



# Mindful Messages

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## INSIDE THIS ISSUE

- 1 Using Reiki to plan for the New Year
- 2 Energy Workers and the Holidays
- 3 Massage Table Christmas sale
- 4 Reiki to the World
- 5 Intensive Master's Training

## Using Reiki to Plan for the New Year

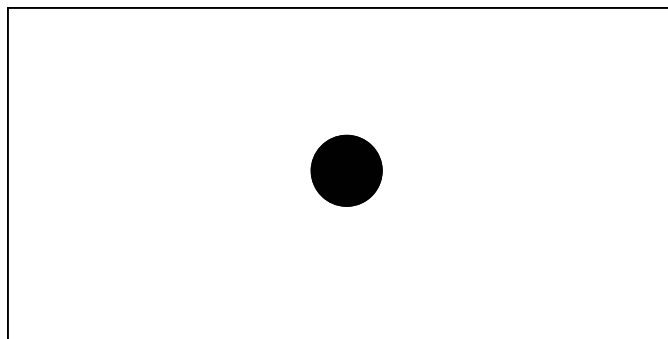
The beginning of a new year is one of those very special times as we spend moments to see the days ahead of us unfolding, holding hopes and dreams and the promise of plans being enacted.

As a planner, I usually approach the New Year with a list of all that I wish to accomplish and then set out to devise strategies to ensure that those things happen. Time and time again though, as has been demonstrated by past efforts, I have seemed to miss a lot of details that pop up and surprise me.

It may have been a resource that I could have used or a person I should have spoken with or it may have been that I just didn't see the whole picture. In fact, in some cases, the whole picture eluded me.

Now as a planner, I accept that I can't possibly figure out every little detail and predict all the things that will happen to me as I try to carry out my plans – or can I?

Look at the diagram below and tell me what you see:



Here's the usual response – *“a black dot / circle in a white box”*. That really emphasizes the problem – we tend to see the one thing and not the whole picture. Why did we concentrate on the black dot when a better answer, one that would have seen the whole picture, would have been: *“a large white box with a small black circle in it?”*

What we do when we look at a plan or a problem, is to focus on the primary issue or goal. By doing so, we may miss the big picture. Seems silly that we do this but we have been conditioned to do so. We have been told by parents and teachers to “pay attention” and “keep your mind on the problem at hand” Our focus then is restricted and we let much of what we should be seeing flow by us.

You have a lot more going on in your mind than in your conscious thoughts - a lot more even in your immediate physical sight than you consciously notice. As you sweep through a room on your way to someplace else, for example, you might not notice that room's most important features or even a long-lost object sitting there in plain sight that you had been looking for, because your attention was someplace else.

You have literally hundreds of lines of thought, and streams of perception, going on in your mind at the same time. Ordinarily, though, you never get around to noticing them, however important some of them may be to you.

To illustrate this point, do this: hold your index finger up at arm's length distance and stare at it without moving your eyes from it for a minute or so. Notice how much of the space around you that you can see and understand, without moving your eyes from your finger.

Your focus of awareness is about as wide, metaphorically speaking, as your visual focus, which in fact is about as wide as your index finger held up at arm's length distance. Over a lifetime you've accumulated a habitual strategy for what you include in that focus and what you exclude from it.

Much of the time the strategy to focus on a limited things serves you well enough, but much of the time, some of what you've excluded from the focus of your attention is much more valuable to you than what you've included. The stuff in the white box may be more important than the black circle.

Any time that you are trying to solve a problem, understand a situation, figure out someone or something, or learn a key point in a lesson, your effort to do so reflexively evokes dozens of unnoticed lines of thought and perception in you.

Most of these point directly to the very understanding that you seek, but you never noticed them! You shrugged away even the few that you did notice even just a bit, because they seemed to be distractions to you, having little if anything to do with the task at hand.

And so you went back to struggling with the problem, situation or question.

Some time ago I bought new glasses. They're trifocals. They let me see close up by looking through the bottom on the lenses, see a short distance by looking through the middle and see as my eyes usually see by looking through the top. They drove me crazy at first.

I found them disorienting and I had to move my head a lot to keep focusing on things, even to read a line in a book. I went back to see the optometrist and she told me that my eyes would adjust and soon see a wider field of vision.

