

WELCOME TO
THE NEW
NEWSLETTER.

I'D LIKE TO
WISH YOU ALL
A VERY MERRY
CHRISTMAS.

I HOPE 2010
WILL BE A
YEAR IN WHICH
YOU FIND
YOUR TRUE
HEART'S
DESIRE

**SPECIAL
POINTS OF
INTEREST:**

- **Reaching Your Potential**
- **The Spirit of Christmas**
- **Introducing Meet Your Angels Course**
- **Christmas Present Ideas**
- **Q & A**
- **New Course Dates**
- **Special Offer on Crystal Healing**

Newsletter Christmas 2009

Reaching Your Potential

Recently I have been thinking a great deal about jealousy. Why does it exist? Why are some people jealous and not others? The conclusion I reached was to do with potential. When we are working to our utmost ability and exercising our own talents, why would we feel jealous of another? We would be filled with joy that another soul had also found their true calling.

This, of course, leads to the question—how do I begin to reach my full potential? Well in order to reach our potential we first of all need to recognize what it is that is holding us back.

We can all make excuses for ourselves—"I haven't got the time." "I'm exhausted from work." "I've been hurt before."

Well it is time to know that we

are special and unique and blessed with so many talents.

On a spiritual level it could be a link to past lives that keep us from moving forward—a link to a vow of poverty, a fear of persecution if we stand up and show ourselves or maybe we associate success with selfishness and greed.

It is here that angels can assist us. By helping us let go of those karmic bonds we can be free to shine once again.

Many people also say that they don't grab the chances that could help them grow because they fear failure. But when I have encouraged these people to look at this fear in reality it turns out to be a fear of success. Why would be scared of failure when we feel we are already in the

familiar surroundings of failure? This is a quite common state and we really don't need to beat ourselves up over it. The way to begin climbing out of it is to recognize who you are. Know yourself—your strengths and weaknesses. Understand how you react to circumstances and try and recognize any patterns that may come through from your childhood or early work life. Then the most important step—accept fully who you are, without prejudice. Self acceptance is a vital key to reaching our potential. Recognize that your talents are unique to you and you need not copy anyone else nor compete with them. And the last step is simple—do what you love doing. When we are happy we are successful. Go be happy.

The Spirit of Christmas

As Christmas approaches we see wonderful images all around us of families spending time happily together and communities strongly bonded. But is this the experience of most people?

For most of the year we are inundated with stories of broken communities and people left suffering alone. We may even be the ones complaining. But I ask you this....do you make time for those around you? When did you last spend even a few minutes

checking on your neighbour? Or asking a stranger if they need help?

As we celebrate with presents, drinks and good food just spare a thought for those who may not have a support network around them. A simple gesture from you could lead to a smile on their face, a knowledge that they are not alone or even to a lifelong friendship. Find the true spirit of Christmas - sharing....



Meet Your Angels Course

Years ago we worked naturally with the angels. Over time our connection to them became lost and we soon found that life became lonelier and harder.

This workshop is an opportunity for you to reconnect with these divine beings who want to help us every possible way.

Tuning in to the angels is fun and very uplifting. Communicating with the angels opens new doors and opportunities. Working with angels helps you to rebuild the trust you once had in the nature of the uni-

verse.

During this one day workshop you will rediscover:

- how to connect with these wonderful beings
- how to cut cords to free yourself from negative energy
- how angels can help you in every day life
- the names of the Angels and the purpose of each one
- how to cleanse your own energy
- the methods in which the

angels communicate with us

•and much more....

Bringing the angels back into your life is a gift that you will always treasure.

The courses are run in small groups and dates can be arranged to suit you.

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

“The angels have no philosophy but love.”.

Adeline Cullen Ray



Healing Miracles

I was asked a couple of days ago what had been my greatest healing miracle. I was rather stuck for words. Not because I haven't seen miracles happen, nor because I was too embarrassed to mention them. No it was simply because I have never worked a miracle. I leave that to my clients. The role of the healer is to be the channel; to be the one who helps you find your

own inner healer. The healing occurs in you through the changes that you allow to happen in your thoughts, feelings and actions. The more you are able to let go of the negative energy that holds you back, the greater the miracle that you bring about in your life.

A healer simply invites you to step into your own healing power by putting your trust in

the healer and healing energy and releasing your fear of change. To say you were healed by someone else is denying your own part in the healing.

Reiki encourages us to take responsibility for our own diseases and problems and this also means we are able to take responsibility for our own healing. You are the miracle.

Christmas Presents

Are you stuck for a present for someone special? Are you looking to make a difference to their lives this Christmas?

Have you considered buying a voucher for a healing session or course? You can buy a voucher for Reiki, Crystal Healing, Angel Healing or Emotional Release Work.

If you think they would benefit more

from a course then vouchers are available for Reiki 1st and 2nd degree, Psychic Development or Meet Your Angels Workshop.

Simply send me an email or give me a call to discuss how you buy a truly special present.

Vouchers available from £35 to £300.

Q & A

Is Reiki distant healing less powerful than healing in person?

There is a common belief that I see in many 2nd degree students...the idea that distant healing is weaker than healing in person. To believe that is to really misunderstand the nature of energy.

Without going into the science of energy it is well accepted now that at a sub atomic level we are all connected. Sub atomic particles have the ability to communi-

cate and interact with each other regardless of the distance between them. Healing works on this sub atomic level. Time and distance are therefore irrelevant as everything interacts in the same moment and in the same space.

There is only one thing that stops distant healing being as powerful as healing in person and that is you! Our own personal beliefs can be so powerful that we can actually block the flow of energy.

I am sure you have all experienced the power of your own thoughts—what you believe will happen then does. This is the same with our healing power. Believe in it, put your complete trust into it, and you clear away any blocks to your channeling abilities.

Just let your honest desire to help people guide you and the energy will simply flow. But the best way to build trust in distant healing? Listen to those to whom you have you sent it!

Q & A

I was asked an interesting question recently about psychic development.

Was psychic ability just an unimportant side effect of a Reiki initiation?

During a Reiki attunement a symbol called the “Great Illuminating Light” is placed into the 3rd eye. This of course has the effect of opening up the 3rd eye, so that we begin to see and hear things

outside of our normal experience. This can be a slightly unnerving experience if you are not reassured that it is normal.

Reiki allows us to also connect with universal energy. As we are all a part of this energy, whether or not initiated into Reiki, we find it easier to make deep connections with others. We seem to simply know how others are feeling

or what they are thinking.

As Reiki flows through our crown chakra and into the body it passes through the roots of the chakras and feeds energy into the chakras including the 3rd eye. This positive energy allows the 3rd eye to open naturally and safely bringing with it clairvoyance, audience and sentience. All wonderful tools of which you have no need to have fear.

Physical health is an essential component of true happiness, but it is only a transit point on the journey towards spiritual peace and happiness.



New Course Dates and Special Offer

Reiki 1st Degree

26th—27th November

14th—15th December

4th—5th January 2010

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

Reiki 2nd Degree

10th—11th December

21st—22nd December

14th—15th Jan 2010

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

Crystal Healing

As a special offer crystal healing sessions are available for the discounted price of £35 for an hour.

Offer valid until 31/1/10 (Usual price £45)