

WELCOME TO MY FIRST NEW NEWS-LETTER.

I HOPE TO FILL THESE PAGES WITH WISDOM THAT HAS BEEN PASSED ON TO ME, QUESTIONS FROM REIKI STUDENTS AND GENERAL HEALING INFORMATION.

SPECIAL POINTS OF INTEREST:

- **Angel Card Readings**
- **The Importance of Humility**
- **Introducing Psychic Development Courses**
- **Your questions answered**
- **New Reiki Course Dates**

Newsletter Autumn 2009

Angel Card Readings

Are there times when you have wished that there were someone else helping you in your life? Do you often wish you could just ask for advice and someone would hear you and respond? Life can be a struggle at times when you try to do everything alone and take-on all the burdens yourself.

The angels are here to say that you don't have to; they are always happy to help and will never judge us. There is no problem too small or silly or a question that's too simple for them. Their love and help is never ending.

Angels are able to lighten your burdens and to remind you that you are never alone. They are divine beings who are here to guide and protect us throughout our life. And, although you may

think that you don't have anyone helping you, everyone has a guardian angel whether you are religious, spiritual or not. Angels don't belong to any religion although references to them can be found in every major one.

I am thrilled to say that I am now a Certified Angel Practitioner and trained to help you connect with angelic guidance. An angel card reading can help with general life issues, and it can be used to give guidance on a particular question. A reading will help bring clarity to any situation and help remove the fear around any issues concerned. By using angel cards as a guide, an Angel Practitioner Therapist® accesses advice that the angels have for you. Their advice is always uplifting and positive as they try to help us

back onto the path to happiness and one that fulfils us.

During readings clients pick three cards from a pack of 44 beautifully drawn and inspiring cards, which are used as the basis for the reading. The practitioner uses them to connect to the angels and receive guidance for you on your issues. Using intuition and skill, the practitioner is able to interpret the meanings of the cards and the messages from the angels and offer you the guidance you need.

Remember, you don't have to live this life alone.

All readings £20 for 1/2 hour or £40 for one hour.

Call or email me to book an appointment.

The Importance of Humility

I came across a quote from the Dalai Lama recently. When told he was the most respected leader for the people he replied, "One thousand years ago, a Tibetan master said: "When many people respect you, you must feel you are the lowest, so you will not develop prejudice

or arrogance."

Have you ever asked yourself why humility is so important?

Humility allows us to stay open to new experiences and to new knowledge. As we are not consumed by our own desires, we recognise the needs of others more clearly and are able to

react. Humility doesn't mean forgetting ourselves, just recognising the value in others.

By remaining humble we keep ourselves open to new experiences and new opportunities to learn. As arrogance shuts doors, so humility opens them wide. And so life becomes ever richer.



Psychic Development Courses

Have you ever wondered if you are psychic?

Do you find yourself just knowing things and not sure how?

Do you feel as though someone is there protecting you?

On this brand new psychic development course you can explore all these questions and more....

- * Learn about the types of psychic communication
- * Learn how to dowse -

chakras, flower remedies and food and drink

- * Learn about auras, and how to read your own or others
- * Psychometry - learn how to read the energy of objects
- * Visualisation to meet your guides
- * 7 chakras and how they relate to psychic ability
- * How to recognise the symbols that you are being given and what they mean to you
- * Understanding the power of your thoughts and how they

affect your goals

- * how to tune into other people's energy
- And much more....

"A marvellous day. I discovered talents that I didn't know I had. Christina gave me such confidence and gave me real skills I can use in every day life."

To book a place please call Christina on 01273 272774 or visit www.reikihealing.org.uk for more information.

"Reiki is a visit deep within your body, mind and spirit...it brings you to a place of peace and leaves you feeling energized and centred."



Q & A

I would like to introduce a new section....if there is a question that you have about healing, crystals, angels or Reiki please email it to me and I will do my best to answer it fully here in the next newsletter.

One of the most common questions I am asked is:

"Is it better for a Reiki course to last only a few hours or 2

days?"

Every Master will teach differently. However I feel strongly that whilst the initiations are very quick to pass on, it is the knowledge and the skill of how to use the new energy, that takes time to impart.

So often those who learnt over a very short time, find themselves giving up their Reiki practice as they are unaware of how to use the

energy nor understand how deeply Reiki can flow.

Reiki encourages us to face up to and heal our wounds and if we have little knowledge of how to cope when this happens we can feel discouraged. After a two day course the student walks away feeling certain that they can deal with the challenges that life brings and that Reiki is the right tool to see them through.

New Course Dates

Reiki 1st Degree

10th—11th November
26th—27th November
14th—15th December

All Reiki courses can be in small groups or one to one.

Reiki 2nd Degree

17th—18th November
3rd—4th December
17th—18th December

If these dates aren't good for you then just ask, we can arrange another date.

Psychic Development

November 30th 2009
December 10th 2009

Book early to avoid disappointment as places are limited.