

Namaste, and Happy Saint Patrick's Day (almost)!

I hope you all are making wonderful, fun plans to celebrate this special day and to honor the Irish that is in all of us!

It has been a busy month in the Crawford family, we have a new addition to our family! A grandson, Trevor Michael Crawford was born recently, and joins his brother William in my son William Jr.'s family! He is a happy, healthy baby and had a very easy birth. His mother was in labor a mere 4 hours, (ahhh, the joys of Reiki!), and only 3 pushes later, he made his entrance to this new beginning as a spiritual being embarking on a physical adventure.

Reiki is wonderful for all things, and pregnancy and birth are no exceptions.

In my Reiki experience, most women who receive Reiki treatments and/ or attunements to the energy during pregnancy enjoy a relatively easy birth and have babies that are much more peaceful and content. I Wish I had Reiki for my first pregnancy!

## **Upcoming Events at Southern NH Reiki Center:**

**Reiki Clinic/Share March 18th..yes, this Sunday....6-9pm!**

(Please accept my apologies for the late reminder.)

There are some spots still open if you, or someone you know, would like to experience Reiki. This clinic is being restructured to ensure ample time for Reiki Practitioners to receive treatments.

**Effective immediately are the following changes:** Public Clinic Appointments are available from 6-7:30. During this time there are 3, 30 minute openings available, generally one on one with me, or assisted by students. The cost is \$20.00.

The second half of the evening, 7:30-9, is dedicated to the practitioner share, for which there is a \$10 room fee.

## **Reiki Certification Opportunity: March 24 & 25**

There is one spot left in the upcoming Reiki 1 and 2 training class...please contact me ASAP if you are interested in learning this wonderful healing modality. Investment: Reiki 1, \$125.00 Reiki 2 \$225.00 Save \$25.00 if taking both classes. Please contact me for an information packet. You know, I see these trainings being done for less money, less time and quite honestly I really don't know how they do it! How can one adequately learn this in just 3 or 4 hours? When I initially began teaching we did Reiki 1 in 2 days, same for Reiki 2. I have had to "tweak" that to doing both in 2 days and some times that feels incomplete! Please use discretion when choosing a Reiki Teacher, and not let the financial investment be what guides you. I have always considered my investment in my own training (at the same tuition) to be one of the best I have ever made, and it comes with a lifetime guarantee!

Remember the old adage... You get what you pay for! I am proud to say that I go the extra mile for my students and offer lifetime support and many, many other benefits!

## Reiki Master Level Training:

This training is scheduled for April 28th and 29th with a special meditation on May 2nd during the Wesak full moon. If you are ready to take your training to the highest level, please contact me for more information.

### Message: Reiki and The Miracle of Birth and Death

As we draw closer to spring my thoughts turn to the miracle of birth, death, and rebirth. All around us there is continual evidence of these "miracles". As winter sheds its last layers, nature begins to re-awaken. New buds begin to sprout, the animals and birds come out to play and life is infused with the anticipation of beginning anew. We all begin to feel more hopeful, more energetic, more alive!

Every moment a new life begins on earth, and a new one begins for those who pass on. Reiki is a wonderful gift that can assist us in each of these transitions. There have been many opportunities in my life to share the healing energy of Reiki with individuals in both of these miraculous processes, and recently both these were just about hand in hand. As one was born, one passed, and was reborn. By utilizing the energy of Reiki we can help to make the journey more peaceful, whether it be birth, life, or rebirth. I prefer to call "death" re-birth. Recently I was called to assist a family with differing belief systems regarding the process of living and dying. My desire to help them in the best way possible led me to a book I have had for ages, but never took the time to read fully. The message in the book, ***THE TIBETAN BOOK OF LIVING AND DYING***, is one I wish to share now:

*“The best way to prepare for death is while we are living. We should be constantly reviewing our lives and "cleaning up" those unresolved conflicts that come back to haunt us on our deathbeds. We should be taking the time to plan how we want this process to be when our time is at hand, well before the actual time arrives!”*

Our culture seems to feel that if we talk about death and dying, we are somehow inviting it in. Families refuse to discuss death with their loved ones, even those who are in the process of dying, for fear they will "make" them die! This is sad, but true...and I have done this myself in the past. We don't want to talk about it because we don't want this person to leave us. If you only knew how much they need to talk! They need to express themselves, to release their fear, they need guidance and often the permission and blessing of their families to pass with love and peace.

I no longer hesitate. I have come to realize how very important it is to talk openly about death/rebirth, to encourage them to make practical preparations, as well as think about how to prepare for the actual process when it begins to happen. By doing this, you help remove the obstacle of fear. You unite families, you resolve conflicts, you encourage forgiveness, you heal yourself and your loved ones from old wounds. You take control of your life while you are living, and you control what your experience will be when you are ready for a new beginning, through the process of death.

As you are anticipating spring, and the miracles of nature, and doing your "spring cleaning", keep this in mind: What has my life been like till now...what needs to be cleaned out ( resolved)? What steps can I do to get rid of old baggage that I do not want to take with me when I go? Have I tended to the practical arrangements necessary to insure that my wishes will be honored? What are those wishes, do I even know? What do I want for myself as I prepare to make a new beginning in spirit? Most of us put this off....we don't do our wills, or think about these things until a tragedy strikes, and often it is too late. You may have an illness that incapacitates you, or pass suddenly in an accident, or from a heart attack.

I am encouraging you now to take the time to take care of these things. And no, thinking about it does not "invite" it to happen, unless you are obsessively focused in that direction. No matter what your age, or state of health, you, and your family, will appreciate it in the event your journey here on earth comes to an end before you anticipated it would. It is in your highest and best interest to do your spring cleaning/clearing on the mental/emotional and spiritual levels, as well as the physical well in advance. In this year alone, in my family, there have been 3 deaths which were not prepared for. No wills, no wishes, no intentions. These situations wreaked great emotional and financial stress to those left to be responsible. Please take the time to think about how your lack of decisiveness, and positive action, will affect those you say you love, and yourself if you continue to leave this issue in the closet with all those other things that should be taken care of.

**As the bumper sticker says, JUST DO IT!**

Have a wonderful month! If you are Reiki trained, remember to self treat!

**Love and Reiki Blessings,**

**Beth**

P.S. If you are not sure about "life after death", there are many wonderful books that are sure to inspire you. Investigate books on NDE's (near death experiences) and also on reincarnation. It has been my experience that those who believe there is more to LIFE than just this physical experience, have a much easier time coping with the process of death. If you have an interest in helping those in this process, read books by Elizabeth Kubler Ross, and look into hospice programs.