

**Southern NH Reiki Center**  
**603-425-6977**  
**Beth Johnson-Crawford RMT- IARP**

**Namaste to you all! I hope you all had a wonderful Holiday Season. The January Newsletter is attached below, and I would like to remind you of some events happening this month for Southern NH Reiki Center and Friends.**

**Wed. Jan. 10th Deliberate Creation Class.... closed circle. We are currently accepting reservations for the next series beginning February 21st.- all classes are held at the Living Light Center LLC, in Bedford NH. Please check out the classes section of my website [www.BethCrawford.com](http://www.BethCrawford.com), for more information. This workshop is definitely a life changing event! Limited to 6 participants.**

**Friday Jan. 12th 7-9 PM Shamanic Journeying Circle....facilitated by Julianne Santini, Shamanic Practitioner. This is one of many modalities Julianne is proficient in, as well as being the owner of The Living Light Center, LLC.**

*A shamanic practitioner uses a practiced focus to enter into an altered state of awareness, or consciousness which is often called the Shamanic Journey.*

*The Shamanic Journey crosses the dimensional barrier between time and space and is used to bring back guidance or healing to assist and individual or community.*

**If you are interested in becoming a member of a closed circle that meets monthly to take your personal practice further and work on behalf of the community, please contact Julianne at 203-494-5571 to reserve your space. Donation is \$20 and proceeds will go to the Foundation for Shamanic Studies and the Society for Shamanic Practitioners. WONDERFUL OPPORTUNITY! SEE YOU THERE!**

**This Saturday, January 13th from 10am- 3pm at the Queen City Memorial Post 8214 352 Kelly St. Manchester, NH 03102: A New You, For the New Year**

**Join us for this great cause, and bring along some family and friends to support this special VA Project.**

**A group of talented readers and healers will be working at this event to raise funds for the nursing home renovations for our veterans, young and old. Suggested donation: \$10.....small price to pay for a noble cause supporting those who go wherever they are needed, all over this world, ensuring the life and liberty of all Americans ,and others. Lets honor them and help give them a more suitable place to recuperate from their injuries or illnesses.**

**Come down and see us!!**

**IF YOU ARE A CERTIFIED REIKI (OR OTHER) HEALER OR TAROT CARD READER AND WOULD LIKE TO PARTICIPATE, PLEASE CONTACT KIMBERLY BARRETT AT 603-540-**

0946 ASAP. YES, I WILL BE THERE, BUT KIM IS HEADING THIS UP SO PLEASE MAKE ARRANGEMENTS WITH HER DIRECTLY. SHE WAS OUT OF TOWN BUT IS HOME NOW, THANKS!

**Saturday January 13th 10-12:** Astrology Datebook Workshop with Spiritual Astrologer Andrea Klim at the Living Light Center. **IF YOU ARE INTERESTED, OR WOULD LIKE MORE INFO PLEASE CONTACT ANDREA AT 603-490-6253. GREAT CLASS!**

**Saturday January 20th 1-5 PM.** Living Light Center LLC, Bedford NH. Charting Your 7 Life Cycles. Learning to balance your material and spiritual life. Facilitator John Mercedes. Fee: \$60 Please contact Julianne Santini at 203-494-5571, or John Mercedes at 203-459-8076 for more information, or to register.  
Great information!

**January 21st** Public Reiki Clinic/Share 6-9 pm Living Light Center \$20/30+ minute treatment. Certified practitioners, sharing...\$10 Please book early to ensure your preferred time. 6 appointments are available!

**February 3rd- Reiki 1....February 4 Reiki 2**  
Please see website for more information, or contact me directly at 603-425-6977

**April 28, 29, final class May 2nd, during Wesak.**  
**Advanced/Reiki Master Class....Ready to teach and initiate?**  
See website for more information if you feel ready for this last level of Reiki Training. [www.BethCrawford.com](http://www.BethCrawford.com) .

If you have received a Gift Certificate, please remember to book your appointment!  
Didn't get a Gift Certificate? Gift yourself! Book a wonderful Reiki session soon!

Looking forward to seeing you,  
Love and Blessings, Beth

If you prefer to not receive communication from Southern NH Reiki Center, please let me know and I will honor your request. Thanks!

