



Mindful Messages

Issue #36

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Reiki Master Training Event!

Enabling you to bring calm and control to your *life*

A new approach to Reiki Masters Level Training!

An Intensive 3 Day Event!
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9:00 a.m. - 5:00 p.m. daily
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905-785-2990 mindfulmatters@rogers.com
Check the website for course and registration details
www.mindfulmatters.ca

The Meditative Benefits of Self Treatments

In many other healing modalities, the focus is exclusively on the client. However, with Reiki, the Practitioner has the wonderful ability to benefit each and every time when they give a treatment as the Reiki that they channel for the benefit of a client, also moves through them. It's no wonder that so many Practitioners share stories of how their own health improved by simply giving others treatments.

Yet, it is the ability to self-treat that is a prime benefit and one that many practitioners ignore.

Dedicating time to give oneself a treatment involves a commitment and a level of dedication that is often difficult to attain because of the pressures of daily life.

In this day and age, there seems to be fewer hours in the day as we all try to juggle a multitude of tasks and at days end seem to have too many left over.

Trying to set aside time for oneself for a quiet break, let alone for a self-treatment, seems to be an elusive luxury.

Yet, so many professionals will confirm that resting one's mind, especially through meditation, actually enables you to move through the day more efficiently.

And a Reiki Self-treatment is a wonderful form of meditation that has the additional benefit of being healing.

It may be difficult to convince yourself that actually not doing anything for a while (i.e. sitting and meditating and/or giving a self treatment) will help you get more done, but it's a proven truth. You just have to take the brave step to prove it to yourself.

For an interesting meditative experience that heals the soul,
www.kabbalah.com/kabbalah_courses/the_lab/healing.htm



So many people have a misunderstanding of what meditation is. If you simply sit and relax and try to have but one thought in your mind, then you are meditating.

If your mind wanders, simply come back to the thought. This simple process enables your mind to take a break from the chatter that seems to constantly invade it.

Giving yourself a Reiki treatment then can be a wonderful opportunity to calm and heal the mind, as well as your body and spirit.

Before any self-treatments, put on some relaxing music, take a few deep breaths and feel the calm enter your body. Then think of a special place or moment, one that absolutely fills you with happiness.

It may be a place that you visited during a vacation or it may just be a beautiful sunset that you recall. Immerse yourself in the scene, recalling all the wonderful feelings that you had.

As you sit and start your self-treatment, simply try to keep your attention on the picture or experience in your mind.

Let the happiness and the Reiki fill you for a wonderful meditative experience.

"Some people think that meditation takes time away from physical accomplishment. Taken to extremes, of course, that's true. Most people, however, find that meditation creates more time than it takes."
 Peter Williams

Fabulous New Design Massage Table – Limited Number

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Other models will be available at a first call basis.

Please call us soon at 905-785-2990



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