



ISSUE # 39

~ *mindful messages* ~

An international newsletter for the Reiki community

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1. Sensory Changes From Being Attuned

There has always been a mystical association with Reiki. It started with that amazing moment on Mount Karuna when Dr. Usui received the symbols and was seemingly attuned by the Universe itself to Reiki.

There is such an ease associated with attuning someone and enabling them to channel this wonderful energy, but while the act itself is amazing, perhaps greater emphasis should be placed on all that happens because of it.

One minute the person cannot access Reiki and the very next they can. Then, trained in hand positions and to utilize certain techniques, they're sent on their journey to help others. The journey could contain some surprises though.

Inherent in channeling Reiki are new sensations that flood the body. This is expected to a degree as Teachers warn students that this may occur. In addition, students often have what is referred to as a 'healing crisis' and physical and emotional symptoms are experienced. Why does this happen?

It all relates to "vibration."

Everything in the world vibrates. Everything moves. Now if we look at a rock, it's hard to believe that there's anything going on there at all but on a molecular level, there's lots happening. Atoms move about and electrons and protons zip around and energy is the result.

Place the blood of a human on a slide and look at it under a microscope and we can see our cells in motion. Under a more powerful microscope and our bodies will appear as a very new universe.

It's at this level that we change and in more ways than one.



We move through our days relating to people and things on a vibrational level. Ever meet someone and have an instant connection? Or, have you met a new person and can't figure out why you just don't like them? Well, this too has to do with vibration.

Since our bodies vibrate at a certain frequency, we give off an energy signature. We already know that "like attracts like" so, when we meet people that also send off a similar signature we relate to them immediately, in a positive or negative way.

But then things change. We get an attunement and have powerful symbols placed in our consciousness.

Our bodies adjust to them and as a result, our frequency changes. One day we see the world in a certain way and the next day, it starts to respond to us differently. It has to because we aren't vibrating at the same rate any more (refer to the article: [What does a "higher vibration" mean in Reiki?](#))

How many of you have heard stories about how Practitioners have made so many life changes after their involvement in Reiki? They develop new social circles, have old friends drop away, are pulled in a direction that they never considered before and find themselves in new jobs, taking interesting courses and having a thirst for knowledge.

Sometimes, relationships end and new ones develop. Some also move because they feel that they need to experience another place or they need a quieter area.

We continue to make changes until we feel at ease.

There are so many stories and they all relate, consciously or not, to how we change in the way we relate to everything and it relates to us.

At a Level II Reiki Training, one Practitioner spoke about how she had a very stable position as a vice-president in a respected company. She enjoyed her job but really felt that she wanted to become involved in energy related modalities as a side-line to her business career.

Three weeks after training she was let go as the company downsized and she was stunned.

Yet now she is a counsellor, after fulfilling a lifetime desire to take social service related training and she operates a small successful clinic.

It's all good.

The foundation of Reiki is this loving energy and all the changes that happen are for a person's greater good. They just may not appear to be at the beginning because, like many people, we often don't like change and these changes may be a bit confusing. It's only after some time when we look back that we can see the logic of it all.

"Every time I find the meaning of life, they change it!"

Other things happen as well.

Some practitioners begin to 'see' things.

There are many stories of how practitioners begin to get either audio or visual signals from the client's deceased relatives as a Reiki treatment is occurring. Why does this happen?

Well, we often speak of the 'other side,' which is moving about all around us. There really isn't a 'side' as much as there is a 'curtain' between them and us.

During past life regressions (I'm a certified Hypnotherapist), the hypnotized client provides an amazing review of their death and passing. In all cases, at death they move easily to this 'other side' where they become their true selves - a being of energy. Some see themselves as they were on Earth but less dense and others see themselves as a ball of energy.

So, all of our relatives and friends that have passed are right here with us, if they wish to be.

While we may have had unusual experiences in the past where we believe that they tried to connect with us, this occurs to a greater extent after we are attuned because our frequency becomes higher, getting a bit closer to the very high frequency that they emit.

There's much less of a 'curtain' and the messages flow much more easily.

Many practitioners, with eyes open or closed, 'see' images of people who have died and/or may have messages passed to them.

As the Practitioner becomes more accustomed to this, they may be more confident to pass on these messages to the client if they believe that they would be open to hearing them.

I heard from one Reiki Master who, during a treatment of a young woman, kept getting an image in her mind of M & M peanuts. At the end of the session, she rather cautiously shared the information.

