



~ *mindful messages* ~

An international newsletter for the Reiki community

www.mindfulmatters.ca

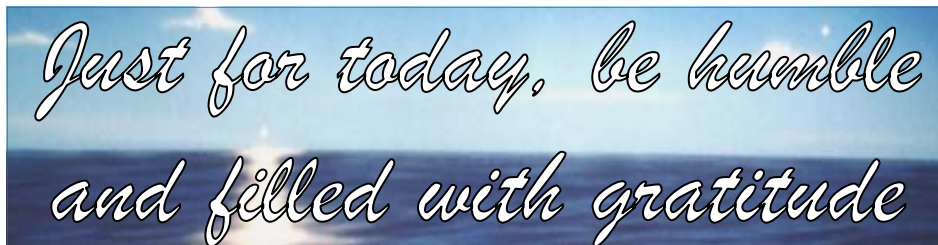
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1. Reiki and the Challenge of Being Humble



I've often wondered why it was not enough in our Reiki Principles for Dr. Usui to simply say:

*"Just for today,
be filled with gratitude."*

Why do you think he added the *humble* and why in relation to gratitude?

Each day as the minutes seem to fly by in a blur, we tend to focus on what has to be done, where we have to be at a certain time and whom we have to see. Our daily priorities are tied to these things and as each task gets checked off, we tend to feel some satisfaction that we have accomplished what we need to in that day.

Or have we?

When Dr. Usui established these principles he probably knew that our focus in each day might be directed at accomplishments; that is, goals that needed to be achieved in order to carry out our purpose for that day.

He probably understood that our sense of purpose might be confused by identifying ourselves by what we do during the day instead of understanding that each of those things that we do enables us to question who we are.

We often see ourselves, define ourselves in relation to what we have to do and what we get done instead of understanding that all the experiences in the day are there to enable us to examine them and learn from them.

Here's a simple example:

At 5:00 p.m., after leaving a certain meeting, you have to get into your car and travel to the daycare to pick up your 3 ½ year old son.

What do you do on this journey? Do you:

- ✓ Think of the meeting that you just had and review what went wrong
- ✓ Think of the tasks that you now have to do as a result of the meeting
- ✓ Curse the traffic
- ✓ Worry that you won't get to the daycare on time
- ✓ Plan dinner
- ✓ Think of what will be happening on the weekend
- ✓ Worry about a bill that just came in
- ✓ Wonder if your mother is going to get better

And so on and so on as your mind leaps into overdrive and tries to cram as many thoughts into your brain as possible.

So, what has gratitude got to do with this and where does being humble fit in?

As we move through the day we have gifts given to us. They're masked sometimes as we choose to see them as inconveniences.

This could be the line that never seems to move fast enough at the grocery store or the traffic jam on the highway or the traffic light that seems to be stuck on red or the elevator ride that stops at every floor or the slow waitress or.....

But, each of these moments can be seen as a gift. It's your choice.

You can see them as an inconvenience and be frustrated and angry or see them as what they truly are: moments that force you to do nothing, or more accurately, to do *one* thing.

Now you have another choice: let your mind be crammed with all kinds of crazy thoughts or be calm and be grateful for all the good things that have just come into your life.

Let's go back to driving the car to get your son at daycare and you get into a traffic jam.

This is a wonderful opportunity to be grateful for so much:

- ✚ a car that is functioning well
- ✚ a wonderful son
- ✚ the nice song on the radio
- ✚ your job that gives you a pay cheque
- ✚ your health
- ✚ the helpful person at work
- ✚ the blue sky
- ✚ and anything else

**“When eating bamboo sprouts,
remember the man who planted them.”
Chinese Proverb**

It seems very simple but trying it at first is tough because you'll fight not having a busy mind. You won't feel productive. Sitting there thinking about how pretty the clouds are seems like a waste of time – but it's very a powerful moment.

How so?

Let me ask you first - do you meditate?

