

July 2008 Newsletter

I hope that you are all enjoying this beautiful summer weather and that you are spending time in nature and playing with your families and friends.

I am always reminding folks that the purpose of our lives is to be joyful and happy...right where we are at this present moment, irregardless of what is going on around us.

A perfect example of this to me is my daughter who is currently on assignment in Iraq as a Gunner for the Army. The pictures she sends, or posts to her MySpace, always show her smiling and happy. One person remarked " you make Iraq look like fun!", to which she replied.. "why not..if I can be happy and keep a positive outlook which helps myself and others, why wouldn't I?" She has always been "happy go lucky", but is now really "seeing" that how she feels and what ,and how, she thinks (positively or negatively) creates her reality. There are not so great circumstances (a war!) surrounding her, yet she stays calm and centered with her eye on the goal: Returning home to her son and husband, and the rest of her family. In the meanwhile, she is making a positive impact right where she is!

This is an important message for all of us. We often tend to run programs like: I'll be happy when: I am caught up with my bills, have a different job, partner, home ...etc. Thinking this way limits you. It actually keeps you "stuck" in the very place you tell yourself you don't want to be!

As part of your Reiki 1 training you are given the Reiki Precepts. These are words of wisdom to live by and help to retrain you to take it one day at a time and to focus on your blessings (most of us focus all our attention on what we don't have) and to be happy...***you guessed it...***in the present moment!

Not only does Reiki help with issues of the physical body, but also of the mind and spirit. When you adopt this new way of thinking you will see the floodgates of abundance open up and bring the things you do want right to your doorstep with very little effort on your part!

Reiki 2 helps you to become even stronger in your ability to create the perfect life for you, through use of Sacred symbols and other techniques, as well as to facilitate a higher frequency of healing energy. And, of course, Advanced and Master bring an even higher level of energy, understanding and transformation.

Once attuned to Reiki, you will need to practice, practice, practice! I mean this two ways...practice..as to use it for yourself..self treatment (emphasized in Level 1) and to then practice using the modality for others by treating family, friends, pets, or plants. You may also participate in Reiki Clinic and Share and practice techniques.

These may include practice in a "standard" full body Reiki session, chair Reiki, distant Reiki, Reiki for the earth or animals. The uses for Reiki are unlimited and a truly magical world opens to those who practice Reiki with consistency.

There wouldn't be enough time or paper to write of all the amazing experiences people have individually and also as a group!

Reiki is now the fastest growing CAM therapy in the world. Why? Because it works!

Do we know exactly how...no..but who cares?! It works! If you have been thinking, or "procrastinating" about taking training..get motivated! Call or register for training with me, or a qualified Reiki professional in your area. I can assure you that you will never regret it, not to mention that it comes with a lifetime guarantee!

Training is not expensive and was the best investment I have ever made!

Still not sure? Strike up a conversation with anyone Reiki trained who uses the energy consistently and be prepared! Most likely they will talk endlessly about the wonderful experiences they have had, and continue to have..(you may wish you didn't ask!) Even better...come EXPERIENCE a Reiki treatment...you won't want to get up off the table or out of the chair....it really is blissful!

You may even get the additional "treat" of your practitioners inner guidance, which is always positive and uplifting!

Have an awesome month...play and be like little children..open to the beauty, magic and love of the universe! Allow yourselves to be happy now!

Love and Reiki Blessings to All,

Beth Crawford

CURRENT SCHEDULE:

NOTE: REGISTRATION FOR ALL CLASSES CLOSES ONE WEEK PRIOR TO CLASS. IF YOU ARE INTERESTED IN TAKING TRAINING THIS MONTH, JULY 26 AND/OR 27 (REIKI 2), PLEASE CONTACT ME WITH YOUR INTENTIONS BY THE 19TH OF JULY. IF YOU PAY ONLINE THROUGH PAY PAL, THIS WILL SERVE AS YOUR REGISTRATION, AND I WILL SEND YOUR CLASS INSTRUCTIONS THROUGH EMAIL.

