



Awakening Your Inner Healer  
Newsletter # 10 - May 2010

## Reiki and Atlantis Reiki Class Schedule World Peace Meditation

Dear Friends,

I love it when I find material that explains what I know without understanding how. I often tell those who come to learn Reiki that as they go along they will realise that in reality they are not learning, simply remembering. Much to my delight while paging through a book about Atlantis my eyes caught the word Reiki. Of course it is no coincidence that this happened at that time of the month when using Reiki as a tool for inspiration I ponder about what to write in my next newsletter; with gratitude I marvel at the synchronicity.

Below is what most will consider a legend while others will allow for the possibility of such an event and some will simply accept that this information paints a bigger picture about the origin of Reiki. What ever our belief, for me the question here is whether we are we able to get past our opinions and allow in our consciousness the message this story brings to our attention today.

Diana Cooper is facilitating a workshop in Johannesburg of the 16<sup>th</sup> of May *“Based on her new book - 2012 and Beyond - Diana will share why 2012 is so important and the awesome spiritual opportunities due to occur during that year”*. I hope to see you there; for more information contact Chellie de Jager Cell: 083 256 0731

Blessings and love  
Christine ☺

P.S. Mike Adams, the Health Ranger, editor of Natural news wrote a really interesting article offering a deeper look at the idea that **health is no accident** and that good health only happens *through* you (from within), not TO you (external interventions). Click [here](#) to read about it.

## Reiki and Atlantis

Various teachings suggest that most of us living on earth today have had an incarnation in Atlantis and the time has come to bring the spiritual knowledge and ancient wisdom back in order to facilitate the process of ascension currently occurring on our planet.

Flicking through the book “ Discover Atlantis” co authored by Diana Cooper and Shaaron Hutton I found the following under the heading **Reiki**:

“In the Golden times of Atlantis almost everyone was a healer. The healer priests could channel very pure spiritual healing and they used it with the highest integrity. In those days everyone was open and psychic and they prized these gifts highly. However, when greed need and fear appeared in people’s hearts and the social structure started to break down, many people lost their psychic abilities. These non-psychic beings were considered to be inferior and were cast out. Some were even used as slaves. In these devolved times, most of the priests and Initiates, some of the Magi and even certain high Priests and Priestesses had sold themselves to the power of darkness. The continent was cast into darkness and uncertainty. Those who retained the pure spiritual values prayed for help to stop this abuse and the Intergalactic Council invoked source to send angels, who gave them symbols. These symbols were placed in the aura of those who were affected and attuned them to a higher vibration, which restored their psychic and spiritual gifts.

At the fall of Atlantis, the Reiki symbols were taken to Tibet, where they continued to be used for healing and to attune people to a higher frequency. Some of the newly-attuned people started using it for personal power until eventually it was decided that humankind could no longer be trusted with the energy of the symbols and they were withdrawn.

Thousands of years later some of them were returned to Dr Usui in Tibet, one of those who had so assiduously worked for the light of Atlantis, so that he could start initiating selected people into the use of Reiki again. For many years they were kept a closely guarded secret passed only by word of mouth. Now, however, more of the symbols have been returned through other channels. They are now widely used by a variety of healers to heal people and realign their frequencies to a higher level. “

*DISCOVER ATLANTIS A Guide to Reclaiming the Wisdom of the Ancients  
Copyright © 2005 by Diana Cooper and Shaaron Hutton  
(Published by Hodder Mobius)*

We live in challenging times and we are fortunate that Reiki is easily available to all who seek to live a better life. Reiki is a practical tool that supports us to “*keep our mental, emotional and spiritual bodies in alignment so that the physical body can demonstrate perfect vitality and balance.*”

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 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](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, May 12, 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, May 12 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>

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