



# Mindful Messages

Issue #33

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## Reiki in the Park – Great Success!

On September 7<sup>th</sup> in Gage Park, eight Reiki Practitioners set up massage tables and offered anyone the opportunity to experience the wonderful benefits of energy.

Each year, a community event takes place that offers local residents as well as those that are street involved, to listen to some music, have something to eat and enjoy a Reiki treatment.

Thank-you to Reiki Master Ruth Renwick for organizing the Reiki component of the event, which grew from 2 practitioners to eight this year - and they could barely keep up! With the weather cooperating, there was a large crowd. It was a wonderful opportunity to offer Reiki to many who knew nothing about it and to others who simply enjoyed a moment of human attention.

Thanks to all those that participated. We're already looking forward to next year.

## Massage Tables!

We have two styles of brand-new massage tables now available: a brown / reddish tinge one with rounded corners and a hunter green one with dove-tailed corners.

Each has 3 inches of memory foam and are constructed of solid hardwood. Both are fully portable (just 36 pounds) and include the deluxe case, face cradle, face cushion and arm rest at no additional cost. The cost is \$260 and we'll ship it to anywhere in Canada for free!

All the tables are fully guaranteed!

Looking for a fitted bottom sheet set with top sheet and cushion cover? We have them for just \$11.95 (regularly \$25 U.S.).

Please contact us to tell us how we can help you.



- Italian leather-like upholstery
- Big-top table construction with 3" memory foam
- Rounded corners with baseball stitching
- Autolock opening system
- Shiatsu release
- Adjustable height from 24 - 34 inches
- 28 ½" x 72"

They are completely portable and weigh just 35 pounds.

The price is \$260!!

Please call us as soon as possible at 905-785-2990.  
Let us know how we can help you.

## What are "Blockages"?

But Reiki Masters and Practitioners often state that Reiki sessions remove blockages - what exactly are they referring to?

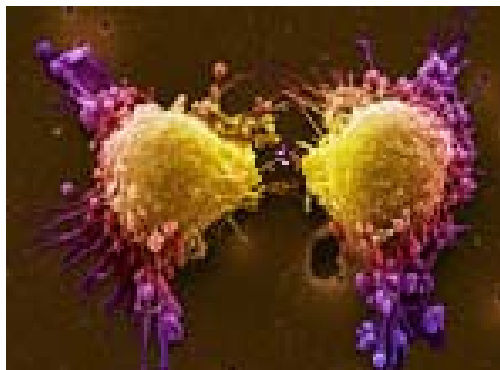
It relates to a word this is at the foundation of the very modality that we use "Ki". For thousand of years it has been accepted in the East that "If ki flows, one is healthy but if Ki is blocked, one is sick."

*The energy that radiates out  
from anyone or anything  
is the Ki  
of that person or that thing.*

Those people that come to you with problems have mental, emotional, spiritual and/or physical issues and all these problems are caused by Ki blockages at the cellular level

In the last newsletter we talked about "vibration." All cells move and as they expand, the energy inside the cells transforms into matter. This makes sense, because as we grow, we increase in "substance" As cells die and new ones develop to fill the void, they expand and new matter within the cells is created. If this transformation is not balanced then a "sickness" of some sort will occur.

When cells vibrate they are contracting and expanding, radiating Ki. A balanced energy system prevents these blockages. Something like a cold virus stimulates the energy within cells,



## Why should I "smudge"?

Because you and everyone else are an energy sponge!

We have a huge energy field, expanding and contracting around us and meshing with everyone that it comes into contact with. When someone comes into your home, they bring a long a lot of junk with them and, without an intent, leave lots of it behind.

Seems like a good idea then to cleanse your home and you of any of this unwanted debris. Smudging does the trick.

The burning of sage is a common practice among many religious, healing, and spiritual groups. The word sage itself - *salvia* - comes from the Latin word *salvare*. It literally means "To heal."