PLEASE LOG ONTO WWW.BETHCRAWFORD.COM FOR MORE INFO OR TO REGISTER. YOU MAY ALSO CALL 603-425-6977 OR CELL 3-603-247-0968 AND LEAVE A MESSAGE

JULY 20TH..REIKI and IET CLINIC...4-6 PM

Pre-register early..some appts are booked in advance and there may be limited availability. Also..there is NO CLINIC OR SHARE IN AUGUST, So please plan accordingly.

JULY 26 AND 27 REIKI 1 AND 2 TRAINING

NO PUBLIC CLINIC IN AUGUST!

Also, if you would like to schedule Reiki treatments or private training in August, please contact me as soon as possible as we will be vacationing from the 11th thru the 21st and the office will be closed.

AUGUST 23RD REIKI PRACTITIONER CELEBRATION..

**Time to relax! A special day for Reiki practitioners
3pm- 8pm. An invitation will arrive seperately via email**

AUGUST 30TH AND 31ST REIKI 1 AND 2

THERE WILL NOT BE LEVEL 1 AND 2 REIKI TRAINING IN SEPTEMBER!

PRIVATE TRAINING IS ALWAYS AVAILABLE FOR INDIVIDUALS, COUPLES AND SMALL GROUPS. CONTACT BETH TO CUSTOMIZE A PROGRAM PERFECT FOR YOUR NEEDS.

SEPTEMBER 20TH

ADVANCED REIKI (This class is a pre-requisite for Master Training)

SEPTEMBER 21ST REIKI CLINIC AND SHARE

**OCTOBER 4TH AND 5TH
REIKI MASTER TRAINING**

STORIES TO SHARE:

Reiki Blessings...I recently received a call from a friend regarding her father whom we have been sending long distance to. He had been diagnosed with an aneurism and needed to go back and have a Cat Scan done to "see where he was at now". They could not find it!!

If you have loved ones in need of healing, drop us a note (website has a place for this) and we are happy to send. I am also available to do long distance Reiki sessions, as well as "in person".

WONDERFUL MESSAGE IN THIS STORY

One day the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live.

They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return from their trip, the father asked his son, "How was the trip?"

"It was great, Dad."

"Did you see how poor people live?" the father asked.

"Oh yeah," said the son.

"So, tell me, what did you learn from the trip?" asked the father.

The son answered:

"I saw that we have one dog and they had four.

We have a pool that reaches to the middle of our garden and they have a creek that has no end.

**We have imported lanterns in our garden and they have the stars at night.
Our patio reaches to the front yard and they have the whole horizon.
We have a small piece of land to live on and they have fields that go beyond our sight.
We have servants who serve us, but they serve others.
We buy our food, but they grow theirs.
We have walls around our property to protect us, they have friends to protect them."
The boy's father was speechless.
Then his son added, "Thanks Dad for showing me how poor we are."**

Isn't perspective a wonderful thing? Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have.

**And another article by a woman with many inspiring messages..
check out her website for other words of wisdom at.. www.susanjeffers.com**

**WHEN "LESS" IS "MORE"
by Susan Jeffers, Ph.D.**

There is a strange addiction in our society today. I call it the addiction to more...more...more. Sound familiar? More clothes. Bigger houses. Fancier cars. Exhausting! You may think that excessive accumulation is a characteristic only of the rich. Not so! I have visited many homes of rich and poor alike, and I am struck by the excess of "things" that seem to be everywhere. I would suggest that our need to accumulate more...more...more is not improving our lives; rather it is bringing the quality of our lives down...down...down.

If you think about it, our lives would be so much easier if we would focus on getting rid of things instead of accumulating things. By definition, our addiction to "more" creates a need to work so hard that true enjoyment of life becomes impossible. There is no time to stop and smell the proverbial roses. We become prisoners of responsibility. We struggle to relax. We work so hard on the upkeep of our lives that we have little time for pleasure and play. Our self-created burdens are very heavy, indeed. As I say in **End the Struggle and Dance with Life...**

"The clutter in our lives makes us feel as though we are going through life carrying a watermelon and an overloaded suitcase! It's time to drop these tremendous weights and learn how to live in the freedom that simplicity allows."

