

September 2007

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**Blessings Everyone!**

Hope everyone is settling into the back to school scene with grace and ease.

In addition to our monthly classes and private training, we are gearing up for school ourselves this year! Certified Reiki 1 training will be offered through the Derry Center for Adult Studies and will meet on Tuesdays, beginning Sept. 25th, from 6:30- 8:3. The class runs for 6 weeks at Hood School in Derry, NH and the cost will be \$90.00 plus \$20.00 for materials. You can register in person on Monday Sept 17th from 7-8:30 at the West Running Brook Middle School in Derry, or pre-register by mail (recommended as classes fill rapidly), by sending request and tuition payable to Derry Center for Adult Studies..18 South Main Street, Derry NH 03038

If you did not receive the brochure schedule that went out for the Labor Day holiday, please contact Connie Toombs at 603- 432-1245

*If you don't have time to take training in a weekend extensive, this may be an option that could work for you!*

## **September Schedule**

**Public Reiki Clinic and Practitioners Share: Sunday September 16**

**3 appointments available, beginning at 6pm. 30 blissful minutes!...\$20**

**Reserve soon, as they fill quickly!**

### **Attention please!!**

We have not been having enough time for all practitioners to enjoy the share experiences, so this month the practitioners share will begin at 4 pm and run til 5:30, and then resume after the public clinic is over at 7:30. This time had been set aside for the Meet and Greet, but I feel it can be better utilized for Reiki practice. Those of you who have to arise early may find this a bit easier than our typical late nights! We will experiment with this schedule first, and then, if necessary, we may schedule the Share to a separate day in order to accommodate everyone!

*All practitioners, of all Reiki lineages, desiring more practice and to exchange sessions are welcome. If you are "new" to us, simply bring along your certification, and enjoy the wonderful energy and fun! \$10*

## **Certified Reiki Training:Weekend Extensive**

**September 22nd..9-5 Reiki 1 \$125.00**

**September 23rd..9-5 Reiki 2 \$225.00**

*If you register for both classes, please deduct \$25.00*

If you are interested in taking these classes, please connect with me as soon as possible. Registration will end on the 16th, and your 20% deposit is necessary to reserve your space. Please call 425-6977 for more information, or to register,

or visit online at [www.bethcrawford.com](http://www.bethcrawford.com)

## September Message

**Ummmmmm! Can you smell it? I can...it smells great.... like...**

### **THE FAIR!!!!**

Although some of the fairs actually begin in July...this is the time of the year that we tend to most associate with these wonderful experiences...Hopkinton, Lancaster, Hillsborough, Deerfield...it's a mighty big list! And each fair is a unique, fun filled event sure to have something of interest for each member of the family. I have always loved wandering around the grounds, taking in all the sights and sounds. Watching people is so much fun at the fair...it seems to bring

out the childlike innocence in just about everyone! Fairs are a wonderful opportunity to just go with the flow, and enjoy each moment fully. People are generally very cheerful, and happy, and we expect that we will enjoy our fair experience. We know that when we go, we will spend money, play games, eat food...some great...some mediocre... ride the rides, watch the various events, pursue the endless little vendor shops and find things that we want, or laugh at some of the really absurd things people have to offer. Some things appeal to us, others do not...but no one complains... everyone simply enjoys their own particular experience, taking it all in stride...going with the flow of things.

*So...you may be asking...what do fairs have to do with Reiki?*

Reiki, used and applied consistently will help us to approach life in the same way we do our experience at the fair; with an expectation that we will have fun, interact with cheerful, happy people and that it will be a good time.

Reiki, as it works to restore balance within the mind, body and spirit, brings us eventually to that place of empowerment and absolute faith in the abundance and goodness of this life that, we come to learn, we are creating with every thought we think. Just as we are sure we will have a great time at the fair, and carry a positive expectation of that. Reiki energy helps us to shift our

consciousness to know the Universal Life Force will supply us with all that we need and want for a great life...all we have to do is focus our thoughts and intentions on expecting positive experiences to happen. Then Reiki helps us to let go of the need to control how things we want and desire come to us. We grow to have absolute faith in this process, and allow ourselves to "go with the flow", enjoying where we are, right now, in this moment in time, with all that we have right now. Take the time today...in this moment...to enjoy and

appreciate fully all that you have or are currently experiencing. If today doesn't "taste" as good as a day at the fair... tell yourself that tomorrow it will be... and the day after that will be even better! Expect life to become better and better! If you are Reiki trained...Reiki away... everyday! Find folks to do Reiki with, or other supportive Reiki experiences. If you are not trained... what are you

waiting for? Reiki is not just a tool to assist with physical discomforts... it can be used to completely transform your life in positive ways!

Hope you all have a FANTABULOUS month...See you at the FAIR!

Love and Blessings,

Beth