The client was ecstatic because during the treatment, she had a feeling that her parents were present. They had both died in a car accident three years before. Their names both started with the letter M.

Practitioners also find that they may get a vision of angels and start getting messages from them as well.

As all these things begin to happen, Practitioners usually have a drive to find answers and read numerous books and take all kinds of courses. Why? Well, we try to make some sense of it all.

Our lives used to make sense to us and we were comfortable with it. It took a life time of experiences to get us to that stage but very quickly after an attunement, we have a very different life.

So we try to cram a life time worth of knowledge into our minds so that we can once again find some logic to our existence.

There's a problem though.

2. Articles On-line

All articles that appear in *mindful matters* newsletters are available on our website.

Over 40 articles are currently listed, ranging in topics from developing relationships with angels to working with your ego to alternate treatment options. Please feel free to utilize the information in these articles. We ask only that you quote the source.

One book doesn't have all the answers and one teacher doesn't either.

So, we try our best to find sources of information and there's often a long period of time before we feel that we have even the most basic of answers. And then we find out that all these new experiences never seem to end and there's just more and more to learn and know about.

And that's the answer to the calmness that we seek.

Once we are satisfied with knowing that we have certain skills and abilities and can help others and function at an amazing level all the while knowing that we may never have all the answers and that it doesn't really matter, then we there's a sense of new found wonder and happiness.

So what can we do while we function at this new frequency and see so many life changes happening all the time? We can work to make sure that we are functioning efficiently as a being of energy.

It used to be that the world related to us as a human with five senses and now so much has changed.

We need to be committed to balancing our energy field so that we can relate well to all that is around us and let the messages flow easily.

We also need to ensure that we prepare those in our training classes for all that may happen to them.

Even some stories about what other Practitioners had happen will reduce any anxieties when this new world begins to open up to them.

"Your current safe boundaries were once unknown frontiers!"

Click on Newsletter under Resources on the Home Page menu or visit:

www.mindfulmatters.ca/articles.htm

3. Reiki Meridian Therapy Treatment

We give our Reiki treatments with the firm belief that it will do what it needs to do and without fail, it always does. But while we are giving these treatments and focusing on the person's energy field, so much is happening.

The human body, along with its aura and chakras, has a related bio-energy-circulation system that works to enable energy to move through you.

Similar to the blood-circulation system, meridians and collaterals are pathways in which the ki of the human body is circulated.

The meridians, which constitute the main trunks, run longitudinally within the body, while the collaterals, which represent branches of the meridians, run transversely from the meridians.

This bio-energy flows along 12 main meridians (as outlined by Walter Last), which are symmetrical on each side of the body, each pair being related to a specific organ. In addition, there are two single meridians following the midline of the body, one at the front and the other along the spine.

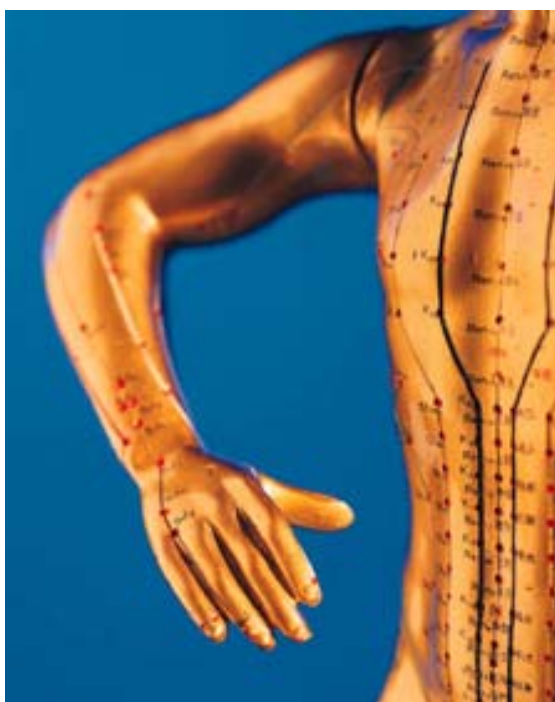
Imbalances and blockages affect the smooth flow of energy along these pathways and are made apparent through physical and emotional imbalances. When we are affected by illness or disease or when our emotions run amuck, it is our energy system that is signaling to us that we need to attend to it.

When we scan a client, these blockages are often felt as sensations in the hands such as heat, tingles and even pain.