There's a misconception about meditating. People believe that they are trying to have a blank mind as a goal to meditating. It's just not possible. Your mind was designed to think. Meditating means that you have control over what you are thinking and that you are thinking just one thought – the one you choose.

Imagine this for a moment. Instead of allowing your mind to wander off and control all the craziness that comes to it, you have control – perhaps for the first time in your life.

Meditation works well because it enables your busy mind to have a break from all that craziness. It enables your body to de-stress because you aren't increasing your blood pressure by thinking about things that worry or anger you.

It enables you to be calm and joyful.

Just for a moment think of your last vacation and the happiest moment. It may be as simple as seeing yourself sitting on the beach and watching the waves roll in while you enjoy the warmth of the sun.

Pick a happy, pleasant, calm memory and wallow in it for as long as possible. If another thought wanders in, like what happened at work today, just return to your happy thought.

Congratulations – you're meditating. It's no more mysterious than that. The hard part is dedicating the time to meditate each day. It's a choice.

So let's get back to the traffic jam.

While you're sitting there, you can be meditating by thinking about what you are grateful for. If you are grateful for your son, then think happy thoughts while you express thanks for him in your life and the great relationship that you have.

If the fact that he didn't clean his room creeps in and you can feel yourself getting angry, then just return to the happy thoughts.

***" I feel a very unusual sensation.
If it is not indigestion,
I think it must be gratitude."
Benjamin Disraeli."***

Why is being grateful so powerful then?

- ✓ Moments such as this let you appreciate the current moment. They in fact train you to be conscious of the current moment. They stop the blur of time rushing by and let you be present in the Now.
- ✓ It enables you to replace non-productive thoughts with wonderful ones
- ✓ It let's you see the benefit of times that slow you down, like traffic jams
- ✓ It draws more of what you are grateful for to you

***" Gratitude
is happiness doubled by wonder."
G.K. Chesterton***

Looking at those moments that force you to slow down enable you to have a peaceful and powerful connection with the Universe.

They are a first step to being grateful moment by moment, for all that happens to you.

***"As we express our gratitude,
we must never forget that
the highest appreciation is
not to utter words,
but to live by them."
John Fitzgerald Kennedy***

Soon, as you move through the day, you'll realize that there is so much that used to pass you by that you can now be grateful for.

And here is where being humble plays a part.

For all those moments that you may see as provoking or challenging you, personally or professionally, you can be grateful for them too.

For each moment enables you to examine your experiences, seeing who you really are as a person, one who is moving along a spiritual path by not being reactive.

By being humble, and not reacting to those provocations or moments that may anger you, you take another step towards being a person that is in control of their own life, one that does not let life control them.

**Being humble lets you
be who you really are
and enables you to be
in that special present moment
where you understand that you
can be grateful for any experience.**

So, there are some magical steps that you can take whenever you are given a gift from the Universe to be still:

- ✚ Recognize that special moment when you've been brought to a halt, even for a few minutes
- ✚ Be grateful for the opportunity to be still
- ✚ Think of a pleasant thought, some happy moment, any moment that makes you feel good.
- ✚ Think of things in your life that you are grateful for and give thanks for them

and

- ✚ Recognize those moments when people are saying things to you or are affecting directly or indirectly
- ✚ See the situations as a signal to be humble
- ✚ Know that you don't have to react from an egotistical perspective
- ✚ Let the moment be seen as a learning experience
- ✚ Be grateful for being able to be in control

Be grateful then for a moment that allows you to see how much you are in control of your emotions – which is what Dr. Usui wanted.

2. Manifesting Course Causes Whiplash!

As students shake their heads back and forth in astonishment muttering: “I can’t believe it”, neck injuries could result!

Okay, just kidding about the whiplash - not the fulfilling the dreams.

Imagine knowing why your dreams aren't being met or why life seems so hard or why you just can't seem to get beyond where you are now in life

Imagine finding the answers and once you do, making even the smallest changes that start creating huge results!

You manifest everything now. In fact, you've been manifesting since day 1 – how's it been working for you so far?

