

## **Namaste Reiki Friends and Family!**

### **Doesn't spring feel great!?**

I don't know about you, but I certainly have been looking forward to longer days, more warmth and sunshine, and the feelings of optimism that I see generated each day by Mother Nature herself! Spring is so glorious..it seems everything, and everyone, is being infused with more energy and being re-birthed!

It has been a busy few months since December and we have graduated a wonderful new group of Level 1 and 2 practitioners, several new Reiki Masters, and a new group of Deliberate Creators.

### **Congratulations to you all!**

We have great news to share; our daughter has arrived home safely from Iraq! Thanks Spirit!! She is excited to be home and reunited with her son, husband and family. She'll be here soon to spend time with us and collect our grandson. We will miss him terribly, but he will be so happy to be back with his momma and daddy! Thanks to all of you who kept her in your thoughts and did energy healing for her this past year. We would much appreciate it if you continue to send energy to them all as they begin this new chapter in their life.

The winter months have brought great introspection and given us time to reflect, gain clarity, and form the new garden seeds, or ideas and desires, for the future. Spring is now here inspiring us to plant those seeds, and nurture them through to fruition! So get planting everyone, and remember: Joy and Happiness are what you water them with! Life is great and it is time to get outside, play, have fun and CREATE!

To borrow a line from one of my favorite practitioners, Laura Schulte: If you're not playing....you're not living!! Laura has been my friend and colleague for many years and I would like to take this opportunity to wish her well in her new ventures!

Her presence will be sorely missed by all of us at SNHRC, and the Living Light, where we have been sharing space for some time now. Laura is spreading her wings and flying high as she embarks on a new chapter in her life journey. She, and hubby John, will continue to offer amazing healing sessions both separately, and together, as well as facilitating other group work.

Perhaps we might convince her to visit us at SNHRC now and then! If you would like to keep in touch with her, and find out what is being offered, please visit them at their new website: [www.PlayJoyNow.com](http://www.PlayJoyNow.com)! Congratulations Laura!!

Lauras' departure is opening space for many new practitioners at the Living Light! Julianne has connected with some wonderful individuals who will be offering new services and workshops. Check them all out, and sign up for her News Letter at: [www.livinglightllc.com](http://www.livinglightllc.com) Thanks Juli for being a wonderful friend and supporter of SNHRC!

### **Speaking of sowing new seeds:**

We have an extraordinary group of Reiki Masters and students here at Southern NH Reiki Center and I am so proud to part of this community! Each one is now following their hearts' desires and are creating more meaningful, satisfying lives. Many are building careers and successful businesses in holistic, alternative healing. What an exciting time it is for us all! Several of our Reiki Masters are offering some great new workshops. They have continued to flourish and grow, and I am honored to support them in their work and will be hosting the following events for them.

**Our featured practitioner this News Letter is Reiki Master and CH Holly Sutherland.** Holly will be facilitating a magical past life regression/guided meditation on April 17th. Please join us for this fun opportunity as we JOURNEY TO ATLANTIS and recover helpful information from this amazing space in time that can be utilized for ourselves and others NOW! No prior experience in meditation, or journeying, is necessary.

**On June 7th,** Reiki Master and Crystal Healer, Norene McGhee will facilitate a workshop on The Wonderful World of Crystals. Norene will show us how to use our crystal friends properly in healing sessions, meditation, and even being mindful of our jewelry choices and the affect they can have on our energy fields. She'll instruct in the proper choice, care, and handling of one of natures most precious healing tools.

This class will combine lecture and individual and group experience. Norene also has a special gift for each one in attendance. Please join us for these enlightening, fun, events!!

Until we connect again in June, have a fun, joyful spring!

**Love, Peace, and Reiki Blessings**

***Beth Crawford***

**CONGRATULATIONS**

**to our newest Reiki Practitioners!**

*May the Energy of Reiki bless you abundantly and eternally.*

Level 1

Courtney Vashaw-Piper,

Mary Barrett,

Justine Barrett,

Lisa Gertz,

Donna Sweeny-Mosco,

Doris Neale,

Nikki Pero,

Mary Proulx,

Kimberly Speers,

Wanda Schembri,

Susan Wilkes

## Level 2

Robin Norcross,  
Brooke Richards,  
William Crawford Jr.,  
Mary Barrett,  
Janet Gross,  
Donna Sweeney Mosco,  
Mary Proulx,  
Kimberly Speers,  
Wanda Schembri

## Reiki Master

Norene McGhee,  
Denise Bailat,  
Sandra Lavasseur

## Deliberate Creation

Debra Guimond,  
Patty Hamm,  
Gary Hamm,  
Brenda Thamm,  
Meg Peta

## **Reiki Spotlight: Holly Sutherland**

Owner and Manager of Today's New Dawn, Holly was called to the Reiki path several years ago after seeing a brochure at her physical therapist's office. She did a little research about Reiki, found Southern NH Reiki Center and decided to give Reiki a try. The rest, as they say, is history!

Holly became a Reiki Level one student and consistently came, as she still does, to the Reiki shares and clinic to volunteer and gain experience. Like so many Reiki practitioners, she absolutely fell in-love with the energy and found it to be immensely beneficial for herself, and her loved ones.

Holly continued her Reiki training and , after becoming Level 2 Certified, she was guided to pursue an interest in hypnosis.

She graduated from the Thomas Institute of Hypnosis, and then chose to complete her training with Southern NH Reiki Center and became a Certified Reiki Master Teacher in the Usui-Tibetan Lineage. Holly is a proud member of the IARP, and the Hypnosis Guild. She offers Reiki sessions, Reiki training, and hypnosis sessions in her home office in Litchfield NH, and plans to continue her education in the holistic field. She says " This has all been an incredible experience that I wouldn't trade for anything!"

Congratulations Holly on your thriving practice, and thank you for being such a wonderful, student, friend and colleague! To learn more about Holly, and her services, please visit her on-line at:  
[www.TodaysNewDawn.com](http://www.TodaysNewDawn.com)

## **Reiki News: Reiki in Medicine**

I recently received an email from Pamela Miles that I would love to share with you.

Many have heard me speak of her and her work mainstreaming Reiki. I recommend her book, Reiki in medicine, and all serious Reiki practitioners should read it.

This email talks about the recent Summit on Integrative Medicine and Public Health and featured such well known advocates as Andrew Weil, Mehet Oz (of Oprah fame!) Dean Ornish, and others who testified. Pamela tells us that Reiki was mentioned more than a few times! How exciting for us all.

If you are interested, check out the article here:

Reiki in Medicine (to view this please refer to our e-mail newsletter – contact Beth at [shambhalawisdom@aol.com](mailto:shambhalawisdom@aol.com) to receive this)