



Awakening Your Inner Healer
Newsletter # 13 - August 2010

Finding Peace and Purpose with Reiki Reiki Class Schedule World Peace Meditation

Dear Friends,

The past few weeks I have received emails with the following quotes, they have prompted me to write about finding peace and purpose with Reiki.

"It is only when we truly know and understand that we have a limited time on earth – and that we have no way of knowing when our time is up, we will then begin to live each day to the fullest, as if it was the only one we had." *Dr Elizabeth Kubler Ross*

"Learn to be happy. And think of life as a terminal illness, because if you do, you will live it with joy and passion as it ought to be lived"
We are too blessed to be stressed!!! "*Pulitzer Prize-winning author, Anna Quindlen*

Our journey here is a brief one. It only lasts a lifetime. *William E. Hablitzel, MD*

Blessings and love
Christine ☺

P.S. "**For one moment our Lives Met, Our Souls Touched**" *Oscar Wilde* –
Please watch and pass on
http://www.youtube.com/watch_popup?v=hN8CKwdosjE

Finding Peace and Purpose with Reiki

Healing seems futile unless we are prepared to acknowledge wounding I operate on the premise that we are all wounded at a Soul level. We have surrendered to societies beliefs and expectations and ignored our own wisdom and purpose; as a result we live in a permanent state of conflict. (What we should do v/s what we would like to do) Facing this with honesty takes courage and it seems easier to avoid feeling the pain of living a life of 'Shoulds' by becoming experts at being busy.

Fortunately pain is an unavoidable condition of being human and at various times in our life we will experience this feeling one way or another. What is of concern in

today's society is that instead of seeing the gift in these times and reviewing our life we learn to live with it. After a while we become numb either because we have lived with it for so long that we think it is the norm or because we are medicated and have become disconnected. This probably comes from the beliefs: "no pain no gain" or maybe because of our conditioning acknowledging pain is seen as a sign of weakness and we carry on pretending that all is well until the pain becomes overwhelming and the symptoms debilitating.

It is precisely the denial of pain or any of our feelings for that matter which creates suffering; when we don't acknowledge ourselves we cut ourselves off from the support and love that we so desperately need and loneliness sets in. When we reject our feelings we deny ourselves forgetting who we are and our potential. As a result we lose vitality and purpose, we become unaware of our needs and life loses its meaning. It is only when we embrace all our feelings and accept who we are that we can lead authentic lives. We cannot know the depth of joy unless we allow ourselves to fully experience our pain for when we become numb our joy is also deadened.

Reiki teaches us to listen to our body and to pay attention to our feelings, with practice we come to realise that we don't need to live a stressed life with imbalance. An open heart is the doorway to the soul, with a Reiki attunement we reconnect to the original source of love; our soul is awakened and we remember the power of touch, love and compassion. We become aware of our state of being, we learn to pay attention to our needs to embrace all aspects of our humanity and we begin to love and take care of ourselves. The Reiki principles reminds us to live in the now and guides us towards a mindful life, as our consciousness expands we find peace and purpose in every aspect of our lives.

Perhaps healing is not an option anymore but a necessity, as 2012 approaches and life becomes more intense we feel the chaos caused by the imbalance in our energy. If we are to survive this transition peacefully it is imperative that we open our heart center and raise our consciousness. Reiki is a simple and safe way of healing our heart so we can lead a soulful life.

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 9 October

9h30 to 17h30

Saturday 23 – Sunday 24 October Lusaka

Usui Reiki Level II - R1200

Saturday 28 – Sunday 29 August 9h30 to 17h30

Saturday 30 – Sunday 31 October 9h30 to 17h30

ART (Advanced Reiki Training) - R1000

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.

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

World Peace Card Meditation

Wednesday, August 11, 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 11 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>

Thank you for allowing me to share with you, you may unsubscribe to this newsletter at anytime by replying to this email with the word remove in the subject line. Please pass it on to anyone you feel may be interested and benefit.

Namaste

Christine Lenferna
Reiki Master Teacher / Practitioner
Usui / Tibetan / Karuna Reiki ®
Crystal Light Therapy ®
Life Coach
Cell: 083 334 6509
Email: Christine@touchthesoul.org
Website: www.touchthesoul.org

