

October 2008 Newsletter  
Southern NH Reiki Center, LLC

Namaste Reiki friends and family,

What a glorious fall we are experiencing thus far! This is one of my most favorite seasons, a time of year when I begin to get really "fired" up and re-invigorated by the crisp mornings, warm sunny days, and the beautiful colors all around me. This is the time of year when I really feel the power of the earth and my creative energies begin to flow freely.

Each one of us has a particular rhythm and cycle, just like the seasons, the cycles of the moon and the planetary passages. It is good to become aware of your own personal rhythm and then use this knowledge to your benefit. Even within each individual month, we have times we feel more ambitious and move forward with new projects or complete unfinished one, times we should really rest and reflect, and times we just want to run away from everything and play! Learn and honor your own cycles. Get to know yourself in this way, it will really help you to make better use of your time and energy.

This month there is much for us to talk about. We have many wonderful changes taking place on the planet, although many people, perhaps even some of you, may not see things this way.

**First, the global economic situation.** Yes, situation, NOT crisis! As energy practitioners and deliberate creators, you know that this is NOT YOUR REALITY! We are all aware that we are, and have been for a long time now, in a period of intense transformation. Anything that does not serve the highest and best interest of our planet and all of humanity, will be tipped upside down and restructured. From my perspective as a healer, and teacher **This is a good thing!** Continue to focus your attention on the solution, not the "problem". Source does not need to have any other input from us except for our sincere desire to attract a solution that is in the highest and best interest of everyone, regarding ANY situation we are desirous of changing. Send Reiki energy to it, or your positive thoughts and prayers, for a swift, effective remedy. Continue to practice an attitude of gratitude for your many blessings, live each day for today, practice the Reiki Precepts and dream your dreams. Focus on how you prefer it to be, **not how it is at this moment in time**, and you will draw it to you. Every one is a powerful creator. There are NO VICTIMS! Life is what YOU think it is. Do not allow yourself to be drawn into mass consciousness of fear or hysteria. If you find that you have been slipping into this, immediately shift your focus to something positive, and once again I remind you: **What is happening on a global scale will only effect you personally if you are obsessively worried that it will. You attract what you think about, good or "bad". You must always be conscious of this. You must be deliberate with your thoughts. That is why it is coined, deliberate creation.**

**The other big event happening is the Presidential Elections November 4th**

**I hear all the moaning and groaning already..we are all tired of the commercials, the debates etc. that go along with politics and elections. Shut it off! Tune it out, but please: Take the time to register, and to vote, in person or by absent ballot. Encourage family, friends an co-workers to vote also.**

Often I hear people complaining about our politicians and what is happening or not happening, and many times, more times than not, when I ask them if they voted the answer is no. My reply is always the same: If you don't vote, don't complain!

**Your voice does count!** If you are conflicted and having a difficult time making a choice take a few moments to sit in meditation and ask for guidance about this. This is a time to move in the direction of what is in the highest and best interest of our nation, our global community, our planet and our place in this vast universe.

**It is a call to action.** Vote from your HEART, not your logical mind.

I received an email recently that told the story of what women had to go through, and how they were treated in the early 1900's before we were given the right to vote. The story of these courageous women is moving and inspiring. It reminds us that there were sacrifices made and injustices suffered so that womens voices would be heard. Honor them by taking your right to vote seriously. Although it is targeted for women, it is a good reminder for us all. We have the ability to make a difference. These conditions are not that far in our past.

Honor the fact that we live, and participate, in a democratic society that values our citizens.

Lets be grateful for the progress that has been made, and remember that this world is a masterpiece in the process of creation. It is not something we have to fix!

It, and we, as a civilization are evolving and becoming better with each passing day.

Link to this story- <http://www.iron-jawed-angels.com>

**Note:**

Many people are changing their party to Independent so they have more time to comtemplate this important decision. You can do this with a quick visit to the town hall and a simple form to fill out. Many towns may even offer this service on line.

