

January 2011 - #71

mindful messages

for the Reiki World

Balancing Your Energy System



~ mindful messages ~

An international newsletter for the Reiki community

Welcome to this issue of *mindful messages*.
mindful messages is issued once per month.
 Please send *mindful messages* to associates and
 send your questions, comments and suggestions to
mindfulmatters@rogers.com

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1 Balancing Your Energy System

Ensuring that your energy system is working efficiently is as easy as a thump here and a thump there. Learn this wonderful process to positively affect you every day.

Reversed Meridians

The energies running through your meridians can actually become reversed and this test will enable you to see if that's the case so you can take steps to fix it.

2 Intensive Hypnotherapist Course

Expand your services and enter a new profession with this amazing intensive weekend.

3 Protecting Your Energy Body

Use your own subtle energies in this simple but powerful process to provide protection.

4 Reiki Classes

The Enhanced Reiki Toolbox will definitely amaze you as you learn about a wonderful, new approach and incredible techniques.

The Master's Class may be what you need to help you move along your spiritual path.

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. Please note that the information and opinions expressed by contributors may not be those of the editors.

1. Balancing Your Energy System

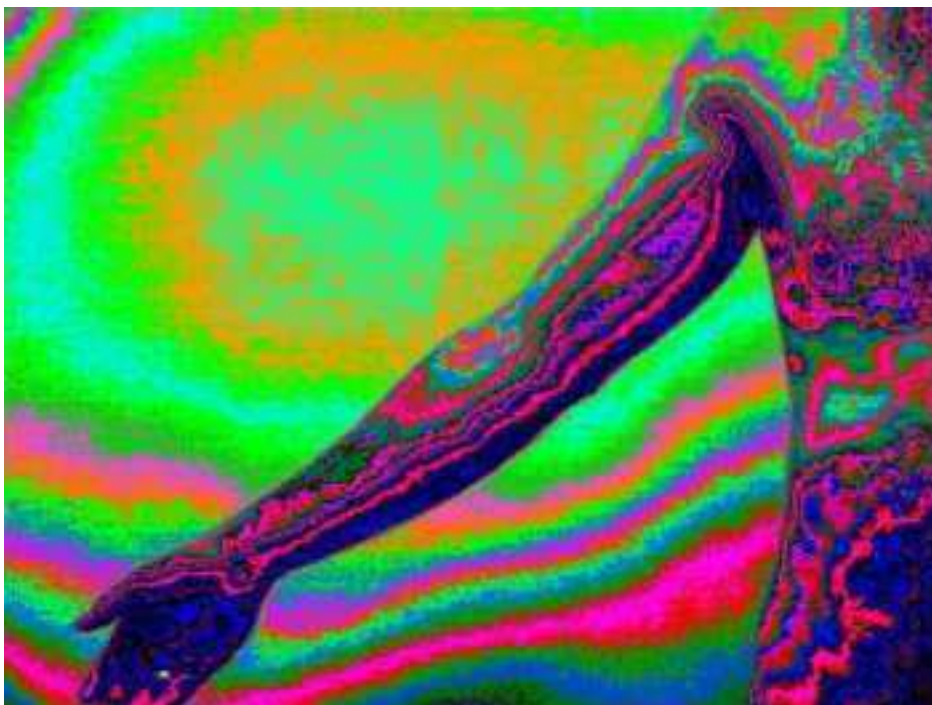
As energy workers we tend to focus on our clients, ensuring that they receive the best possible Reiki treatment and we are rewarded for our efforts by seeing the amazing effect that the treatment can have.

However, even though our focus is on health we may also forget to address our own issues. While a self-treatment can be the answer we often won't dedicate the time to give ourselves one.

Fortunately, our body has an amazing ability to quickly rejuvenate ourselves by using its own systems. The addition of Reiki will only heighten the effect.

There are certain points on your body that, when tapped with the side of your hand or your fingers sends electrochemical impulses to your brain and releases neurotransmitters (the chemicals which allow the transmission of signals from one neuron to the next across synapses. They are also found at the axon endings of motor neurons, where they stimulate the muscle fibers. And they and their close relatives are produced by some glands such as the pituitary and the adrenal glands).

