

THE REIKI TRAINING CENTRE

REIKI NEWS

This edition is dedicated to the memory of Martin Luther King and to igniting the flame of courage, passion and commitment to standing up for other's rights in all of us. Issue 6 - February 2007

Denver and Bimini

In June, I visited a new age trade show in Denver with Britain's famous "angel lady," Diana Cooper. Diana was promoting her books and CD's and I had my Peace Jewellery.

We met up with Scottish author Donald Busby from Body & Soul Events so the British contingency was well represented! America seems to embody both the best



and the worst of attitudes and behaviours. Luckily all the people we met were the former!

Many people came up to me, hugged me and said, "Thank you for what you are doing!" It was lovely!

Once before I had come across someone who wanted a peacechain, but only if I removed the Islamic symbol - something I could never do as the whole point is to celebrate unity, tolerance & diversity.

Later, at another show I met someone who told me that they would only wear the peacechain without the Hebrew symbol. In Denver I managed to collect the full set - I met someone who would only wear it without the cross!

There were so many interesting people there. The editor of the New Age Retailer, a very sweet man called Ray Hemachandra had his aura photo taken before and after wearing the peacechain, the after picture clearly demonstrating a beautiful green entering his aura, signifying peace and healing.

Following the Denver show we went on a 5 day dolphin trip on Bimini. I had been so looking forward to swimming with wild dolphins; it is something I have wanted to do all my life.

However the dolphin contact was a bit disappointing. I just knew that wasn't the reason I had been drawn there. However, it was only on my last day on Bimini that I found out what my real purpose was. Diana and Mildred were resting, so I decided to go off and explore the North Island. My steps seemed divinely guided all the way and I very quickly found the house that Martin Luther King had stayed in. As I sat and connected with his energy, I knew immediately that was the reason I was there. I then found **Ansil Saunders** and his brother Tom.

Ansil had spent a lot of time with MLK when he had visited Bimini in 1964. It was here that he had worked on his famous and moving "**I have a dream...**" speech.

In his own small way Ansil had also fought injustice and racism, taking part in a sit-in in a local resort that didn't serve blacks.

Every day he went there, was not served lunch, remained alone, and politely left. But he returned day after day after day until finally he was served!

Ansil used to take Martin Luther King out on his boat, they would go to Bonefish Hole and just sit there for hours. "Did he fish?" I asked, "No" said Ansil, "He never did. He just sat and prepared his speech. He loved going out there in the peace and quiet, just listening to the sounds of the water, the buzzing insects, the occasional splash of a fish or flight of a bird.

One day he looked up at me and said, "You know Ansil, I feel like I could reach up and touch the face of God in this peaceful place."

It was to Bonefish Hole, far from the police dogs and the crowds and the bullets and the hatred which he fought that King returned 3 years later to prepare his sanitation workers speech.

When he stood up to speak in Memphis, he spoke with no notes. He spoke from the heart in a speech that summed up his life, his work and the work of dedicated people everywhere.

King knew we all need to take personal responsibility for peace. **"It is no longer a choice between violence and non-violence," he said. "The choice is between non-violence and non-existence."**

Like Gandhi he believed in compassion *in action*. "The question is not: if I stop to help this sanitation worker, what will happen to me? The question is: if I do not stop to help this man, what will happen to him?"

"We are now at the moment when our lives must be placed on the line if our nation is to survive its own folly. Every man of humane convictions must decide on the protest that best suits his convictions, but we must all protest."

He ended with: "It doesn't matter what happens to me now, for I have seen the Promised Land. I may not get there with you, but I want you to know tonight, that we as a people will get there."



“I am happy tonight.” As he sat down, grown men wept openly, so moved by his words. The next day Martin Luther King was dead, shot on his balcony.

For more info on MLK see www.thekingcentre.org

Pyramids

While in Bimini, Tom Saunders told me all about the Island, its

relation to Atlantis, how some of the giant slabs that were part of the Atlantis Road had been transported and used to make a runway in Florida.