Sage has long been used in "smudging" ceremonies to promote purification, protection, longevity, and immortality. White Sage grows along the coastal regions of Southern California.

The ritual of smudging can be defined as "spiritual house cleaning." The smoke attaches itself to negative energy. As the smoke clears it takes the negative energy with it, releasing it to regenerate into something more positive.

Tests have also shown that the smoke of burning sage literally changes the ionization polarity of the air.

How can smudging be so powerful? The answer lies in the subatomic world of subtle or spiritual energy - the energy caused by the vibration of cells.

Cleansing a space or our bodies with techniques such as smudging clears away all the emotional and psychic 'garbage' that may have gathered over the day, year or even hundreds of years. It's like *spiritual spring cleaning*.

We must remember that we are beings of energy and our Auras do much to relate to the energies of others that we come into contact during the day. Your Aura is like a sponge so where you go, so to does all the negativity that you've come into contact with. In addition to using Aura Clearing meditations, smudging is also excellent for clearing the negativity.

By allowing the purification and cleansing properties of sage to clear you, your items or your rooms, the space is created for new awareness and new direction to begin to take its place.

The effects of smudging can be surprisingly swift and dramatic. Above all else it turns any space, however humble, into a soothing sanctuary - a place of renewal and happiness. Smudging brings an awareness of the sacred and should be performed with sensitivity and respect.

In all actions related to linking with energy, your awareness should be total to the task at hand, from beginning to end.



Reiki Practitioners must always ensure that the space that they are using is cleansed of all negativity, just as they are free from blockages.

A mistake is being made if one does not adopt this practice as the negativity that will inevitably build up in the area that you wish to be pure and calming will absolutely have an effect both on you and your clients.

Before you smudge, draw the Power symbol in the corners of the room, while intending that it remove all negative energy and then, follow these steps:

- Choose a natural container to hold the mixture as it burns or smolders. Some prefer a large shell while others use an earthenware bowl or a hollowed rock.

- Place a few pieces in a mound in the center of the container. As you add each piece of sage to your container, offer thanks for the opportunity to conduct this ceremony and to the energies associated with it. A small amount of sage can give off a lot of smoke and when you are ready light it.
- You will need a way to fan the embers to keep them burning. In some traditions, it is considered disrespectful to blow upon the smudge with one's breath. You can use your hand to sweep air into the embers, but a feather is much more effective.
- Smudge all around the room, under the Reiki table, under and around chairs that were used and perhaps along the hallway from the front door to your Reiki area
- When the ceremony is complete, the ashes should be totally burned (avoid using more than you will need) and respectfully returned to Mother Earth, perhaps at the base of a tree, a shrub or rock. Never dump the ashes into the garbage or toilet. Returning the ashes to the earth is noting your respect for the balance of all things.

Be conscious of any negative feelings that you may feel following a smudging. Remember, negativity attaches to you as well and circumstances during the day may have tested your ability to stay calm. These feelings are an indication that you should take steps to cleanse yourself.

Smudging yourself is a wonderful way of removing negativity attached to your aura and, accompanied by a meditation, can be a very intense experience. Simply light the sage and place it under your chair while you are sitting on it.

Invoke an intention that the sage remove all negativity that surrounds you and then relax and let it do its work.



## Reiki in the Park – Volunteers Needed

Last year we took part in this amazing event sponsored by the Peel Harm Reduction Network. While a free barbecue was offered in Gage Park to the community along with live music, we had a chance to give Reiki sessions. It was an uplifting, cherished moment as homeless people had a chance to get the benefit of Reiki.

It's turning into an annual event which will be held:

**Thursday evening, Sept 7<sup>th</sup>  
from 5 - 8 pm**

Do you have a few hours to spare to give the gift of Reiki to those who otherwise would never be able to receive it? We'll supply a massage table if you don't have one. Please give us a call at:

**905-785-2990**



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