



Mindful Messages

Issue #31

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Canadian Reiki Association Annual Meeting Experience

The AGM was terrific. It was just nice being in a large class of like-minded people with great energy! We had a chance to meet many very interesting people, sell a few massage tables and take part in a drumming ceremony. The effect was a bit overwhelming - it's an experience I'll cherish.

Getting ready for the session was fun in itself, with everyone having a laugh as they tried to position themselves on the floor. I was caught on camera obviously getting a kick out of it all.



Thanks so much to the members of the Board of Directors for this great experience and wonderful day

Upcoming Classes

Reiki Share

While Reiki Shares are usually held on the second Tuesday of the month, this month is an exception. It's on:

Tuesday, June 20th. We'll start at 6:30 again.

Please come and meet other Reiki Practitioners and Master's, have a chance to share in a welcoming environment and both give and get a complete Reiki Treatment. I know that some practiced the Axiatonal Alignment, so if you haven't had one before maybe you can smooth talk one of the participants into giving one to you.

Please let us know if you'll be able to attend (905-785-2990 / mindfulmatters@rogers.com).

Axiatonal Alignment

It seems that this wonderful treatment method is gaining in popularity. It's no wonder because in a very short period of time you have the opportunity of enabling your client to release blockages and balance their energy system and much more!

The Axiatonal compliment a Reiki session perfectly. You'll receive a step-by-step manual and will also be certified as a teacher just in case you wish to hold classes.

Our next one-day class is on Sunday, June 25th. The cost is \$130. Please give us a call or email us to book your spot

Obtaining a “Higher Vibration” What Does That Mean?

What exactly is this “vibration” thing that keeps coming up when you talk about Reiki? Supposedly when we become attuned to Reiki, we reach what Masters will call a “*higher vibration*.” What's really going on and do really “vibrate” differently and why do we want a higher vibration anyway?

Let's start at the beginning – the very beginning!

At one time, so many millions of years ago that it is almost so difficult to comprehend; all that is in the Universe was in one tiny ball of matter.

This has been presented by Kabbalists for thousands of years and recently, outlined by scientists who were examining the origins of the Universe before the “big bang.”

Since this is a truth, we must accept that this ball of matter that was one thing, was indeed all things. And since all things were in it, they must have had the same “vibration.”

In essence, matter moves. While we may think something like a rock is an inanimate, stationary thing, if we look at it at a sub-atomic level, there's lots of motion going on.



“There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle.”

Deepak Chopra

“The reason why the universe is eternal is that it does not live for itself; it gives life to others as it transforms”.

Lao Tzu

Atoms are moving and electrons are zipping and even smaller particles are whirling around in a logical uniformity and pattern that ends up creating what we call a rock. Even a rock has a vibration – one that we share because we were all one at one time.

So, everything vibrates, even if appears to be something absolutely solid. And, we are connected to all these things because we share this original vibration.

So, what differs? The “purity.”

That which we believe brings logic to the Universe functions as pure energy – pure vibration. You may wish to call this Universal Energy or the Source, but we know that it is pure Love and Light.

As humans, we vibrate as well – that vibration that existed in that initial ball of matter, but the vibration we need to address relates to whom we truly are – eternal spiritual beings of energy in a human body. So, we are part of the Source and as such, have almost the same vibration. ‘Almost’ because we are human and we’re affected by our emotions and egos, which keep drawing us away from the Source. The further away, the lower the vibration. The closer, the higher.

Some of us are on the quest to receive as much connection as possible to this Source level of vibration. This makes so much sense because if we “vibrate” at that level, then we will be able to manifest all things, have control over the consequences of our action and the way the Universe responds to us and our lives will start to make much more sense. We will then see things with a clarity that’s not possible if we fog things up with negative emotions.

Emotions are energy.

Energy in motion = emotion.

Energy causes vibrations.

What emotions are you using to generate the energy that affects your vibrations?

So, it’s emotions that mess things up and it seems Dr. Usui knew this all along.

