

# ~ mindful messages ~ For the Reiki World

## Reiki and Manifesting Series Part 1: Affecting the Past

Special Summer Solstice Event:

Collectively Healing  
the Earth with Reiki



mindful matters



# ~ *mindful messages* ~

An international newsletter for the Reiki community

Welcome to issue #42 of *mindful messages*.  
*mindful messages* is issued once per month.

Please send *mindful messages* to associates and  
please send your questions, comments and suggestions to  
mindfulmatters@rogers.com



ISSUE #42

MAY 2007

## 1 Healing the World with Reiki: A Summer Solstice Collective Event

Come together from around the world to beam Reiki to  
Mother Earth and all its inhabitants in an effort to make  
positive changes.

## 2 Manifesting Course

You'll only have to read the comments of those that  
have attended to know that it will only take 7 weeks to  
make some amazing changes and fulfill your dreams.

There are 3 spaces left!

## 3 Series: Manifesting and Reiki

Use this amazing energy to transform yourself and  
attract your dreams.

Part one of a three part series.

## 4 Upcoming Classes

Classes for all levels of Reiki to Axiatonal Alignment –  
check them out!

## 5 Reaching Out / Sharing

Have information that you wish to share? Please send  
it to us for an upcoming edition.

*mindful messages* contains articles that are about or related to Reiki.

The intent of this newsletter is to:

- share information world-wide so that the Reiki community can benefit from new and interesting information,
- outline new and exciting resources and
- bring us all a bit closer.

Reiki Masters, Practitioners and energy workers are invited to submit articles about an aspect of Reiki, other healing modalities and resources that could be used by all. These articles will be included in future newsletters along with contact information.

## 1. A Summer Solstice Special Event: Healing the World with Reiki

There are thousands of Practitioners on this planet with the wonderful ability to channel healing energy. Committing to send it en masse to our Earth would have tangible results.

What better time to do so than on the upcoming Summer Solstice:

*June 21 at 18:80 hours (6:06 p.m.)*

The word 'Solstice' derives from the Latin term meaning 'sun stood still', as in the winter and summer the sun appears to rise and set in practically the same place.

The two significant points in the rotational axis of the Earth are the shortest day (least daylight hours and longest moonlight hours) known as the Winter Solstice, celebrated on December 21, and the longest day (when the Earth points towards the Sun and so gives people in the northern hemisphere maximum daylight light hours and shortest moonlight hours) known as the Summer Solstice.

To most it is remembered as the time of the year when the distance of the Sun from the equator is at its greatest distance.

Historically, from the earliest times of man, there have been records of celebrations at this time. It appears for whatever reasons, some very mysterious, that we have always been prompted to pay attention to this special day and time.

The summer solstice is often called Midsummer. It's the time when the sun reaches the peak of its power; the earth is green and holds the promise of a bountiful harvest.

The Mother Goddess is viewed as heavily pregnant, and the God is at the apex of his manhood and is honored in his guise as the supreme sun. It is a time for divination and healing rituals. Divining rods and wands are traditionally cut at this time.

In ancient China a summer solstice ceremony celebrated the earth, the feminine, and the yin forces.

Even the four "station stones" at Stonehenge form a rectangle whose shorter side also points in the direction of the midsummer sunrise.

There is a double focus on that day but both relate to energy.

For some it is a time to celebrate the achievement of man under the guidance and protection of Mother Earth. For others it is the time that directly affects our energy system. Our bodies can be seen to be physically affected by seasonal change.

Within the body is a gland called the 'Pineal Gland' controlling some of the internal clocks which are affected by the movement or journey of the sun.

The gland is sensitive to, and reacts to, the amount of light working in conjunction with the 'Endocrine System'. The body experiences changes in energy levels and in the emotional balance, so being affected by the environment.

Hence many people experience an increase in energy as the sun moves through the spring and summer pathways, but find that the energy drops with the decrease in sunlight/daylight hours during the autumn and winter.

So, collectively what can we do?

