

Southern NH Reiki Center Newsletter

Fall 2009 Newsletter

Namaste Reiki Friends and Family!

I am intending that this Newsletter and our new schedule (which should arrive separately) finds you all happy, healthy, enjoying life and planning a wonderful summer!

NH is such an amazing state! There is so much to see and do here. I encourage you to get out and about and EXPLORE!! We truly are blessed to have the lakes, mountains and ocean so nearby. The other places I have visited, although not THAT many...have not even come close to the beauty of our granite state! Check it out at: <http://www.visitnh.gov>. Perhaps I will see you in my travels, or in the White Mountains... my home away from home!

The seeds (ideas, plans) you "planted" a few months ago have had plenty of time now to germinate and take root. Keep watering them with your joyful optimism and faith and you WILL enjoy the fruits of your labor!

Remember also to celebrate and enjoy each day and all the blessings, even if they come in the guise of a "lesson", which certainly has been occurring in my family these past few months!

The message of my particular "blesson" has been to honor the "temple" that is our physical body! Without it, we cannot fully enjoy being a spiritual being, having a physical experience! So please, love and take good care of yourselves. I know all of us have lots of things we want to do, have or be, and we want to live long satisfying lives. If you have been procrastinating about taking actions that will increase the vitality in your physical body; THE TIME IS NOW!!!!

Reiki is one step towards that end, another is some kind of physical exercise. Daily meditation, even for 10 minutes morning and night, and some conscious breathing should be included in your plan too.

Although I take care of my mental and emotional bodies, I have made excuses now for YEARS about why I don't exercise more regularly, even "blamed" it on my passion for my very sedentary Reiki work. The truth is, I have just gotten lazy about caring for this physical body! It is unfortunate, but it took a couple of serious respiratory illness to drive home the point for myself, and my husband, these past few months.

Now that the summer months are here, it is a PERFECT time to incorporate some kind of movement that encourages you to BREATHE deeply and exercise those lungs and make your hearts' job easier! The human body truly is the most amazing creation and we should all learn to truly honor and respect our own, and others.

Have an amazing, fun summer! Remember to self-treat!!!
Love and Reiki Blessings,
Beth Crawford

Quote: I thought I would pass along this Affirmation that my good friend and colleague, Julianne Santini, gifted me this recently:

Affirmation to my body:

I recognize that YOU are the TEMPLE in which my Spirit and Creative energy dwells. YOU are MY responsibility to care for. I have the ability to make you healthy, or ill. I must offer you the healthiest food and exercise so that you may continue to sustain my creative energy , my spirit, my soul.
I have created you from my desire to have my spirit manifest on Earth, so that I may have this time to learn and grow.
I offer the gift of exercise to you with love and the sincere desire for you to remain in perfect health and harmony.
I accept you as my own creation. I need you, I LOVE YOU.

Reiki tip: Use your symbols, especially the mental emotional symbol to help create new healthy habits for yourself. Write your new habit on a 3x5 card or a small piece of paper. Example I enjoy a healthy balanced exercise program appropriate for my unique needs! I love moving my physical body!

Draw your symbols on the card, fold it and carry it with you flowing Reiki to it every chance you have. Don't wait to start this after you think you have found the program, do it before, and the perfect one will flow to you. It may be something totally different than what YOU would have chosen, but might be easier and more effective.

Again, BE CONSISTENT with this technique. Remember that the hardest thing people find to accept about Reiki is that it is profoundly SIMPLE. Trust, as you do with all your other Reiki work, that energy is indeed flowing to your goals!

Congratulations to our Fantastic New Students!

May the Energy of Reiki guide, bless, heal and protect you,
and all whom you work with, now and always!

Level 1

Jeanne Haigler, Aline Pinard, Bridget LeRoy,
Michelle Navarro, Denise Proulx, Kristen Smith

Level 2

Jeanne Haigler, Mitujeet Uppal

Advanced Level

Christine Belilse, Raven Sky McDonough

Reiki Master Teacher

Christine Belilse

Spot light on: Marion " Bunny" Bauchman

Bunny was guided to Reiki again several years ago. She had been exposed to Reiki many years before, but her practitioner, and friend, moved away. She thought about Reiki a lot but didn't actively look for a practitioner until a knee, and other health issues brought her to Southern NH Reiki Center in 2005.

Reiki helped enormously in her very challenging life and she became attuned to level one immediately. She continued with her training and became our very first Reiki Master. Like the story all Reiki practitioners experience, Bunny has seen so much good come to herself and others through the consistent use and practice of Reiki. She has said many times.. "what do people who DON'T have Reiki do? I can't even imagine life without this gift!!"

