

# THE REIKI TRAINING CENTRE

## REIKI NEWS

*"Love is the answer, now what was the question?"*

Issue 9 – January 2010

### **ALOHA from HAWAII**



**I returned home from Hawaii just before Christmas. The 2 words no tourist leaves Hawaii without learning are aloha and mahalo.**

Aloha is commonly used as the meeting and parting greeting and mahalo is used as "thank you." I heard them said innumerable times, but sadly mostly without reference to the deeper meanings. On the few memorable occasions they were said to me with true meaning, I felt their power as they touched my heart and soul. Mahalo is a spiritual and divine blessing, it is given as a gift. According to the Kupunas, (Hawaiian elders) it should only be used when genuinely and truthfully felt. Native Hawaiians consider words to have mana, or energy. Aloha and mahalo are 2 of the most sacred and powerful words and can even be repeated as mantras to transform and empower. Aloha is an invocation of the Divine, it means love, but also embraces the spirit of compassion, acceptance, friendship, peace, and charity. Its meaning can be described as, "the joyful sharing of loving energy in the present moment." In sharing this energy you become attuned to the Universal Power Hawaiians call Mana. The Aloha Spirit is the attunement of mind and heart within each person. It brings us to the Self.

In the traditional aloha greeting there is a sharing of breath. In breathing the same air, we celebrate the recognition of being at one with each other and with the land. Both breath and the land are very important to the Kanaka Maoli, the native people of Hawaii, who now number less than 16% of the total population. Oneness

with the land and nature is at the heart of Hawaiian culture, language and customs including hula, chants, popular music, art, shamanic traditions, and politics. As the Hawaiian storyteller, "Uncle Charlie" Maxwell says, *"The land, the basis of our culture, with its streams, mountains, beaches and oceans, must be held in reverence and protected as it was in ancient times."* Author and psychologist Paul Pearsall quotes a native Hawaiian as saying, "We are at home. So many people who come here seem lost and emotionally or spiritually homeless. They keep moving, but they never really live anywhere. We love being in our place by the sea. We will never leave because we *are* this place". This fits with what I found. I spent some time on the West coast of Oahu because of the dolphins there.

Actually it is not recommended to tourists as there is a large homeless population, with many people living in tents on the beaches. There is a higher population of native Hawaiians there than in most other areas and a noticeable nationalist spirit. Although there is a move to get the homeless off the beaches – (sadly, especially the best beaches that would be of value to the tourist industry) many people refuse to move. They say, *"We are not homeless. The land is our home. We are only houseless."* An important distinction.

Hawaii was a kingdom from before 1893 when the monarchy was overthrown by resident American (and some European) businessmen. It became an independent republic until 1898, when it was annexed by the United States as a territory, becoming a state in 1959. Not everyone felt like celebrating the 50 year anniversary of becoming America's 50<sup>th</sup> state! I find it as incongruous to call Hawaii America as I do to call Tibet China! There are only 225,000 native Hawaiians amongst a total population of nearly 1.3 million. Of these, less than 8,000 are full blood Hawaiians, (which is defined as at least 50% pure Hawaiian.) When you add in visitors to the mix - in 2003 there were 6.3 million tourists - you can see how the original culture and way of life is increasingly difficult to practice and maintain. Despite this, the spirit of Aloha manages to survive. Perhaps there are commonalities with Tibet in that occupation and suppression result in a world wide upsurge in the principles that may ultimately benefit mankind and the world. As pulling up ground elder results in a stronger root base and the spreading of new growth in a much wider area - due to the suppression in Tibet, Tibetan Buddhism has blossomed all over the world. Although there is inevitable anger at what has been done to and in their country, one beautiful Hawaiian soul I met explained, "Aloha is our nature, it is our way. We have to reclaim and protect our country, our culture, our language and our way of life. We cannot hang onto anger and resentment - that is against our law of Aloha - if we do that we have already lost." Perhaps instead of being uprooted, the spirit of Aloha will blossom and spread till it touches all of the 1.3 million inhabitants of Hawaii, till it touches all of the 6.3 million tourists, and spreads from them around the planet like the golden light of the rising sun. The Aloha Law suggests that each person must think and emote

good feelings to others. It advocates kindness to be expressed with tenderness; unity to be expressed with harmony; agreeableness to be expressed with pleasantness; humility to be expressed with modesty and patience to be expressed with perseverance. All qualities necessary to take us to 2012 and beyond!