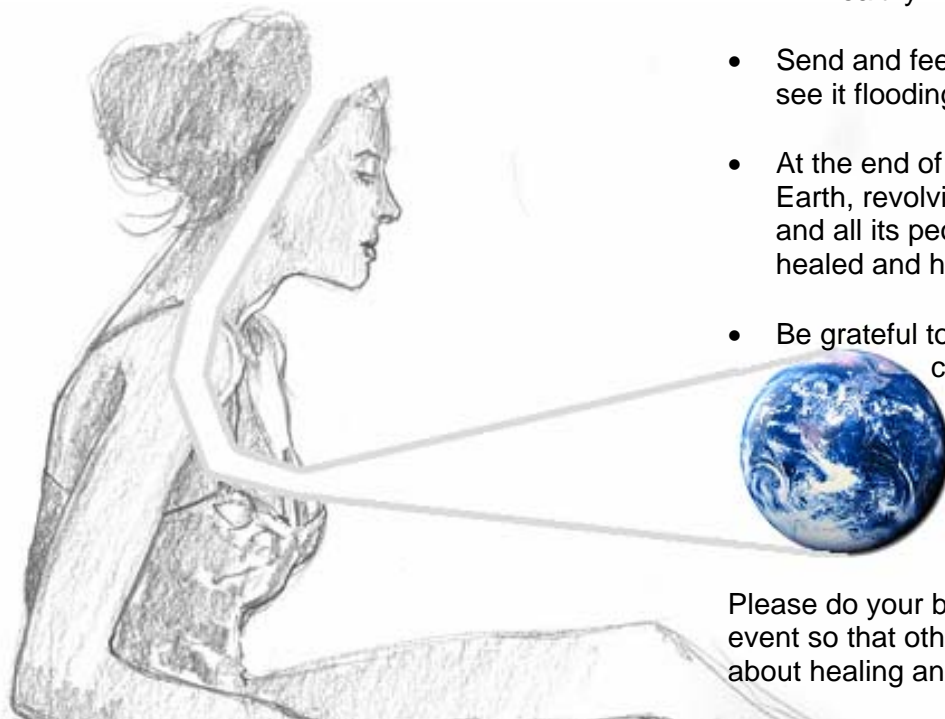
Beginning at 5:51 (15 minutes before the solstice time) and ending at 6:21 (15 minutes after) we can send Reiki to Mother Earth, during this crucial time when she needs as much healing energy as possible. It is a time when we can send Reiki to all the inhabitants of the world as well.

As this time travels around the world and we, in various countries begin our ½ hour of Reiki, we will have collectively beamed a wonderful amount of healing energy to the Earth and all people.

With an intention to send Reiki to heal Mother Earth and all her inhabitants, begin at 5:51 p.m. at your location:

- Close your eyes and be comfortable.
- Depending on your level, draw your Reiki Symbols in the air in front of you. If you are level I Reiki, move to the next step.
- If you wish, you can call upon Archangels to align with you as you channel Reiki.

For example Archangel Sandalphon, who is the guardian of the Earth in charge of earth healing, will assist you. After asking, you may feel the angel's energy cascading in through your crown chakra and coursing down into your heart.



- Intend that the following takes place as you continue allowing Reiki to flow:
  - The air of the planet is clear and pure
  - The water everywhere is bright and sparkling fresh.
  - All the plant life and forests regenerate
  - The animals, fish, birds and insects all live in abundance
  - The people of all nations are happy and healthy
- Send and feel love flowing from your heart and see it flooding the Earth.
- At the end of the session, see the rejuvenated Earth, revolving in space with beautiful colours and all its people plants, fish, animals and insects healed and healthy.
- Be grateful to the Reiki and for this collective event.

**There are currently over 1,700 Masters and Practitioners that receive this newsletter.**

Please do your best to spread the word about this event so that others can join us in this effort to bring about healing and positive change.

For those of you that suggested this and for all who take part, blessings over you.

- Visualize the whole Earth as a small globe floating in front of you in line with your heart Chakra.
- Envision the colours of the Earth being very dull at first as you recall all the problems that it is having now.
- Ask that Reiki flow through your Heart Chakra and as the Reiki covers the planet and begins to heal it over this special ½ hour, the image changes and by the end, it becomes very clear.
- Hold up your hands and have Reiki flow through them as well as you state an intention such as:

*"Reiki, please heal the Earth, making it whole and complete and heal all those that inhabit it."*

*"Look around you. Our Mother Earth is very ill from so many violations and we are on the brink of destroying the possibility of a healthy and nurturing survival for generations to come - for our children's children."*

*"I ask all of you, regardless of your beliefs in the Creator, to come together as one to pray and meditate and commune with one another, thus promoting an energy shift to heal our Mother Earth and achieve a universal consciousness toward attaining peace."*

*Chief Arvol Looking Horse*

## 2. Manifesting Course – 7 weeks to change your life!

**Life will begin to work the way you want it to.  
The things that you want in life will come to you.**

These are big promises but like everyone that have taken this course before you'll find that they're true!

### **MANIFESTING COURSE ONE NIGHT / WEEK FOR 7 WEEKS BEGINNING MAY 31<sup>ST</sup>, 6:30 – 9:30**

You'll change! Really. You will.  
The way you move through each day will be different and you'll see the changes!  
Life will begin to work the way you want it to.  
The things that you want in life will come to you.