Very often, the Practitioner can feel a repulsion of their hands when a blockage is felt, which serves as a signal to them to stay in that area and let Reiki flow.

A Practitioner who has themselves worked diligently to be free of blockages, balance their chakras and has a smooth flow of energy along their meridians, will be more sensitive to the imbalances of the client and will experience heightened sensations in their hands.

Generally with Reiki treatments, when examining the flow of energy along meridians, blockages are removed more as a by-product of the treatment than a result set with intention.



However, when recognizing the location of these meridians and enabling Reiki to flow along them to encourage the smooth flow of ki and remove blockages, we can intentionally direct the Reiki to balance this system.

While this is by no means a complete, in-depth review of the meridian system, following their path through the client's body will enable each Practitioner to clear that person's meridians for their greater well-being.

Once the Practitioner has finished all positions on the head and has stood at the side of the client, the Reiki Meridian Therapy Treatment can begin.

This is an abbreviated version that will allow the Practitioner to work on specific organs.

In repeated tracings, move the hands back to the starting-point in a wide sweep to avoid following the meridian in the reverse direction.

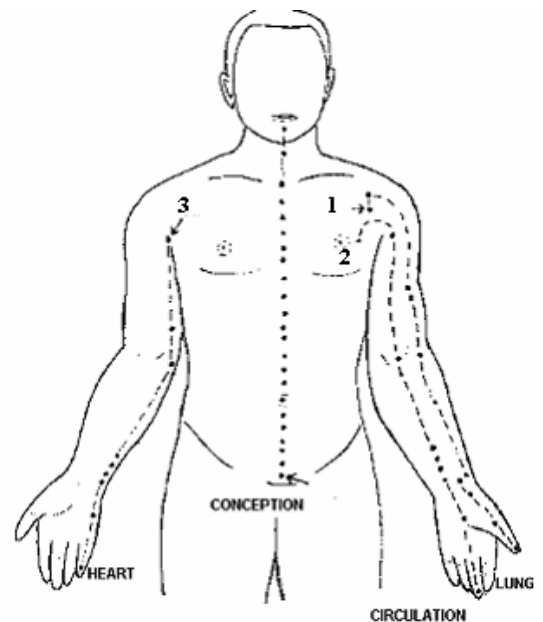
At the end of each sweep lightly flick the fingers towards the ground to remove any accumulated negative energy, especially when it is sensed in the hands.

Have the client lie initially with the back of their hands flat on the table, as noted in the diagram.

Many Practitioners generally sweep parts of the body to smooth out the person's energy field. This is a more focused procedure based on an understanding of the energy system.

Touching the body during the sweep is not necessary. Keeping your hands an inch or two above the client is equally as effective and may not be as invasive.

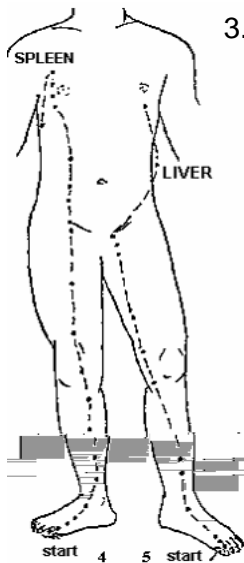
1. Begin with a sweep of the arm starting at the collar bone and moving down the outside of the arm, to the tip of the thumb.
2. Start the next sweep just to the side of the nipple and continue down the arm to the end of the index finger.
3. Begin the next sweep at the arm pit and move slowly down to the tip of the little finger.



These sweeps address the heart, lungs and circulation.

Continue the pattern of sweeps until you are guided to move or feel a change in the energy field.

1. Continue by sweeping the leg, starting at the toes and sweeping up the inside of the right leg to the nipple.
2. Sweep the left leg, starting at the toes and sweeping up the inside of the leg to the nipple.



These sweeps affects the spleen and liver.

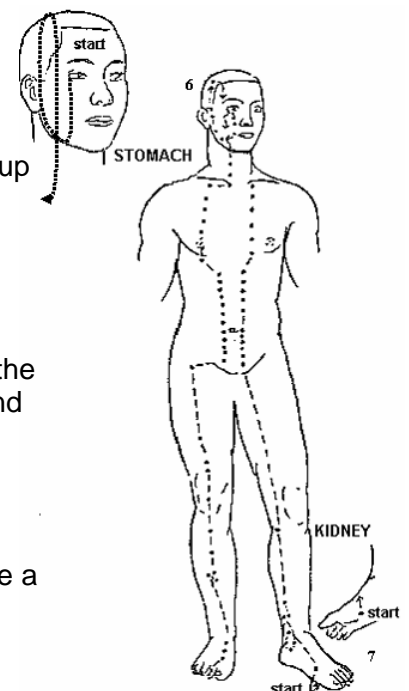
3. Continue by sweeping slowly from the client's right eye to the jaw line, up in front of the ear to the top of the head and down to the collarbone.

