

**Namaste Reiki Friends and Family!**

**First, I would like to thank all of you that sent Reiki, and other healing energy, thoughts, and prayers to Marion (Bunny) Bauchman. She was admitted to the hospital on May 28th facing a very serious health situation. She received instruction to ask for many people to send Reiki and we sent that request out on May 30th. I am happy to report that Bunny was released, and returned home, this past Friday, June 1st! Her prayers were heard, and answered, and she couldn't be more thrilled. All in less than 48 hrs! She left there with some amazing and fun Reiki stories that she will be able to share with others. She is settling in comfortably at home and is extremely grateful to everyone for supporting her healing... please continue to send energy as she moves forward in this process. Many thanks!!**

**AHHHH.....**

**We love to hear these stories... it always reminds us about the power we all truly have to assist others on their healing journey. When we join together as a community and focus the energy, magic happens! And you know when you are actively doing this service work, Reiki flows to you as a practitioner as well, and because we are an attraction based universe, the good you do comes back to you! Always a win, win situation! Keep up the great work folks! If you would like to have your name added to our healing list, feel free to write. Please be sure to designate whether you want your name/condition to be publicized. Respecting your privacy is of utmost importance to us!**

**Check out another opportunity to help with Reiki at the end of this newsletter.**

**HMMMM.....**

**Last month I really didn't write much of a message (you know sometimes we wonder if anyone really reads what we ramble on about) figuring no one would miss it, and lo and behold many emailed to ask where the message was, as they look forward to it each month!**

So thanks for appreciating what is shared and taking the time to let me know.

I promise to ramble on this month!

## What is happening, or new, this month?

### **REIKI 1 AND 2 CLASSES JUNE 23RD AND 24TH**

All classes are certified and run 9am-5pm both days.

Classes can be taken together, or separately.

Save \$25 if reserving space in both levels of training.

16 fun filled hours with others learning Reiki is not really such a sacrifice, and your Reiki attunement is good for a lifetime. Why delay? Reserve today! 603-425-6977 Cell: 603-818-1118 [www.bethcrawford.com](http://www.bethcrawford.com)

Registration closes June 17th, no exceptions!

20% deposit required to reserve space.

Reiki is now enjoying great popularity and is considered by the National Institute of Health to be a CAM therapy, specifically a bio-field energy therapy. CAM is short for Complimentary Alternative Medicine. These alternative healing modalities enhance any therapy that is currently being used to treat illness, disease of all kinds. Reiki restores balance, and never causes harm. More research is being done, more scientific validation...and the word is that Energy Healing (and other holistic therapy) is the healing evolution for our generation, and those to come. The integration of eastern philosophy and medicine into mainstream, western medicine! So exciting, isn't it! A win, win, for everyone!!

### *Aside from Reiki Training...NOTHING IS GOING ON!* ISN'T THAT GREAT!?

As Reiki Masters and Deliberate Creators, we have arranged for a two week camping vacation at the ocean to rejuvenate and enjoy this wonderful life we are living and consciously creating. I look forward to relaxing, exploring, fishing, hiking and breathing in the ocean air and sunshine. While I am in this beautiful, relaxed and peaceful state, I will be flowing out gratitude, love and Reiki healing energy for everyone!

I hope that you are also thinking positively, consciously choosing what you want in life, and having FUN doing it!

Being happy is the only thing that really matters folks...and when you are happy, you are less stressed and healthier! That is why Reiki is so wonderful! It helps us to relax and learn new ways of thinking, doing and being that keep us feeling uplifted, loved and nourished. Reiki, when used and applied consistently, brings about positive changes.

Reiki helps us learn that we are in control of our lives, and that we are not victims. Reiki helps heal the mental, emotional and spiritual issues in our tissues that have manifested themselves in our physical bodies. Once we get to the root cause of our physical "problems" we can begin to make the necessary changes to bring ourselves into balance and harmony.

### New this month:

We have been making a few changes to the website... you will now have access to a printable calendar that you can put in a handy space, and even write your own reminders on! We are working on a students corner, a web store and some reciprocal links to other great sites, or fellow colleagues, such as my host office... The Living Light Center and Julianne Santini, who has been such a blessing in my life, as have all my students, clients, fellow Reiki teachers and practitioners!

As a regularly practicing Reiki practitioner, you reach a point where you can't even imagine what people do WITHOUT Reiki in their lives, and there are millions of people all over the globe who would agree!

### AND.....

Speaking of global...and using Reiki consistently... I recently received a request from Indonesia. This individual wrote to tell me that he was attuned to level 2, but rarely practiced! He wanted to get back into practicing and was asking also about a free level 3 attunement. He inquired about his chakras and his kundalini as well...

Here is my reply...I feel it may help some "lost" Reiki practitioners.

Sir...