Your body has been designed to enable the flow of energy. We often think of Reiki flowing mysteriously through the body but it and all energies follow meridians, which we have spoken about in other newsletters.



Meridians have received some acceptance through acupuncture. Although reports of acupuncture have been recorded in the west since the 1800's, it wasn't until the 1970's that this method of therapy became well publicized.

A reporter for the "New York Times" became ill with appendicitis while traveling in China and had an appendectomy without anesthesia, but with the use of acupuncture.

This was widely reported in the western press.

Doctors tried to explain the technique by saying it was the "placebo affect".

Western scientists ignored this research until the 1980s when two In the 1960s, western scientists developed a special tissue-staining technique that allowed him to identify these meridians in rabbits. French researchers, Drs. Claude Darras and Pierre De Vernejoul repeated Dr. Hans experiment using radioactive tracers on human beings.

They injected and then twirled radioactive technetium into the acupoints of patients and used nuclear scanning equipment to follow the flow of technetium. They also injected non-acupoints. At non-acupoints, the radioactive tracer diffused outward from the injection site into circular patterns.

When the true acupoints were injected, the radioactive technetium followed the exact pathways as the acupuncture meridians in the ancient charts of the human body! They also found that when acupuncture needles were inserted into distant acupoints along the same tracer-labeled meridians and the twirled, a change was produced in the rate of flow of the technetium through the meridians.

This research supported the ancient Chinese claim that the acupuncture needle stimulation affected the flow of chi through the body's meridians.

Acupuncture points are tiny centres of electromagnetic energy and more subtle energies that are arranged along fourteen meridians. The mindful matters' course 'Axial Alignment' demonstrates the effectiveness and amazing result and change in health at all levels by stimulating these points.

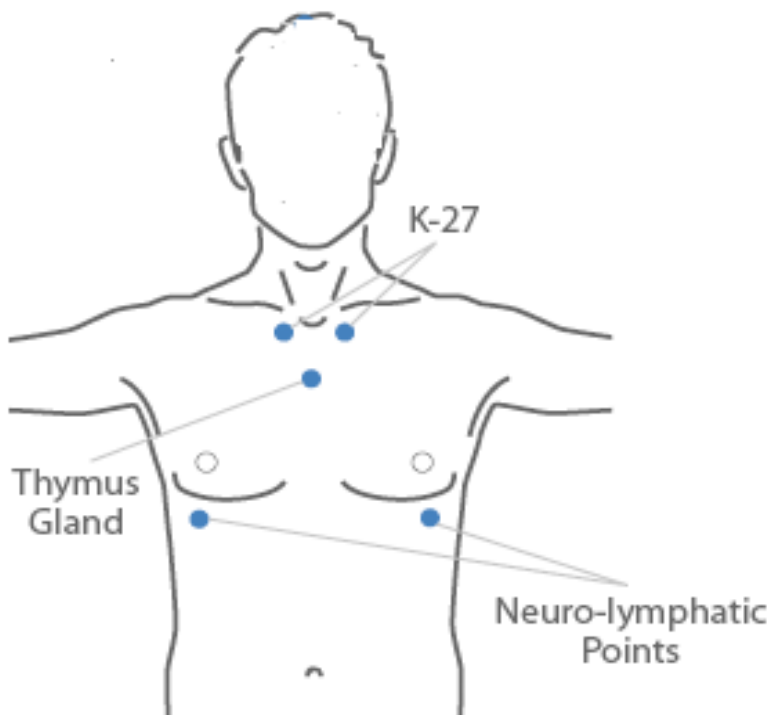
By tapping or thumping certain acupressure points on your body you can increase your level of energy, ensure your immune system is strong and give you an amazing lift when you feel tired.

Neurolymphatic Points.

These points are also referred to as the Spleen Points, since the spleen is central to the functioning of the immune system.

By tapping these points you will, in just seconds, lift your energy level (it synchronizes your body rhythms, harmonizes its energies and de-stresses the body, counters dizziness), balance your blood chemistry (it harmonizes your hormones and removes toxins) and strengthens your immune system (even fights infections).