## **Schedule of Events and Classes**

**All Reiki classes are 9am to 6 pm in Bedford at Our office space located within the Living Light Center, LLC unless otherwise noted.**

**Explorers Series: Back by popular demand!**

**Awakening Your Inner Artist**

**October 19th 1- 4 \$50.00**

**This class filled rapidly, but another opportunity will be opening in Nov.**

**Please sign up asap if you are interested!**

**SPECIAL EVENT: NOVEMBER 13TH 7-9 pm**

**GRACE LIGHT**

***A Gift from Spirit to share with the world! \$10 Donation***

***Facilitated by Master Teacher and Healer, Helen Cormier***

**What is Grace Light?**

Grace Light is the incredibly radiant light of the Divine within us -- compassionate, intelligent and almighty. Grace light is not the light of the sun or any physical light. It is an explosive inner light, more brilliant and powerful than the sun, described by the saints, prophets and enlightened masters of all faiths throughout the ages. It has the incredible power to know and do everything. Grace light symbolizes the light of God. If one doesn't feel comfortable with the concept of God, one may think of grace light as a powerful cosmic energy that has the power to change our lives. As Grace Light empowers us, our hearts and minds will be ignited with divine inner radiance and intelligence.

Helen was guided to spend a glorious one day workshop with Swami Dattatreya Siva Baba who is the instrument through which the Universe has gifted us with this healing system. On this night, beneath a full moon we will view this amazing workshop together and then she will share this with each of you. Once you have received this we will practice on each other and you will be able to extend this wonderful gift to others as you are guided.

Although the Grace Light is given freely by Helen, she is requesting a \$10 donation for the use of space and time at Southern NH Reiki Center. For more information please visit : <http://www.thegracelight.com>

**November Explorers Series Workshop: November 21st 7-9 pm \$20.00**

**Intro to Magnified Healing**

Come experience a sampler of Magnified Healing Energy. Magnified Healing brings forth the energies of the highest source, God Most High of the Universe, through Lady Master Kwan Yin, goddess of compassion and mercy. I will share a couple of the techniques from this compassionate healing form, e.g. How to clear and balance our Light Channel and how to clear and heal karma. Both can be used daily and are quick and easy ways to remain clear and grounded.

**December Explorers Series Workshop: December 12th 7-9 pm \$20.00**

**Intro to the Art of Deliberate Creation**

## **What does it mean to be a Deliberate Creator?**

Join us for this informative evening as we discuss the law of attraction and how our thoughts and beliefs have an impact on the life we are living. We will talk about the movie "The Secret" and why some people seem to be more successful in manifesting the things they want and creating better lives than others. You'll leave with a brand new perspective, some simple suggestions to get you started, and a feeling of upliftment!

We will be beginning a new Deliberate Creation Series in January, as a fantastic way to begin a new year.

If you make any New Years resolutions, let it be to take this course. It will change your life!!

**Reiki 1 \$125.00 October 11th, Nov. 15th, Dec. 13th**

**Reiki 2 \$225.00 October 12th, Nov. 16th, Dec. 14th**

**Reiki 2**

**4 week Session, Tuesday nights 6:30-8:30**

**(time can be adjusted from 6-8 or 7-9 to fit the groups needs)**

**Begins Nov. 18 thru December 9th**

**Advanced \$225.00 Sept. 20th, Oct 25, Nov. 22nd, Dec. 20th**

**Pre-requisite Level 1 and 2**

**Master Training \$650.00 October 4th, 9th, 23rd and Nov. 7th ( now closed)**

**Pre-requisite ART and 6 months of practice.**

**This is the first of 4 classes 4-8 pm**

**We will be offering this class again this way in January. Dates and times will be adjusted to fit the needs of the students. Please contact Beth if you are interested.**

**Reiki Master Weekend Intensive: November 29th and 30th**

**NEW**

**At your Request!**

**2nd Reiki Share has been added!!**

**1st Wednesday of the month from 6-9 \$10 donation**

**Reiki Share is now the 4th Sunday Monthly 12-3 \$10.00**

**Public Clinic is now 4th Sunday Monthly 4-6pm \$20.00**