Cool I thought, with some doubt. But, she was right.

Just as my eyes expanded my field of vision where I could take in more around me, you can also use a different process to ensure you are aware of or "hear" all the information that is coming to you when you start to plan.



The process will enable you to increase your consciousness and Reiki will assist you to do that.

### **The Method Itself is Simple:**

You need at least two sheets of paper to write on, or one sheet and a tape recorder or one sheet and someone who's willing to sit with you and record your thoughts.

### **The Reiki Part:**

1. Set an intention and expectation of noticing thoughts and perceptions as they occur just beyond the focus of your attention
2. Visualize the issue that you wish to address and see the solution
3. Draw the Power Symbol in the air and then Draw the Distant Symbol
4. See these symbols being absorbed in the solution that you visualize
5. Ask Reiki to flow and visualize beaming Reiki to the solution

### The Increased Awareness Part

1. Decide upon and write out, in one, two or three short sentences, the matter you wish to understand better or the problem you'd very much love to get good answer or find a solution to.

While you are writing the matter, question or problem-statement out in that short sentence or so, be alert to other things occurring to you besides what you are writing.

As they occur, either write them on the second sheet of paper, report them into your audio recorder, or report them to your listener.

2. Write out the same sentences again, even the same words, but this time not in your handwriting but in block print.

While you are writing that matter out in block print, notice new things occurring to you besides what you are writing and besides what occurred to you before.

As they occur, write them on the second sheet of paper, or report them to recorder or listener.

3. Write out the same sentences again in the same words, but this time in an exotic handwriting – something perhaps with a flourish. For example, if you sloped forward before slope backward or use letters with big loops - whatever will contrast greatly with your usual handwriting.

While you are writing that matter out in exotic handwriting, notice new things occurring to you besides what you are writing, and besides what occurred to you before.

As they occur, write them on the second sheet of paper, or report them to recorder or listener.

4. Then, stare for 3 - 4 minutes at the one handwritten version, notice and report or record still more things occurring to you, still more secondary awarenesses and associations which may or may not have much to do with the topic but you are reporting them anyway.

1. Stare for 3 - 4 minutes at the second handwritten version and report or record still more things occurring to you.

Perhaps these secondary awarenesses and associations will have a difference in style from those evoked with the first version.

6. Then stare for 3 - 4 minutes at the third version and report or record still more of the things that occur to you.

How would you compare the style of the things occurring to you with this version with the style of those that occurred to you with the second version and also with the first version?



7. Now that you have a list of all these ideas, send Reiki to them as well.

Draw the Power Symbol on the list and then draw the Distant Symbol

See these symbols being absorbed into the list.

Ask Reiki to flow and send it to the list to empower it.

As simple as that!

This is a powerful idea-generating tool that will often point to a very effective solution that with practice will increase you ability to utilize higher intellectual processes and perceptions!

*“Reduce your plan to writing. The moment you complete this, you will have definitely given concrete form to the intangible desire.”*

*Napolean Hill*

## See the New Year as an Opportunity to Change

It's this simple really – if you want to set goals for yourself in the New Year and have some new, exciting things happen, then you have to change.

So many people go on and on about all the things in their life that they don't like. They devote countless hours to outlining all the wrongs and injustices that are occurring now and all those that happened in the past and if you are one of the unfortunate people to ask them: "how's things," then you may as well sit down and get comfortable. It's not surprising that more of the same will happen to these people because that is their focus.

So many people spend so much time concentrating on all the bad things rather than thinking about what they would rather have. They may say things like: "I hate my job. I need to get out of here," But not talk about the kind of job that they would like. They may say; "I hate living here," rather than outlining where they want to live.

Setting goals for the new year is a wonderful thing if there is a positive plan associated with the goal and it's based on current positive feelings. First describe your goal and attach many positive feelings to it. Write it out and send Reiki to it and each day, make a note of what you've done to accomplish your goal. And here is the harder part: enjoy what you have now. Even though you may not like where you live now or the job that you have, the best thing that you can do is express gratitude for what you have now.

Setting a positive tone now, expressing gratitude for what you have in life and being conscious of working towards an established goal and sending Reiki to it will enable you to generate the things that you want in life.

The New Year is a good time to start the process. Your challenge will be to maintain it throughout the year. Stay positive and focused and good changes will happen!

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