

# THE REIKI TRAINING CENTRE

## REIKI NEWS

*“Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that.” Martin Luther King*

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### CHASING THE LIGHT

**Reiki gently guides us to follow our hearts** rather than our heads.

So when the opportunity unexpectedly arose for me to travel to Norway in December and up into the Arctic Circle to see the Northern Lights it felt so right, I ignored sensible considerations and booked straight away.

I was also interested in experiencing the “Polar Night,” as once we crossed the Arctic Circle the sun wouldn’t rise above the horizon for 6 days.

I am so grateful I listened to my heart and ignored the mundane level promptings of my head.

I did indeed see the Aurora Borealis, beautiful green and yellow lights dance across the midnight sky over the sea and snow capped mountains - but there were so many unexpected blessings and synchronicities that what at first had seemed like a simple holiday, even an indulgence, turned into an essential spiritual quest.

On the second night I “just happened” to be in a darkened room of the ship, looking out the glass wall as the silent mountains glided past, when a helicopter light appeared.

As the huge bright light came closer I realised it had a tail, like a comet.

As the tail lengthened I realised that it was no helicopter! I watched, mesmerised as it got brighter and brighter then exploded into a million fragments and then disappeared.

I had seen the most beautiful meteor. The energy around it was fabulous. I knew I was on the right track and this was no ordinary journey!

I had, safely tucked away in my cabin, two precious crystals.

Many of you have helped me charge these crystals with healing energies at various courses throughout the year.



After I had booked the trip I realised I had the opportunity to plant them in the perfect place, high in the Arctic Circle, as near to the North Pole as I could get.

This couldn’t have been better. Last year we similarly charged a crystal to be sending out continuous healing for the earth, which was then placed by Ailsa on the ice at the Antarctic. The 2 crystals pictured above were placed at North Cape on the 16<sup>th</sup> December 2008.

**If you would like to send more Reiki for world peace and healing, please feel free to use this photo.**

On the magical drive to North Cape to place the crystals, we followed a snow plough for miles over a white, almost lunar landscape. At that latitude in winter the magical light of the polar pre-dawn, without notice, becomes dusk, with the sun never making its promised appearance over the horizon. We had the most beautiful sunrise/sunset colours painting the sky, set beautifully against the white of the snow and the pristine air. Although it was early afternoon, the full moon was rising high in the Sky. Apparently at that time due to the moon’s elliptical orbit, it just happened to be 30,000Km closer to the earth than usual! It was at its largest and brightest for 15 years, huge and radiant for 6 days, compensating for the missing sunlight.

Our guide commented on the weather and told us how lucky we were to have amazing beautiful skies and no wind. Apparently that was very unusual. They only have about 8 days like that the whole year, hardly ever in winter. “We have a saying, “she said, **“When there is weather like this, you are travelling with Angels!”**

### SAMI TRANCE DRUM HEALING

The Sami are the indigenous people of Finmark, (the area that crosses northern Norway, Sweden, Finland and Russia.) They share similar genetic origins as the Native American people and over the centuries have also suffered similar loss of land, discrimination, and suppression of tradition, culture and language.

Like the Native Americans they consider land and nature sacred, believing in animism, polytheism and shamanism. Their tents were tepee like structures with central fires and

the Sami also use drumming as a conduit to spirit and for healing. The guide told us that in hospitals in Finmark, you can request Shamanic Healing as an alternative or supplementary treatment.

It is quite common for Sami Shamans to visit patients requesting Trance Drum Healing. In research, this healing has been proven to help, (our guide actually used the word “cure”) heart problems, circulatory disorders and some cancers.

The Sami Shaman puts the recipient into a healing trance, using the sacred drum. Their drums are incredibly beautiful and powerful – all are handmade and etched with sacred symbols.

I put the thought out to the universe that I would love to meet some Sami people and see a drum. 2 days later, on impulse I booked a snowmobile trip. The trip was brilliant, I loved the snowmobile. However, what followed was even better.

On return to the camp we were all taken into a Laavo, a Sami tent. Immediately on entering I felt a pull and turned to my left to look – there on a shelf was a Sami drum.

When everyone was settled the guide began to tell us about the Sami and then picked up the drum and told us they were going to sing a joik for us – a Sami chant. I was mesmerized. I took some photos, the first one



clearly shows the energy entering the guide as he prepared himself for the chant, it appeared on the photo as thin smoke/ectoplasm approaching and entering his head.

