

June 2008 Newsletter
Southern NH Reiki Center, LLC

Namaste Reiki Friends and Family!

I hope you have all survived the wonderful, but intense Wesak/Scorpio energies that prompted so much "death and rebirth" this past month, which most likely is still playing out for so many of us!

This month we honor the last part of this 3 month spiritual celebration with the full moon on the 18th, and for those of you paying attention mercury will be done being retrograde just before the summer solstice (19th) energy on the 20/21st....Yeah!!!! That moon will be in Sagittarius and much more FUN..time to definitely celebrate. Do a little research on your own to become more informed about the planetary changes and influences.

Mercury rules communication and electrical/mechanical things...so have patience, go slowly..double check things. I urge you to utilize the gifts of Reiki and deliberate intention to avoid or diminish the effects the planets have on us during this time. Don't focus on it...just be aware and pro-active!! This enables you to deal with those around you who are not at this level of awareness and not allow yourself to get thrown off track.

Congratulations! to our latest graduates on the Reiki Path...

Holly Sutherland and ***Sandy Schneider*** recently took their Master Training, opening themselves to higher vibrational frequencies of the Reiki Energy and further growth and enlightenment on their life path!! I am so proud of you both, and honoured to be part of this process. I am anticipating so much fun and more amazing events in our ongoing journey together.

Many Reiki practitioners shy away from taking this level of training assuming that it is not necessary unless they want to teach.

This is not true, **every** level of Reiki training opens you to higher levels of awareness and increases the power of "your" Reiki energy. While it is true that you need only be attuned to Level 1 to channel the Reiki energy, if you wish to continue to grow and expand it is necessary to continue training.

Each level has specific purposes and gives the practitioner new tools to increase the power of the energy and to enhance the effectiveness of not only the sessions they do, but brings them to amazing new

levels of personal growth.

Most Reiki practitioners have no desire to teach formally. They choose to be initiated into these higher levels for their own growth and an increase in energy that benefits themselves and those they choose to share their Reiki with. They also may desire to attune family and friends who request the Gift of Reiki. This is a very practical thing and saves dollars and helps to spread Reiki to more and more people. As you can imagine, this creates a domino effect and helps so many people, as well as humanity and the earth!

In the master class I took with William Lee Rand, only a few of 22 wonderful individuals were intending to teach!

How to progress more quickly on the Reiki Path:

One of the most frequently asked questions is "how can I move along more quickly on this path?"

First of all, by allowing the Reiki energy to guide your life and by PRACTICE.

This is the only way to move forward with the energy of Reiki. Once attuned, or initiated into the energy, you must USE IT!!!

NO EXCUSES!!

I am truly faithful to my Reiki practice and have been since the start. I MADE the time to do my self treatments, worked on others both at home and in my clinic/share and also received regular treatments from other practitioners. Slowly my whole life changed, as did the lives of all connected closely with me. It is an ongoing journey, and just gets better EVERY DAY!! My life is so amazing now, and I have had the great pleasure of meeting some of the most fantastic and gifted individuals, including all of my students and colleagues!

I hear so much..I don't have time. NONSENSE. Make time. A self treatment can be done in as little as 30 minutes. Do you not have that little amount of time to dedicate to your own health and well being?

You can even do mini Reiki treatments throughout the day.

In the car while driving, watching tv, waiting at appointments. Reiki can be done very informally on self and others any time, anyplace.

That is the beauty of Reiki. It is PROFOUNDLY SIMPLE.

More structured or formal treatments are even better.

In the quiet and peace of a full body session one reaches a very meditative, expanded state of awareness. Many insights may come to you then, or through the practitioner. The majority of practitioners find

that, over time and dedicated practice, their intuitive wisdom begins to shine through opening them to higher levels of awareness.

This is an exciting process to be part of, and happens for everyone with the **consistent** use of the Reiki energy, whether you are attuned or receiving treatments from a practitioner who is loving and caring.

If you are a student of Reiki...get practicing! If you desire positive change in your life and relief from pain and suffering, seek out a reputable practitioner and enjoy the journey of Reiki.

I can guarantee you, that by making the decision to "stick" with it, you will never cease to be amazed, humbled and honored.

JUNE

2008

SCHEDULE:

For more information please go to the website:

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

or call 603-425-6977 to make reservations.

I use the same curriculum as the International Center for Reiki Training, and also include my own information. This insures that you will be trained in the highest standard, and will be confident in the knowledge and practice of Usui/Tibetan Reiki. I also offer my students many, "extras", and opportunities to further growth and gain experience. Please check out the credentials and training of any Reiki Master Teacher you may think about training with. Ideally they should live the Reiki Way, practice self treatment daily, offer a Reiki share, and continue to take training with others to further their own growth and development, and be involved in community service.

