currently being in a cast for 24 hours.

On June 20th 2006 Mr. Billings went to the ER and had X-ray evidence of a 2mm fracture to his tibia just above the ankle. The following day, summer solstice he spent 1 hour with both myself and my teacher. During the Reiki session, we utilized scanning and emotional tracking based on Louise Hays work (I also use Louise's work). This gave us the impression that his pattern of breakage might stem from him feeling unworthy of progress due to constant neglect and abuse during childhood. We used this in combination with Reiki. On June 25, he went to his doctors office to have his leg re-Xrayed, and to be refitted with another cast to accommodate relief from swelling. The x-ray taken this day blew his doctors mind!(Dr. Keyes, Kokomo, IN). He left the room to get the 5 day old x-ray to compare them side by side. Five days after the original 2mm fracture, his bone had regenerated to the point that it did not have a fracture line(which is like a scar on a bone that may take up to 2 years to disappear). We are very excited about the power of Reiki!

This story is from Philip Westwood

Reiki Heals Depression

I would like to share about a treatment I gave some six months ago on the Mediterranean Island of Cyprus. During the past 2.5 years I have been working as a RMT and practitioner and have treated about 1000 people. Six months ago I was introduced to a

middle aged lady who had booked a treatment. As soon as we were introduced, I knew something special was going to happen. The client lay on the couch but I could sense she was tense, so I gently talked to her for a few moments and she started to relax. I noticed that her eyes were lifeless and began to feel a very strong energy field around her brow charka.

I started the hand positions and felt a feeling of calmness which seemed to deepen with each position. I was drawn to her face during the treatment and I noticed she was becoming calmer and more peaceful as the session progressed.

By the end of the treatment, she had fallen asleep and I gently woke her.

The first thing I noticed was her eyes, they were full of life and as she spoke to me she seemed so alive...not like the lady an hour ago!

I asked her how she felt, and with tears in her eyes she said "wonderful". She had seen a beautiful white light during the treatment which had made her feel safe, happy, and calm. The experience made her want to cry. She told me that for 40 years she had suffered from depression, and now she felt free! She said that she needed to come to Cyprus on holiday to try and relax, but now thought it was in "divine order", so that she could receive the Reiki treatment. She had decided to book it after hearing about it through another guest at the hotel. Reiki knew her problem and healed it! After she left the treatment room I was very emotional and thankful to be able to treat so many people with this wonderful healing energy. I am now living in my home country of England and with the help of the Reiki Universe, am opening my own Reiki clinic.

**THE ENERGY OF REIKI IS TRULY AN AMAZING GIFT!
WISHING ALL OF YOU A WONDERFUL MONTH..HOPE TO SEE YOU SOON
FOR A SESSION OR TRAINING! MANY BLESSINGS, BETH CRAWFORD,
RMT**