My ears pricked up when he said that divers had found the top of a huge underwater pyramid near the Atlantis Road. Aha, I thought, here is another connection! I knew it had something to do with the fact that, “by chance,” I was going to visit Egypt 4 months later. As a shiver rose up my spine, I knew that the pyramids were going to be significant for my spiritual purpose and were another reason that I had been drawn to Bimini. There must be some connection with the Egyptian pyramids.



My first sight of the Giza pyramids did not disappoint. They are literally awesome. Giant structures - huge, powerful, magnificent and unforgettable. It is even possible to go inside some of them. You need good leg muscles and the crowds and tight spaces can make it a little uncomfortable though!

One morning I got up a couple of hours before dawn and went around the desert and pyramids on horseback. On my birthday the universe gifted me an experience I had had on my “hit list” since I was a teenager, to gallop across the desert on a beautiful Arab horse. It was even within sight of the pyramids – wonderful!

My most amazing experience, without doubt, was inside the red pyramid, the oldest of the straight sided pyramids. Incredibly, when we arrived there it was very quiet. I was drawn to climb up and go inside, but no-one else wanted to.

There was one other group inside, but they came out as I was ascending the outside. As I neared the entrance, one of the guards started descending. With only one guard left, he couldn't come inside with me – so I was able to go inside alone. The atmosphere was incredible, enchanting, exciting.

As I neared the inner chamber I noticed scaffolding along at the end. I climbed up and found a small platform which overlooked the burial chamber, the very centre of the huge structure. As I



stood in that place of power, I was drawn to begin chanting mantras for peace in different languages. The energies of love and peace began to build and build as I became

caught up in an accelerating crescendo of energy that left me literally dripping with sweat and vibrating with energy. I have never experienced energy like it.

The silence was so palpable, so deep, so wonderful, and full of possibilities. And the possibility I chose was to create a repository of peace for the whole area.

I was guided by the very strong presences of three of my highest and most beautiful guides to fill the chamber with Reiki and Karuna energies and perform the Karuna Master Attunements. The image I was given was of the pyramid holding the energy like a battery, as it showering out continuously from the apex. So if you have time, please send Reiki to the red pyramid with the intention that it acts as a repository for peace, which will shower, bless and stabilise the whole area.

Dolphin Delight

2006 was the most wonderful year for me! Although I didn't get the up close and personal dolphin connection I had longed for in Bimini, I did meet a lovely lady called Mildred who invited me over to Ireland to swim with a beautiful wild dolphin there called Mara.

Many years ago Mara was injured and couldn't keep up with her pod till her infection cleared. So she got a bit lonely and became interested in the local surfers. She came to trust people and stayed on. She now has a pod of dedicated and besotted followers, her human pod. One lady has been swimming with her almost every day for 6 years. To watch them together is the visual expression of unbounded love and joy.

On my second day in the water I had the experience I longed for.

I knew Mara was there, but couldn't see exactly where, so I took a big breath and went down to the rocks, (I'm not very confident in the water.) As if to reward my entry to her domain, she majestically glided towards me.

She came right up to me, (I would have been holding my breath at this point even on dry land!) until her nose was about 6 inches from my mask.

She held for a moment, reversed a few inches, then I heard and felt her sonar tic, tic, tic, tic as it went from my forehead down to my heart and back up again! If the longest journey we have to make in this life is the 13 inches from the head to the heart, my beautiful Mara was creating an extra carriageway for me!

I dragged myself away eventually, but returned the following week with my son. We had such fun with her; she actually let him hug her! She brought us presents.



The first evening she appeared out the murky depths, I noticed something on her fin. It was a bit of seaweed – she had brought it for us to play with her! The following day she brought a plastic bag for me. I was so ecstatic as we played together that it took me a while to realise that it was full of cut off fish heads in old newspaper.

Strange thing, when I came out the water each time it felt like what had occurred was a dream; it had the same not quite real quality, just beyond reach somehow.

