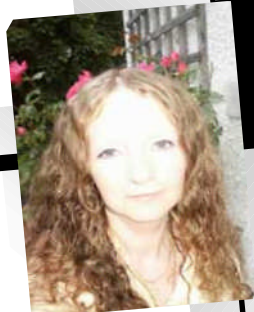


Summer 2003

REIKI TRAINING CENTRE

REIKI NEWS



What's Inside:

- Reiki Reunion 2003
- Support Group Dates
- Advanced Catch Up Day
- New Web Site
- War and Peace
- Course Syllabus's
- Karuna Master Course
- Contact Details
- Sound and Healing Workshop

EARTH CHANGES

Many of us have been going through challenging periods over the last 18 months or so. These may manifest on the physical level, or on whatever level is appropriate to assist us to clear old patterns and move on.

This is all to do with the earth changes, as she raises her vibration and moves into the next dimensional level, all life on earth has the opportunity to do so also. We are basically moving towards becoming a 5th dimensional planet and have been doing so for some time, especially since the Harmonic convergence of 1987. These changes will have reached a significant level by 2012, the end of the Mayan calendar.

I believe that Reiki is one of the major tools of our time to assist this shift. We are moving towards what has been known in religious terms as "the Second Coming." This is not the arrival of another great spiritual Master in physical form, but it is the awakening of the Master in each one of us, it is the birth of unconditional love in every human heart. When this process is complete we will have Heaven on Earth.

Part of this process is an actual physical change, as our very bodies become more crystalline in order to allow us to hold more light. This is often accompanied by inexplicable aches & pains and problems with various systems as the body attempts

to clear out old patterning in order to be able to absorb the new energies that are becoming available to us. The more we work with the Reiki energy the easier we will move through this process.



The "healing crisis" we may experience as individuals is reflected in the earth herself.

As her body also changes, (the earth's frequency which used to be 8.6 htz is now an incredible 13+ htz, and still accelerating), there is the possibility of an increase in various disturbances around the world. However, we have a choice in this. We can do whatever we can on the human level to support earth healing and we can also hold with the trust that as so many people are raising their vibration and working on their

own healing, the disturbances that were once foretold become less and less likely. By focusing on the negative and worrying about it we add our weight to that possibility instead. We will all change, of that there is no doubt, but we have a choice as to how this will come about. Let's do it the easy way by continuing to work on ourselves and constantly making the choice in our daily lives for love over fear, compassion over animosity and hope and trust over despair & denial. This is easier when we remember the Reiki principles and trust that whatever comes our way holds a gift for us, even though it may take us a while to unwrap it!

2003 REIKI REUNION

This year the Reunion will be on the 14th of September, 12md till 5pm, at the Beach Ballroom Aberdeen.

The format will be the same as previous years, with some stalls, some activities, some meditation, some Reiki shares and some fun. We will have the opportunity to do some Dru Yoga with Lynne Todd, Franziska will be offering tarot readings and Peter Govan is going to be back to do some more chanting as everyone seemed to enjoy it so much last year.

Viren Lavingia will be coming to give us a taster of the Sudarshan Kriya breathing/meditation technique as taught in India and now increasingly all over the world. This is the teachings of Sri Sri Ravi Shankar, a beautiful enlightened Master of the same level as Amma and Sai Baba. And a treat for all of you who like beautiful colour and materials, Sadia will be coming from Dundee with some ready made Indian style suits and also fabrics you can choose your own styles from. Her tailor can make whatever you want from your measurements, or if you prefer you can bring along your favourite style/fit to be used as a template. A special treat for everyone who hasn't made it to Dundee yet!

This year all reunion profit will go via an Islamic charity to the children and hospitals in Iraq. I'd like to have as much as possible to send, so this year I am asking for £10 per ticket (buy at the door) or £5 concession.

If anyone is willing to help out on the day, please give me a call.

REIKI SUPPORT GROUP

Anyone who has taken Reiki I or above is welcome to come along to our Reiki Support Group.

The Group is a format for getting together with like minded people, continued learning and generally sharing ideas, experiences, insights, questions in a loving and supportive environment. We do Reiki swaps as not all of us have someone else to work on or to give us Reiki .

While it is essential to give ourselves Reiki it is also important to receive it from others regularly.

Dates for the remainder of 2003 are: 22nd June, 27th July, 24th August, 26th October and 23rd November. All Sundays 2-4.30pm and at the Rosemount Centre, 1c Mount Street, Aberdeen.

ADVANCED CATCH UP DAY

There will be a catch up day for everyone who has done the one day Advanced Reiki in the past.

This will be on Saturday the 30th of August, cost £30. On successful completion this will enable you to be admitted to the register and use the letters "RTCAP" after your name. Please call Elizabeth to book.

SOME REMINDERS

◇ *REIKI II*

When using the mental reprogramming technique with affirmations, or indeed using affirmations at any point throughout a session, please ensure you have discussed them with the client first! It is invasive to use affirmations without

prior permission and they are also more effective if put in the persons own words.

◇ *ADVANCED*

When going on holiday take a photo of your crystal healing grid so you can keep it charged while you are away.