Another photo shows a wonderful orb. He seemed to keep looking at me as

he chanted, and when he finished, he asked if anyone would like the drum. I said nothing but he came straight over and



handed it to me. I began to play it, at first tentatively, till I let go of the facts that I can't play and was being watched and then simply played from the heart.

Something shifted in the laavo and after a moment both the guides began to join in, singing another joik.

I don't know where we went to within that timeless sound, but everything disappeared except the power of the drum and chant. In the silence that followed it was clear

something significant had occurred. The group was silent almost the whole way back. For me personally, it felt like I had reclaimed a significant lost soul aspect.

Something tells me I will be back....

**ASCENSION COURSE** - Ascension is our journey to wholeness, to completion, to coming home, to revealing our fullest spiritual potential. There will be 2 Ascension weekends this year, Ascension I and Ascension II.

Using powerful meditations, spiritual exercises, and deep healing techniques these weekends will focus on raising our vibration to a much higher level, developing and expanding the light body and activating our higher spiritual anatomy.

We will also gain a much stronger and closer connection to the Ascended Masters, discovering the beings who are currently working with us and also those who are in alignment to assist us fulfil our unique purpose and potential. Next year there will be an Ascension Teacher Training for anyone who would like to run their own Ascension groups, courses or sessions.

**888 INVOCATION** - **Invocations can be incredibly powerful**, especially used in groups. The 888 Invocation

came to me while I was preparing for the Findhorn Meditation Retreat last year on the 8/8/08 – numbers associated with money, prosperity and transformation.

As we move towards 2012, a new world order based on a fairer way of using and sharing the earth's resources has to come about. My wish is that this manifests as easily and as gently as possible, which will occur when a critical mass of people hold that intention. The transition can then come about through a softening of our hearts, rather than being forced on us by external circumstances.

When I was a child, my aunt had a plaque on her wall that said, “Money is the route of all evil.” In my innocence I didn't agree. I thought there were far worse things than

money! It is only many decades later that I understand that simple statement in the context of world poverty, wars, conflict and suffering.

I find it inconceivable that suffering is knowingly, needlessly and heedlessly inflicted on the many by the few, simply for personal gain – in order to accumulate money and power.

**Our society's programming of continually wanting MORE has to be recognised as a dangerous goal that is neither fulfilling to hold nor possible to achieve or satisfy.**

The 888 invocation focuses on bringing peace through addressing some major causes of conflict and suffering in our world.

If it feels right, each time you use the 888 invocation, you can invoke the consciousness of Gautama Buddha & Saint Francis of Assisi, both of whom rejected privileged backgrounds to reach for a higher goal and Mahatma Gandhi, who said, **“There is enough for each man's need, but not for each man's greed,”** asking them to join with you to hold and magnify the intention to manifest a massive sea-change in motivation on our planet.”

**May Greed turn to Generosity,  
May Corruption turn to Kindness,  
May Control turn to Compassion,  
May the Dream of Peace & Stability  
replace the dream of Power & Status,  
May the dream of the Powerful Many  
replace the dream of Power & Money,  
Let each man be my brother, every  
woman my sister and every child my  
gift to treasure,  
And so it shall be, and so it shall be, in  
Love and Light, in Peace and Joy,  
Forever.**

*Olivia, Thomas and Alex*



**REIKI BABIES - Hilary, Tereza and Katrina did their Reiki Mastership Programme together.** They had met at Reiki II and kept in touch, regularly getting together for Reiki shares. Within a year of completing the Masters all 3 were expecting, overcoming in some cases, previous long term difficulties. As Hilary said, “The Masters triggered it for us all. It cleared the way for us to become mothers.”



After two miscarriages, Tereza was scared to be positive the third time round. She believes that Reiki helped prior to, during and after the pregnancy.

“I specifically recall when I started the Masters course, about a week after my second miscarriage, we did a meditation and during it I met an Angel who gave me the gift of hope and that's what I continued to focus on. Prior to and during my

pregnancy, the Reiki certainly help me let go of old energies and let me look forward.”

Katrina's only way of conceiving was to use IVF, which is very demanding on all levels and offers only a 21% chance of success, with the odds falling with each attempt. Katrina found Reiki a constant support. “Reiki gave me a deeper understanding of the situation, surrounding me always in healing energy and allowing me to understand forces far beyond the physical. It helped me work through a lot of issues, clearing the way for me to be the Mother I always wanted to be. Reiki continues to be part of Alex's life and all our Reiki babies! I have a small picture of Buddha in my bedroom and from a very young age Alex has always reached out to it. It has become something of a ritual now that he has to touch it everyday, and he squeals in delight!” Olivia, Thomas and Alex were born within 6 months of each other. These lucky, much loved babies have had Reiki throughout their gestation period. The photo above shows Thomas, Hilary's baby in perfect meditation pose at 2 weeks. Even now, at 11 months, he loves to very tenderly and gently strokes Hilary's Buddha, while he can be a bit rough with everything else!

