

**Congratulations to the Boston Red Sox, and all the loyal Fans!
2007..World Series Champions! Yeah...
Way to Go Sox! Just like we knew you would!**

Namaste Reiki Friends and Family!

What a beautiful fall we have been enjoying! We hope you all have been enjoying it too, and have been having fun and remembering to express gratitude for all you have. This is the message as we head into the Thanksgiving Holiday: Gratitude for your Many, Many, Blessings! Remember to help those less fortunate. This winter, especially November and December, we will be accepting food or paper good donations for local area food banks! Any help is appreciated, and of course you know this act of kindness will return to you! Reiki has brought many blessings to me for which I am very thankful. My private practice and teaching have brought me immense joy and satisfaction from helping others to heal, grow and become empowered. It has been a very slow journey to build a respected business around an energy practice! I have persevered because I had, and continue to have, so many powerful experiences and healing in my own life and the lives of my family members, clients, students and friends. I know from my personal experience what Reiki can do. I had a vision shortly after I was Reiki trained, that within a decade, Reiki would become a household word here in the US, that folks might not have experienced it, but at the very least, they will have heard of Reiki! We are moving ahead with grace and ease. Reiki is being utilized around the world now, and the numbers grow daily, Millions of people practice worldwide. That was the vision Usui Sensei, the founder of Reiki had. He believed Reiki should be available to everyone, as it is a "tool" for a better life.

No doubt he, and other Reiki Masters throughout history are looking on with great joy!

I am very grateful to those dedicated practitioners, and organizations who pave the way for us!

Many thanks to those people who have supported me in my own growth, and the development of a successful Reiki Practice!

You all know who you are!! Namaste!

I hope you enjoy this article, which follows *after the schedule*.

I am a proud insured member of this wonderful organization for Reiki Professionals, based right here in NH, and am authorized to share this information. Next month we will begin our Reiki stories, so if you have one to share, send it along to me with permission to print!

Schedule for November/ Dec.

Collecting for food banks,

please bring along a food, or paper good donation, if guided, to classes or private sessions. Many thanks!

November 7th...Explorer Series 7-9 \$25

Introduction to Shamanic Journeying...FULL!

Facilitated by Julianne Santini, Shamanic Practitioner

If you were interested in this class, let me know and perhaps we will repeat it in the future. We are currently registering for the December class...see details below.

November 13th..Reiki Share..

Special Event for Hood School Reiki Level 1 Graduates..6:30 to 8:30

\$10.00 Congrats Ladies!

November 17th Reiki Level 1

November 18th Reiki Level 2

Please see website, <http://www.bethcrawford.com/>

or call 425-6977 for more info. or to register.

Registration for these classes closes Nov. 13..no Reiki classes will be held in December. This is the time to ask Santa for gifts of sessions, or training!!

Remember to check the benefits of training with SNHRC on the website, and check out our specials.

If you are already a student of mine, check this out to be reminded of what is available for you!

November 18th...

Monthly Reiki Share \$10 and Public Clinic... 30 minutes \$20

Reserve early, 2 appt's left!

Share begins 4-5:30..Public Appts. 6-7:30 Share resumes 7:30 to 9:pm. Start the holiday season out with a blissful, relaxing Reiki session with our wonderful practitioners! You will love it!

NOTE: I am aware that Reiki 2 training "runs" into the share time. This was done purposefully to introduce students and give extra practice!

No charge for Level 2 students.

December Events....plan ahead!

Collecting for food banks!

Bring along an item for any of our classes or private sessions, if you are guided. Many thanks!

Holiday Gift Certificates Available..Great time to ask "Santa" for Private Sessions or Reiki Training!

December 11th...

Reiki Share for Hood School Grads...6:30: 8:30..\$10

December 13..Explorer Series 7-9 pm \$25

Introduction to:

The Healing Angels of the Energy Field

This fun class will introduce you to angelic connection, empowerment and healing. We will focus on the 9 Healing Angels of the Energy Field used in the healing modality, Integrated Energy Therapy (IET). You will learn a powerful technique to experience a specific angel's energy in order to play with and integrate its beautiful gifts into your life. This class will be taught by IET Master-Instructor, Laura Schulte. Treat yourself to an evening of empowerment, healing and play!

Reserve space early, people are already signing up!

December 16th...Reiki Clinic and Share

December 22nd...Open house...drop in Reiki Clinic..offering 15 minute chair sessions for busy holiday shoppers! Within minutes of the Mall of NH, and the Bedford Mall and shoppes! \$10 donation

Multiple Reiki Practitioners will be available to Reiki away your stress and rejuvenate your mind and body!

Longer sessions may be arranged by appointment, or as time allows.