♥ Aloha and Mahalo. ♥

## APPROACHING 2012

**The 21st December 2012 marks the end of a 26,000 year cycle which is described in the East as the out breath of Brahma or Source.** 2012 has been

heralded as a pivotal time by many ancient traditions, including the Hopi and Mayans. As it signalled the end of the Mayan calendar many had assumed that it signified the end of the world. However, we now know that it only heralds the end of the world *as we know it*. In fact, the quickening of the planet has been in evidence for many years now – 2012 is simply a main focal point in a longer period of change and transformation that will affect everyone and everything. The signs and portents have been appearing in the animal kingdom for many years now. In the 70's the west began to hear about the white lions of Timbavati, whose appearance had been foretold for centuries in the myths of African folklore. The magical white lions are considered to be living symbols of enlightenment and bring joy to all who see them.

There have been white deer sightings in the Scottish Highlands and in 1991 a white humpback whale, named "Migaloo," (White Fella) by one of the aboriginal elders, was spotted off the East coast of Australia. In 1994 "Miracle" the white buffalo was born in Wisconsin, fulfilling sacred prophesies of the Sioux tribes and heralding a time of hope and renewal for humanity and harmony between all people.

There have already been many phases or waves of transformational energy. It has been quickening over the last 2 years, resulting in many wonderful changes and events, both internal and external.

At times it has also brought very difficult and challenging circumstances. A lot of beautiful souls have chosen this important time to leave the planet, and many of us have found ourselves in difficult circumstances - perhaps even ones we had thought we had already dealt with or healed. This incoming energy is a great

opportunity for us to completely clear old patterns on all levels. These may be individual patterns including genetic, birth or pre-birth patterns, they may be karmic or astrological influences, childhood conditioning, ingrained beliefs or familial, ancestral or even cultural patterns that we clear. The important thing is to be self aware and willing to work on ourselves – the more we can transmute both individually and collectively the easier the coming transformation will be for all of us.

Although it may sometimes be difficult, the incoming light and energy is helping us transform our planet into a heaven on earth, where we will all eventually live by the 5<sup>th</sup> dimensional principles of unity, tolerance, respect, compassion, ethics and loving kindness. Our hearts will be fully opened and all our chakras fully functioning at the 5<sup>th</sup> dimensional level. The "second coming" will have occurred, but instead of it heralding the birth of another fully-realised spiritual master who walks the earth in human form – this time it signifies the birthing of the Christ Consciousness - of unconditional love in every human heart. The last line of the Invocation I wrote for my 8/8/08 meditation retreat will finally and fully manifest on earth - ***"Let each man be my brother, every woman my sister and every child my gift to treasure."***

For this to occur there has to be great change - not only amongst humans but also amongst all the other kingdoms – including the plant, animal and devic kingdoms. The relationship throughout and between all kingdoms and nations also will evolve.

This is already well under way. We are beginning to redefine our relationship to animals. More people than ever are becoming vegetarian and adopting ethical policies towards our fellow creatures. The understanding that we do NOT have "dominion"



over other creatures is beginning to take hold. We are beginning to awaken to the understanding that we do not have the right to use animals as expendable objects for our profit or pleasure – ignoring

their sentience, intrinsic rights and ability to suffer at our hands. It is now time to give up that which is not ours to have - whether it is the delight of being near a captive dolphin, wearing a fabulous fur coat or tucking into Pâté de foie gras. We can only truly benefit from that which is freely given. The difference in energy between a captive dolphin and its wild and free counterpart in the ocean is immeasurable. If that wild dolphin *chooses* to connect with you - the gift is priceless.

In his book "The Outermost House," written in the 1920's Henry Beston wrote, ***"For the animal shall not be measured by man. In a world older and more complete than ours they moved finished and complete, gifted with extensions of the senses we have lost or never attained, living by voices we shall never hear. They are not brethren, they are not underlings; they are other nations, caught with ourselves in the net of life and of time, fellow prisoners of the splendour and travail of the earth."***

These words carry the deep and blinding light of truth we can continue to ignore only for a little longer. They were channelled from a high source and their time is now. We cannot evolve

alone just as we cannot ascend alone, all that we are in relationship with and the relationships themselves must also evolve. The wonderful angel teacher Diana Cooper said, ***“A person who loves animals, or sees their magnificence, has opened the doorway to oneness and ascension.”*** Our relationship to the devic and angelic kingdoms is also changing. We are “coming out of the closet” about our belief in and relationship with angels, unicorns and fairies. Only today a friend told me how she told her doctor she was feeling positive about her forthcoming Chemotherapy. *“I will have the angels with me,”* she said. He replied, *“Yes, I can see you are a positive person – you have a beautiful aura around you.”* Fasten your seatbelts, we are on our way!