Not all Reiki Teachers are trained the same, which is why I prefer to use the standards developed by the ICRT, with whom I have taken my training.

Be an INFORMED consumer!

PRIVATE SESSIONS: AVAILABLE BY APPT.

All classes are held at my office within the Living Light in

Bedford NH. Please see website for more details. There is always something happening in our happy healing space, check out the Living Light Schedule by choosing this link from my website.

JUNE 11TH-21ST..OFFICE WILL CLOSED FOR VACATION

JUNE 22ND

REIKI AND INTERGRATED ENERGY CLINIC 4-6 PM.

30 minute sessions, \$20 donation. Time slots are filling quickly to experience this wonderful energy. 2 appts. left for Reiki, 3 for IET. Register soon!

JUNE 22ND PRACTITIONERS SHARE 7-9PM \$10 donatation,

Open to all Reiki practitioners of all lineages.

JUNE 28TH REIKI LEVEL 1: 9AM-6PM \$125.00

JUNE 29TH REIKI LEVEL 2: 9AM-6PM \$225.00

NOTE: Registration for these classes ends June 25th..Register Today and change your life!

NEW!! TUESDAY DAY OR EVENING CLASSES

4 WEEK SESSION FOR CERTIFIED REIKI TRAINING LEVEL 2
\$225.00

BEGINS JULY 8TH 9:30AM-12 & 6:30-9PM RUNS JULY 8,15, 22,
29

OTHER TRAINING DATES:

ALL CLASSES ARE 9AM-6PM

JULY 26 REIKI 1, JULY 27 REIKI 2

SEPTEMBER 20TH: ADVANCED REIKI TRAINING: \$225.00

Prerequisite: Levels 1& 2 (I do NOT accept on-line training)

OCTOBER 4TH AND 5TH REIKI MASTER TRAINING: \$650.00

Prerequisite: Advanced Reiki Training

IF THESE OPTIONS ARE NOT SUITABLE, PLEASE CONTACT ME TO ARRANGE PRIVATE TRAINING. PAYMENTS PLANS ARE AVAILABLE.

INSPIRING REIKI STORIES:

Reprinted from the Reiki News Magazine published by the ICRT
subscribe to this awesome magazine at <http://www.reiki.org>
or take Reiki 2 training with me and receive a years subscription free!

REIKI HEALS KNEE AND OPEN HEART SURGERY

I have been attending Reiki shares for five years and cannot imagine my life without Reiki. My first encounter with Reiki was when I had both knees replaced. The pain was sometimes more than I could deal with. One day I found a Reiki group. It took several months but I just felt my legs getting stronger and having less and less pain and that is when I started to walk.

On May 15th 2006 I had a heart catheterization and unbeknown to me I needed open heart mitral valve replacement surgery. Anyone that has had one knows it's no walk in the park. You feel like a Mack truck ran over you. Everyday I would get cards with so much love and good wishes from my Reiki group I never needed a pain pill and the doctors were amazed as were the rest of the medical staff.

I have seen many other miracles helping victims overcome their physical and mental issues and living wonderful productive lives because of Reiki. May everyone enjoy good health and happiness.
Namaste, Irene (Dolly) { Fall 2006 issue }

LIFE TRANSFORMED

I want to thank Annie and Jerry, my Reiki teachers, for the life changing retreat I attended. I am especially thankful for being introduced to Reiki and meditation. I am faithfully using both daily, and the impact on my life is incredible. For the first time in years, I am truly calm. Yet I am experiencing a new energy that is productive and healing instead of stressful and agitated.

I no longer use sleeping pills to fall asleep, and I awaken naturally to the serenade of birds instead of the jolt of an alarm clock. It is hard to describe the overall sense of wellbeing I now feel. I still face daily issues that previously would send me into a spin. Now, I am learning to accept them and allowing the balance in my mind, body, and spirit, to move me forward. I know this is a result of practicing Reiki.

I many not yet fully understand how or why it works, but right now,

that's not important. As I continue to learn and practice, I know I will understand. For me, believing in the power of Reiki is the beginning to being whole again.

As a recovering alcoholic, Reiki is a Gift. Alcoholism is described as a disease of the mind, body, spirit. This practice (Reiki) is my medicine. I am healing. I feel it in my brain, my heart, my soul. The security of knowing I have this incredible gift will keep me on my path to wholeness, peace, and joy. I look forward to returning to Harmony House and deepening my understanding and commitment to utilizing the gifts you so lovingly have given me. Thank you, my friends!

Joanie Liess {Fall 2005 issue}

I hope you all have a wonderful month!

Love and Reiki Blessings

Beth Crawford