And now, some wonderful news:

IARP Hospital Survey on Reiki
by IARP

IARP Hospital Survey 2002 Executive Summary

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The International Association of Reiki Professionals (IARP) has conducted a survey of "America's Best Hospitals" to determine the extent that Reiki is used at the world's finest and most progressive hospitals and what kinds of programs if any, formal or informal, are in place.

Reiki is an ancient healing art practiced in great numbers all over the world. It has gained great recognition in the last few years as an effective integrative medical tool and is being utilized at many of the top hospitals in the US with great success.

Many nurses, physicians and outside practitioners provide Reiki services to enhance patient care. The survey results provide statistical data on Reiki's current use.

IARP will be repeating this study every two to three years to determine the change in the use of Reiki, using the 2002 study as a benchmark.

The hospitals included in the study are among the most highly regarded, recognized and progressive in the U.S. We wanted to find out, first of all, if Reiki is used at these hospitals, what kind of programs are offered, perceptions of and experience with Reiki at these hospitals, who paid for Reiki services if they were offered, and any other pertinent information or comments regarding the use of Reiki.

We encouraged all hospitals to participate even if they did not have any Reiki programs at all in place at their hospital so we could get an accurate picture of the overall use of Reiki in hospitals.

What we found was: 60% of the respondents have Reiki programs, formal or informal, in place. We define a Reiki program as:

- * Outside Reiki Professionals providing services at a hospital on a regularly scheduled basis
- * Outside Reiki Professionals providing services at a hospital on an on-call or an as-needed basis
- * Hospital Staff trained in Reiki providing Reiki as an adjunct or complementary therapy
- * Outside Reiki Professionals or Hospital Staff providing Reiki on a volunteer or donation basis at intervals or on a request basis

Of the hospitals that do not have Reiki programs currently in place, 50% are open to offering Reiki in the future.

This is very significant. As little as five years ago, it was very unusual to find Reiki programs in hospitals, much less this accepted and widespread. We as an organization have worked very hard to get to this point. Reiki has come a long way and we applaud the most progressive hospitals for investigating and trying Reiki -- and realizing the ongoing benefits.

Hospitals today recognize the advantages of utilizing a spectrum of beneficial modalities to enhance healing and the quality of patient care. Several of the top hospitals added that they highly recommend that other hospitals get involved to include Reiki as an offering to patients.

Patricia Reilly, RN, MSN, Program Manager for Integrative Care at Brigham & Women's Hospital in Boston, MA has ranked Reiki as highly beneficial for both patient and hospital. Ms. Reilly also added that "From my experience, patients really appreciate and enjoy the treatments." Based on her experience with Reiki in the program, she highly recommends that other hospitals offer Reiki to their patients.

Of the hospitals that offer Reiki, just about all said that they believe Reiki to be at least somewhat beneficial for patients. 67% of hospitals that offer Reiki went above and beyond that to say that they believe Reiki to be highly beneficial for patients.

In just about all of the hospitals that offer Reiki, with the exception of special programs, (i.e. studies involving Reiki), patients pay out-of-pocket for Reiki services. Reiki is usually performed by outside Reiki Professionals or hospital staff (Nurses and other professionals) who are trained in Reiki. Some hospitals also utilize Reiki Professionals who may volunteer sessions in certain departments.

Due to the warm response of these progressive hospitals, we envision the growth of Reiki in hospitals to continue to expand in the next few years as more hospitals see the benefits of the modality for their patients, and as more patients request Reiki to complement and enhance their medical treatments as well as to contribute to and enhance their overall hospital stay experience.

We thank the medical community for warmly embracing Reiki and for offering this beneficial modality to their patients.

1- Top 25 Hospitals as ranked by U.S. News and World Report, "America's Best Hospitals", 2002, Honor Roll and Individual Specialties.

All current IARP members in good standing are granted permission to photocopy this Executive Summary for personal use in client packets and in presentation packets to hospitals, hospice and other medical settings.

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IARP Hospital Survey 2002 Executive Summary page two

The IARP is the professional association of the global Reiki community, in service to the medical and healing profession communities and Reiki Practitioners and Teachers in 48 countries. For more information, please visit <http://www.iarp.org>.

Articles such as this are heart warming, for those of us practicing Reiki. We can feel very proud and happy knowing that organizations like the IARP are working for us to collect data that supports our chosen profession, and helps the general public feel more confident about adding Reiki to their wellness programs. Very soon I hope to have other articles that support and validate the use of Reiki as a CAM therapy available on the website. If you are Reiki trained..be proud, and utilize this gift for yourself and others.

Have a wonderful Thanksgiving!

If you get stressed...give Reiki a try Reiki!

As always, many Reiki Blessings
Beth Crawford