REIKI WEB SITE

Duncan has done a wonderful job revitalizing the web site. It now contains more information and all dates for courses and support groups. Check it out on www.reikittraining.org.uk If you would like a web site made contact Duncan on 01467-681259

SOUND & HEALING WORKSHOP

**Sunday 18th January 2004
Station Hotel, Aberdeen**

Course Fee £45

A celebration of sound & an exploration of what it brings to us for healing & transformation

Information: 01467 681259

KARUNA MASTERS COURSE 15th-17th August 2003

This year the Karuna retreat will be held at another very special venue. I was having trouble finding the right place, spending a lot of time and getting nowhere. Eventually I realised I was going about it the wrong way. I thought, "Where would I ideally like to go?" and typed a few words into the search engine. Up popped the Holy Island Tibetan Buddhist World Peace retreat centre. When I spoke to the monk He asked how I had heard of it as I was the first person to contact them, they were just planning their opening and publicity. I smiled to myself as I acknowledged once again the perfection of everything. If I had done the search a week earlier I would not have found them. There "*just happens*" to be a conference with 20 leaders of the worlds main religions on that very weekend so I know we are supposed to be there to bring in the beautiful and compassionate Karuna energies to assist the process of tolerance and unity.

So this year it looks like we will have a pilgrimage as well as a retreat – the journey from Glasgow involves a train, 2 ferries and a bus. So I would recommend people consider staying on a little, or arriving earlier to make the most of the surroundings. Extra accommodation and meals cost £30 per day. See www.holyisland.org for more information.

WAR AND PEACE

This year has seen an event many of us hoped never to witness - our country declaring war on another.

The waves of shock, horror, anger, denial, outrage and sadness have now diminished but no-one escaped the heavy energy inevitably created by so much planned destruction.

Did you notice how many people were suffering from fatigue in the immediate aftermath?

As always humour helped. Some of my favourite banners on the peace marches combined insight with humour. I preferred to call them peace marches rather than anti-war demos, the energy is quite different. Anti-war is fighting war with war. How can that work? Peace is taking the higher perspective.



It was inspiring to see so many people from all corners of the world standing up for peace, in unprecedented numbers.

It felt as if perhaps peace could be a reality in our lifetime after all, if the desire for it is so strong in so many hearts.

So, did the end justify the means? What was it all REALLY all about? Will we ever know? No matter how many questions we ask, or how many answers we receive, we may still feel dissatisfied. This situation has to be understood with the heart, not the head. One negative effect of the peace marches was to polarize people according to their beliefs about the war, creating yet more division.

We need to hold a space of peace ABOVE all the human division, without getting too caught up in the human stuff.

However, being human, this can usually only be maintained periodically. The rest of the time we need to transmute and work through our feelings and emotions. As usual, the best way to do that is firstly to be aware of them. Let them be. Don't judge yourself for having them.

Certainly do not deny or block them, rather explore them and experience them fully. It is always easiest to do this

while giving yourself Reiki. You could use the mental/emotional symbol if attuned to 2nd degree Reiki. Ultimately we need to reach a point where we can hold the whole situation in love and compassion. It certainly feels better for us, and therefore everyone around us. That then also becomes the energy that we send out around the world.

What would you rather send out, love and compassion or fear, pain, doubt and anger? We need to hold on to the higher perspective, to become part of the solution rather than stay with the anger & fear and add to the problem. James Twyman, the author and peace troubadour says "Don't pray *for* peace. Pray *peace!*" For in praying *for* something we acknowledge its lack. So rather become what you would wish to see. Pray peace. Become peace. Be peace.

Make peace in your own life. How can we expect people who have had loved ones killed and injured to forgive and make peace while we still hold grudges and animosity with each other, often over little things? I love the wisdom of Gandhi "**An eye for an eye makes the whole world blind.**" But it can be difficult to hold compassion for people who continually hurt us. Someone once asked the enlightened guru Sri Sri Ravi Shankar, "How can I feel compassion for someone who is full of anger and hate?" He laughed and replied, "So, who should you feel compassion for, someone who is full of joy and happiness and whose life is going beautifully?"

To assist this process and clear our own energy, and thereby lift the energy of the whole planet, here is a beautiful affirmation from Diana Cooper. Diana said she had been using it herself every morning for several weeks and she felt that it had really advanced her growth. It is:

"I forgive everyone who have ever hurt or harmed me in any way, consciously or unconsciously, deliberately or accidentally, knowingly or unknowingly, in this life or another, in this plane or dimension or another, in this universe or another, and I send them Grace.

I ask for forgiveness for any hurt or harm I have ever caused another in any way, consciously or unconsciously, deliberately or accidentally, knowingly or unknowingly, in this life or another, in this plane or dimension or another, in this universe or another, and I ask for Grace.

I forgive myself for any hurt or harm I have ever caused another in any way, consciously or unconsciously, deliberately or accidentally, knowingly or unknowingly, in this life or another, in this plane or dimension or another, in this universe or another, and I accept Grace."

★★★★★

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