



WELCOME TO  
THE AUTUMN  
NEWSLETTER.

WINTER—THE  
BIRTH OF THE  
SUN AS THE  
DAYS GET  
LONGER

SPECIAL  
POINTS OF  
INTEREST:

- **The light in the dark**
- **Labels—helpful or hindrance?**
- **Working with the angels**
- **Special Offer and Competition**
- **Q & A**
- **New Course Dates**

## Newsletter Autumn 2011

As the weather turns cold it is easy to feel that all the sunshine has gone from our lives, especially with the news filled with nothing but bad news. But remember that the sun always shines in your heart and you are always rich in spirit. Let this light and richness flow out of you and light up the darkness...

### The light in the dark...

We all have dark days. No matter where in our journey we are we all still have days where we forget that life is wonderful.

This is a part of being human. And above all the joy of this existence is that we are human—wonderfully, emotionally human.

This means that we allow ourselves the freedom to be human and to experience all that life offers us. To use our five senses is not something to turn away from—they are blessing and allow us to taste, feel, smell, touch and see the physical world around us. And on most days what we encounter is beautiful.

This ability to fully indulge the world around us also takes us on a journey deep inside of us. And this too can be a beautiful and liberating experience.

But because we connect fully with the world around us and within us we can have days when we turn away from the light and the beauty and we start to believe that what we see is ugly, wrong and broken—whether this is outside of us or inside of us.

What is important at these times

is how we handle those moments. We often talk about dreams—we say how wonderful they are. How much they teach us. But then we talk about nightmares—we always assume they are bad, negative images. But in reality a nightmare may teach us far more about ourselves than our nice dreams.

It is the same with the dark days. When the world around us runs smoothly and we flow as a part of it we can become complacent, lazy and even a little arrogant. A dark day wakes us up to the fact that life is always changing, that we are always moving forward - and in moving forward we go deep into the layers of our own “stuff”. A crisis can teach us, and help us grow, so much more than a pleasant experience. It is no wonder that we use the phrase “strength through adversity”. It sums up perfectly the huge learning curve that happens when we explore our hidden depths of pain and fear.

It is a shame that we are taught to fear the dark. In the dark there is so much to learn. There are endless opportunities. And

remember that every time you visit the dark you are illuminating another part of you and allowing that part to become one with you again. Like rediscovering an old friend and inviting them back into your life.

Know within your heart and mind that you and the world are not wrong, broken nor ugly. We are who we are and that is always a beacon of light. On happy days that beacon of light shines easily and naturally. On dark days and in dark places the light still shines but we simply forget that it is there as we get lost in the dark. Allow your true inner nature to shine out of you and whatever the problem is it will fade or become less powerful as you illuminate it. After all the dark is only frightening until we switch the light on.

So let yourself be the light in the dark and you will see that you are a perfect being and that the world is actually full of beauty and love and kindness.

Let your light shine out by being true to yourself!



## Labels...helpful or a hindrance?

We all love a label. A label helps us know how to judge a situation or another person or group of people.

Labels help us to take a concept that is huge and beyond our scope and reduce it to something that can be handled by our human mind.

Labels also help us understand where we are in our life and our healing journey. They help us to connect with others who may be at the same point on their healing journey.

But when does the helpful label become a hindrance?

Truly this happens at the point when the label becomes limiting. We may make an excuse

that we can't heal at a deeper level because we're only a 1st degree Reiki healer. Or we use the excuse that our star sign limits our ability to be a certain way. Or even that our upbringing limits our ability to forgive and heal. So often I hear the excuse "Yes but, I can't help it, that's the way things are/the way I am."

But there comes a time when it is right to break free from the labels you were given or gave yourself.

Freedom comes when we embrace our abilities and accept the latent talents that lie inside of us. We all have a choice—to limit our lives to the label that

we have been given or to grow and recognise that we are much more than any one concept or idea. Even a label that is given in good faith can create a block. To label someone a crystal child or indigo can create a sense of pressure. Why not allow that child to simply be a child...true to their own inner nature. A label does not help them to understand who they are. But giving them a sense of self and a clear understanding of their own mind will help them.

It is a great moment to discover that "I am me." Me...with all my possibilities and label free. Free to be me.