Angel Delight

In the weeks following my dolphin encounter my email folder was metres long and my desk piled higher and higher. (It has never recovered!) I felt like all the cords that had bound my life had come undone, like I had dissolved into an amorphous gel. I couldn't achieve any of my deadlines. I had no direction whatsoever, as I was living very much in the moment.

The only work I got done was the face to face interactions and this phase lasted approximately 2 months.

Gradually some form returned and with it, some ideas for the future. Two of the ideas are to do with the peacechain and will need to wait till I can dedicate time to them, but the biggest surprise to me was that I will be teaching Angel Courses. Once I got used to the idea it made perfect sense! So there are 3 angel courses scheduled for this year, 15th April will be **“Walking with Angels”** and will include meditation, inspirational stories, angel signs, understanding angels, tuning in to their presence, connecting to angels, receiving help with your life, both for the big things and the little ones, accessing assistance for others, angel invocations and archangel retreats. The second angel course is on the 7th July and is on

Creating Abundance with the Angels. With the angels help this workshop will assist you to recognise and bathe in the energy of abundance, explore your subconscious attitudes to abundance, identify and release your blocks, attract the freedom of abundance into your life and assist you to live the life you are capable of, in freedom, joy and divine purpose.

Please note that it is not all about material abundance, although that also comes into it.

The 1st of December is **Angel Healing** and will focus on healing for ourselves, angelic healing for others and healing for our beautiful world and all her people. Each day will be time spent in the company of angels. The days may be taken in any order and repeated as often as you like. The cost is from £45.

For more information see www.angelcourses.com

Distant Healing List

The UK Reiki Federation (UKRF) has a distance healing network for members and anyone they would like to add.

Currently there are only 4 people sending healing to the list.

If you would like to help, it can be very easy. You will be emailed the list every 2 weeks or whenever there is a change.

If you have taken the Advanced Reiki class and have your crystal grid set up, all you need do is place the current list on or under your grid.

If you have taken Reiki II, you can add your own names/requests and send healing to the whole list using the distance symbol. If you are at Reiki I level it is a little harder but not impossible. Just hold the list between your hands and focus on the names and situations. Strongly intend that the energy that flows from your hands goes to each person/ situation for their highest good.

2007 Courses

This years Mastership Programme will begin on the 31st of March and conclude on the 15th of July. Please ask for a syllabus if interested. The focus is to prepare you for the huge shift into Master Teacher space, emotionally, energetically, spiritually and practically. The final Master Attunement will be in June, so if you took your Reiki I class May 2006 or before, you can attend. It is not a pre-requisite to have taken **Advanced Practitioner**, (19th/20th May or 10th/11th Nov,) although if you practice Reiki the in depth techniques learned there can be invaluable both for yourself, for your goals, for your clients, and for world healing. Don't worry if you feel drawn to take the Advanced class but haven't finished your case studies yet, it will be easier to do them afterwards!

There are **Reiki II** classes every 2 months usually both for people who want to practice professionally, but also for everyone who would like to strengthen their energy and connection.

There will be 2 **Metamorphic Technique** courses in Aberdeen this year, on the 27th/28th January and the 29th/30th September and one on Holy Island (just before the Karuna Masters,) on the 11th/12th June.



The Karuna Masters is recommended for people who have already been working at Master level for a year. This year's course will again

be held in the Tibetan Buddhist retreat centre for world peace and healing on **Holy Island**, starting on the evening of Thursday June 14th and finishing after lunch on Sunday 17th June. As there are only 8 places this year and 4 are already taken, if you are planning to attend don't leave it too long to book!

CASE STUDY AMNESTY

Not done them yet? Get them in to me no matter how long ago you took your Reiki II and we will arrange your practical session. Don't miss this valuable opportunity to improve your practice!

Support Group

Dates for the rest of the year are: 18th March, 6th May, 24th June, 29th July, 1st September (note – a Saturday!) and 4th November. Venue is the Rosemount Centre, 1c Mount Street, Aberdeen.

