



Mindful Messages

Issue #35

INSIDE THIS ISSUE

- 1 Angels and Guides
- 2 Holiday Gifts
- 3 Contest
- 4 Volunteers needed
- 5 What is Nia?
- 6 Universal Healing Sphere

Angels and Guides

Many people who wish to take Reiki are often pleasantly surprised when they hear that angels and guides are present at both the attunements and during Reiki sessions. As clairvoyants will tell you, many, many angels are also present to witness the training itself.

This makes sense as trainings are usually filled with people on a spiritual journey who wish to maximize their connection with the Universe, who are intent on using a loving energy for the benefit of others.

When the conversation comes around to spirit guides and angels, inevitably participants want to know how to hear them or see them.

Speaking to them is the easy part. As many books and professionals will tell you, all you have to do is ask. Your angels have been with you for all time and continually help you out in many ways, but hearing them is another story.

If you wish to directly contact your angel(s), find a quiet time when you are not stressed. Relax your mind and simply ask: "Are you there." Wait quietly for answer and keep your desire for a dramatic experience out of the way. Heavenly lights and music accompanied by a winged appearance may not happen. In the beginning, you may just get an impression or an image in your mind. Buzzing in the ears is also common.

Why can't most people develop an immediate connection even when they are energy workers? Well, it relates to one word: vibration.

Whether you wish to speak with angels, manifest your desires and/or become enlightened, it all relates to your level of vibration.

And this is where people get discouraged. Just reaching out to Angels or the Universe is simply not enough. It takes hard work and even Dr. Usui knew this.

As those in the past, even thousands of years ago, who were considered wise would tell you, and as Quantum Mechanical Physicists have demonstrated, there appears to be an energy that is absolutely everywhere, everything and 'everywhen'. Knowing this enables us to understand why we can utilize the Distant Symbol to assist us in resolving past issues or sending Reiki to the future. The energy that we are using is 'everywhen' so, accessing any part of time is easy.

The energy is also aware of itself. This enables us to understand the innate quality of this energy because, if it is everywhere, everything and everywhen, it must fear nothing and know everything. Imagine for a moment if you were this energy that had absolutely nothing to fear since you were everything. Fearing anything would make no sense. It would be like be afraid of a part of your anatomy.

Since it is all things, it must only have one primary emotion – love. It is absolutely blissful.

Now here is where it gets interesting. Since the energy is everywhere and everything, it must also be you. Problem is, you may not feel that way. And this is where Dr. Usui comes in.

All of our lives we have worked at an unconscious level to disconnect ourselves from this wonderful loving energy while at the same time wishing we could access as much of it as possible. We have fueled and enabled our negative emotions, bolstered and encouraged by our egos, to create barriers and fog our vision.

We want to speak to angels, be seen as wise, enlightened, connected and competent energy workers, but we will never ever reach that stage until we operate at the same frequency and vibrations of that loving Universal Energy.

As long as we pretend to be connected, we may indeed be presenting a false front to those we teach. We are carrying out a charade. We speak about utilizing Reiki to assist in removing blockages from clients when in reality, we must have huge blockages ourselves as long as we are not at that level of vibration. If you are angry, you are disconnected.

You've pulled the plug!

Dr. Usui knew this. He established and taught the principles for a long while before any of his students could reach the status of one who channels Reiki. He knew that Reiki energy was a loving energy and in order to channel it without interference you must be a clear channel yourself – a being vibrating to a loving energy.

The answer: live the principles.



If anger or worry overcomes your senses, then how can you be able to adequately access loving Universal Energy?

If you aren't constantly working at expressing love and loving yourself, how can you expect to be able to have a pure connection?

You can start by not allowing those emotions to consume you; to not be reactive to any situation, but to use the tweaking of these emotions as a signal that you need to be proactive in your approach.

A situation that causes you to have that impulse of anger must be one that has lessons to teach you.

That initial acknowledgment of anger or worry or jealousy or whatever, is a gift that enables you to be proactive, respond with love and to be open to a teaching.

You can start working with this by being grateful for all things.

This immediately brings you into the moment and connects you with the Universe as you express loving appreciation.

Be honest enough to admit that your ego challenges you and sometimes wins and that you can now recognize those times and work with it. Express kindness (love) at all times.

So, how can you connect with angels, who are beings living within and as a part of this love – you need to be like them.

You would have no need to try to connect with them then – they'd already be speaking with you.

"Make yourself familiar with the angels, and behold them frequently in spirit for without being seen, they are present with you."
Saint Francis de Sales

Holiday Gift Suggestions

You may have noticed in stores that they are already moving aside the Halloween costumes and getting out the Christmas decorations. It seems hard to believe that in less than two months the holiday season will be upon us.

For those early shoppers, you may wish to take advantage of some available items for gifts and solve your Christmas and Hanukah purchasing needs early.

Here are some gifts to consider. Please order early:

Loose White Sage:

This beautiful loose California White Sage will meet all your smudging needs. You can obtain 4 ounces for only \$25.00 (plus shipping)!

We know that an amount like that can cost you well over \$60 at many locations so we're thrilled to offer this to you.



Massage Tables

These brand new professional grade, hunter green, portable massage tables made from solid wood with three inch memory foam would make an excellent surprise gift. A free deluxe carry case, face cradle and cushion as well as a flexible arm rest are all included at no extra cost.

The cost is \$260 plus pst – free shipping!