Continue on down to the nipple and then to the middle of the abdomen and down the centre of the right leg to the toes.

4. Sweep starting from under the client's left foot, around the side and to the top of the foot, up the inside of the leg, to the centre of the abdomen and then over by the nipple and up to the collar bone.

These sweeps affect the stomach and kidney.

This treatment, done in conjunction with other positions or by itself will have a wonderful affect on the client.



4. A Magical Manifesting Course!

The Secret is out!

Actually it's been out for centuries. The Law of Attraction isn't new, it's just that only some people have been using it consciously.

Being conscious of it is the key because you've been manifesting all your life. Yep, all that you have or don't have in your life is the result of how you've been relating to the Universe.

Think of it for a moment. You already do things that attract all that you have in your life. It's just that some of what you probably have attracted isn't that great is it? So, if you already do this, then you must be able to change it so you attract great things!

In seven weeks your life will change and you'll be able to see all the changes happening. Some of what you'll learn about yourself will be shocking.



It will seem like magic to you!

You will learn about:

- ✓ 10 blocks that you've created that prevent you from getting what you want in life. Great news!! You'll get rid of all of them!!
- ✓ 11 simple changes to guarantee that you make amazing day-to-day changes in the way you relate to people and that they relate positively to you.
- ✓ Putting to use 4 ways to identify and then get all the things that you want in life.
- ✓ 4 ways to listen to what the Universe is saying to you. You'll see how the Universe actually speaks to you and have a great time "conversing" with it for the first time. It's like a whole new language (we actually have a name for it) and you'll find that it's easy to speak. Tell the Universe what you want and see it respond like a magnet - you'll feel the connection!
- ✓ 11 simple changes that will let money flow to you. We followed these same steps and made an extra \$20,000 after just 4 months!
- ✓ 14 sure fire steps to keep you connected with the Universe all the time!

And the great news is – it's not hard work! That's the craziest part because most of the steps are so simple that you'll wonder why you haven't done them before.

When you look at some of the things that we all do that stop us connecting with the Universe, you'll be saying this a lot: "What was I thinking?" Well, you probably weren't thinking about it at all and once you do, you'll replace it with something better. Once you do, you'll start seeing changes right away.

That's the best part. Good stuff happens right away!

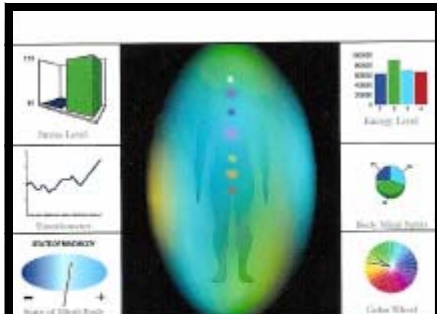
And it's all fun. There are lots of laughs, no pressure, eye-opening exercises and a chance to make some amazing changes in your life.

For more information, please visit <http://www.mindfulmatters.ca/manifesting.htm>.

There are already people booked and space is limited. Call us at 905-785-2990.

6. Aura / Chakra Images and Analysis

As Practitioners we have many stories about how some people with very serious issues have recovered after a series of Reiki treatments. An exciting addition to Reiki Treatments is the use of Aura and Chakra imaging using Kirlian photography and computerized analysis gives wonderful evidence of the positive effect of treatments.



Annette AuBuchon, Usui Reiki Master, Massage Technician and owner of Radiant Massage & Reiki in Fallbrook, California (www.radiantmassageandreiki.com) illustrates both the benefit of Reiki for a seriously ill client and the amazing validation from this process:

My client began seeing me once per month for one-hour massages in February of 2005 to help alleviate muscle aches and fatigue from Multiple Sclerosis diagnosed 10 years prior.