During her hospital stays at New England Baptist she openly practiced Reiki on herself, and also employed our services to treat her in the hospital, before, during and after her surgeries. The nurses were very respectful of allowing us to be undisturbed for our sessions and always remarked on how wonderful the room felt after! Bunny spent a lot of time there over the next year and a half and we were even honored to be invited into the recovery room. (a place that REALLY needs an in house Reiki practitioner!!) She spent many hours talking to all her caregivers, including her doctors, who were interested. She shared her personal healing stories and raved

about the benefits of Reiki in her life. Before long, New England Baptist began offering their own Reiki services and even had a nurse who would attune the nurses and doctors to level one free!

Bunny is the proud owner of Healing Harmony Within, located in Londonderry NH. She is also a Karuna Reiki Master, Shamanic Practitioner, Advanced Integrated Energy Therapy Practitioner, and will soon be an IET Teacher! Bunny also enjoys working with herbs, and will be leading various workshops sharing her knowledge and skills in the near future

Congratulations Bunny, a wonderful Teacher, Practitioner and Friend!
To connect with Bunny call: 603-289-9189 or email bbauchman@aol.com

SPECIAL EVENTS:

Summer Solstice will be arriving on June 21st... many will be celebrating in different ways.

If you are guided, find a group to work with or do something special on your own. I am usually at the ocean during the summer solstice, so I set aside time to immerse myself, beginning at 11:11 (a special time for me) and let Reiki flow to the space I am in the Atlantic and all the waters of the Earth, and anything else I am guided to. I spend a while, an hour or more. Feel free to join me in spirit. I know it is Fathers Day, and I am fortunate that my husband respects my personal traditions. You can choose any time, and using your distant symbol, intend for the energy to join with mine and all the other light workers taking the opportunity to be of World Service.

Also, William Rand of the International Center for Reiki Training has been doing Peace meditations for the last few months. If you are guided, go the web site www.Reiki.org, and sign up to be notified.

Millions of practitioners participate, and we know that it does make a difference. Did you know that one individual thinking positively and living life consciously, as light workers generally do, can balance the energy of 900,000 who are not! Cool huh? I read that recently and it made me smile. If you wonder if it is true, just look at how quickly life on earth is evolving. These things you may think are "not so great", and even wreaking havoc in your life, are actually moving us all forward!!

Take time, even briefly to send Reiki to our world situations, especially the one below, which I am sure most of you have heard about by now, and to the Earth and Universe.

Bishop's Syndrome

Dear Beth,

Bishops Syndrome is sweeping the Reiki community. Perhaps you or someone you know has been infected by it.

This unfortunate malaise is marked by the following symptoms, each of which develops quickly into the next:

- Incomplete information
- Inadequate investigation
- Illogical conclusions
- Finger-pointing
- Arbitrary lines drawn in the sand

All the above symptoms were first evidenced by the United States Conference of Catholic Bishops (USCCB), who's Committee on Doctrine issued a statement last month with this conclusion:

"Since Reiki therapy is not compatible with either Christian teaching or scientific evidence, it would be inappropriate for Catholic institutions, such as Catholic health care facilities and retreat centers, or persons representing the Church, such as Catholic chaplains, to promote or to provide support for Reiki therapy."

WHAT'S A REIKI PRACTITIONER TO DO?

I propose seeing this apparent obstacle as a call to arms--or hands--and creating a Bishops Relief Effort--a community-based effort to relieve the suffering related to Bishops Syndrome.

A comment in the bishops' statement speaks to all of us:

"While sometimes people fall into superstition through ignorance, it is the responsibility of all who teach in the name of the Church to eliminate such ignorance as much as possible."

Those of us who teach in the name of anything--church or Reiki--have the responsibility to eliminate our own ignorance before we set out to eliminate that of others. The bishops failed to do this, therefore their statement is misguided. If Reiki practitioners can avoid making the same mistake, we can capitalize on the bishops' error.

What if each of us who practice Reiki committed ourselves to eliminating ignorance about our practice? We could start by examining the accuracy of the "facts" we share about Reiki, and evaluating the skill and clarity with which we represent our practice to the public.

THEY USED OUR OWN WORDS AGAINST REIKI

The bishops' statement was built from information that has been circulated about Reiki by the Reiki community itself. Many of the rebuttals to the bishops' statement repeat the inaccuracies seen in the Catholic document. This doesn't make for an effective counter-campaign, does it?

Rather than waste time in outrage, we can accept that it was just a matter of time before something like this happened. In fact, this is evidence of the rapidly growing popularity of Reiki practice, an uneducated power response to how deeply Reiki has already been embraced by mainstream health care. We can use this to move forward.

Beware apathy: Bishops Syndrome is spreading. Some hospital Reiki programs have been pulled. We need to engage.

Skillfully. And now.

Let's continue the conversation on my blog, and look at how we can construct reasonable arguments to contain this influence. I look forward to reading your comments.

Reiki blessings,
Pamela

PS: At the end of June, I'll be at Tai Sophia Institute, near Baltimore, MD for 2 events:
3 Secrets of a Medical Reiki Master, Friday, June 26, 6:30-8:30 PM
Communicating Reiki Workshop, Saturday, June 27, 10 AM-5:30 PM
I would love to meet you and your friends there.