

Namaste Reiki friends and family... Happy 4th of July!!

Many thanks to all of you who participated in the Global Reiki Meditation for the Earth on the Summer Solstice! It was an amazing, and powerful, energetic event!

I chose to do this at a favorite spot I have at Salisbury Beach Reservation by the "pyramid", and settled in to begin meditation at the appointed time. Suddenly, out of 'nowhere' a huge storm rolled in! I was guided to stay right where I was (thankfully, I was dressed appropriately!), and continue my meditation. Many places stood out to me, as I am sure happened to others as well, and I directed Reiki energy there, as well as to Earth, all of humanity and all life forms. When I was guided to break the meditation and "return", I found it had been two hours,!

Returning to my campsite, what awaited me? A huge, beautiful double rainbow!!(and my husband who wondered if I got swept out to see or what??!!)

For those who have participated in these earth healing events before, a rainbow is a beautiful validation from "spirit" of work well done!

So, keep us the Awesome work, folks!

July Schedule for SNH Reiki Center

- **Wed. July 11th:** Masterminding group 6-8pm
- **Sunday July 15th: Reiki Clinic:**
 - **4-5pm...Meet and Greet:** This is an opportunity to get to know Beth and to talk, or learn, about Reiki and the services offered at SNHRC.
 - **6-7:30 Public Reiki Clinic by Appt.** 30 minute sessions \$20
 - **7:30- 9 Practitioners Share** \$10 This share is open to Beths students, as well as other certified Reiki practitioners, to gain more experience through the giving and receiving of this wonderful energy!
- **Wed. July 25th** Masterminding group 6-8pm
- **July 28th....**Usui/Tibetan Reiki Level 1 Training 9am- 5pm \$125
- **July 29th....**Usui/Tibetan Reiki Level 2 Training 9am-5pm \$225
Save \$25 if taking both levels together
{please make class reservations by July 23rd}
- **August 11th and 12th!!** Reiki Master Training \$750.00 (includes advanced Practitioner)

**For more information please visit online
www.bethcrawford.com**

A Special invitation to all Reiki Friends, Students, Clients:

**Reiki Appreciation Day...
Saturday August 4th 2007
1pm to 11pm**

This day is intended to celebrate the energy of Reiki, Usui Sensei, and the many wonderful friendships that have been formed over the years! Please join us at our Derry home for an afternoon of fun, games, a hearty BBQ (vegetarian choices available), and awesome socializing!

In the early evening we will light the fire and enjoy some fireworks!

There are many things to enjoy in our little piece of "heaven"... A stroll through the paths of the Crawford Family Forest to enjoy nature and pick blueberries, a short walk to Rainbow Lake to enjoy a ride in the canoe (life jackets provided)...short rides for the little ones on our 4 wheeler...darts, horseshoes, and badminton for the ambitious adults! Booster attunements will be offered if desired.

This is a BYO Beverage Event.. Please bring along your own favorite drinks or water. If you choose to enjoy an alcoholic beverage, please party responsibly or bring along a designated driver!

You will also need to bring along your favorite, comfortable lawn chairs, mark your coolers, and bring appropriate clothing as the weather may get cooler! We would appreciate it if you could please RSVP by July 27th, at the latest, if you plan to attend, Directions will be provided when I receive your reply. Thanks...we are looking forward to seeing you!

July Message:

I hope you have all been happy, healthy and enjoying your summer thus far. We truly have so many things to be thankful for, and today is an especially good day to focus on these blessings.

Turn your attention to all that is RIGHT with our country.... there is so much that is!!!

How wonderful is it to be known as "the land of plenty, the land of opportunity"? There truly is abundance in this amazing Universe we call home, and those who settled here as our "forefathers" knew and believed this with all their heart. They expected this land, the United States of America, to provide them with opportunities for a better life. Although we have had our fair share of battles and other problems, we have learned, grown and, for the most part, received what we expected! Of course we will continue to evolve, and hopefully, set a good example for the rest of the world. Don't allow the actions of a few, to dictate to the whole of our collective experience...everything is a learning experience! We are truly a unique melting pot of many cultures, diversity and freedom. Freedom to live life the way we choose, and to worship God/Goddess in the way that is desired was, and still is the reason, so many make the pilgrimage to our Great and Beautiful Country.

Please take the time to reflect, and celebrate this!

We have a tendency to focus our attention on so many negative thoughts and beliefs, and we all get very caught up in what is "fed" to us via the media and other communications, that we often forget how very, very blessed we all really are!!

So, as you celebrate today, and everyday...focus on all the things in your life that are good and you can be quite sure that more good things will flow to you to express even more gratitude for!

For a more satisfying life:

REMEMBER , AND APPLY, THE REIKI PRECEPTS TO YOUR DAILY LIFE!

"The secret art of inviting happiness....the miraculous medicine of all diseases; "

JUST FOR TODAY: LET GO OF ANGER

Getting mad, or angry is not a "bad" thing. Many times it motivates us to make positive changes in our lives. However, holding on to anger is a choice. To expend your precious time and energy dwelling on angry thoughts makes the emotion build and grow. Before you know it, you have "stewed all day" and if you take the time to notice...this is not productive!

