



Mindful Messages

Issue #34

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Reiki in the Park – A Great Success!

On September 7th in Gage Park in Brampton, 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 offer 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 last year 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.

Thank-you to Holly Abell, Linda Thomas, Michelle Bauer, Sonia Madan, Marie Odorizzi, Maralyn Wilson, and to Lestat Odorizzi for his support. 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 have 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 also ship it to anywhere in Canada for free!

All the tables are fully guaranteed!

Fitted Sheets Available

Looking for a fitted bottom sheet set with top sheet and face cushion cover? We have them for just \$12.95 (regularly \$25 U.S.) or 2 sets for \$20.00 (plus shipping and tax).

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

905-785-2990

mindfulmatters@rogers.com



Manifesting Miracle – The Journey to Reiki

One of the most exciting moments of any class for a Reiki Master is when everyone is sitting waiting to start. The students have high expectations of course and are both excited and a bit anxious because they really don't know what to expect. In all of their minds is: "will I really be able to do this?"

Then an interesting thing happens – a confirmation of an absolutely wonderful truth! When the students are asked to introduce themselves and note why they wish to take Reiki, many of them really can't put it into words. They may say that they really don't know that much about Reiki or that they just heard about it, but they all have some deep desire or need to learn it.

What drives someone to take Reiki when they know so little about it or strangely, have just found out about it? The wonderful thing about this is that they have been guided to that point – but by what and how?

Reiki is a confirmation that there is a direct connection between us and what we call the Universe. After we're attuned, all we have to do is think "let Reiki flow," and a miracle occurs. This beautiful energy channels through us effortlessly. We have no doubt that it works, especially after seeing the effect it has on clients. But why don't we take that same belief and apply it to how we relate to and request things from the Universe all of the time? The students that came for the Reiki class did just that – but probably not consciously.

At some point in the students' past, they probably hoped for a change in their lives. They may have envisioned helping people or working in the health profession or becoming involved in something very different from their current type of employment. Simply stated, they "put it out there" and they did so repeatedly. The Universe listened and opened doors that led to the Reiki class.

The attunements are an amazing process that connects the practitioner to Reiki energy. However, it is the intention of the process, enacted by the Reiki Master and requested / wished by the practitioner, that connects the practitioner to the Universe.

After symbols are placed into their consciousness by the Reiki Master, it is the Practitioner's intention to enable the Ki to flow that is a confirmation of a powerful aspect of the process. It demonstrates a direct and immediate connection to the Universe, so much so, that it enables us to know without doubt, that it is there for us to use.

So, the students' kept asking for something to happen in their lives and the Universe provided an answer. It offered a direction and placed things for them to use along their way: people who may have told them about Reiki, a magazine article about healing, a website that mentioned Reiki, a suggestion to visit the CRA website and so on. Ask that Reiki flow and it does. Ask for a life change and answers come your way. Some may see them as such and others may marvel at the coincidences.

For those who have taken manifesting training and use it, we know that it is a powerful way to live. It enables us to have purpose and exhibit control as we work with the Universe to live out our lives to the fullest. So, as Reiki Masters, what can we do to enable those who have come for training – all led by an intention and given answers that brought them to that place – to understand that they can work with the Universe at all times and, unlike for Reiki, they don't need an attunement for that to happen?

The answer relates to the principles.



There are many Reiki Masters who make their students aware of the principles and others that spend a significant amount of time reviewing them. For example, It's nice to be told not to be angry but what's the purpose behind saying that?

Dr. Usui and those that followed him understood that emotions were indicators of a successful connection with this Universal Energy.

They knew that anyone could access it at any time but that negative emotions got in the way.

He knew that we were in sync with the Universe when we felt calm and were not prompted by circumstances to be reactive. He also knew that we disconnected from it when we felt anything negative at all.

A negative feeling is our signal that we've pulled the plug!

He emphasized the principles because he knew that our connection to the Universe and our very ability to relate to this wonderful Reiki energy was affected by our emotional state.

Over time, western Teachers have moved to concentrate of teaching their students about giving a treatment, rather than making life changes through the adoption of the principles.

So we may be missing an opportunity in our Reiki classes. Perhaps it's time to shift the focus a bit so that all the students know that this is a life changing event not only because they will be able to channel Reiki, but that they will be given the opportunity to understand how to live each day differently. They will understand that it's not just about refraining from getting angry or being worried or trying to be humble, but it's all about maintaining a constant connection with the Universe, living as part of it and benefiting from it.

The same process that enabled them to be at the Reiki class can help them reach any goal.

How can we do that then?

The first would be through demonstration. If we as Reiki Masters constantly try to maintain this connection with the Universe by keeping negative emotions in check and manifesting what we need in life, then we'll be able to lead by example.

We can also ensure that they understand that principles are more than a simple guide but a life philosophy that can lead them to a very different and rewarding type of life - that the principles help us to limit our ego and maximize our connection with all things good.

***The miracle of Reiki is not only
the attunements but the
manifesting that students did
to lead them to that moment!***

Devoting the time to review all the principles in detail can be a life changing event for students.

Examining how negative emotions affect our relationship with all things and examining strategies to acknowledge and then overcome these emotions can lead to powerful changes.

As a Reiki Master / Teacher, demonstrating how negative emotions such as anger and worry feed the ego can be an eye opener. For the student on a spiritual quest, it can be a catalyst towards massive positive change, heightened by their attunements and welcome to the world of Reiki.

Offering steps to show students how to use their emotions as indicators of being connected with or divorced from the Universe will have a rippling effect. Their increasingly positive nature will affect others in their lives and many others still that they don't even know.

So, with an increased concentration of the principles, Reiki training can be far more than enabling people to become practitioners. It can once again become the life-changing event intended by Dr. Usui.