Let me introduce you to three new words to help you break your addiction to more...more...more. Those three words are simply..."LESS...LESS...LESS." Right now say these powerful words to yourself over and over again..."LESS...LESS...LESS." As you keep repeating these words, I predict that you will soon feel a sense of release...of freedom. Breathing space at last!

I speak from experience. When Mark and I sold our large house, we moved into a very small apartment just to give us time to find ourselves a new house more suited to our needs. An acquaintance bought our excess furniture thus saving us the hassle of putting it all in storage. We figured we would start fresh and buy new furniture when we found our new house. Strangely as I watched our much loved "stuff" being carted away, instead of feeling sadness, it was as though a big load was being lifted from our lives. It was a

wonderful introduction to the land of less...less...less. And it felt great.

We took a 6 month lease on our little apartment with the idea of soon finding our new home. Another surprise! We fell in love...love...love with our little space. As I write this, we've now been here, not 6 months, *but 6 years!* And neither one of us has any desire to move! It's cozy and romantic and comfortable. It is also easy...easy...easy. A perfect example of less being more.

And something else: When we moved into our little apartment, I had to get rid of so many clothes since closet space was very limited, and once again, I felt a sense of freedom. Why did I need all those clothes to begin with? I didn't! Some of the clothes I gave away I hadn't worn in years! And because I realize that I need less clothes, I am saving so much money. Again, less is turning out to be so much more.

Yes, we are certainly blessed when we have "enough." But today as I look around this big wide wonderful world of ours, *enough doesn't seem to be enough!* We live with a poverty mentality. It's hard to imagine that even wealthy people can have an intense poverty mentality, but many do! I call them "the affluent poor." Or we are competitive with others. We act as though we are fearful we will fall behind in our ability to outdo everyone else! I see it all around me.

It's interesting that we all put a premium on "filling" our lives. But I think so many of us have missed the point. It makes for a much richer life to let go of the external trappings that smother us and instead "fill" our lives with those riches that take us to a higher place. And what are those riches? *Beautiful times with friends and family, relaxing time to read books and experiment with life, fulfilling time to contribute to the world, and so on.* It is not about filling our lives with "stuff", but filling our lives with those experiences that bring us joy. I'm left with the conclusion that...***raising our standard of living is truly about accumulating less and enjoying more!***

One way we can break our addiction to more...more...more is to begin giving all the excess "stuff" away. In the beginning, it may be difficult letting go. Especially letting go of that belt you haven't worn for 10 years! (Trust me on this one!) To help you feel better about giving your stuff away, I suggest that you donate your excess clothes and dishes and furniture and books...and so on...to others who truly do need what is truly excessive and unnecessary in your life. As you do this, you realize that you have made someone else's life a little easier. You become a source of abundance to them. You make a difference in this world. You become the "giver" instead of the "taker." You ultimately feel lighter and fresher and better able to see what you *really* need. This is what I imagine "spring cleaning" is truly about.

So look around and start giving things away. Make a game out of it and discard as many unnecessary "weights" as you can in your home and office. My rule is this: ***Use and enjoy that which enriches your life; let go of that which is just excess baggage.*** You will be surprised at how much excess baggage you will be giving away! And, importantly, you will be joyful knowing how you have enriched the lives of others.

And something ***very...very...very*** important to think about: ***You will be doing so much to help the survival of the planet as you consume less...less...less.*** Wow! That should be enough of a grand motivator to get us all going!

I suggest that starting today...together...we all begin dropping " the watermelon and the overloaded suitcase" and enter the world of less...less...less. We'll be helping the world in so many ways. Whew! I can hear the sighs of relief coming to me from all over the world! Amazing!

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