For sage or tables, please call us at 905-785-2990

Contest

Win a complete set of massage table sheets (fitted bottom, top sheet and face cushion cover which sells for \$65.00 at many outlets. Please email us the answer to mindfulmatters@rogers.com by Friday, November 15th.

***What is spoon bending a simple demonstration of?
See our website at [www.mindfulmatters](http://www.mindfulmatters.com) for the answer***

Congratulations to Maralyn Wilson for answering the question in the September newsletter: "What was created after the big bang - its spheres offer steps to develop one's connection with and understanding of the Universe." The answer to which was: *The Tree of Life*.

Please note that emails will be considered an approval for noting your name as the winner in the December newsletter, in the event your name is drawn.

Volunteers Needed

Reiki Master Cathy MacDonald has been providing treatments to a very special, determined woman who has been severely affected by ALS. She loves her Reiki treatments and is responding to them with eagerness. She lives in the southwest Mississauga area.

If it is possible for you to offer Reiki Treatments to her on a voluntary basis or if you'd like more information, please contact Cathy at cathy@infintepotential.org.

*"We can do no great things,
only small things with great love."
Mother Teresa*

What is Nia? By Darcel de Sylva

There's a fun, new, barefoot, cardiovascular dance movement form afoot that uses whole-body movements and it's called Nia. Nia is expressive, fun, soulful, martial, fluid, joyful, and it's hard to describe.

In fact, even those who know Nia often say, "It's like chocolate, you have to taste it to appreciate it."



Since 1983, Nia has been developing as a "fitness" form that has thousands upon thousands "dancing" their fitness. From Europe to North and South America and even Australia, the quiet revolution has been brewing. "Quiet", because it's still relatively little-known. "Revolution", because those who enjoy it seem to embrace it so whole-heartedly they spread the word willingly.

Much like the early swell of Yoga or Pilates in North America, Nia is only now gaining a broader recognition. Nia is practiced by people from all walks of life, all ages, all stages of agility, and all levels of fitness.

Nia is a fusion of classic movements from the Martial Arts, the Healing Arts and Dance – Nia provides a total mind, body, spirit "workout" in a gentle, holistic way. It provides the power and mindfulness from the Martial arts (Tai Chi, Tae Kwon Do, Aikido). Playfulness, expression and emotion are derived from the Dance Arts of Jazz, Modern and Duncan Dance. And finally the Healing Arts encourage touch, sensory awareness and alignment. All this quietly goes on in the background while the student is led through a dance-like routine to great World Music.

It's those very underlying benefits that touch so many people, their spirit and their emotions. Students gain physically – with improved flexibility, strength, agility, mobility, balance and cardio. But it's the less obvious benefits that keep many coming back year after year. Through the use of visualization, emotional expression, and sensory awareness, some students say they are calmer, restored, energized, and have a more positive outlook after a Nia class.

Nia's logo often includes the phrase, *Through Movement We Find Health*. Seeking pleasure and sensation while moving through space, making small adjustments to each move to find the body's own way, and ultimately...*achieving The Joy in Movement, that's what Nia is.*

New To Nia? Mention this article to experience a free introductory Nia class.
905-875-0075 / info@studioharmonia.ca / www.studioharmonia.ca

Bronte Corporate Centre, 410 Bronte St. S., Suite 201, South Entrance, Milton

For more information on Nia visit: www.niac.ca or www.nia-nia.com

Universal Healing Sphere

As Reiki Masters experiment with new techniques, others channel instructions about new methods that could be very helpful to clients with dire health issues or whom are experiencing pain.

Energy balls have been used in the past as an effective means to place a concentrated mass of Reiki Energy in one spot on the body to address a particular issue or to stimulate a chakra.

The Reiki Practitioner, holding their hands about 8 inches apart, can, with intention, asks Reiki to flow and create a ball of energy between their hands.

This ball has substance and by moving the hands towards each other, one can feel the density of the ball. By holding the hands above a specific area of the client's body, the Practitioner can then move their hands on top of the ball and gently push in into that area.

The effect can be extreme, with the client noting a sensation.

The Universal Energy Sphere is a similar technique but it is used to draw any negative energy from an area into the ball, which can then be released by the Practitioner to the Universe.

- ✚ Place the Power Symbol on each of your palms for protection
- ✚ Place your hands on either side of the affected area.
- ✚ Intend that a sphere of Reiki Energy surround and enter the particular area.
- ✚ Visualize this Energy Sphere, feeling its density. Stay in that position until you know that there is a dense sphere of energy that has engulfed the particular area.
- ✚ Intend that all negativity in that area move into the ball and out of the affected area.
- ✚ Feel the change in the Sphere - you may feel sensations in your hands (tingles, heat, cold or minor pain) and the Sphere may change in density and weight.
- ✚ Remain in that position until you are guided to slowly move the sphere, now filled with negativity, (for those that are visual, you may see a mass, particles or a change in colour) above the affected area.
- ✚ Slowly and gently guide the sphere above and away from the client and raise it and release it to the Universe, requesting that they negativity is dispersed.
- ✚ Draw the Power Symbol over the area. You may be directed to draw more than one.
- ✚ Give Reiki to that area until you feel a balance.



This is a very effective method of returning positive energy to a particular area. Enjoy the feedback that the client may give you after the session.



Bob & Theresa Thomas
905-785-2990
mindfulmatters@rogers.com

www.mindfulmatters.ca

In Mississauga Ontario
(Winston Churchill Blvd. / Derry Road)