

**SOUTHERN NH REIKI CENTER
March 2008 Newsletter**

Welcome Reiki friends and family!

Wow, what a spectacular winter this has been! This was the winter that definitely kept on giving! Isn't it nice to finally see some bare ground and small patches of green?

In spite of how we may feel about the additional expenses from heating costs, gas, snow removal, damage from snow, loosing our cars in ginormous pot holes (more expense!), the list goes on..we always have to focus on our blessings. As my mama used to say, IT COULD ALWAYS BE WORSE!

Remember to find joy in each day and look for the silver lining in *every* situation. Be sure to read this months Reiki story.

Congrats to our recent Level 1 Reiki Class: A truly amazing group!

Suk Mosier, Kathy Manning, Diana Minutelli, Lynne McCarthy, Tina Goyetch, and Caroline Elliot. These new practitioners are such an enthusiastic and committed group. They are faithful to their self treatment routines and are enjoying practicing on family members and at applying Reiki at work!

This is key for Reiki practitioners..the more you apply it, the stronger and more confident you become.

Hope to see you all at the monthly Reiki Share!

NEWS FLASH!

The Body Electric Workshop on March 15th, is being *rescheduled to Sunday May 4th from 9-12* \$45.00. Educational material and tools provided. Min. of 4 to hold workshop. Pre-registration required.

**Registration for *all* classes and workshops closes
1 week prior to class date #**

Mark your calendars and call 603-425-6977 to register for this fun and fascinating workshop!

#! CANCELLED !#

Deliberate Creation Workshop scheduled to begin March 18

THIS MONTH AT SNHRC

40 South River Rd. #63, Bedford NH 03110
Bedford Place, Palomino Lane Entrance

March 16th

**Experience the Healing Energy of Reiki,
OR Integrated Energy Therapy
Always the 3rd. Sunday Monthly**

Public Wellness Clinic 4-6pm

Choose from:

**30 Min. of blissful Reiki Therapy!
6 Sessions Available \$20.00 Donation
OR**

**30 Min. of wonderful Integrated Energy Therapy!
3 Sessions Available \$20.00 Donation
Pre-registration is necessary!!**

**Appointments will be scheduled at 4, 5, or 6 pm
603-425-6977 or visit**

www.BethCrawford.com

Insured Member, International Association of Reiki Professionals

&
Reiki Share 7:00- 9 pm
For Practitioners Only
For all levels of students and certified practitioners. \$10.00
Hone your Reiki skills, and enjoy a treatment.
Always a fun, joyful experience... great for the soul!
(practitioners may also choose to help with the public share)
Looking for a Reiki Share (also called circle)?
Bring along a copy of your highest Reiki Level, and join us!
(Sorry, we do not honor online certificates)

CERTIFIED TRAINING WORKSHOPS
(always the last weekend of the month unless a holiday weekend)
REIKI 1, Sat. March 29 9-5 Tuition: \$125.00
REIKI 2, Sun. March 30 9-5 Tuition: \$225.00
Pre-Registration is necessary. Min. 2 Max. 10
Save \$25.00 ..enroll in both classes .
*****Registration ends 1 week prior to class*****
603-425-6977 or <http://WWW.BETHCRAWFORD.COM>
Want to learn but have schedule/time constraints?
We can help! Call for more information

MARCH MESSAGE
Welcome, Spring!

The days are now brighter and so much warmer. Soon the snow will be gone and, even now, new growth and transformation is taking place. Soon, everywhere we look, life will be re-birthed.

For me, the journey one embarks on after they begin to receive regular Reiki treatments, and especially after becoming Reiki attuned, reminds me of the process of spring. Each individual seems to awaken, as if from a deep slumber, and a healing process begins. The layers of negative life experiences begin to melt away and slowly and subtly, life begins anew. Old thoughts and beliefs fall away and are replaced by new positive ones. Latent talents emerge. The person becomes empowered to become the truly amazing beings they were meant to be. Life is more satisfying, more fulfilling and joyful. Dreams are envisioned and begin to manifest. Relationships become more harmonious, and health and wellness is enhanced on all levels.

I feel so privileged to be part of this metamorphosis that I witness with all who seek and apply the energy of Reiki in their lives. Each person is like the amazing lotus... anchored in the mud, dormant till the water warms and rays of sunshine encourage it to reach upwards, higher and higher, finally emerging, into the light. The beautiful buds rest peacefully on their floating homes and then slowly begin to unfurl, revealing a magnificent flower, the petals representing the many facets of ourselves.

This is how I see those who choose to walk the Reiki Path and Live the Reiki Way. A rebalancing takes place within those individuals that brings out the very, very best of who

they truly are.

I am so honored to be able witness to this process with so many of my family, friends, students and clients. I know that all my students and clients experience wonderful changes in their lives, but

I would like to thank some of those who have truly had remarkable progress in their lives. They have shown dedication and commitment to their personal growth and change through the energy of Reiki. Some give of themselves selflessly in clinic and have shown themselves to be dependable, responsible Reiki Practitioners. Some are beginning practices of their own, and I am proud to support them as they grow. Some have chosen to teach, sharing the gift of Reiki with even more people. It has been a privilege, and a pleasure, to watch this process of transformation in your lives.

