

## Southern NH Reiki Center

(Formerly Shambhala Wisdom Reiki Practice)

*Offering Complimentary Alternative Medicine to Assist in Healing and Transforming  
Body, Mind, and Spirit*

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### **Happy Fall!**

I absolutely love this season. The smell of autumn in the air, the beautiful colors, the many fairs, apple and pumpkin picking....It is such a joyful time of the year!

It is also a time for preparation....Fall cleaning in both the yard and home. Decorating in anticipation of the many holidays that will soon be upon us, and a million other things that we find to see, or do. I hope that you all take the time to really enjoy the sights and sounds of the season, and make time to relax and play!

Remember to prepare yourself as well, taking/making the time to receive regular Reiki treatments, and do self treatments if you are attuned to the Reiki Energy. These will keep the body, mind and spirit nourished, and in balance, as we zoom ahead on our life journey. Reiki is also working: clearing out and resolving old issues that have been hanging around getting in your way, making room for new and better ways of thinking, doing and being!

If you are already experiencing wonderful health and well being, Reiki will help keep you that way, and to make things even better!!

I have beautiful gift certificates available which are wonderful for the special people in your life who deserve, and need ,the gift of Reiki. There are several styles on display at the Living Light Center, my home base office in Bedford NH.

This month will be a very busy one for me: ***I will be out of the office from Oct. 14th and returning Oct. 26th.*** I am scheduling as many as I can find time for this week and next, so if you need a Reiki appointment, or counseling for Deliberate Creation, please contact me as soon as possible. Office hours are 9-6pm. I will return your call, or e-mail, within 24 hrs. unless I am out of town.

The October Clinic will be on Tuesday the 10th, with NEW HOURS...6-9 PM, and a new format. If you are interested in a clinic appointment please schedule it as soon as possible.

If there is not enough interest, it will be cancelled!

Also, beginning in November, I will be changing the clinic day to the **third Sunday** of the month, 6-9pm.

As I mentioned last month, I am integrating a Reiki Practitioners share into the clinic. If you are a practitioner desiring more experience or to connect with other practitioners, you may drop by. I will have two tables available, and there will be a \$10 room fee. Please contact me for more details...you must be a certified REIKI practitioner to participate and I am requiring a copy of your most current certificate. I have many still on file from the previous clinic, but please check with me to be sure.

Appointments for the general public and others just intending to receive still need to be booked in advance. Sessions are still 30 minutes, \$20. You are welcome to walk in, however priority is given to those with appointments.

## November Classes/Events to plan ahead for:

### ***Website to be Launched, Nov. 11th!***

I am very excited about this new creation and hope that you will find it warm, welcoming and informative!

I am still in need of testimonials. If anyone would like to share a kind word about me, my services and how Reiki has helped them, I would greatly appreciate it.

Thanks in advance!

### **New!!! Nov. 22nd 7-9pm \$25**

You won't want to miss this one!!!

### **The Deliberate Creation Workshop Series**

***Yes, you really can have, do or be, whatever you want!***

**You are the solution, the one and only key to your own success.**

I have been doing so much counseling regarding the art of Deliberate Creation in my private therapy appointments, that I have designed this bi-weekly, 6 class Workshop, to teach the techniques I have learned ,and been practicing, for the past few years.

Each week will focus on a specific area of your life that you wish to make changes to. In this first class I will address the specific law which is the foundation of this program, and then we will work on one area of importance, FINANCES! This is not a lecture! It is a hands on class designed to help you decide just exactly what you do want, and how to "get there from here"!! This experience is for those who sincerely want a better life for themselves, through the art of deliberate creation, and are willing to use the tools and techniques towards this purpose. The success of Deliberate Creation depends on your willingness to discard old, limiting thoughts and beliefs. Join me for this exciting, informative, productive evening! Please book early, class space is limited so that I am able to provide one on one attention to all attendants. I have experienced amazing results in my life, I know you will too!

## Certified Reiki Training Opportunities

Reiki has had such a positive effect on my personal health and well being, that I can't imagine life without it. Everyone should be attuned to at least the first level! So....what are YOU waiting for?! Join the millions of Reiki practitioners worldwide who have discovered the Gift(s) of Reiki!

Reiki 1 Sunday Nov. 5th 10-5 \$125.00

Reiki 2 Sat/Sun, Nov.18-19th \$225.00 10-3

This training can be done in a one day Intensive, but I prefer that it be done over a longer period of time. There is so much to learn and practice in this level of training- one day just does not do it justice! I provide a great many "extras" for my students and, since I reside locally, I am able to offer ongoing support and resources to help you on your Reiki Journey. Please contact me for information on what you will receive in each level, to reserve a space, or if you would like this training but the time/date is not convenient.

Reiki Clinic Share:

Sun. Nov.19th 6-9pm....please reserve early!

***Have a wonderful Month....See you Soon!!!***

***Reiki Blessings! Beth Crawford***

***Just for today, let go of anger***

***Just for today, do not worry***

***Just for today, be thankful for your many blessings,***

***Just for today, do your "work" honestly,***

***Just for today, be kind to all living things.***