



Awakening Your Inner Healer
Newsletter # 9 - April 2010

**Every Tom Dick and Harry
Reiki Class Schedule
World Peace Meditation
Zen Afrique**

Dear Friends,

April ushers in autumn and the end of summer; the ever-changing weather pattern reminds us that we live in exciting times where everything known is quickly changing bringing with it much uncertainty. With Reiki we have a powerful tool to help us ride the tide of change in a peaceful and healthy way. Reiki brings about a deeper understanding of who we are and facilitates the shift in consciousness necessary to cope with life's challenges.

Blessings and love
Christine

P.S. There are no level I course scheduled for April, however if you feel moved to learn give me a call ☺

Every Tom Dick and Harry

I often hear the following: "When I first heard about Reiki I was very interested but when I realised that every Tom Dick and Harry was a Reiki Master it lost its appeal." Without fail after having taken the course the people regret having made that judgement and wasted so much time.

Hindsight is a great science and we often wish we had done things differently; my take is that we were simply not ready back then and when we are not ready we always find a way out. I remember how I too resisted learning Reiki despite all the convincing insights my Reiki practitioner shared with me I simply did not believe that I was good enough for it, I considered that it was something that only a few gifted people were able to do and I certainly did not fit the profile, furthermore my background did not allow for such a foreign practice.

Fortunately all resistance proved futile as my curiosity got the better of me and life has a way of guiding me to the right people at the right time the perfect Reiki Master appeared when I was ready to dare take the first level. I knew then that I would go all the way and become a Reiki Teacher because I wanted to share this amazing gift with everyone, I was enthralled by its simplicity and the ability to alleviate suffering;

the feeling of joy, peace, love and connectedness coupled with many AHA moments was far too wonderful to keep to myself.

Nonetheless the statement made about every Tom Dick and Harry being a Reiki Master raises two questions for me:

- Why do we resist simplicity and search for that exclusive and often convoluted je ne sais quoi?
- What is a Reiki Master?

Dr Murdo MacDonald-Bayne, one of the many inspiring teacher and healer of our times said the following in his series of lectures delivered in 1948:

“ Simplicity is the Essence of Perfection, make this dominant in your mind. It is the greatest truth outside truth itself. The simpler we are the more perfect we are” – “The necessary elements to health, happiness and achievement lie hidden in our minds. Most people do not understand the language of nature because it is too simple.”

We live in a confused world where what ever is free and simple is valueless and abused or neglected at best; consider the following: Every Tom Dick and Harry begins life with his first breath and ends it with his last breath; In between some learn to breath deeply and consciously and in doing so improve the quality of their lives; others remain shallow breathers and only take in enough air to survive while others recklessly pollute the air they breath. Makes you think doesn't it! If the essential element to sustain life is not exclusive and freely available why not the harmless and simple practice we call Reiki; after all healing is inherent to life just like breathing.

Why is it then that because of our need for exclusivity and complexity Reiki loses its value for so many? Could it be that we are searching for something unique out there because we haven't acknowledged our own uniqueness, because we haven't allowed ourselves to live authentic lives as we are too busy pleasing everyone else and complying to the do's and don'ts dictated by our society, religions and governments etc... So we go looking out there for something that we are hiding from ourselves.

The term Reiki Master simply means Reiki Teacher, and taking a Master course does not make you a teacher although it passes on the ability to initiate others into Reiki. Not every Tom Dick and Harry is destined to be a teacher many remain Master practitioners and for others it is purely a personal healing journey an adventure in the mystery of life a tool towards self discovery. With practice Reiki will teach itself to you, remember that Reiki is spiritually guided originally it use to be called “soul energy” and its source is limitless and so is its wisdom; when we allow this energy to guide and teach us a meaningful and healthier life awaits us what ever that implies for each individual.

For me it is exciting that Reiki is available to all irrespective of age colour sex and education, teaching Reiki means awakening the teacher / healer in you so you can become your own master. Over the years I have initiated individuals from all walks of life to Reiki and it is such a privilege to accompany people while they uncover their innate abilities and come to the realisation that they are much more than they can begin to understand. I observe how each student is unique and how different their perception and approach are and I learn from each and every one of them. I am reminded of my own hesitations and self-doubts when I started and I know that in time with the help of Reiki they will come to see their own beauty, magic, and power and embrace their humanity with compassion. I feel so honoured that such gifted people have found their way to me and profoundly grateful to be one of the Tom Dick and Harry's that allowed Reiki to master my life.

Namaste

Reiki Class Schedule 2010

We are all healers; the memory of this lies within our Soul

Reiki is an amazingly simple technique that anyone can learn.

The training is intensive and thorough; all classes are a combination of lectures, discussions, meditations, demonstrations and hands on practice. All techniques are explained, demonstrated and practiced so that each student becomes confident in their use. All attunements are given and a comprehensive class manual is included. Fees include refreshments, lunch and a certificate.

Usui Reiki Level I - R800

Saturday 15 May 9h30 to 17h30

Usui Reiki Level II - R1200

Saturday 17 – Sunday 18 April 9h30 to 17h30

Saturday 5 – Sunday 6 June 9h30 to 17h30

ART (Advanced Reiki Training) - R1000

Saturday 3 July 9h00 to 17h30

Saturday 14 August 9h00 to 17h30

Click [here](#) for a registration form and more information

**Reiki Master Training @
Mabula Private Game Reserve**

Usui Tibetan Reiki Master Training September 10 – 13, 2010

You are invited to embrace the mystery of life, in the magical setting of the African Bush. This 3-day residential training is a wonderful opportunity for learning and healing while enthused by the miracle of spring in nature.

The class is taught in the Usui / Tibetan style of Reiki, with ample time allocated for practice, meditation and heavenly group Reiki + Game drives

Who Should Attend? Those who have completed Advanced Reiki Training and feel ready to take the next step. As well as Reiki Masters who would like to experience again the profound healing of the Reiki Master Attunements.

Venue: Mabula private game reserve +/- 2 hours drive from Johannesburg.
www.mabula.com

Instructor: Christine Lenferna

Dates: Friday 10 to Monday 13 September - Course starts Friday 16h00 ends Sunday night. We leave after breakfast on Monday.

Fees Include: Tuition, Class Manual, Accommodation, Meals and Two Game Drives in open vehicles + Loads of fun.

Semi private rooms with bathroom en suite R3000 per person sharing - Book early, reserve your space with a non-refundable R500 deposit.

Early registration discount !!! **Save R500** by paying your deposit before 30 April 2010

For a registration form and more details click [here](#) or call Christine on: 083 334 6509

World Peace Card Meditation

Wednesday, April 14, 7:30pm
(Based on local time in your time zone)

You are invited to take part in the next World Peace Card Meditation. Please mark your calendar and forward this email to all your friends.

A World Peace Card group meditation has been scheduled for Wednesday, April 14 at 7:30pm. This is local time in your time zone. This method has been chosen because of the special effect it produces. As people meditate in each successive time zone the energy builds like a wave, which gets stronger and stronger as it circles the planet. Because of the higher dimensional nature of consciousness, the energy of peace will be transmitted for a full 24 hours and continue long after this.

For more information and World Peace Card Download go to:

<http://www.reiki.org/WPCM.html>

Zen Afrique

Zen Afrique Riverside Bushveld Retreat in Scheerpoort is now ready to receive guests. They offer guided retreats, or if you prefer, you could conduct your own retreat, or simply chill out for a few days amidst the beauty and tranquility of the natural surroundings. For more information visit www.zenafrique.co.za or call Jay on 079 578 8113

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