

Namaste, and Happy New Year, to all Reiki friends and family!

Wow, what a great year 2007 was!

Congrats to all new Reiki students, and to all our Deliberate Creators, for deciding to become more of an active participant in your own life experience!

We are looking forward with great excitement to this new year, 2008, a time of new beginnings... professionally, personally and globally. As most of you are aware, the Living Light Center, which is home to Southern NH Reiki Center, has grown. We will be working together to bring new classes and events for personal growth, spiritual development, energy training, and new subjects to explore. We will be doing more work in our communities and will continue to support positive global changes. We thank you for being part of this wonderful community, and look forward to expanding and growing together!

January Schedule

January 8th...Be part of the change you desire,vote in the primary!

This month the class room area of the "new" Living Light Center is being remodeled, so many classes are "on hold" 'til February.

We will be closed from January 14th til 18th. If you would like a private Reiki appointment please keep this in mind!

**January..19th Certified Reiki 2 9-5 \$225.00
(sorry, no Reiki 1 this month)**

January 20th..Reiki share and clinic***
First of the changes for the new year!
New Hours..4-7:30 pm
This will be the last Reiki share, as we know it.**

***In February*, we will be inviting our IET instructors, (*many who are also Reiki practitioners or teachers*), and students to join us in a combined energy clinic and share.**

We will be offering this from 4-7:30 pm on the 3rd Sunday of the month, as it is now, and the cost remains the same:

\$10 for practitioners participating, \$20 for a 30 minute session.

Appointments will now be available from 4-5:30, instead of 6-7:30 and still need to be reserved in advance. *If you need a later appointment, please let me know, I will see what I can arrange.*

Next month, you will be able to choose your preference, Reiki or IET..or a combination session. The energies of these two modalities blend very well together,

but are distinctly different. We would recommend, if you are new to energy healing, that you sample each modality individually before choosing a combined session.

Message

Many of us have been experiencing some difficult and emotional periods of time during the past few months, perhaps even escalating in the past weeks. We may have been feeling that despite our very best intentions, and although we are self treating and/or receiving treatments, that things just haven't seemed to go as smoothly. Even though we are Reiki trained and have an understanding of the law of attraction this does not exempt us from going through changes that help us to become better individuals. The way it happens is unique for each person, as is the degree to which we feel, or experience it. Much of it is determined by where we are in the "big picture" of our lives.

I am guided to share this with you so that you understand that even those of us who teach and practice and share our lives so intimately with so many others, have times when we are in these cycles as well. Those who know me well, know that I have been in such a cycle myself recently, and have asked for guidance about what is happening to myself, and others. My answer came through a dear old friend who was guided to forward a message from Kryon, to me. She didn't know why... she just trusted her guidance. Kryon is a non physical teacher whose wisdom flows through Lee Carroll, (as in Lee and Jan Carroll...up lifters and authors of such works as The Indigo Children, The Crystal Kids)

The message was channeled specifically for "lightworkers", or those who work with energy healing, or are energy sensitive. Those people, like myself and many of you, who have been asking Why?!! or What The?

Briefly, the answer was this:

2007, which in numerology is 9, marks the completion of a cycle. We are not just ending another year, we are ending a cycle and preparing to move into a time of New Beginnings, which is what the numerological value of 2008 (1) represents. You may want to check out the fascinating subject of numerology for yourself. It is fun and may reveal some interesting stuff about yourself, and others! As we have been "winding up" this cycle, energies have not been felt as powerfully.. .many have felt as if they were somehow separated from source. We know that this is not possible, yet we still feel as though we are. Many have had, "all of a sudden", personal challenges, which leave them feeling frustrated. For many of us there was an overwhelming need to get projects finished up, and/or or to get rid of old stuff. That could be on all levels... as it has been for me. Even though this process has often been tedious (going through old files, old work, old books and literature...old everything.. even many possessions. I have also been changing things in my home, redecorating, relocating

things etc.), it has also brought a sense of relief, and excitement, about the new things that are flowing to me.

You see, we have the tendency to hang onto stuff and if we are asking/intending for new things, we **MUST** make room for them in our lives.

Spiritually, mentally, emotionally, and yes... physically!

The heartening news is that we are not "loosing" it, and that this cycle will be over by the middle of January. We have not done anything wrong, and can stop blaming ourselves. Understand that there are energetic happenings, beyond our control, that are working..believe it or not...in our highest and best interest. This intense period of "darkness" many of us are experiencing, is making us question... pushing us to change, to grow, moving us forward. Many of us may need to make big changes, important decisions for our futures, and our true happiness. It is truly time for change.

We are embarking on a whole new cycle, new beginnings, on all levels.

Our world is ever changing... we are all aware of this. I feel we are all changing for the better,

and that we are adding positive energy to the consciousness of this wonderful planet we call home. Look at the leaps and bounds in how people are embracing holistic health, alternative therapies, especially energy therapies like Reiki.

Look at how people are becoming so much more involved in their own lives. Millions of people everywhere are shedding old belief systems, using metaphysical concepts (which science is actually proving now!) to build better, more meaningful, fulfilling lives for themselves and their families. This is often challenging work...thinking outside the box while still needing to operate within it, so to speak... but it is being done. It is being done right here within our circles and outward on a much greater level, and with great success, I might add!

We are beginning to work together in greater numbers to respect mother earth, and the situations we are finding ourselves in, as well as other issues dear to our hearts.

Community, and unity are the theme for the future.

There is really nothing that we cannot do, be or have.

It all is dependent on how we choose to think, and be inspired to act.

This is a very important year... we are electing a new president. Our vote matters!

Who will be the one who shares our vision for this New Beginning? What is it that we want, this is our opportunity to speak. Try to set aside that "need" to analyze and compare things as is our usual mode of operation. Sit in meditation...allow your highest self to guide you. Even if it doesn't make sense, **Trust you own inner guidance.**

For this new year I wish you all love, peace, health, prosperity and an abundance all that is in your highest good. May you experience an uplifting of any "heavy" energetic disturbances soon, and embrace change. Dream big...dream from the heart. Make this the year you fully step into your personal power and add to the powerful wave of positive change that is sweeping the globe and affecting all beings, everywhere. Remember that I is strong and powerful...and that one by one, we are all adding to our own greatness, that of the United States and this big wonderful world! And while we are about it...Let's Have Fun!!

For more information about Reiki , and other classes and services please visit:

www.BethCrawford.com

If you would like more info about programs and services offered through the Living Light Center, please visit the web site and sign up for the newsletter.

www.livinglightwithinyou.com