**HAPPY NEW YEAR.....NAMASTE!!!.....  
2007 IS GOING TO BE A FANTASTIC YEAR!!!**

Dear Friends, Students, Clients,  
I am very excited about the upcoming year, and so thankful for the blessings received this past year. So much progress was made in the alternative health care field in 2006. New approaches to standard health care are being explored, and fabulous change is happening all around us. Never before in the history of humanity has there been such a momentous

shift in mass consciousness. People are searching for, and finding, inner peace. They are taking responsibility for their own lives; their health, happiness and general well being. Humanity is, once again, embracing the concept of spirituality, (in a very big way I might add!), and integrating the advances of science with it. People are paying attention to the wisdom imparted to us over the ages from all the great sages. These teachers were on "the money" thousands of years ago...and they are being honored and validated in this new millennium. I am sure all the great saints and masters are exuberantly joyful with the progress humanity has made! I know that I am!

Of course, we all realize that these changes have been happening for a long while now, but they certainly seem to have "erupted" in 2006. I remember, just a half a decade ago, when practicing Reiki was considered to be "voodoo" ! Now we have hospitals and other health care facilities, doctors, nurses (many who have been closet Reiki Practitioners for years!), parents, grandparents....people from all walks of life, even children, now openly practicing Reiki, and other, wonderful healing arts.

I expect that 2007 will continue this trend, even more powerfully!

I am grateful to have so many wonderful people to enjoy my life with. All of you have contributed to this wonderful shift in consciousness, simply by choosing to step up and honor the gifts you have been given to share with others in this lifetime. I bow in honor to you all. You are all amazingly talented individuals and I am proud of us all. It has been a long, rocky road for many....but you know what they say.....The road less traveled often brings us the greatest rewards! Keep up the personal healing work. What you do for yourself, healing and releasing old issues, nurturing and loving yourself, thinking and expecting the best of yourself and those around you, has great benefit for all of humanity. One person does indeed make a difference. One person thinking positive thoughts has more power than 10 people thinking negative thoughts!

My prayer for you all in this new year is that you each find your own personal peace.

That you honor and love yourselves for the wonderful beings that you are.

That you will look at this world, this universe, this vast cosmos with eyes like an innocent child.

That you will see the good in the world, in your fellow humans, in all things.

Focus on what is "right" in your own unique little "worlds" and globally.

Yes, we have weather issues, wars, poverty, aids and other diseases etc., and truthfully we may always have these things. True peace comes when we can allow others...whether we agree or disagree with their choices, to be who they are and experience life the way they choose to. For some this may be war, for some a non-violent approach.

Humans have such short term memories and seem to need reasons to bond together in the spirit of unity and oneness to help others. All of the situations mentioned provide us with opportunities to heal, learn and grow as individuals, communities, and nations.

Instead of focusing on these as "problems", giving them negative energy, lets focus on solutions.

That is what each one of us, personally, and in deliberate groups, can do. We are not all Bill Gates, Oprah, Sting, or Brangelina, but those people can be examples for us all. Small gestures done with a loving heart, have a big impact. Give to that charity that helps those causes dear to your heart. Volunteer in your community. Give of yourself with a sincere heart and mind. Better to give \$1 with great love, than \$1 billion because its a tax deduction.

Walk the Walk, Talk the Talk as many elders would say. You are the example others will follow. Be a good example, and be true to yourselves. Dare to dream your dreams, apply focused energy, and they will all manifest in time, with patience.

May you all be abundantly blessed in this new year, 2007, with true peace, happiness, health, wealth and prosperity.

With great love and gratitude,

Beth Crawford

**Upcoming Events At Southern NH Reiki Center**

**Reiki Clinic/Share.....Sunday Jan. 21st 6-9 pm  
Book early, limited space! \$20/30 minutes.  
\$10- Certified practitioners "sharing"**

**Sat. February 3rd 10-3 Reiki 1  
Sun. February 4th 10-5 Reiki 2**

**New Class.....  
Deliberate Creation Workshop  
Beginning on Feb. 21st -  
register soon  
to assure your space!**

**Reiki Master Class  
April 2007**

**For more information: [www.BethCrawford.com](http://www.BethCrawford.com)**