



WELCOME TO
THE SUMMER
NEWSLETTER.

I HOPE YOU
ARE ALL BASK-
ING IN THE
GLORIOUS SUN-
SHINE AND THE
POSITIVITY IT
BRINGS TO THE
WORLD

**SPECIAL
POINTS OF
INTEREST:**

- **Am I Enough**
- **Commitment
Required...**
- **Introducing
Crystal Healing
Course**
- **The Lotus
Flower**
- **Cosmic
Ordering**
- **Q & A**
- **New Course
Dates**

Newsletter Summer 2010

Am I Enough?

We are all under pressure nowadays....to look beautiful and young, to be financially successful, to be more than who we are. Why are we striving so hard? Does constantly reaching for more make us happy?

The desire to have more or to reach our highest potential is not a bad thing. To fulfil our heartfelt desires may be a part of our journey, but also recognise that we don't need to achieve in order to

be accepted or loved. The relentless pursuit of more for the sake of it simply makes us feel inadequate; we see that no matter what we do or who we are we are never enough, as the goal constantly moves further away. But enough for whom? Who are we trying to impress. The only person to whom you owe anything is yourself. And the only thing you owe to yourself is a promise to take care of yourself, to do the best for you and you alone.

Commitment Required...

I had a chat recently with a young man who asked me if I would treat him as a charity case and teach him Reiki for no cost. I did of course turn him down. Some people might say that I turned him because of the money. And in one way they are right, but not because of what money means to me, but because of what money meant to him. I love Reiki and I became a master of it because I wanted to protect the system and be a guardian of its amazing energy. I invested a great time of time, energy and money in my desire to become that guardian. They were all an indication of my deep commitment to healing.

A healing journey of any kind requires a commitment. A commitment to ourselves, to the healing itself, to the system and to the person who initiates that

journey for you. Without commitment there is no real change and that is why I turned this young man down.

Commitment helps us to create a sense of focus in our lives. It directs us with sincerity in our hearts and minds. Without sincerity we lack the honesty to go through with a healing journey, as all healing requires us to be honest with ourselves and others.

Commitment also gives passion and drive. Commitment sparks action. It brings through the passion needed to be a successful healer.

And the more we let our passion shine, the more we trust Reiki as we let in make the necessary changes in our life.

Having a commitment to ourselves is also vital. We commit to

a diet, or an exercise regime, but have you made a commitment to your highest self? By committing to it we find our momentum and find out what it is that truly drives us. We understand and engage with ourselves on a higher level and all our actions then stem from this place of peace and harmony.

Commitment always comes out of free will. No-one can force you to commit and that is why commitment once made is so strong. Commit to health and it becomes yours. Commit to doing good deeds and you will. Commit to being a healer and your heart will burst open with love for yourself and others.

Don't be afraid of commitment. Embrace the power of it and you will soon see the benefits.

The Lotus Flower



If you haven't been to my website recently you will have missed the new changes.

The website logo is now based around the Lotus flower. The Lotus flower is a gift I have been given often in meditations. I finally decided to use it as a logo to inspire others as it has inspired me.

The Lotus flower is one of the world's oldest symbols and it has a meaning that is relevant for all of us.

The Lotus flower grows in

mud. It rises up above the water into the world. This flower of such great beauty actually grows from muck. What a wonderful symbolism for our spiritual journey....we may not always have had the best or easiest start in life but we can grow into someone of beauty and great enlightenment.

The flower of the Lotus is untouched by the mud in which it grows. Likewise we try and keep our hearts pure in the face of negative energy that

may be around us.

The Lotus flower also opens up in the daytime and closes at night. It responds to the warmth and nurturing properties of the sun.

We too respond and grow with nurturing energy and the warmth of love. Whereas we become closed when confronted with negativity, dark energy and pain.

It is said a Lotus flower dwells in the heart chakra. Let your Lotus grow into the light.

*Your imagination is
your preview of life's
coming attractions.*



Cosmic Ordering

I have been asked often recently about cosmic ordering. Clients say that they have put their requests out there into the universe, but that nothing has come back to them.

This leads to frustration and anger and also to deep feelings of rejection as they feel they are not special enough for the universe's help.

The key here is being at one with yourself. The universe

responds to energy. If we put out an energy that is clear and concise, with precise orders, then the universe can easily respond. However so often the things we ask for we are not in alignment with. So we want lots of money, but deep down we fear how the money will change our life. We ask for a soul mate but fear leaving our current negative relationship. If we send out

cracked or misaligned energy then the universe has difficulty in fulfilling our order as it is as confused as we are about our desires. Likewise the feelings of fear or anger that our order hasn't yet been fulfilled create blocks.

Find your heartfelt desire, ask for it and then release into the love of the universe and trust it is on its way. Trust has no fear or anger.

Special Offer

Psychic Development Workshop

Do you have a group of friends who would all like to see if they are psychic?

If you have a group of 5 friends who would like to find out then you get your course for free.

One day course costs £60 per person. (Offer valid until 30/08/2010)

Q Link Offer

The Q Link products are designed to reduce stress and improve focus.

Special Introductory offer—buy any Acrylic Q Link, or mini Q Link and pay by Debit Card and receive 10% *off the Retail Price. Call 08000 612678.

Offer valid until 15/08/2010

www.aerobiccoxygenuk.com for more information

*usual discount for Debit Card payments is 5%

Q & A

There are so many forms of Reiki now. How do I know I have learnt the most powerful type?

In the last few years there has been an explosion in the number of healing systems in the world. A large proportion of them seem to be variations of Reiki. Each discoverer of a new system claiming that theirs is the most powerful.

When I first started healing I was a beginner...nervous about working with others, about making a mistake and I knew that this affected my

ability to channel energy. As I became more comfortable at working with others I began to relax and my heart opened even more. I was able to channel more energy and hence became a more “powerful” healer because my heart opened. Healing comes from the heart. Always. All types. Fear—that we are not as powerful as someone else, competition with other healers, comparison with others abilities—all these close the heart, stifling love and blocking healing. Learning numerous systems of healing, or the

latest fad, does not make you a more powerful healer, nor does being new make the latest healing system the most powerful.

Remove your own blockages from your heart, understand and live compassion and then you will see that the most powerful form of healing is love.

Initiations don't make a healer, an open heart does. Embrace your own ability, align with your chosen healing system and you will see how powerful you already are.

Q & A

In healing there are constant references to returning people to a state of health. But what does health mean?

Health means many different things to different people. To someone who has been suffering with intolerable back pain for years, health means removing that pain, even if they still suffer from some other less serious malady. In

someone else health may mean a complete absence of depression.

One thing I think runs through all these cases is the sense of happiness that accompanies the new found sense of health. I feel that the real goal of healing is to bring happiness; a sense of peace in whichever situation you find yourself. However this does not have to mean lack of ac-

tion—you can still push forward and challenge yourself. You simply live in each moment and know that that moment is perfect and complete in itself.

Health is very personal and as healers we need to let each person find the level of health at which they are comfortable. Give someone happiness back and health follows.

It is health that is real wealth and not pieces of gold and silver.
Ghandi



New Course Dates

Reiki 1st Degree

2nd—3rd August

16th—17th August

6th—7th September

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

Reiki 2nd Degree

12th—13th August

19th—20th August

16th—17th September

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.