*“Kyo dake wa
Okolu-na
Shinpai suna
Kansha shite
Goo hage me
Hito ni shinsetsu ni.”*

Dr. Usui

If we are angry or worried for example, then we cannot be reaching a higher vibration because the Source vibration is Love and Light.

It cannot relate to a lesser vibration. It's like trying to mix oil and water – it just won't happen.



*Hey!
The “secret” is in
the Principles!*

Our negative emotions prevent us from “mixing” and our egos, pushed along with negative emotions such as pride and jealousy or shame or anger, prevent us from reaching that higher source of vibration that we want.

So, what happens during a Reiki attunement? Once the symbols are placed in our consciousness then we can easily access this amazing Reiki energy, which also has a vibration. It is from this source of Love and Light that Reiki flows and we've been given a jump start to use it. The symbols enable us to function at the same vibration in order to channel the energy. There's the catch. If we are being affected by any negative emotions, then we cause ourselves to vibrate at a lower frequency. If you are angry or worried or are experiencing any lower frequency emotion, do you think that you are actually being an effective channel to enable Reiki to flow? If you are angry or depressed, why would you think that you could access Love and Light and that it would flow freely through you?

Dr Usui presented his principles as a foundation of living. He emphasized these principles and spent a great deal of time addressing them even before he instructed his students on how to access Reiki energy for he knew what happened to one's vibration when affected by negative emotions. Many Reiki teachers now have moved away from the discussion of these principles and have concentrated only on the “healing” aspect of Reiki. This doesn't make sense because your negative emotions cause you to lower your vibration and prevent you from being an effective Reiki practitioner.

So, you know that you have to control those negative emotions and you also know that you've been given a wonderful boost to vibrate at a higher level because of your attunement but what else can you do to increase your level of vibration? The answer's a simple one.

*“We are not human
beings on a spiritual
journey. We are spiritual
beings on a human
journey.”*

Stephen R. Covey

You are in control of accessing the highest possible level of vibration. This is a good thing to know because if you're in control then you know that no one else can prevent you from reaching the highest possible level. It's also a tough thing to accept because we may want a magic answer or a mystical teacher to present us with the key to reaching this highest level. Well, the key is you and it has been all along!

You need to work at it. Feel joy. Have positive feelings *all* the time – even during what we would call “bad” times because when we do, we relate to the Source. We have the same “vibration.”

So, how can you do that?

Dr. Usui asked in his principles that “just for today” you don't get angry. You then try to focus on the moments where anger might well up inside of you and then try to pay attention to that happening and instead of letting it consume you, you try not to be reactive and calm yourself. You try not to let yourself vibrate at a lower frequency.

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned.”

Buddha

Now if you are angry say 2 % of the time during the day (eg. got mad at colleagues for what you think is stupid behaviour, got angry at the attendant for taking so long, got upset cause your Big Mac didn't look like the picture of it, cursed the driver who cut you off) and trying our best to control your reactions, what are you doing with the other 98%?

Which would be better: trying to change your reactions 2% of the time or consciously being positive 98% of the time? Even if you are trying to remember to be consciously positive and forget and only do so 20% of the time, which would have the greatest effect in enabling you to vibrate at a higher frequency?

So, instead of focusing on those moments where you are being affected by some circumstances that causes you to react negatively, be focused on all the other times. When Dr. Usui said: “Just for today do not anger” it wasn't meant as a directive to focus on the angry moments. If just for today, you are not angry, then what are you?

There are so many moments during the day when you are feeling good that just slip by you. You can change all that.

Here's an example of how.

“The only real valuable thing is intuition.”

Einstein

Before you go into your kitchen for breakfast in the morning set an intention about how the breakfast experience will go. Everything you do starts with an intention. You know that with Reiki, the intention starts the connection and establishes the foundation of the treatment.

