

WELCOME TO  
THE SPRING  
NEWSLETTER.

I HOPE SPRING  
IS A TRUE TIME  
OF REBIRTH  
AND JOY FOR  
YOU ALL

**SPECIAL  
POINTS OF  
INTEREST:**

- **The Power of Forgiveness**
- **Working Actively?**
- **Introducing Crystal Healing Course**
- **Special Offers on Meet Your Angels Workshop**
- **Q & A**
- **New Course Dates**

## Newsletter Spring 2010

### The Power of Forgiveness

As I mentioned on Facebook recently, I have once again been shown the power and importance of self forgiveness. We truly do believe sometimes that we have let go of all our pain and completely forgiven ourselves but this isn't always true.

If we stop and listen to our inner voice we may be surprised at how much we still attack ourselves. It may be something as simple as calling ourselves stupid, or it may be a deeper regret over some-

thing we did or didn't do during the day. We may decide as we look in the mirror that we don't appear as we would wish. For all of these moments of self criticism it feels so good to forgive ourselves.

By doing so each day we release the pain that our actions may have caused to ourselves or to another and we also begin to learn a new way of being...one of complete happiness and surrender. And in happiness we find true health.

### Working Actively?

I came across an article recently about choosing a Reiki healer. It stated that you must always choose a healer who will work actively on whatever issue you have. This intrigued me....what is working actively?

Reiki as we know works intelligently with the body. Once Reiki enters the body it has a way of finding the cause of our problem and working with it. We trust Reiki to do this.

And we know that Reiki does this because we have seen how the layers of disease and suppression unfold as we use Reiki in our lives.

Therefore no matter where we place our hands Reiki will always go to the right place. Clearly it is sensible to place our hands where they are needed but even

if we can't the Reiki will still find its way. After all would you say to someone who couldn't reach their own back due to stiffness that the Reiki they were giving themselves via the front of their body was pointless? No of course not.

This also brings up the question—what if you are simply feeling low but don't know why. Or what if your whole body is wracked by pain. This happens to all of us. Are we saying that only if you know the cause of the pain, and can place your hands directly on it, that the Reiki will help?

Also as humans we have human and ego based desires. It is a part of the joy of being human. But these desires—to help, to want to heal, to be useful—can also cause us to create blocks. If we desire a specific outcome to the

healing then we create a block to it. I have experienced this first hand. My desire to help a friend with distant healing actually stopped the healing from flowing at all. Only when I let go and stepped out of the way did the healing flow freely and unhindered.

By stepping out of the way we are also saying that we trust Reiki completely and totally. We are remaining neutral and not placing our wishes ahead of the natural intelligence of the body and Reiki. If we wish to be more effective healers then letting go of our ego, listening to our higher self, our intuition and acting upon it will make that come true.

Let Reiki be the master of you and you will always be a powerful channel for this wonderful energy.



## Crystal Healing Course—New

Crystals have been with us for thousands of years and have been used by man for healing, worship and more recently in technology.

Crystals are amplifiers of energy and hence work wonderfully with the human aura and chakras. They can be used in so many areas of our life—for healing, protection, to aid sleep, to create a harmonious atmosphere.

Now if you would like to know more about crystals and their power I am running crystal

courses.

There are two courses—one for those completely new to crystals and one for those who are already familiar with them and would like to know more about using them for healing.

The beginner's course includes:

- ◆ History of crystals
- ◆ How they work with the body
- ◆ Charging, cleansing and dedicating crystals
- ◆ Basic crystal grid

◆ Dowsing

And much more.....

The advanced course includes:

- ◆ Using crystals to clear energy
- ◆ Crystal mandalas
- ◆ Crystal essences
- ◆ Programming crystals
- ◆ Using wands

And much more.....

See website for more info.

*Life has no finish  
line....so where are  
you rushing to?*



## Making a living....

I was asked by a Reiki student if it really is possible to make money as a healer. I immediately asked her what her motivation was—to make money or to help others to heal?

There is an opinion that healers should never charge for their services as healing is a gift. It's true, healing is a wonderful gift, but the time, expertise and physical energy that the healer uses during a

session is not a gift. It something that they give willingly but for which they can, as in any job, expect to be compensated. This is why healers charge.

The ability to heal stems from the heart. We heal because we have a heartfelt desire and yearning to see others feel better about themselves and their lives. We want to help others become whole again.

Charging does not interfere with this heartfelt desire. If we are led by this desire and recognize that money is just our compensation then we will attract clients.

If however our heartfelt desire is to make money and not to help, then we are less likely to be successful as a healer. The heart does not need money and hence does not respond to its vibration.

## Special Offer

### Meet Your Angels Workshop

Do you have a group of friends who would all like to bring the angels into their lives?

If you have a group of 5 friends who would like to meet the angels then you get your course for free.

One day course costs £60 per person. (Offer valid until 31/05/2010)

### Angel Card Readings

Half hour readings will be increasing in price to £20 at the end of April, so until then all readings are still £15.

Readings available by telephone, in person or emailed to you.

## Q & A

**I have been asking the angels for guidance and help but I'm doing something wrong as I'm not feeling anything.**

Working with the angels was something that used to be so natural to us. It was as easy as breathing.

In life we are repeatedly taught that we get nowhere without effort. So it is normal for us to use effort when working with the angels. However in this case effort simply creates a block. The first step to take when con-

tacting the angels is to relax and then affirm to yourself that you believe in their existence. After this simply take a deep breath and ask the angels to help you feel uplifted and full of energy. You will hopefully feel a lightness in your body or head. This sensation is the angels letting you know that they have heard you and are working with you.

You may find words or ideas suddenly appear in your mind. You may find your attention is drawn again and again to a

particular book or picture. Just act on these apparent coincidences. They are all signs from the angels.

Another trick when working with these angelic beings is to always assume that your message has been received and your wish is already on its way back to you. This helps you to release any tension around your wish. By continually asking for our wish to come true we are actually creating tension which blocks positive energy coming in to you.

## Q & A

**Is it best to have one master for all Reiki degrees or better to have several?**

Staying with one master for the whole journey does give a consistency to the training and the opportunity to build a strong relationship with them. It also helps you to develop an awareness of your own development as the master is able to act as a mirror for your growth. The relationship

with your chosen master is very important. Being comfortable as you study allows you absorb more information so you gain more from the course. Also with standards in Reiki training varying so much it can often be a wise decision to stay with a master who you trust to have high and ethical standards.

On the other hand changing masters can give you a view

of Reiki that perhaps you wouldn't gain by staying with just one master. A second master can often help you gain an understanding of an area of healing with which you have struggled. A change may also be needed if you feel you lacked something in a previous course.

Whichever route you choose so long as you follow your intuition you won't go wrong.

**Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.**  
*Buddha*



## New Course Dates

### Reiki 1st Degree

1st—2nd April

19th—20th April

6th—7th May

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

### Reiki 2nd Degree

5th—6th April

29th—30th April

13th—14th May

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

Psychic Development, Crystal Healing and Meet Your Angels Workshops booking now.

Just email me to arrange a date.