**These are big promises aren't they?  
Like everyone that have taken this course before  
you'll find that they're true!**

- ✓ Imagine learning two small words that seem to stop time and give you control over any situation.
- ✓ Imagine a life where you aren't angry or worried and the small things that just drove you crazy don't any longer.
- ✓ Imagine learning one phrase that forces your mind to think of only wonderful things!
- ✓ imagine carrying out small tasks that at times seem so silly because they're so simple but cause wonderful things to happen - right before your eyes!

*"This experience was: beautiful, wonderful, amazing, joyous, blissful, eye opening..."*  
Jennifer Newman

*"Actually at times I've been so peaceful and blissful that I've had tears in my eyes. Amazing stuff."*  
Crystal Sauve

*I am extremely grateful for the experience and can't speak highly enough of it.*  
Richard Terry

*I am seeing wonderful changes in my life.*  
Fizza Mirza

*The expectation was to get practical, usable tools to aid me in achieving my goals and fulfilling my dreams. The course more than met them.*  
Saba Kahn

*I have found this course to be much more than manifesting. I can't come close to expressing my gratitude for the information that you have shared.*  
Marie Odorizzi

It really isn't magic, although you'll think it is! And it isn't a 'Secret'.

**For one night / week for 7 weeks you'll learn to make very easy but significant changes that will enable you to manifest your dreams as if you rubbed Aladdin's lamp!**

**3 spaces  
left!**

You'll have so much fun because you will see changes happen right away.  
You learn why some of your life has had those problems and how to make sure every possible moment from now on is absolutely wonderful!

Do you want a life where the magic just doesn't happen once in a while but you live it every day? It took your whole life to get to this point.  
Does 7 weeks to make amazing changes seem worth it to you?

\$30 / night paid as you go. Snacks, beverages and eye-opening times provided.  
Please, book early to guarantee your spot. Space is limited.

**Call 905-785-2990 / [www.mindfulmatters.ca](http://www.mindfulmatters.ca)**

### 3. Series: Manifesting and Reiki

While the movie “*The Secret*” continues to sweep across the world, we are intrigued by the possibility of a life where dreams come true by thought and intention alone.

While the movie seems to indicate that we have the ability to manifest anything we choose at will, there are definite steps that people need to take in order to consciously create the life they wish.

This isn't new to us. We have all been manifesting everything in our lives since day one. It appears though that there are times when we haven't been doing such a great job.

The primary problem is that we have enabled our minds to send out any and all thoughts without any control on our part. These thoughts are bolstered by deep feelings of worry, concern, anger, resentment, judgment and a myriad of other negative emotions. They all give weight to the situation or thought because of our continued concentration on it.

An issue becomes a problem because we direct time and energy to it, feeding it with negativity and allowing it to temporarily consume us.

Unfortunately, the focus just causes more problems to occur. We end up getting more of the same and while we lay blame on people, places and things, everything that is occurring we have caused.

Accepting this causes a major shift. It gives us immediate control and who really doesn't want that? But, and there is a big but, you need to make some major changes in the way you move through each day in order to change the way you have been behaving in the past.

You can't start manifesting your wishes and desires if you maintain how you have been thinking and acting.

And people generally don't like change because it takes effort and manifesting is no different. It takes a great deal of effort at first.

The wonderful thing is that it takes much less effort over time as we incorporate all those wonderful changes and they become habits.

So how can Reiki play a part in manifesting our desires?

In a very big way!

We have a gift. We have access to an energy that can be used to enable us to manifest anything we want. There are THREE steps that you need to take. One relates to the past, one to the present and one to the future.

#### THE PAST

If we were asked to list all those moments in our lives that we have been really negative, we wouldn't even know where to start. From major situations to the many times we just say something negative or think badly of someone, we realize that we have sent a huge amount of negativity out there. “Out there” is like a holding centre. It stores up all this negativity just waiting for the right moment to return it to us.

We know that “like attracts like.” This is a scientifically proven fact that affects us every day and that statement has a direct effect on our ability to manifest. Why? Well as we try to manifest our dreams, we keep getting slammed with problems and issues and after a while we start thinking that this manifesting stuff just doesn't work.

We have two issues here. The first is that we think everything happens within a short period of time. We tend to do something and see a result right away. But with energy, it works a bit differently.

Imagine when you were three years old and you had a bit of a tantrum because your friend broke your favorite toy. All this energy is real. It has substance and when you sent it “out there” it gets stored. Now since we have been sending out negative stuff all of our lives, some of which we would be very embarrassed to even admit that we did, it all gets saved. There's no time frame. It waits.