## **MEDITATION FOR 2012**

**I was given this technique in meditation the day I came home from Hawaii.** It

can be used in two ways, but a combination will work best for most people. It consists of using two core statements: ***“There is Peace in my Heart”*** & ***“There is Peace in my World.”*** They can be used as a running mantra at the back of the mind, to be continually repeated either when thought of, or more specifically & powerfully you could decide in the morning when you will bring them in – it might be every hour, on the hour, or every half hour or even every 15 minutes. The only thing I ask is that you celebrate every time you remember & DO NOT get annoyed with yourself when you forget – that is counter productive! It is amazing the effect this will have even used on its own. However, if you have practiced using the statements in a 10 or 20 minute focused meditation or contemplation, your subsequent mantras will have even greater effect. Prepare for meditation in the usual way. Then begin with “There is Peace in my Heart.” Allow whatever else is going on to fall away as you focus on peace, no matter how slight or elusive it seems at first. Allow the thoughts, energy, sensations & positive emotion of peace to build, eventually fill your heart & suffuse your whole being, on every level. Feel it like the strongest, most beautiful, unstoppable & invincible divine force, so powerful that nothing of a lower vibration can even exist in its presence. When you are ready, when you feel that you have fully anchored the peace in your

own heart, move on to the second statement, *“There is Peace in my World.”* As you repeat this to yourself, see what pops into your mind. Hold every person, place, event or situation that comes to mind bathed in the overpowering energy of Peace. Know that there is nothing true Peace cannot transform. Although it seems important at the time, all that we experience here in this reality is a form of “maya,” or illusion. 25 years ago a small boy made his way to my door. I was wondering why he had come all that way – there was no obvious reason other than “small talk,” Then his question hit me like a thunderbolt, ***“Do you think all this could be a dream God is having?”*** I smiled as the world stopped for a moment as we stood in unity. I have treasured and marvelled at the wisdom of that 7 year old boy ever since.

In your meditation, continue to periodically “drop” the statement “There is Peace in my World” into your mind. Whatever comes into your mind counts as your world - even if it is something you would never do, happening to people you have never met, in a place you will never see – as long as it exists in your head, it is in your world. No matter how disturbing the thoughts might be, continue the statement and continue infusing them with active peace until there is nothing but peace. This will sometimes be easier than others, it often changes day to day as you clear old energy. Don’t think you have regressed if you have a difficult or upsetting meditation one day, it is all part of the process. It is best to practice daily if you can. As you continue, you may well find that the people and situations around you change – it can sometimes seem miraculous but in fact, it makes perfect sense. As we are all one, whatever subtle or fundamental changes you make in “your world” will have resonance and effects externally. After all, within and without are the same place. Hence the saying, “Change your mind, change your life!”

## **WHALE TAILS AND DOLPHIN DREAMS**



**I have dedicated this birth year to my cetacean connection, in preparation for work I will be doing in the future.**

This was my main reason for visiting Hawaii. Before

leaving I had a conversation with a friend who is a wildlife biologist. She was concerned when I told her the dates of my trip. *“It’s a little early for the whales,”* she said, *“They don’t usually come till mid December.”* It was too late for me to change dates, but I had a feeling that what I had planned would work out, especially as a meditation had confirmed that I would connect with them.