It just drags you down and makes you, and others, feel terrible.

Holding on to anger is, in my opinion a waste of time and energy!

It takes more energy to be mad, than it does to be happy!!

Choose instead to let anger go, put your energy (thoughts) to solutions for the particular situation and think about things that make you feel better.

You will get positive results and feel so much better!

DO NOT WORRY, AND BE FILLED WITH GRATITUDE:

As I mentioned earlier, this is an abundant universe! Look to nature and our "fellow" animal beings. They don't worry about life...they take each day at a time and instinctively know that their creator provides for them in the same way that we are all taken care of!

For those of you familiar with the universal "law of attraction", you are aware that your very thoughts create your "reality". All it takes is one negative thought to begin a flood of other negative thoughts. These thoughts, if focused on long enough will draw the very things to you that you most likely don't want!! For instance if you dwell on ill health, you will continue to get more of it...if you dwell on lack of money, you will continue to have a shortage, if you constantly focus on what you feel are problems, you will be absolutely sure to get more of them, it is the way of this universe!

So, a remedy for a more peaceful and prosperous life is to let go of the tendency to worry, and turn your attention to thoughts of gratitude! Gratitude, as all Reiki

practitioners, and Deliberate Creators know, is the key to an abundance of all good things!

Focus only on what you do want (and all the good you already have), and not what you don't want, and your life will improve dramatically! If you are Reiki trained, use the energy, tools (symbols) and techniques you have learned to empower your goals, draw solutions to problem areas etc. Too often many practitioners only use Reiki for hands on, physical healing. The energy of Reiki is expansive...experiment with the knowledge you have been given in your training. You'll be pleasantly surprised how much you can accomplish by integrating Reiki into all areas of your life!

DEVOTE YOURSELF TO YOUR WORK:

This is not just about your job...which hopefully you love to do (if you aren't happy with what you do, perhaps it is time to find what your passion is and pursue it!) and should be doing with a joyful heart while having gratitude for it, but also the personal healing work you do on yourself. The bulk of our personal healing works lies in re-programming our selves to think differently. We have been influenced by so many in our lives and we adopt their ways of thinking and being, which may not serve our highest and best interest.

I feel that one of the biggest issues we have, and continue to have, is the tendency to instill so much FEAR in people, especially our children.

We are also being programmed to EXPECT ill health!

Disagree? Pay close attention to what you see on TV and what you read!!

When we decide to let our own experiences guide us, that is when the real healing takes place. My master teacher, William Rand, recounted how his training with the Rosicrucians encouraged him to not blindly follow another, or to believe mere words. They trained him to base his opinions on his own personal experience. This is great advice we should all follow!

Also, adopting simple healthy, practices like meditation etc. into your life will bring about personal evolution. All the great sages, including Dr. Usui, used meditation as a tool to enlightenment. It was during a fast/meditation that the knowledge and gift of healing was transferred spiritually to our beloved teacher!

But....don't take my word for it.....try it, and all things, yourself!!

AND BE KIND TO ALL PEOPLE (and all things):

This is very much like the advice Christ gave us to "Love our Neighbors, as ourselves".

Learning to love ourselves, and to put ourselves first, is something that is a huge issue in our society for many individuals. This is due to "programming" that we receive as we are growing up and has been deeply ingrained in the majority of us. We have been "taught" that we should put others first. This is often a huge hurdle for many in the process of self healing.

It takes many people a long time to let go of the guilt they feel about putting themselves first.

When you begin Reiki treatments and/or training, one of the first things you learn is that the way to be the best you can be, is by filling up your own well FIRST. This is NOT selfish, as you may have been taught! To the contrary, it makes good sense to give to yourself first... by taking time out of each day, no matter how many responsibilities or busy you are, to nourish yourself. Take time to do things for yourself that you love, that make you feel good. When you feel good about you, you are in a much better, stronger position to help others.

Now, why you should love your neighbor as yourself, and be kind to all living things?

Because we live in an attraction based universe, so if you treat other people badly, this will come back to you! (The thoughts you think, attract the experiences in your life!!) Quantum physics has proven to us that our very essence is energy. (Thanks Albert Einstein!) We are all energetic (or spiritual) beings, having a physical experience. The whole universe is simply energy vibrating at different speeds, and this makes us all connected, and it makes all things, even those things we think are inanimate, have consciousness! What we do to another, we are also truly doing to ourselves! Treat others as you would like to be treated. If you have been treated badly in your life, forgive others to set yourself free. Begin to treat yourself better and have more positive expectations.

As you do this for yourself, it will enable you to treat others better as well. Remember, there is no "escaping" our interconnectedness!! We truly are "all one"!

Usui Sensei asked his students to join our hands in prayer (Gassho meditation), morning and evening of each day and pray these words to your heart and chant (affirm) these words with our mouths for the improvement of body, mind and, I would add...spirit!

May you all have a wonderful month! Be sure to get outside and enjoy the bounty, and beauty, of nature and be greatly blessed by the energy of Reiki!

With Love and Gratitude, Beth