

Mindful Messages

Have the Idea to Start a Reiki Practice?

Some Useful Tips

In this issue:

Wonderful Connecting Exercise

A story to remind you to be
humble

Upcoming Classes



~ *mindful messages* ~

An international newsletter for the Reiki community

Welcome to issue #45 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 #45

AUGUST 2007

1 Starting a Reiki Practice

Thinking of becoming a Reiki entrepreneur? Then here are a few tips that you should consider.

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 Just for today, be humble

Here's an interesting story that should caution us the next time our egos get in the way.

4 Reiki Connecting Exercise

This is a wonderful process you can try while being in nature at the same time. Enjoy.

5 Submit Your Info

Do you have some information that would be of interest to the Reiki community? Please send it along.

6 Upcoming Classes

A Reiki Master Class in November and a Crystal Healing Class in October – book early!

5 Butterfly Blessing

A Reiki Master's story of an interesting encounter.

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. Starting a New Reiki Practice

Starting any business can be both exciting and stressful. Many Practitioners wish to leave unfulfilling jobs and move full-time into the field but to be realistic, there are few Reiki Practitioners making a living solely with Reiki.

To be successful, there are many things to consider and lots of hard work, planning and training lay ahead. Here are a few tips to consider when considering taking a step to becoming self-employed

1) Create a Vision / Diversify

There's a fine line between a successful business and wishful thinking. In Reiki, we may want to see a steady flow of clients that generates an income that can maintain your life style but what does that involve?

Creating a realistic vision is so important. Rather than simply saying that you wish to have a successful Reiki practice, walk through some steps so you know exactly what you have in mind:

- What would a perfect day look like for you when operating your Reiki practice?
- How does your family, work, fun, learning etc. fit into your day and week?
- Do you plan working evenings and weekends?
- Do you have space in your home for treatments and a waiting area?
- What does your budget look like?

Imagine everything with color and texture. Fill in all the details. The more clearly you create this vision, the more it will pull you on course so that you can take the right action at the right times.

While you may wish to concentrate on Reiki initially, you'll definitely need to diversify. You need to attract clients and encourage them to return and they'll do this if you have something else to offer, besides another Reiki treatment.

You do this by offering other services and products designed to meet their needs.

You may wish to take some other courses such as Hot Stones or Axiatonal Alignment. Perhaps you will sell crystals. Consider modalities that you could use that would not be too expensive to learn and could supplement your practice.

Doing so enables you to meet more of the needs clients have, keep them excited and gets them back for services. It also develops your abilities and knowledge base and maintains your enthusiasm.

So, you should re-visit your vision and look a bit further into the future to try to envision yourself doing many other things.



2) Watch Your Cash / Promotion

Setting up a new business is exciting and we want that vision to become a reality as quickly as possible. But after developing a space, getting a massage table, ordering a new computer, buying some furniture and preparing advertising, you may find that you have a debt that will weigh you down before you have even started. Those bills can quickly dampen your enthusiasm.

Spend time early on developing good cash-flow management, a realistic budget and forecasting habits. There will always be some financial surprises so being prepared for them early on will limit your stress.

Promote yourself as much as possible but start with the low cost options. Connection through the Internet is your best bet. Write up an exciting overview of your new Reiki business and send it to friends, family and contacts. Look for local spas and chiropractors and other energy workers and let them know about your services. You may find that developing a referral base and cooperating with local businesses can get you a number of clients quickly – and it doesn't cost you anything but time.

*To open a shop is easy.
To keep it open is an art.
Chinese proverb*

Advertising about your Reiki business in the paper and local magazines can be expensive and not very productive as this relies in the right person seeing your ad at the right time. Local flyers on bulletin boards can often give you better results.

Start simple with business cards and brochures. Most new entrepreneurs develop fancy cards and flyers because they feel good having them – it's ego driven and can be expensive!

Think about your clients and write down what they need to know about your Reiki services.

3) Educate Yourself

If you haven't operated a small business before, you really need to educate yourself on how to run one. All because you seem to have the ability to work well in another business does not mean that you will automatically be successful running your own.

You need to research your market and create a realistic business plan. It's important to realize that your business is your product.

Start to think like a professional! Believe in yourself, be honest and learn what you need to know. Start looking for some good "how-to" books on small business development and attend some related workshops.

Many of these books have excellent step-by-step guides that will take the guess work out of your plans. You'll be surprised at all the things that you never even considered or how your initial plan might not be the most effective one.

Also take some time to search the Internet, find a coach or consultant, talk to successful business owners, and network. Getting at least one or two outside advisors who don't work in your business is a great idea. Try and find the most successful and smart people you can find. Don't ever be afraid to ask either, you would be surprised that most people are flattered at being asked, even if they can't do it.

You'll also be surprised at how on-point outsiders can be, even about the smallest details of your business. Another benefit is that they will keep you on track – if you say that in two weeks you will have 3 new customers and you don't, they'll ask you why not.