What's it waiting for?

Well it waits for a time when we release a bunch of similar energy.

If we have a moment where a co-worker mistreats us in some way and we have an episode of negative feelings, which are really close to the feelings that we had when we were three, then the similar energy comes back to us.

Doesn't seem very fair does it? I mean, we really didn't have much control over how we acted when we were three did we. Unfortunately, our parents weren't teaching us manifesting or how to properly use our emotions and they as well as other important and influential adults, served as our models. So, if you want to blame anyone, maybe you can blame them if it makes you feel better. It won't change things though.

Unfortunately, this won't help all that energy that is sitting out there that is yours and since "like attracts like, it's just waiting for an opportunity to come back to its rightful owner. Regretfully, it's just not that one moment that you had when you were three that will come back to you. You may attract all the similar energy at once and then your life seems to enter a whirlwind, where nothing goes right and you can't think straight.

So, while you're trying to manifest good things, dreams and wishes, bad stuff still happens and it can be discouraging.

There are two things that you need to do.

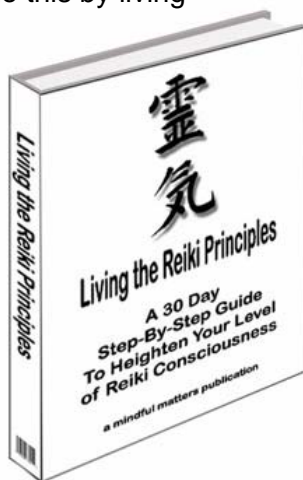
## 2. Stop sending out the bad energy.

This will ensure that you don't attract any similar bad energy. Now this seems like a simple statement, but if like attracts like, which we know it does, then it's obvious that as long as you continue thinking negative thoughts and doing negative things (eg. being angry or worried), then you should expect negative things to continue.

Now this is logical but how do you stop being angry, jealous, judgmental, worried? How do you stop complaining and whining? You do this by living the Reiki Principles.

*"Just for today do not anger"* seems almost poetic but doing that, when you have been angry since day one on some scale or another, involves a major shift in focus.

This will seem like a shameless plug to buy our book "[Living the Reiki Principles](#)" but you do need a guideline to enable you to be more positive each day and this book will definitely do that in just 30 days.



You need to address the way you use your emotions and become aware that they are tools to lead you to a better life, not sensations that seem to overcome you in situations that test you.

The wonderful thing is that you will start to see terrific changes in your life once you recognize and stop all the negativity that you release.

If you don't want to go through anymore bad stuff in your life, then stop sending out more bad stuff and stop attracting the stuff that's already out there.

### 1. Send Reiki to all the times when you have been negative.

Since we can't possibly list all the times when we have had a negative thought or taken some negative, regrettable action, we can however envision all this negativity being stored.

You can imagine a huge bag of black, grimy, yucky ooze or see a huge vault labeled "your negativity". How you envision it doesn't matter.

Acknowledging that it's out there and that you can affect it is a great first step.

- Select a quiet, private time during the day.
- If you have Level II Reiki, symbol your hands. If not, just continue.
- Sit comfortably.
- Calm yourself by breathing deeply and easily for a few moments.
- Stop the chatter in your mind by focusing on something that you love. This could be a favorite spot or a pet or a vacation.

Spend a few minutes just basking in the wonderful feelings that accompany this image in your mind.

- Envision this huge collection of all the negativity that you have sent out there. See it hovering just a few feet in front of you.

See it in a very graphic, real way (eg. as an enormous black cloud, a cage containing globs of negativity or a huge hole filled with slime). You may wish to add smell and sound to the image to make it even more real. Use lots of colour and see it moving. Spend time getting a very clear image.

- Set an intention that you will be dissolving this energy.
- Ask Reiki to flow. Let it flow from your heart and your hands.
- See the image being covered and filled with loving, bright white Reiki energy.
- Spend lots of time seeing this energy dissolving the negativity.

You may see it breaking up into small particles until you can no longer see them. You may see the negativity burning up. However you see it is the right way.

- When you are finished, place a Power Symbol over the image to lock it and keep remaining negativity there.

Don't fool yourself. It took you many years to create this huge mass of negativity and one Reiki session will definitely not do the trick.

Schedule regular sessions for yourself each night. Enjoy these sessions because while you address all this negativity, you're sending out positive, loving energy. What will happen to all this energy?

Well, since like attracts like, it will eventually come back to you. There is a double benefit then to carrying out these sessions.

The best way that you can stop negativity in your life is to stop sending it there so that you have it to attract. You don't want to continue to add to that ugly mass of it out there do you?