You can access everything you want from the source: The Universe. But, you have to look inside yourself to see how to connect. It's like Joe Vitale said in a discussion:

“I'm going to tell you what I think is the greatest secret to manifesting whatever you want.”



“You are here” (draws a dot on a paper).

“The secret to getting what you want is to totally appreciate this moment.”

When you are grateful for this moment, then whatever is next for you will bubble up out of this moment.



You'll be inspired to take action of some sort. That will lead you up (draws another dot above the first one). But the only way to get to the upper dot is to live in this dot with gratitude.”

So, does that mean I say thanks to everyone or appreciate absolutely everything or say thanks in a certain way?

Would it be nice to know how?

You'll change your life in 7 weeks! Sounds like an ad for Bowflex. But it's true. Positive changes will happen right away actually.

You will start to see changes as soon as you will take the course.

It's one thing to hear in a movie or read in a book about manifesting that you should be positive or think positive thoughts, but how do you do that really?

You will learn to make very simple yet very powerful changes in your daily routines that result in an extreme connection with the Universe.

The exciting thing is: it's not hard. And it's sooo much fun. **Thursday evenings, Mar 15 – Apr 26, 6:30 - 9:30.**

Go check out the course at www.mindfulmatters.ca and click on Manifesting under Courses or click here:

www.mindfulmatters.ca/manifesting.htm.

3. Developing Your Reiki Practice – Business Cards

If you want to have a successful Reiki practice, you have to start viewing it as a business and not a hobby. This series of articles appearing in the next few newsletters will outline steps to assist you in developing and promoting a successful Reiki Practice.

There's so much to do!

If you are setting up a Reiki Practice you need to set up your space and get everything ready and then you have to promote yourself.

It's at that point that you find that letting everyone know about your Reiki business is not easy. While there may be community newsletters and forums, there just isn't that one special place to place an ad that everyone is guaranteed to see.

That means you have to have a diversified business plan to promote yourself.

The first step is a website – an absolute must! We'll talk about that in a future newsletter

One of the basics that you have to have is a business card.

And most are TERRIBLE!

So, you think you've been able to put your ego at bay? Your business card may prove that that isn't the case.

Business cards are usually done from an egotistical perspective. People end up designing a business card that's really pretty and that says almost nothing.

They use it to show their pretty logo or they have nice clouds and put their name on it in fancy letters – all stuff that probably makes you feel good but does nothing for the prospective customer.

You want your business card to get people to remember you so that they come to you for a Reiki session or they promote you to others, which will help your business to grow – which is what you want isn't it.

Business cards are not done to make you happy and feel all proud inside because they look so great.

They are done to place a message in the mind of the reader that says:

"I'll have to find out what this is all about."

So, take a look at your business card and then pretend it's not yours and that someone just gave it to you.

Does it:

- ✚ Have a catchy phrase that intrigues you?
- ✚ Notes the purpose of your business?
- ✚ Show your website address?
- ✚ Show your phone number and email address?
- ✚ Gives your name?
- ✚ Has your logo?

Sorry. You may love your logo but it's the least important thing for a business card.

You need to get the reader to look immediately at the card and receive a lasting impression. You do that by an intriguing catch phrase.

Here's one of our business cards:



Remember, your business card is not designed for you to like but to intrigue other people.

The card makes them want to find out what *"We'll make sure that you're out of your mind"* means. Even the way the statement is placed on the card, with the second part of the line saying *"you're out of your mind"* will get the reader to stop and say: *"Hey, what are you saying I am?"*

Then you know the business name, can see what we do, and the website address is very visible.

Now Theresa and I put both of our names on the card which is a bit unique but we run the business together and we want to emphasize that too.

So how do you come up with a catchy phrase to put on the card?

The best thing is to think of some stories or some Reiki related situations that you have been in.

I'll give you an example:

I went to two very interesting and very skilled "witches" to have a ceremony performed that would cut the ties that I had with a particular person (my sister actually – long story!).

The ceremony was very effective but I was obviously disappointed at the end of it. They noticed my face and asked if there was a problem.

