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Newsletter # 1 - August 2009

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Dear Friends,

The transition from the Healing Grove to Touch The Soul was a thought provoking process that created an opportunity to redefine Reiki for me. My new website is almost ready, gathering the necessary material and putting everything together has been a creative and inspiring exercise.

Watch this space for a mail from 'Touch The Soul'.

I will be sending out a monthly newsletter, which I hope you will find informative and inspiring. The aim is to share news about what is happening in the world of Reiki, healing, health in general and to keep you up to date with what is happening at Touch The Soul.

This month I would like to pass on the following information about the Reiki Kanji, with gratitude to my friend Rob in Mallorca who kindly shares his findings and insights with me. Like most Reiki Masters in the west I have made use of the modern version of the Kanji. This article raises the following question for me:

How much ancient wisdom have we lost in our quest for modernisation?

Blessings and love  
Christine Lenferna  
Reiki Master Teacher / Practitioner  
Cell: 083 334 6509

P.S. News from The Healing Grove in Thailand

Gregory is working hard to come to grips with his new environment and feeling a bit homesick at times. He is learning the language and says that nobody he has spoken to has heard of Reiki. There seems to be a lot of potential for him, he should have fun giving classes in Thai...

## A deeper look at the Reiki Kanji

The word Reiki comes from two Japanese words. Rei is the upper kanji character and Ki is the lower Kanji character.




### Rei

The word Rei means universal, meaning it is present everywhere and this is the definition most people have accepted. However this interpretation is a very general one.

### Ki

Ki refers to the life force or Energy that flows through all living things.

So Reiki can literally be translated to mean "Universally guided Energy or Life Force" However this interpretation is a very general one. Japanese ideograms have many levels of meaning, and if we look deeper into the Kanji characters for Rei and Ki we get a more complete understanding of the Kanji and the word Reiki.

The Kanji  for the word Rei can be divided into 3 parts and each part has its own meaning.

The upper part of the Kanji consists of two of the parts



The ancients relied on rainfall for their agriculture and drinking water and it was regarded as a blessing from the universe.




So these top two parts give us "Receiving the divine blessing into our body as a container"

And the bottom part



Indicates a medium  
Someone who brings us messages from Spirit or the Divine

So the kanji  brings us the significant message, that human beings possess the ability to connect to the divine as a medium for this Spiritual blessing.

The Kanji 氣 for the word Ki has been simplified in Modern Japanese to 气. When you compare the two you will find a slight difference in the bottom parts.

As you will see this completely changes the energy of the Kanji for Ki.

The Kanji 氣 for Ki can be divided into two parts.



Meaning Rice

In Asian Countries Rice is the main source or supply of energy. Also the actual shape of this symbol reflects radiating energy.



And

Meaning Flow

So the kanji 氣 for the word Ki means literally flow of energy

Now if we look at the modern Japanese kanji and the way most Western Reiki masters/teachers

write 气 Ki, you will see that the bottom of the Kanji is slightly different. The symbol used for energy is



In Japanese this means block or stop.



So you can see that 气 means stop or block flow of energy.

Although both signs are correct in the sense of expressing the word Reiki properly in writing, the original version holds the true meaning of Reiki:

We have the ability to connect to the divine as a medium for Spiritual blessing and channel the flow of energy. -This is Reiki -

You might say this is just a word game, but words are intention and intention drives every thing we do, and the meaning of words is the energy behind them. For this reason our ancestors' chose certain kotadama (great spirits) and maybe we should respect their wisdom.

## Reiki Share

Saturday 22 August 2009, 10am  
Crystal Whispers Therapy Oasis  
Glenvista

By popular demand, we are having our next Reiki Share at Crystal Whispers home of Amber and Irvin. Nicky and the horses are waiting for us in the afternoon. Our last visit to the horses was an awesome event where both horses and people benefited from Reiki and our interactions.

You are invited to bring something to share for lunch and after lunch if you wish to join us, we will make our way to the stables to give Reiki to the horses. The day should end at 16h00.

Please RSVP to let us know if you are joining us for the day or part of and we'll send you directions  
Reiki Share 10h00 to 13h00  
Lunch 13h00 to 14h00  
Afternoon at the stables 14h00 to 16h00.

## Usui Reiki Class Schedule

August to October 2009

**Reiki is an amazingly simple technique that anyone can learn.**

Classes are held in the serene setting of Hartbeespoort dam, where Mountain, Water and Reiki energy create a peaceful atmosphere where you can relax and access the healer within.

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.

### Reiki Level I

Weekend Course	Saturday 29 and Sunday 30 August	10h00 to 16h00
Four week Course	Saturday 5, 12, 19, 26 September	9h30 to 12h30

### Reiki Level II

Six Week Course	Wednesday 19, 26, August and 2, 9, 16, 23 September	9h30 to 12h30
Weekend Course	Saturday 3 and Sunday 4 October	9h00 to 17h30

### Advanced Reiki Training (ART)

One day course	Saturday 10 October	9h00 to 18h00
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### Reiki Master

Weekend Course	Saturday 24 and Sunday 25 October	9h00 to 18h00
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Please contact [me](#) for more information or a registration form.

## **World Peace Card Meditation**

Wednesday, August 19, 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, August 19 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>

## **Healing journey to John of God**

Over the 09/09/09 Crystal Activation - Trip date 7 to 19 September 2009  
With David Griffin official guide

### **Visit the John of God healing sanctuary in Brazil on this upcoming 13 days healing journey**

Experienced John of God guide David Griffin will provide advice and guidance throughout, as well as a compassionate and attentive touch. You will stay at one of the best pousadas (guest house) and will be served three delicious meals each day. There will be additional activities such as trips to the healing waters of the Sacred Waterfall, Crystal Bed healing sessions, Brasilia tour and group meditation sessions. You may participate as much as you like in the extra activities or simply relax and be.

#### **HEALING & THE 09/09/09**

The healing sessions at the healing sanctuary will be on Wednesday, Thursday and Friday of each week. The first day of healing on this upcoming trip will hold special energies. This will be Wednesday September 9th, 2009 - the 09/09/09 will bring about a Global Awakening and will usher in the New Crystalline Era. The John of God healing sanctuary was built on a rich crystal quartz deposit and the location in Abadiania was specifically selected for this reason. This is a key component that assists in the healing process.

Trip Cost R11,500 excluding airfare. David can advise on the best air travel deals. Trip includes:

- Personal pick up & return to Brasilia airport
- Single room hotel accommodation for 12 nights
- 3 meals a day
- Detailed description of all aspects of the Casa's operation
- Accompaniment when going through the line each time to see John of God
- Personal advice & guidance given throughout the trip, including follow up upon returning home
- Taxi transportation from the hotel to the Casa and return
- Trips to the healing waters of the Sacred Waterfall
- One Crystal Bed Therapy session
- Tour of Brasilia

Your guide David divides his time between the USA, South Africa and Brazil. He is currently in the USA and will be happy to call you in South Africa from there.

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