*"Important principles may and must be inflexible."
Abraham Lincoln*

*"Those are my principles, and if you don't like them... well, I have others."
Groucho Marks."*

Beyond the Master's!

Oh yes there really is so much more!

The Beyond Master's course is a journey – a step-by-step guide that will enable Reiki Masters to utilize wonderful, powerful techniques and benefit from Reiki every moment of each day.

For you:

- Check your energy balance just by examining body points
- Enhance your concentration
- New techniques to balance your chakras and cleanse your aura
- Effective techniques to ground yourself
- Protect and shield yourself
- Create and utilize energy balls to address problem areas
- Thump body points and use pressure points to address issues and pain
- De-stress yourself through contact points
- Utilize your energy field for guidance
- Align your energy system
- Strengthen your Reiki connection by using a diversity of techniques
- Stabilize your energy system
- Utilize Reiki while you dream

For your clients:

- Move and stabilize their energy
- Detoxify their system
- Balance their chakras using a variety of techniques
- Focus the Reiki energy through a number of techniques
- Remove unwanted habits
- Perform different chair treatments
- Utilize powerful Distant Healing methods
- Cleanse objects
- Connect with angels and use powerful healing techniques
- Enhance your client treatments so that you can address any issue

You will be able to address any client issue through a combination of effective and interesting techniques! Maximize your abilities and heighten your Reiki enthusiasm!

**Friday, Sep. 22nd, 6:30 – 9:30 and
Saturday, Sep. 23rd, 9:30 – 4:30.**



You will receive a comprehensive manual with full colour step-by-step, illustrated technique instructions. Cost is \$195 (tax included).

Contact us at 905-785-2990 / mindfulmatters@rogers.com.

*" Let your mind start a journey thru a strange new world.
Leave all thoughts of the world you knew before.
Let your soul take you where you long to be...
Close your eyes let your spirit start to soar, and you'll live as you've never lived before."
Erich Fromm*

Be Aware of Your Ego and see it go!

“When ego goes, Reiki flows!”

Yeah, sounds neat. Sure, I get it. But, even if I don't work on taming my ego, Reiki still seems to flow. So, what's the point anyway?

Many Reiki practitioners seem to believe that their ego is in check but are unaware that it their ego that is making them believe that!

While we may feel that we are 'good' people and that we are abiding by one of the Reiki principles of being humble, we're often fooling ourselves and not acknowledging that we are still, in many ways, wishing to feel superior, are envious and jealous, want what others have, wish others to know that we're right, and so on.



And as soon as you say that you are not those things, without taking steps to actually being aware of your actions, then it is your ego speaking!

Reiki will flow regardless of how big your ego is.

The foundation of the principles was to be aware of your emotions and through this awareness, disable the influence of your ego.

If you are angry or worried then you disconnect from Source. Since Reiki Practitioners wish to have a strong connection to Source, they can only do so by continually being aware of their words and actions, which disable the ego. As soon as you are aware of the ego in you then it is no longer the ego but a conditioned response. Ego implies unawareness.

So, while it may not be possible to monitor all your thoughts on a continual basis, developing an awareness of them is a powerful technique to decrease the impact of your ego. Awareness immediately thrusts you into the Now, disabling the impact of past and present and enabling you to wrestle your ego into submissiveness.

Just for today be honest.....

Recognizing that your ego may be controlling some of your actions is the first step. The issue may be that you thought that your ego is evident only in moments of challenge. Think again. It's the small moments of thought and action that shelter the ego and give it strength.

At certain moments of the day, perhaps after meal times or especially before bed, reflect on your thoughts and interventions during the hours that have passed by. By doing so, you will identify moments where the real you were not present, but your ego was. By doing this activity routinely, then when those moments happen, you will immediately acknowledge that the ego is evident and dismiss it.

For example, when you were looking at people did you ever think the following?

- That person doesn't look good wearing that.
- They sure have an attitude.
- I wish they'd do it this way.
- If they do that, it will make me sad/angry/upset.
- Did you enjoy it like I said you would?
- Who does he think he is?

Any time that you make a statement that indicates that you would do things another way or are passing judgment, however slight, or are attempting to prove that you were right, it is your ego at work. Now can you honestly say that you have no ego?

So, Reiki does still flow even though your ego has obviously been present but steps can be taken to lessen its impact once you acknowledge just how present it has been. Soon something remarkable happens.

The connection that you always wanted with the Universe begins to unfold.

You soon realize that you could never have had this connection before because it was not really you, but your ego that was in place at what seemed to be the most unimportant moments of the day.

Enjoy the change that happens by adopting conscious awareness and, in conjunction with enacting the principles that we hold to heart as Reiki practitioners, see the world you wished for unfold.

"If you want to reach a state of bliss, then go beyond your ego and the internal dialogue. Make a decision to relinquish the need to control, the need to be approved, and the need to judge. Those are the three things the ego is doing all the time. It's very important to be aware of them every time they come up."

Deepak Chopra.'

This Issue's Contest!

Answer the question and be eligible to win this issue's prize of:

One jar of white sage with feather and a surprise bonus!

Here's the question: *"It was created after the big bang and its spheres offer steps to develop one's connection with and understanding of the Universe."*

The answer can be found by taking these steps:

- Visit our website at www.mindfulmatters.ca
- Click on Training under Axiatonal Alignment in the menu
- Scroll down the page to the answer.

Email your answer to mindfulmatters@rogers.com and put "Contest Answer" in the subject line. Your submission will be considered an agreement to note your name in the next issue if picked as the winner. All submissions will be entered and the winner selected at random. Deadline date is Friday, September 22nd. Good luck (or perhaps manifest yourself winning!!)



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