We know this journey will never end... and I know we are glad of that!

This month we honor: William Crawford Sr., Marion "Bunny" Bauchman, Holly Sutherland, Angela Pare, Robin Norcross, Mary Jo Dodson, and Michelle Girad.

New!!!

Do you have a reiki testimonial, or story to share?

Send it in... if we use it our newsletter you will

Receive a free 30 minute Reiki session with Beth!

<http://www.BethCrawford.com>

REIKI STORIES

This month I would like to share my own Reiki story with you.

For nearly a decade now, my husband and I have been estranged from his daughter. **Why** is a mystery.

Like most split families, we had our ups and downs and there was no shortage of drama at times. But, we felt that life was pretty good and we had a lot of fun together with her, and her two brothers.

She came and lived with us through her teenage years, graduated and left home at 19 in 1996. Around 1998, contact with her became less and less. Since we all generally begin to move away from our parents at this age, trying out our new wings, we didn't think this to be out of character and didn't make a fuss of it.

We figured she'd come around when it was time, after she "found" herself.

Well, In spite of our efforts to stay connected, days, weeks and months rolled into years. After her father was seriously injured we had even less communication and began to wonder "what happened?", "what did we do wrong?". It was a painful time for us.. not knowing "why".

The injury and ensuing chaos in our lives began to take up all our energy and attention and we became focused on the issues at hand. We were fed information about how she was doing by mutual friends or family, but she seemed very reluctant to have communication, or contact with us.

As more time passed she moved, married, divorced, and in recent years, joined the army, married again and had a child. It was very difficult for all of us to sit on the sidelines not feeling welcome in her life.

After I became Reiki trained, I began to send her LD healing. We received more information about how she was doing, so I took that as a good start. When our first grandchild was born, she reunited with her brother and his family for several hrs 2 years ago, but then contact was lost again. Still, it was an improvement.

Then, this fall we really began in earnest to apply Reiki to the situation.

Slowly the serendipitous events began to unfold. A phone call from the mother. My husband deciding to meet with her to see how she is (grave health concerns). The an xmas card from someone who doesn't usually connect, with an address for his daughter placed inside.

My husband then took the opportunity to reach out and write to her, which is a difficult thing for him to do.

We didn't hear anything until the end of Jan. The mother wanted him to know that she had agreed to meet only with him while she was home. Of course we were overjoyed at the news!

My husband felt a bit awkward that she didn't want to see me or her brothers, but we assured him it was okay with us. It was a beginning. I put us all on February's healing list (don't ask why I never thought of it before). Within 2 days, we received a call that his daughter had decided to meet with **all** of us!

I'm sure you can imagine how thrilled and nervous we were!

We sent lots of LD ahead to the situation, and it was a remarkable reunion! It was truly wonderful..no talk of why or the past..just focused on the present moment enjoying her, her husband and our new grandson... **Joy of Joys...we all felt so blessed, for more reasons than that....**

You see, we learned then that our beautiful girl was being deployed to Iraq. She has to honour a 15 month tour of duty there. Her husband, who is already serving a 15 month tour in Afghanistan, rendezvoused with her here and they were able to spend time together as a family. It was the first time he has seen his wife and son, who was born in September, since deploying in October.

While they were here, they had to leave their precious bundle of joy with his family before heading back to their bases. The family is wonderful with a several young children, but it was heart wrenching for them.

They have no idea when they will be able to see each other, their son, or us. Thanks to the wonder of the Internet, we have been able to have regular contact, doing the best we can to fill in all the blanks for the years that have passed by. She confided that she has wanted to connect for a long time, but didn't know how. We didn't know how either. But Reiki did, and Reiki has brought about this healing of hearts. She was so touched by her fathers card. It meant the world to her. I know how she feels...there are some of us who still are waiting for their father to reach out to them. To show how they feel, to let themselves be vulnerable. I am so proud of him! And that he will continue to write to her regularly. I am glad that we have come to the point where it doesn't matter "**why**" anymore, and I know that we could not have transformed into the people we are now, without the wonderful healing energy of Reiki.

For us, this is a miracle, and even though it is a challenging situation, we will stay focused on the Silver Lining! We will continue to use our Reiki to send her and her family energy, to keep them strong and courageous thru this ordeal. She asks me to remember, as we say our prayers and send LD Reiki, to include **all** who are serving our country, not just her.

This wonderful free spirited woman reminds us that Love and Freedom are the greatest blessings of all.

So as we celebrate this month, let's also celebrate this, and give a toast to those who support freedom for all. Happy holidays to you all and may the energy of Reiki surround, guide and bless you!

Beth Crawford, SNHRC (c) March 2008 <http://www.bethcrawford.com/> 603-425-6977