I had my first boat trip on West coast Oahu in mid November. About 40 minutes from shore there was great excitement – we spotted two humpbacks, probably juvenile males, the first the crew had seen. They stayed close to us for about an hour before eventually moving off. We next came across a pod of around 60 spotted & rough tooth dolphins fishing together, they stopped to escort us- leaping, splashing and bow riding, especially the mums with calves – it felt like they were bringing their babies for

us to admire! The Delphic excitement, exhilaration and joy in the water was reflected equally in the humans above! Later we found a beautiful spot to snorkel with an astounding variety and amount of reef fish. To our delight we then saw 2 Honu –green turtles, really close up. They are so special – sacred to the Hawaiians, and very obviously keepers of ancient wisdom. When we said goodbye to the honu and began returning to the boat there was a subtle shift in energy. It felt like every molecule of water became alive and very present as a pod of around 20 spinners approached and checked us out. Dolphins are the only creatures I've seen combine both curiosity and knowing in one look, which is often also embedded in love and joy. The spinners got their name from their acrobatics – they leap vertically out of the water while spinning on their axis. Impressive! They are great fun to watch from above the water too –a large pod can turn the ocean into 'dolphin soup'.

On Big Island I spent two nights in a wonderful house with incredible ocean views near sacred Waipio Valley. On awakening the first morning I couldn't wait to go out on the lanai and see the view in daylight. I screamed in delight when I saw the perfect iconic whale tail dive right below me. Mesmerised, I watched 2 whales, a mum and last years calf, for the next 3 hours. This time would be very precious for them both, as they would soon be parting for her to mate or even calve again. Like humans, whales maintain lifelong family bonds. After that, I had many 'cetacean nation' encounters. I stayed for a time near Kealakekua Bay, a renowned mecca for dolphin lovers as a pod of spinner dolphins regularly come into the bay and swim with people. It is one of the most incredible places I have ever been! I had some very significant and memorable encounters there & can't wait to return!

## 2011 HAWAII COURSE

I found a lovely house on Kealakekua Bay that would be perfect to hold residential courses, which I have decided to do in February/March 2011. I am considering running a **Meditation Retreat**, also an **Angel or Ascension Teacher Training**. I would like to factor in free time for those who want to swim with the dolphins and visit the sacred sights and lava pools. We could also have someone come and teach

us some Hula and Lomi Lomi massage. I am also considering a **Metamorphic Technique** course as the Meta/dolphin combination seems to quicken both aspects. Let me know which course(s) you might be interested in!

## REIKI TIP

**At the start of your day**, place the power symbol onto both palms with the intention that Reiki flows throughout your day, through everything you do and through everything you touch. You could also place it over your 3<sup>rd</sup> eye intending it fills your mind and flows through all your thoughts. You could place it on the soles of your feet with the intention that it grounds you, flows through your life, and blessing the earth with each step you take.

## 2010 COURSES

**This years Reiki Master Teacher course will be held over 3 weekends** and begins on the 24<sup>th</sup> & 25<sup>th</sup> of April. It culminates in the attunement weekend at the full moon in June –which is the inner planes Christ Festival of Unconditional Love. Although **Advanced Reiki** is recommended for all serious practitioners, it is not essential to have taken it before the Masters. You can also take the **Advanced** class before you have done your case studies, as it will increase the flow of Reiki and give you more tools, so it may just make the case studies all the more interesting!

There will be 2 retreats at **Shambala, Findhorn** – the **Meditation Weekend** at Easter & the **Karuna Reiki Masters** at the full moon weekend of the 23<sup>rd</sup>-25<sup>th</sup> July. To me, Karuna is the Jewel in the Crown of the Reiki system & not only palpably quickens your own healing, especially of past trauma but also gives you the tools to work at much deeper levels with others.

**The Foundation Module for the Diana Cooper School Angel Teacher Training & Ascension Teacher Training** is on the 28<sup>th</sup>-30<sup>th</sup> May – which is time of the powerful full moon Wessak Festival. The foundation module is the same for both the Angel & Ascension training, so you only need to take it once for both courses. There will be 2 Ascension trainings this year – the **Ascension Techniques**, which teaches all the basics to raise your vibration & clear your ascension path & the Ascension Teacher training – which will enable you to run groups & workshops & also provide tools for working with individuals.

**Note - Case Study Amnesty!** If you haven't done them yet, get them in to me no matter when you did your Reiki II!

*"With this holy pipe, you will walk like a living prayer. With your feet resting upon the earth & the pipe stem reaching into the sky, your body forms a living bridge between the Sacred Beneath & the Sacred Above. Wakan Tanka smiles upon us, because now we are as one: earth, sky, all living things, the two-legged, the four-legged, the winged ones, the trees, the grasses." White Buffalo Woman, on bringing the peace pipe to the Lakota people, 400 years ago.*

Read full text & more articles at [www.reikitraining.org.uk](http://www.reikitraining.org.uk)

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