4) Keep Focused.

We all know that giving Reiki Treatments is a wonderful experience but setting up a practice is business! It's easy to lose your focus, particularly when things may be slow or your practice is moving along slower than you thought it would. Slower times are good planning times. Educating yourself is the first step but keeping an action plan and a daily "to do" list is the next.

5) Be prepared for those not taking you seriously.

"Wow, you work from home. That must be nice. You can sleep in and work whenever you want."

People with home based businesses often work harder than those that work in the community because if they aren't doing their job, no one else is. The problem is that people will think that you don't have a planned schedule, that you are completely flexible and that it's alright just to drop in to see you any time.

So when a client calls to say they'll be an hour late, they just don't understand that you have planned for their visit.

Let their comments and actions roll off your back and be prepared to be flexible.

6) Build a Support Team

Without a support team in our life and work, it's easy to feel overwhelmed and often isolated. Make sure that you talk to friends and family that can listen to your plans. Bouncing ideas off others is critical and be prepared to get constructive criticism. You may not like hearing that your plan isn't the best one but finding out early and before you commit time and dollars is a great idea.

Remember to have those friends handy for some good leisure time as well. Clearing your mind can sometimes be the best thing when you are planning and running a business.

And remember to use the very focus of your business for yourself – Reiki! Giving yourself self-treatments and treating yourself to a full session from a Practitioner will definitely help you relax and stay on course.

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 OCT. 4TH, 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've given up worrying and have started believing.
Cintra Dougdeen

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 started to see changes the first week after starting the course. I think everyone should take it. It will change the way life affects you - for the better!
Sarah Kelly

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!

\$30 paid each evening as you come.

**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?

3. Just for today, be humble.....

From time to time it is good to remind ourselves that everyone that we come into contact with are our teachers. Some pass on a message with intention and others serve to be examples of what we wish to be or not.

This is a wonderful story of how we need to continually remind ourselves of the role we need to have as we live Reiki as humbly as possible.

A devoted meditator, after years concentrating on a particular mantra, had attained enough insight to begin teaching. The student's humility was far from perfect, but the teachers at the monastery were not worried.

A few years of successful teaching left the meditator with no thoughts about learning from anyone; but upon hearing about a famous hermit living nearby, the opportunity was too exciting to be passed up.

The hermit lived alone on an island at the middle of a lake, so the meditator hired a man with a boat to row across to the island. The meditator was very respectful of the old hermit. As they shared some tea made with herbs the meditator asked him about his spiritual practice. The old man said he had no spiritual practice, except for a mantra which he repeated all the time to himself. The meditator was pleased: the hermit was using the same mantra he used himself -- but when the hermit spoke the mantra aloud, the meditator was horrified!

"What's wrong?" asked the hermit.

"I don't know what to say. I'm afraid you've wasted your whole life! You are pronouncing the mantra incorrectly!"

"Oh, Dear! That is terrible. How should I say it?"

The meditator gave the correct pronunciation, and the old hermit was very grateful, asking to be left alone so he could get started right away. On the way back across the lake the meditator, now confirmed as an accomplished teacher, was pondering the sad fate of the hermit.

"It's so fortunate that I came along. At least he will have a little time to practice correctly before he dies." Just then, the meditator noticed that the boatman was looking quite shocked, and turned to see the hermit standing respectfully on the water, next to the boat.

"Excuse me, please. I hate to bother you, but I've forgotten the correct pronunciation again. Would you please repeat it for me?"

"You obviously don't need it," stammered the meditator; but the old man persisted in his polite request until the meditator relented and told him again the way he thought the mantra should be pronounced.

The old hermit was saying the mantra very carefully, slowly, over and over, as he walked across the surface of the water back to the island.



4. Reiki Clearing and Connecting Exercise

As Reiki Practitioners, we tend to focus our efforts on those that come into our lives seeking assistance. We need to constantly remind ourselves that we must also utilize this wonderful energy for our own benefit, ensuring that we attend to issues that are affecting us and creating blockages within our own energy system.


As the day ends and taking advantage of the beautiful, summer weather, you can utilize this practice to clear and calm your energy field.

- ✦ Find a peaceful setting in nature and stand tall, enjoying the energy from the trees, bushes and life that surrounds you.
- ✦ Breathe easily and gently and feel the calmness of all that surrounds you enter your body.
- ✦ Place your hands on your thighs and spread your fingers. Ask Reiki to flow with the intention of connecting you with the Universe.
- ✦ Feel your connection with the Earth and let Reiki pour from your hands and fingers into your thighs and down your legs and deep into the ground. Enjoy this sacred connection with Mother Earth.
- ✦ Take another deep breath and bring your hands into the Gassho position and give thanks for the connection and for this moment.
- ✦ Breathe deeply again and lift your arms up towards the night sky, opening them wide as you can as you bask in the connection that you have with the Universe. Let Reiki come down from the heavens and fill the space between your hands and arms. Feel the heat or tingle in your hands as you feel this bundle of Reiki energy.
- ✦ Scoop the energy and bring your hands to the middle of your chest as let the Reiki fill your body. See it and feel it flowing throughout your entire body as it moves into every cell. Feel the connection that you have with all life, with the Universe and with the Earth and enjoy this healing moment.
- ✦ If there is an area of your body that needs Reiki, then move your hands to that area and let Reiki flow while you bask in this feeling of unity.
- ✦ Open your mind to messages that you may receive in these moments or simply enjoy the moments.
- ✦ When you are ready, breathe deeply, place your hands in Gassho, bow slightly and give thanks for this time.