"Well, I know this worked but it was so short and I expected fire works of some sort."

They started laughing and said: "Oh you wanted us in robes and chanting and then you wanted the flying monkeys."

"Exactly" I said, immediately getting another idea for a business card.



A very simple card – no pictures, no logo and very little colour, but a very intriguing statement!

Step outside the box for a moment. If you are setting up a business and you want to draw people to you, you need to be different that everyone else and you need to grab people's attention

Once you design your business card, run off some sample copies from your computer and avoid getting feedback from friends and family or this is what will happen if you ask for feedback.

You may get patronizing comments or, in most cases, blunt criticism. They may say things like:

"That's different."

or

"I don't like that, where's your logo?"

or

"What are you trying to say with this stupid monkey thing?"

For some reason, whenever you ask for an opinion from anybody, they'll immediately turn into a business card expert as if they have a degree in business card design.

Print some cards up on your computer and then give them to the first few clients. These people are already coming from a very different perspective. They want information from you and they probably would enjoy some dialogue.

They are the ones that will probably ask:

"Okay, tell me about the flying monkeys."

and laugh a bit – and you now have an opening to talk about how you can give them a wonderful, almost magical Reiki session but not to expect flying monkeys to appear.

Be creative and come up with your own catchy phrase to draw attention to you and your business. By the way, this strategy has worked successfully with hundreds of established businesses.

You just have to be brave enough to try different things so that you stand out in the Reiki crowd.

Coming Soon!

Watch the mindful matters website for over 40 articles from back issues of the newsletters. From the benefit of smudging, to removing blockages effectively and much, much more.

4. Tree of Life Reiki Treatment

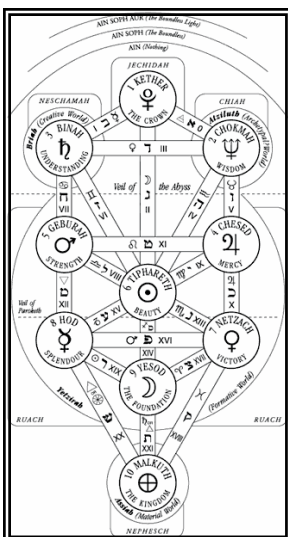
Addressing the needs of the client's energy field is an important component of Reiki.

Since we are beings of energy, we may often feel emotionally drained or 'disconnected' or out of sync with the world because the flow of energy is being impeded because of poorly functioning chakras or an imbalanced aura. This poor energy flow can manifest itself in illnesses of all types.

All clients, regardless of their problems, will generally feel better and more specifically, maladies can be effectively addressed by concentrating on Chakra points, using such powerful methods as Energy Balls placed in each Chakra, with the appropriate intention (readers can request an article outlining this powerful treatment procedure by sending an email to mindfulmatters@rogers.com).

An extremely powerful alternative treatment that can have a phenomenal impact on the client's well-being, addressing their health generally or assisting them to address a particular illness is one that relates to the Tree of Life. The process was adapted from an overview provided by Ted Andrews in Simplified Qabala Magic and used successfully in many treatments.

The Kabbalah Tree of Life is a representation of the thirty-two paths comprised of the ten sefirot and the twenty-two paths through which they run.



The Tree of Life describes the descent of the divine into the manifest world, and methods by which the divine union may be attained in this life.