RRWG

(Reiki Regulatory Working Group)

In February 1996, Prince Charles proposed the Integrated Medicine Initiative so that orthodox and complementary healthcare can work together within the NHS for the benefit of the public. The House of Lords report in 2000 accepted that voluntary self regulation would be acceptable for most complementary therapies. For self regulation, complementary therapies are required to develop **National Occupational Standards (NOS)** to ensure high standards of practice and patient care to bring us into line with other healthcare professionals.

The RRWG, set up in 2003 is working towards Voluntary Self Regulation for Reiki. As well as setting up the NOS for the profession, they are also committed to preserving Reiki as a spiritual practice. In 2006 they undertook a national consultation process to get feedback on their proposals in the areas of creating a national register, education and accreditation, ethics and practice and continuing professional development.

They have made huge advances in the 3 years. So much so that Terry Cullen, chair of the BCMA, reported at a consultation meeting in Stirling how the Reiki group were so easy to work with – all the different groups were able to come together and focus on the common good in a loving way rather than the more common approach of the groups all vying

for power. The documents may be downloaded from the RRWG website at www.reikiregulation.org.uk

REIKI STORIES

A big thank you to everyone who contributed these inspiring stories: **“Harry the pet sheep** was so lame that the vet was thinking in terms of euthanasia and suggested to the owner that she contact Beryl, who mainly works on animals. At first she gave him Reiki treatments every few days and he was so receptive he really started to improve, trotting around, and greeting her whenever she arrived. Once he was sound again, she spread the treatments out to about one a week and then once a fortnight. He is now doing really well.

“I've been giving Reiki to a friend's niece, in her 30s with a young family and diagnosed with breast cancer. She is having chemo and has a Reiki treatment the day before she goes for her treatment. After four sessions of Reiki and chemo, they couldn't find the tumour and eventually traced just a shadow. She is very optimistic and firmly believes that Reiki has made the difference. Whatever, Reiki or chemo or a combination of both, isn't that wonderful news?”

“Willow, a 17 year old Shetland Pony was segregating himself from the other horses and ponies. He presented with severe weight loss, lack of appetite, lethargy, dull coat and eyes. The test results showed severe kidney failure. The urea levels were up to 28%, the normal is about 9%. He recommended euthanasia as there was no treatment possible. I gave him intense Reiki sessions every day. After the 1st treatment, only an hour after finishing, he was desperate to get out of the stable, he had found tremendous strength and was trying to kick the door down. He cantered into the field to join the others. From that day on the change has been remarkable, he's eating, gained weight, his coat is shiny, his eyes are bright, he's running around with the others. The vet was very surprised when he saw willow and wanted to know what we had been doing. The next blood test showed the urea levels dropped to 14%. The vet is amazed and cannot come up with any explanation, and says carry on with what you are doing I am stunned by the results!”

“It is day 5 of not smoking and I have not even had to use my nicorette patches, I am really pleased. I feel more at peace with myself and have been asking my higher guides and angels for help, which I felt unable to do before.”

“I only told my mum what I saw and experienced during the healing sessions. I told her with certainty that he was going to be well. This is not what folks want to hear, a dabbler in new age stuff proclaiming a cure. But I have to tell you, the Oncologist consultant told him only last week, "You have no trace of any cancer. You are a miracle. We like your sort of miracles because it makes us believe we might be doing something right. You have been an honour to treat. I feel you and I have not been alone in this healing journey. Thank you. "

Contact Information:

Elizabeth Harley RGN KRM®

The Reiki Training Centre

Millwood, Pitcaple, Aberdeenshire AB51 5DX

Tel: 01467 681259

e-mail: elizabeth.harley@virgin.net

Reiki Website: www.reikittraining.org.uk

Peacechain Website: www.peaceonearth.org.uk

Metamorphic: www.metamorphictechnique.org

Angel Website: www.angelcourses.com