“I feel that there is a reason why he is here. They all have work to do, a purpose in being here at this time. I don't know why they all came together. Maybe it is greater than we can understand. I know one thing's for sure, they are a blessing, to us and to the world!”

**KARUNA 2009** -The Karuna Masters Retreat will be held at Shambala, the beautiful Tibetan Buddhist Centre at Findhorn in July. It is right on the Findhorn bay, with fabulous views from the beautiful rooms, (it is more like a hotel than a retreat centre!) and right across the road from the world famous Findhorn Foundation. Shambala has

wonderful energy, similar in some ways to Holy Island, yet softer and more feminine. The delicious food is mostly home grown and organic. Our course will be held in the Gompa - the beautiful meditation room. We will also use the adjoining yoga room to have our practical & healing sessions. The 3 day weekend will be intense and powerful, so you might like some extra time to chill before or after to make the most of the fabulous setting!

**MEDITATION RETREAT** - There will be another Meditation Retreat at Findhorn over the Easter weekend. It is open to beginners and experienced meditators alike. We will be practicing many forms of meditation in order to discover the techniques most suitable for each individual. As usual, it will be a relaxed pace with trips to the beach, Findhorn Foundation and to hear the monks chanting at Pluscarden Abbey

### **REIKI MASTERSHIP**

**PROGRAMME** – begins 25<sup>th</sup> April. Open To Reiki II and above. This year there will be more time allowed to focus on our own healing, preparing for the huge energetic shift from student to teacher, practitioner to Master. It is not enough to just have a certificate, this programme will help you to *feel* like a Master on all levels! As always, this transformative and empowering course can be taken for your own growth and development, as well as providing the skills and tools necessary to become a confident, competent and successful teacher.

**ANGEL TEACHER TRAINING** - The next 9 day **Diana Cooper School Accredited Training** begins in August. It will powerfully strengthen and expand your ability to connect with and work with the angelic realms as well as confer all knowledge, skills and techniques enabling you to offer individual angel sessions as well as run your own courses, groups and workshops. Would you like to walk with Angels and change your life?

**METAMORPHIC TECHNIQUE** - There will be 2 courses in Aberdeen this year, the first in February and the second in September. There will also be one in Edinburgh in August and Ireland in June, (hopefully combined with meeting the wild dolphin.) There will be Meta shares at the Rosemount Centre in February & June.

**ANGEL COURSES** - To make it a bit easier for people travelling, we will have 2 angel days over a weekend. On 28<sup>th</sup> Feb and 1<sup>st</sup> March we have “**Walking with Angels**” and “**Creating Abundance**” On the 23<sup>rd</sup> & 24<sup>th</sup> May there is “**Angel Healing**” and “**Choosing Happiness.**”

**Angel Awareness Day** will be celebrated in October. In 2008 we focused on reclaiming lost soul aspects and past gifts and abilities, using an energy essence I had made in the heart of Macchu Piccu during the September full moon. No doubt it will also find its way into some 2009 courses. Each AA Day is very different, although we usually have the twin focus of blessings for ourselves and for the world.

**CRYSTAL HEALING & ADVANCED REIKI** – will once again be held on the same weekend. Crystal Healing is open to anyone, with no pre-requisites. It is also highly recommended if you are attending Advanced Reiki as it provides all necessary skills & knowledge for working safely and effectively with crystals. This provides the foundation for you to then use these skills with your Advanced Training and set up a Reiki Crystal Healing Grid – an incredibly powerful and effective tool enabling you to send continuous healing to people, situations and goals with minimum time and effort. Advanced Reiki (or Master Practitioner) is an optional stage between Reiki II & Masters. The content can vary greatly. On our courses you also learn a simple, quick, energising and powerful moving meditation, receive the Master symbol and Master Practitioner Attunement. You will also learn Psychic Surgery, an amazingly powerful technique often successful where other complementary and orthodox treatments have failed. It was developed by William Rand and combines Reiki, NLP and a Kahuna Shamanistic practice of removing energy blocks from the psyche and energy system. It is a powerful and invaluable skill for serious practitioners to use with clients and can also be used for your own healing.

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