"It is through the *PRACTICE* of Reiki that all wonderful change begins. Self treat with Reiki and practice as much on others as you possibly can. To begin practicing again, simply call upon the energy of Reiki to flow and it will. If you do not feel anything in your hands (assuming that you have been attuned properly), don't feel as though nothing is happening. The

**Reiki Energy is ALWAYS working, whether you feel it, receive intuitive impressions, or not. (This is one reason for learning the standard hand positions, so that you are able to "cover" all the major areas of the body until your intuitive senses blossom more fully)**

**Once you have been attuned to Reiki, you are attuned for life.**

**Don't get hung up on "awakening the kundalini"...Live and practice the Reiki Ideals as best you can in your life.. .think positive and EXPECT positive things to happen. Surrender yourself to the Reiki Energy, the God Consciousness that moves in through and around all things.**

**Becoming attuned to the next level of Reiki (3-Master Level) is not recommended until you have been CONSISTENTLY practicing Reiki on yourself and/or others for a least a year. If there are no groups to practice Reiki.. such as a clinic or share, begin one!**

**Also, it helps very much to have a local Reiki master (teacher) who can support and guide you as you grow and learn through the practice of Reiki. Although distant attunements do work, it is of little use if there is no one to help and guide you!**

**Also, when people receive things, in this case Reiki, too easily, they do not always respect and honor the energy (or other service), in the same way as one would by having a fair and reasonable energy exchange.**

**This does not always mean paying for services with money, but can be by barter for example, provided it is a needed service.**

**If you have been gifted freely with Reiki and attuned by one who truly has the training and ability to pass the attunement to you (how can you know in cyber world?...I have tried this myself and have had some that worked, others that were empty promises), you should *honor this gift of Reiki and USE it wisely for yourself and others*. The key here is the practice, and use, of Reiki. That is what "makes" your Reiki stronger. Living the Reiki Ideals, honoring your body, mind and spirit, as well as self treating with Reiki, and getting treatments from other Reiki practitioners, helps keep the chakras in good health.**

**So, be cautious about asking for free attunements via the web. I don't feel it is wrong...I just feel discernment needs to be utilized.**

**I will put your name into my healing grid and send distant energy to you, but I EXPECT you to begin to use your Reiki gift each and everyday and you will see many wonderful changes happen!"**

**There are many people who are guided to learn and become attuned to the Energy of Reiki, and yet do not practice. They always ask why my Reiki is so strong...and I tell them the same thing as this one from Indonesia. Use Reiki everyday, follow the Reiki Ideals and you will see why I became a Reiki Master Teacher, why I have a private Reiki practice, and why I never tire of Reiki! I provide opportunities for my clients to become attuned to the energy, and for my students (and other practitioners) to practice in my healing clinic and Reiki share.**

**I am here to assist you on your journey...I am not a million miles away and unavailable...although the Internet does draw us all closer. I enjoy, and I am proud, that I treat my students and clients well, and I KNOW that each and everyone of them appreciates my level of service to them, (even if I have to give them a little non-sympathetic motivation now and again!) It does take extra effort on my part, but my students, clients, family and friends are well worth it!**

**I am grateful to the energy of Reiki for providing me with the resources and opportunity to share in this way, and to all who seek my services.**

### **Level 3 Advanced Practitioner/Master Training August 11th and 12th, 2007.**

**For those of you who feel that you are ready to "bump up your energy output" and would like to move to the next level of Reiki training, this is an opportunity. Please have reservations to me no later than July 31st. Direct inquiries to me at 603-425-6977, 603-818-1118 or online at**

**<http://www.bethcrawford.com/>**

#### ***And last but not least....***

*Two things.. First...*

*There is a global Reiki event taking place over summer solstice that you can add you energy to...*

**This will be on June 21st, on the Summer Solstice.**

**"Historically, from the earliest times of man, there have been records of celebrations at this time. Summer solstice, often called midsummer, is the time when the sun reaches the peak of its power, the earth is green and holds the promise of a bountiful harvest. It appears, for whatever reason,**

some very mysterious, that we have always been prompted to pay attention to this very special day and time. In ancient China, summer solstice was a time to celebrate the earth and the feminine and the yin (female, receptivity,) forces.

*This year we would like to join forces as Reiki practitioners and take the time to collectively send Reiki healing energy and love to our wonderful Earth. All you need to do is find a sacred space and settle in comfortably. Prepare as you would for a full body session, either inside, or even better, outside, on the earth. If you are Reiki 2 or beyond use all your symbols as you have been taught to. We are being asked to set aside a 1/2 hr, and to begin at 5:55. Ask the Energy of Reiki to guide your hands, heart, mind, speech, and actions and to heal our earth and all those who are participating in this physical experience (more than just humans reside on earth!). You can use a globe, small large, picture, etc. or visualize if you are able, and allow the energy to flow into and flood over the earth, and all life forms. When you are finished, be sure to give thanks to the Reiki guides, Angels, personal guides, ascended masters, saints and all who have been assisting you, assuming you have called upon them ,which of course, you should! .Thank the energy of Reiki, and all other practitioners participating, for the opportunity to assist in this healing session for our mother earth, fellow humans, and life forms. If you are not Reiki attuned, you certainly may still participate, using the healing energy of love instead.*

*This is sure to be a powerful event...many other celebrations will be occurring at this time, such as the one at Stonehenge in Salem NH.*

*check it out at [www.stonehengeusa.com](http://www.stonehengeusa.com)*

*Perhaps this meditation/healing session can be integrated into those plans, especially if you will be there in the late after noon, evening hours. If you are unable to join at the specified "real time", do this ahead of time, or after ,intending the energy join with the other energy being channeled from 5:55 to 6:25.*

Okay, last thing....

and remember you asked me to ramble!

**Just an article you might enjoy, especially if you like Celtic music, Irish step dancing, and Michael Flatley of Lord of the Rings Fame....an interview with him as he discusses many things including how he stays healthy with...REIKI!!**

Have a fantastic month! See you for class!

Live well, laugh often, and love fully!

Many Reiki Blessings to you all...

Sincerely,

Beth Crawford

Southern NH Reiki Center