The end result is that you will start seeing changes in your life. You will begin to see things happening related to what you are trying to manifest, such as a person coming to you with sound advice or a book with knowledge that you need.

As you move through each day, there are steps that you can take that will also ensure that you can manifest all that your heart desires.

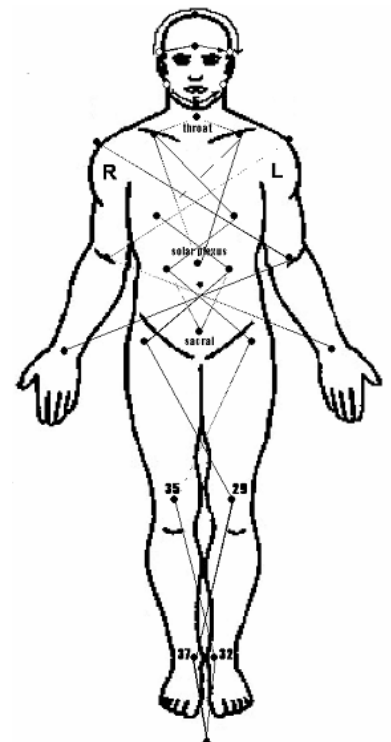
We'll review these in the next edition.

## 4. Upcoming Classes

### Axiatonal Alignment Class The Perfect Addition to Your Reiki Treatments

Don't miss this amazing one day intensive training to expand your ability to provide dynamic treatments that will:

- Opens meridian channels and removes blockages
- Balances chakras and the polarity of the body
- Shields the energy system of the body from negative energy
- Release any physical, emotional or spiritual limitation
- Balances, relaxes, rejuvenates and harmonizes the body
- Clears negative emotional patterns
- Deeply relaxes, encouraging a sense of well being on all levels: mental, emotional, physical and spiritual
- Enables the ability to meditate deeply, for those who meditate
- Powerfully boosts the effects of other therapies such as Reiki, Massage and Reflexology
- Balances, centers and focuses
- Helps to resolve issues through vivid dreams and memory flashbacks
- Eliminates old thought patterns and behaviours and helps to find new ones that are more appropriate and positive.



Based on acupuncture points, this extremely powerful treatment involves a defined sequence of tapping specific body points (Procedure 2 is illustrated - see the diagram on the last page) is one of the most effective modalities that accompany a Reiki treatment.

The amazing thing is that you will carry out the treatment within minutes! It can be done prior to your Reiki Treatment – it's a perfect addition.

You will also be certified to teach it!

This is a one day intensive training that will enable you to address all client issues

1. The first part clears the meridians or Axiatonal Lines of blocked energy allowing for the free flow of energy
2. The second part of the treatment is done to balance the right and left sides of the body and brain

**Reiki Master Class (includes the Advanced Level at no cost): \$650**  
**Saturday, June 9th, 9:30 – 5:00 / Sunday, June 10th, 9:30 – 5:00**

As a Reiki Master you will:

- revitalize your involvement with Reiki
- use exciting, new techniques
- enjoy a Reiki energy that is 100 times more powerful than you have now
- be able to attune others to Reiki (a wonderful gift for those that you love)
- be able to teach if that's something that you're considering.
- set yourself up for wonderful changes

3. The third part of the treatment reconnects the client to the Christ Consciousness grid

The Axiatonal Alignment Practitioner systematically moves from your head down to your feet gently "tapping" on specific "spin" points along the body that lay along meridian lines.

Spin points are small vortices of energy that emit light and sound frequencies.

Axiatonal Alignment can be used for anyone and everyone!

**The next class is on**  
**Saturday, June 16th, from 9:30 – 5:00.**

Cost is \$150 which includes a detailed step-by-step guide with illustrations, lunch and snacks.

Here's a secret Reiki Masters know - the power of the Reiki flowing through you will greatly increase but it's the changes within you and outside of you that will be even more amazing.

**One payment of \$250.00**  
 (deposit required)

and two equal post dated payments of \$200.00

You'll receive a huge colour manual, step-by-step guides, free lunches and snacks and a fun filled, eye opening, life changing weekend.

## 4. Reaching Out / Sharing

The response to our newsletter has been wonderful and we have had contact with people all around the globe. It was to be expected because sharing Reiki is at the very foundation of this wonderful modality.

There are so many gifted Reiki Masters and Practitioners with so many wonderful stories.

**Please send us your experiences, teachings, suggestions and technique outlines to include in upcoming editions. Your name and contact information will be included.**

[mindfulmatters@rogers.com](mailto:mindfulmatters@rogers.com)