In October of last year she decided to try Reiki after her massage. After the first treatment of Reiki she emailed saying, "I just cannot believe how much energy I have. Wednesday night I felt the usual great feeling after having a massage but Thursday I went to work, came home, went for a jog, took one of the girls to soccer practice and was in the kitchen fixing dinner when I thought: man I feel really good. Well, the feeling lasted all week. I feel so good, and excited about the energy."

She remains off medication and continues to feel stronger and has more energy and says "Reiki helps alleviate fatigue while the massage helps my muscles relax. This is the best I have felt in four years. This is a proven alternative to keep me healthy with only positive side effects and it will always be a part of my life."

These bio feedback pictures show that her aura drew in to heal and became violet and her crown chakra turned white to help her heal.

- Are you curious to see what colour your aura naturally is and what colour it becomes when you let Reiki flow?
- What do the colours of the chakras mean when they aren't what they're supposed to be?
- What about your balance between Mind/Body/Spirit: Yin / Yang?
- Would you like to see the vibrational level of your Intuitive, Mental, Emotional and Physical energies and if they are in balance?

A colourful and educational 22 page report addresses all these details and many more. A beautiful clear picture of your aura & chakras will let you know if you need to be doing some work so that you can be in perfect balance.

Understanding your self first helps you to further educate your clients.

Have your own Aura/Chakra Image taken and
view your live biofeedback data.
Contact Cathy MacDonald in Mississauga Ontario Canada
905-465-1880 / cathy@infinitepotential.org

7. Axiatonal Alignment Training

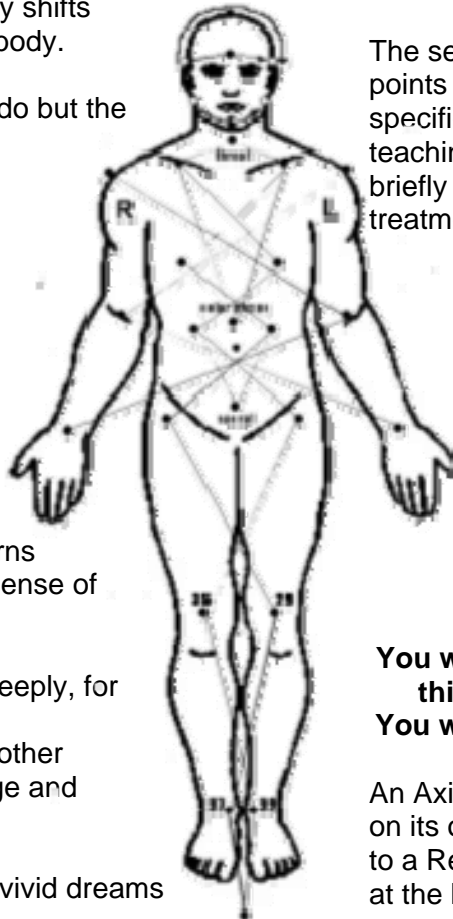
"I felt that I was being twisted into a pretzel shape. I could feel by legs bending and my head turning, so I opened my eyes to look. I hadn't moved at all!"

Client comments like this are common after having an Axiatonal Alignment. After all, the treatment re-connects them to the Universe. It literally shifts their energy field and harmonizes their body.

The treatment doesn't take that long to do but the effect is powerful and long lasting. It:

- 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 help to find new ones that are more appropriate and positive.

Are you looking for other modalities to use that can both assist and attract clients? An Axiatonal Alignment is a perfect option!



"My son has ADD. Nothing seemed to help and then I gave him an Axiatonal. He's a different boy. He was constantly in trouble at school because of his behaviour issues and now the principle and teachers want to find out what happened."

The session involves touching energy points on the client's body following specific patterns. Training involves teaching the three primary patterns and briefly reviewing the foundation of the treatment: the Tree of Life.

This is the most comprehensive training in this modality that you can receive.

You'll get lots of practice and the training breaks all the patterns down into smaller, easy to follow segments with step-by-step illustrations.

You will be attuned to enable this energy to flow and You will be certified to teach!

An Axiatonal Alignment can be done on its own but it is a wonderful addition to a Reiki treatment that can be done at the beginning of a session.

AXIATONAL ALIGNMENT CLASS

Sunday, March 25th, 9:30 - 5:00, \$150
Comprehensive manual,
lunch, drinks and snacks included.

Your contribution of articles is welcomed.
Please forward articles on any aspects of treatments using Reiki and related information via email to mindfulmatters. Your name, contact information and website will be included. We reserve the right to condense information.
mindfulmatters@rogers.com