Why not act in the same fashion with all of your daily experiences? Why not use the routines to enable you to consciously function at a higher vibration because what you are doing now when you have breakfast or carry out any other routine is only focusing on the robotic steps? Let's change that from now on.

Try this task for breakfast:

1. Before you go into the kitchen set an intention.

You might say:

“I wish to have a loving moment with my family and enjoy the benefits of healthy eating.”

Or you may wish to just say:

“I wish to have a calm moment and enjoy the taste of those blueberry pancakes that I've been looking forward to.”

It doesn't have to be a deep, philosophical life statement.

2. When you have breakfast, be conscious of your *feelings* while you are. Now that may seem strange but the effect can be dramatic. As you go through the routine steps of having breakfast, try to be aware of your feelings at each step, such as:

“I love sitting down with my family for these few moments and preparing for the day.”

“I appreciate the warmth of this coffee and how great it tastes.”

“I love the flavour of those blueberries in my pancake.”

“I'm appreciative of the fact that all my appliances are working today.”

“I feel good right now.”

.....and so on and so on.

Now follow a similar procedure with getting into the car or using the washroom or meeting a client or watching TV or cutting the lawn.

There are a multitude of opportunities that will simply enable you to connect to Source easily by setting intentions repeatedly and bringing your awareness to how you feel in the moment.

*If you wish to obtain a higher vibration
then you cannot continue to function
at the same vibration
that got you to where you are
at this moment.*

*You have to do something different
with your focus, your attention
and your awareness.*

“A man who is master of himself can end a sorrow as easily as he can invent a pleasure. I don't want to be at the mercy of my emotions. I want to use them, to enjoy them, and to dominate them.”

Oscar Wilde

Whatever you are about to do, set an intention and note your positive emotions.

Anything you do begins with the intention to think or act. So, enabling yourself to maintain a higher vibration can be accomplished by simply being conscious of your feelings during the very simple actions that you do, all day long.

The effect will definitely be amazing because now you are consciously relating to the Universe whenever you can, not just during the times that challenge you.

Just for today, try to set positive intentions whenever you do something different.

Just for today, be conscious of your good feelings in as many moments as possible.

Your level of vibration will change – it has to because you are generating positive emotions and energy.

Try to do this as much as possible during the day and enjoy the effects of altering your vibration!

Orbs and More Orbs!

"I refuse to answer that question on the grounds that I don't know the answer."

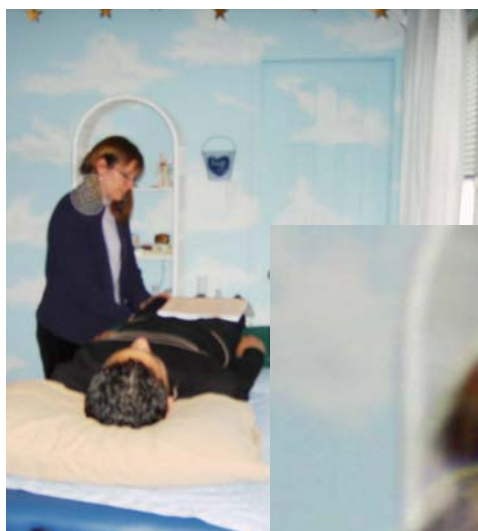
Douglas Adams

I would love to say that I knew exactly what these things are but sorry, I really don't know. I do know that clairvoyants have seen them enter people during a healing and have said they feel a good energy from them. Are they angels or spirits or just bundles of energy?

When I hypnotize people for a past life regression, one of the most rewarding parts of the session is when the person describes their death and how they slip back into a being of energy. The description and feedback is overwhelming at times and often beautiful. Almost all persons become this orb of energy. I tend to feel that this is what they are and it has been reinforced by digital pictures that I have taken.

The woman in the picture (taken at one of our Beyond Master's classes) has said that she often has the feeling that her deceased mother is with her and seems to sense her on her right side. I recall telling her that I sensed someone there as well and described the person and she confirmed that it was her mother.