**Being unhappy  
requires considerably  
more effort than  
being happy..**



## Working with the Angels

I have found recently that many people want to work with the angels. The idea that there is a huge, powerful and benevolent force that wants to help us is, of course, irresistible. But then I find the same people say that they are receiving no help.

My answer to them, and the solution, always seems to be, "Have you asked for help?"

When we talk more we discover that they feel uncomfortable asking the angels because they feel unworthy of such unlimited help. When we ask our friends or family for help we are always used to giving something in return or for there to be a price on the help. The idea that the angels only want us to be happy is alien to us. We feel that we

are selfish or greedy for asking for "too much". But to the angels this is an alien concept.

Perhaps for the first time in their lives those who want to work with the angels are discovering that it is impossible to ask for too much. The angels will help us fulfill all of our heartfelt desires. Just open your heart to their endless love and abundance.

## Offer/Competition

We know the end of the year can be a stressful and expensive time. Now here is a way for you to treat yourself!

Recommend a friend and if they have 4 sessions of any healing therapy you can have a 1 hour healing session of your choice for free as a thank you.

So why not spread the word and give yourself a treat at the same time!

(Offer valid until 31st December 2011.

Are you struggling to think of a Birthday or Christmas present?

Buy a gift voucher for a 1 hour or 1 1/2 hour healing session for a friend and you will be entered into a draw to win a 1 hour healing session for yourself worth £45.

Competition closes 30/11/2011. Treatment must be taken before 31/12/2011. Treatment only available to new clients.

## Q & A

### **I am pregnant. Should I wait until after the baby is born to learn Reiki ?**

There is so much written about permissions in Reiki and in healing in general. Obviously permission is needed in order to help someone begin their healing journey. It helps them to engage fully with what is happening and also helps them to take responsibility for themselves and their life choices.

However a baby is so different. Whilst it does have a separate soul physically it is

still one with the mother. Everything that the mother feels, does, eats etc will have an effect upon the baby. This is why expectant mothers are encouraged to eat and drink as healthily as possible. No-one asks permission from the baby before the mother changes her diet!

Reiki is always safe for the mother. It brings nothing but positivity and beneficial changes. A mother will take care of herself in order to give her baby the best start in life. If a mother is drawn to Reiki as a

means to take care of herself why on earth would permission be required by the baby?

The soul of the baby also chose to be with that mother and if Reiki is a part of her life journey then the soul of the baby will already know this and have accepted this.

And the final point is that the Reiki master is only initiating the mother, not the baby. The baby will benefit from a relaxed mother but will never actually receive any initiations. That will be their choice later in life.

## Q & A

### **I have heard that our chakras should be open all the time. Is this correct?**

Our chakras are delicate structures like flowers. And just like a flower they respond to the conditions around them. Just as a flower opens when it is warm and sunny and it has been watered, so a chakra opens when the energy around is loving and gentle. We can only cope with so

much energy flowing into us, so when we are surrounded by aggressive people in the middle of a noisy city, we may feel bombarded by energy and hence the chakras may close down in order to protect themselves and us.

But when we place ourselves in an area that is full of love and kind and gentle people, and especially in a healing capacity, the chakras will open

up and blossom.

Allow your chakras to respond to the surrounding conditions and in that way we only take in the energy that we can cope with. To be in balance means to have our chakras in a balance. In an ideal state all chakras are fully open to help us process the energy around us but we all develop at different rates and we need to respect that.

*What progress, you ask, have I made?*

*I have begun to be a friend to myself.*

*Hecato*



## New Course Dates

### **Reiki 1st Degree**

3rd - 4th Nov 2011

27th - 28th Nov 2011

12th - 13th Dec 2011

9th—10th Jan 2012

30th—31st Jan 2012

### **Reiki 2nd Degree**

26th - 27th Oct 2011

13th - 14th Nov 2011

31st Nov - 1st Dec 2011

12th - 13th Dec 2011

5th—6th Jan 2012

### **Meet Your Angels**

“Meet Your Angels” course is a wonderful experience. Bringing angels back into your life is a natural and easy process and these remarkable pure light beings can bring help to all areas of your life.

Only £60 per person

Email for details