



Awakening Your Inner Healer  
Newsletter # 11 - June 2010

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Dear Friends,

Diana Coopers workshop was a heart warming event, Diana is an inspiring teacher who brings much hope for our future and is doing a wonderful job of expanding the consciousness of humanity so we can cope with all the changes that is happening on our planet. I like Diana's definition of ascension:

*"Ascension is a state of doing. It entails actively drawing down more light of your soul and monad into your physical body. This raises your consciousness and expands your spiritual awareness. It can enable physical changes to take place"*

It was great to see some of you there and connect with new friends.

Blessings and love  
Christine

P.S. As the world cup fever takes over the country please send Reiki to this event for a peaceful and joyful experience that brings out the best in everyone. ☺

## **Reiki Inspires Divine Pride**

Our humanity dictates that our ego will get in the way of our divinity and so it is for all who practice Reiki. At the beginning we are fearful of doing something wrong although we are taught that Reiki can do no harm. And then we worry that "our" Reiki does not work because we are not good enough, this despite the fact that we know that Reiki is available to all and so the story goes... our self doubts get in the way. Inevitably when we receive positive feedback we get excited, our confidence is restored and we are proud of ourselves claiming that Reiki works.

With practice, Reiki teaches us to surrender to the Higher Power or God or the source of Reiki or Universal Life Force whatever you call IT. Reiki energy is guided by Divine wisdom, the practitioner is merely a conduit through which the energy passes. What actually happens during a Reiki session is out of our hands literally. ☺ Healing is a process that requires the cooperation of the person receiving the energy. We are all healers when the Reiki energy touches our soul our inner healer or the

Divine spark within is awakened and then it is up to us to clear the way so the Divine can do the work.

When we allow this to happen we create magic, some call it a miracle. The miracle for me is that our body carries on functioning despite all the neglect and abuse we inflict upon ourselves. During a Reiki session our consciousness expands and we enter a state of deep relaxation that facilitates the healing process. Healing requires a mind shift in order to bring back wholeness and harmony and this process happens when we let go and let God.

By practicing regularly on ourselves and being mindful of the Reiki principles we maintain a clear channel for the energy to flow and our lives become more harmonious and peaceful. As our consciousness expands we gain a deeper understanding of our connection to spirit and we take pride in being part of the Divine and feel whole.

As Reiki practitioners when we channel this loving energy with an open heart we gain humility; intending that the work we do is for the highest good we let go of expectation trusting in Divine wisdom. We are grateful for the privilege of being the silent witnesses to the miracle of life, we take pride in being part of the Divine; knowing that when we value ourselves we honour our maker.

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 26 June 9h30 to 17h30

Saturday 17 July 9h30 to 17h30

### Usui Reiki Level II - R1200

Saturday 5 – Sunday 6 June 9h30 to 17h30

Saturday 7 – Sunday 8 August 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](http://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, June 16, 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, June 16 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>

## **New Reiki In Hospitals**

The Reiki In Hospitals web site has been upgraded to the

### [Center for Reiki Research](#)

In addition to the descriptions of Reiki programs at 64 hospitals the site now features a listing of all Reiki research studies published in peer reviewed journals. In addition, summaries of each study are also included along with many other valuable features.

### [Reiki Research Booklet](#)

A hardcopy Research Booklet is also available that includes all the information on the new site.

### [Research Consultation Service](#)

If you're thinking of conducting Reiki research, our consultation service can help you make your study conform to the standards necessary to be accepted by the medical/scientific community.

Sincerely,

William Lee Rand

[The International Center for Reiki Training](#)

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