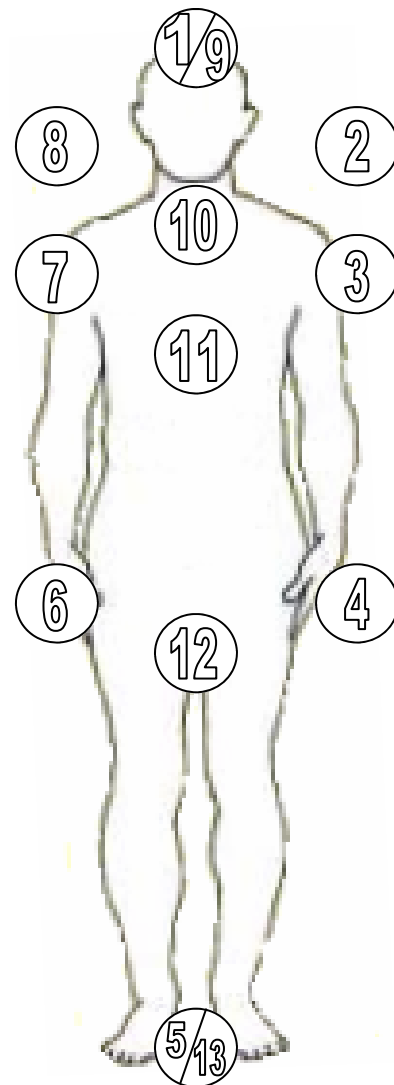
It can be viewed as a map of the human psyche, and of the workings of creation, both manifest and not.

Those that study Kabbalah and utilize the teachings associated with the Tree of Life understand its power but one does not need to completely understand it to use it in conjunction with Reiki.

Because the formation of the tree is symbolically represented on the shape of the human body, an extremely effective method for treating a client is to utilize the formation of the tree and the sefirot while letting Reiki flow.

In addition to using Reiki at each point, the angel associated with that position will be called upon for assistance. This method then will create a powerful ring of energy that will address issues and fortify the aura:

The following diagram notes those areas where the Practitioners will either place their hands just above the client. Since this session is directed at the aura, keeping the hands above the body a few inches (i.e. in the auric field) will work best.



Note that there are 13 positions and, depending on the usual length of your treatments, stay in each position for the same amount of time.

After preparing yourself for the treatment as you usually do:

1. Begin at the head, placing your hands in a cupped fashion just above the third eye.

As you let Reiki flow, call on the angel Metatron to assist you and repeatedly chant his name quietly in your mind.

He is the greatest of all the Heavenly hierarchs. He was Enoch in his earthly incarnation and is the twin brother of the angel Sandalphon. Call upon him to work his magic.

2. Standing at the left side of the client, with your hands roughly in line with the shoulder, beam Reiki towards the client's head.

Call upon Ratziel and chant his name silently. This archangel will assist the client (as well as you any time that you wish to call on him) to boost their physical energy.

3. With your hands over their shoulder and beaming Reiki towards the trunk of the body, call upon Tzadkiel, who will have a very positive emotional effect on the client. Chant his name quietly in your mind.

4. With your hands by the left hand and beaming at the body call upon Haniel and chant that name in your mind. This angel will address feelings of sadness.

5. Standing at the foot of the client, with your hands beaming up the length of their body, call upon Sandalphon and chant that name over in your mind.

This archangel will give direction to those on a spiritual path

6. Now repeating the procedures on the client's right side, and with your hands by their right hand, call upon Archangel Michael to assist you and chant his name.

He will assist in creating a sphere of protection for the client

7. At the client's right shoulder and beaming towards their body, call upon Khamael to help the client with any physical challenges they might face.
8. In line with shoulder, have your hands beam Reiki at the client's head and ask Tzaphkiel who will help address any pain that the client has had for some time.
9. Returning to the head, call upon Metatron once again.
10. Now over the throat area, Call on Raphael, who often helps Reiki Practitioners with healing. He can also help the client overcome barriers to goals that they are trying to attain.
11. Move your hands down to the heart, continuing to work with Raphael
12. Over the sacral area, call on Gabriel and chant his name. He will help the client to address any mental challenges that they may be facing.
13. End at the feet of the client, grounding them.

As you can see, the treatment addresses physical, emotional, mental and spiritual issues and can have a wonderful balancing effect on the client. The association with the angels creates a beautiful experience for the client and the practitioner.

FORUM

We've updated our forum to enable Reiki Practitioners from around the world to share information and support each other.

Check it out and be one of the first to use it.

Go to:

www.mindfulmatters.ca

Click on Forum under Resources on the menu.