5. Submit Your Info

Have a new resource, technique or an interesting story that you would like to share?

Please email it to us at mindfulmatters@rogers.com and will place it in an upcoming newsletter.



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 Gifts for the Home, Mind, Body & Spirit

Mary & Alex

#1-312 Lakeshore Rd. East
 Oakville, ON
 L6J 1J2
 (South on Reynolds)

p: 905★844★5055
 f: 905★844★5955
www.akashasden.com
info@akashasden.com

6. Upcoming Classes

1. Crystal Healer Class:

Imagine learning about how crystals can be placed so that their amazing energy can heal and soothe both you and your clients.

This class will enable you to use specific crystals in patterns around and on the body so that energy imbalances that are causing physical and emotional issues can be addressed.

This is not a class that will review individual crystals and their powers, which can be easily looked up in many books. It is a class that will enable you to acquire the ability to use a variety of crystals in amazing ways. Enhance your meditative abilities, expand your treatment arsenal and become competent in using these wonderful tools.

This is a perfect supplement to Reiki treatments but all the material can be used by those not currently involved with Reiki.

Saturday, October 6th, 9:30 – 5:00.

**One day certified course for \$175.
Colour step-by-step manual, lunch and refreshments included.**

Please book your spot early. Space is limited.

2. Reiki Master Class:

This class includes the Advanced Level at no additional cost

\$650 (partial post-dated payments accepted)

Saturday, November 3rd, 9:30 – 5:00 / Sunday, November 4th, 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

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.

**For all classes, please contact us at 905-785-2990
Please call for information and to book your space as early as possible.**

7. Butterfly Blessings

A few days ago, I was walking with a friend, heading towards our favourite spot by the river that feed into Boulevard Lake (Thunder Bay, ON), for our Saturday morning QiGong session.

On the side of the road, I noticed a large, yellow Monarch butterfly floundering in the dirt. I'm embarrassed to say that my first thought was, "Oh, he's suffering. I could step on him to put him out of his misery", but I couldn't bring myself to do that. In the hopes that he was only stunned, and needed more time to recuperate, I chose to carefully and delicately pick him up by one wing, and place him on the adjacent guardrail post. I thought he had more chance of recovery there than in the dirt where the next passerby, or cyclist, might inadvertently crush him. It would have been my nature to cup him into my hands and give him Reiki, but that would have been cruel punishment, as I had just used insect repellent moments earlier, and there quite possibly could have been residue on my fingers. The next best thing would have been to mentally send him healing Reiki energy, but some Reiki Master I am - it didn't even occur to me! Instead, it was a pure and simple act; removing him from danger and gently placing him in a safe refuge.

We walked on to our favourite secluded spot and did our QiGong. While doing the peaceful, mesmerizing moves, I noticed a similar butterfly go by, not once, but twice! Hmmm...

We took our time, and stopped to chat with someone on the way back. In all, we may have been gone about 45 minutes. As we passed the post where I had put the butterfly, I looked to see if he was still there, but he was gone. I was glad, and took that as a sign of recovery.

The finale of our Saturday morning QiGong ritual involves going to a restaurant to have tea and a light lunch. This particular eating spot must have been a good 2-3 miles away. We sat at a table by the window, and as we ate, a large yellow butterfly flew erratically on the other side of the glass. We both turned to notice.

Was it the same butterfly? It certainly was trying to catch my attention. Maybe he was trying to thank me for my compassion, who knows?

It made me think. A simple act of love and compassion is as strong as sending healing energy, and is less complicated. There are no symbols to think about. No mental imaging to conjure. No words of prayer to whisper.

Without stating a specific intention, compassion comes straight from the soul, at a deep level that operates without words.

Perhaps that is where we are headed, to a time where intention is so pure that it needs no ritual or prompts to activate it. What a wonderful world we're moving into!

Post Script: There is still a large, yellow butterfly hovering around my property. Moments before I sat down at the keyboard to write this, I had to answer the door for a delivery, and behind the person standing on my doorstep, was my winged 'friend' flitting about in the sunlight. For whatever reason, he seems really attached to me, enough to have followed me home (I live across town from the initial encounter). I feel like I have received butterfly blessings!

Barbara Mason – Reiki Master. Thunder Bay, Ontario, Canada