There are times in classes that I will take pictures hoping to catch an orb. This picture is one of the most dramatic. I have increased its size to show you the phenomenal detail:



So, how can you take pictures of orbs? It's really not that difficult but there is a trick.

You can use your digital camera and randomly take pictures anywhere, whether in the daytime or at night (like this very interesting one that was following me as I exited our yard into the park (that's a gate to the left and the distant back light at the top)):



The trick is to surprise them!

Perhaps they're polite or just plain shy or hate getting their picture taken, but I know that if you take some time to set up a shot, you won't find any orbs! But, if you look as if you are about to take a picture and then turn quickly and take the picture in the opposite direction, you have a greater chance of catching some in the shot.

You'll get all shapes and sizes so be careful when you look at your pictures as some are easy to miss. You may also find that some pictures are filled with them.

Have some fun. If you take some interesting pictures, please send them our way.

Developing Your Intuition – Part II

In the last newsletter we outlined a number of steps that you can take to develop your intuition. It outlined some tasks that could be followed to help you develop your intuitive abilities.

Now we want you to begin to develop your "receiving" abilities. Since we are beings of energy, it seems to make sense that if we have an energy field that is working properly and balanced, we will have a better connection and then a better ability to capture

the information that comes to us. One of the primary reasons that your intuitive abilities are limited is that you have not ensured that your energy system is adjusted to receive information. You want it to be in the best possible position to receive information that bombards you.

"Intuition is perception via the unconscious."

Carl Jung

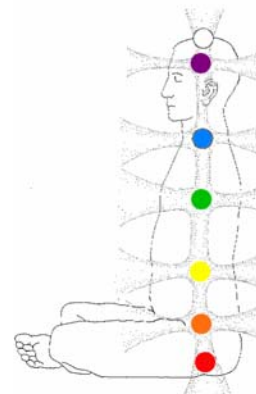
I'll give you an example. Your friend Craig is going to call you. You haven't heard from him in 3 years because he's been out of the country. He sets his intention to call you later. The Universe will hold that information and since it is linked to you, you will be able to receive it. Makes sense. By the time the phone rings you should already know who is on the other end. You make a guess who's calling but you're way off.

Once an intention hits your energy field, it will move through your Aura and into your Chakras and into your consciousness.

Have you balanced it, cleansed your aura and opened your Chakras to ensure that you can receive these signals? Well there's homework that should be done and it's a daily task. Once you do these things routinely, you'll establish a strong foundation to develop your intuitive abilities.

There are a multitude of Chakra balancing techniques but this one seems to work well and is fast to do.

You can do this when you are sitting down or standing up anywhere. You can do it in the morning and also before you wish to try any exercise that develops your intuition.



1. Envision your Root Chakra at the base of your spine. With a simple visualization:

- ✚ See it opening (like a camera shutter or flower opening)
- ✚ See it starting to spin clock wise like a propeller
- ✚ Feel the sensation of this if you can
- ✚ Envision the Power Symbol at the opening of the Chakra
- ✚ Envision the colour of the Chakra as a liquid or cloud
- ✚ See the Power Symbol moving into the Chakra along with the colour and let it flood your entire body.

2. Move to the Sacral Chakra and repeat the steps at the back and front chakras simultaneously, working to make them spin in unison

3. Repeat this for all other Chakras, ending with the Crown Chakra.

*“Intuition will tell the
thinking mind where to
look next.”*

Jonas Salk

Once you repeat the entire procedure a number of times, you will be able to move through the Chakras quickly.

Don't underestimate the power of this exercise and how it may make you feel “different” in a number of ways as your energy system balances. All changes will be for the good.

You “own” your chakras. If they had a colour, then I'm sure you would want them to appear healthy. Because they are invisible, you may have ignored them. Once you begin to work with them you may begin to sense them or even see them.

Enjoy trying different intuition tests and exercises now to see the differences and spend time developing your skill. It takes some patience, but a balanced energy system will lead you to places you've never been before. Enjoy!



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