The diagram gives you the location of these points that are on both sides of the body under your nipples and down and to the side, just over the rib. Anytime you thump any of these points, use the side of your hand or a grouping of your fingers. That way you are assured that you are tapping the points.



Sometimes these points can get quite sore, which means you have some toxins built up in your lymph system. If these points are really sore, it might be more comfortable for you to rub them instead. After a few days of rubbing the soreness should disappear, and then you can begin to thump them.

While gently breathing and for about fifteen seconds, tap firmly on these points.

After thumping, place your hands over these points and let Reiki flow. The thumping causes a release of energy within the meridians and Reiki will assist in balancing the energies after this release.

While giving a Reiki treatment you obviously can't start thumping on the clients' spleen points but you can have a very positive effect by holding your hands on or over these points and letting Reiki flow.

K-27 Points

There are many reasons why you may start to feel tired during the day and one that most people do not consider is a reversal of energy flow within the meridians – a signal to you that you need to rest. Monitoring your level of fatigue during the day is a great way of making sure that the energy within you is flowing correctly.

While you can thump these points (which are also used in EFT), you can also massage them at any time without bringing attention to yourself. Doing so will alleviate some of the tiredness and clear your head. It will also strengthen the immune system.

When you are getting tired, the energy flow in one or more meridians may reverse their flow making you feel even more tired. This is your body's way of informing you to rest. However there may be times when you need to carry on (e.g. when you are having to drive). The K-27 points gives you some control over this by helping you extend your energy limits.

The K-27 can be stimulated to send a signal to your brain telling it to correct the flow of your energy along the meridians.

To find K-27 (which is the endpoint of the Kidney meridian) place your fingers at the ends of the collarbone, then slide fingers toward the middle of the collarbone, then drop down about an inch. You will feel a slight indentation.

The points often hurt when first stimulated, but this decreases as they are regularly worked. Tapping or rubbing these particular spots will immediately send a wake up message to the brain to adjust your energy so you feel more alert.

Crossing your hands while thumping these points emulates the body's energies crossing at the neck.

Thymus Gland

Over time, energy workers may develop a sensitivity to negative energies and tapping the thymus gland is an excellent way of removing the negativity. The thymus is your immune system's surveillance gland and when it is ignored, it can become sluggish. Because it is the link between the mind and the body, the first response to emotional or physical stress is shrinkage of the thymus gland and a reduction of life energy.

The Greek word thymos actually means "life energy!" Any imbalance in energy flow through any meridian will be corrected and rebalanced with the Thymus Thump. The thymus also controls healing. True healing power comes from within, and keeping our life energy high supports any healing process.

It is highly recommended that you let Reiki flow over these spots both during a self-treatment and while treating a client.

To perform the Thymus Thump, thump in the middle of your chest at the point noted in the diagram with either your fingertips or your fist for 15 or 20 seconds.

As with all the points, letting Reiki flow over the area is an excellent way to ensure the balancing of the energies there. Incorporate the thumping into your daily routine to ensure that your system is working as efficiently as it should be.

REVERSED MERIDIANS

When a person experiences a negative event or emotion, energy becomes blocked or reversed in the meridian energy system.

A belief or memory of an experience can overload our body's electrical system. The energy along one or more of our meridians gets blocked and/or reversed, thus causing a negative emotion or effect on our bodies.

Over time the build-up of energy and the inability of the energy to flow through the meridians interferes the body's ability to heal itself. The result is both emotional and physical illness or pain.

Testing to see if the energy has been reversed is simple.

With a helper:

Walk across the room towards a partner. Have them muscle test to see your general energy strength by holding your arm out as in the diagram and have your helper push gently down on the arm while you resist.



Then walk backwards across the room and have your assistant again test the arm.

Your arm should be strong when you walk forward and weak when you walk backwards. If you walk backwards and then the test shows a strong arm, at least half of your meridians are running in reverse.

Tapping the K-27 points will radiate energy through your meridians and flip them in the proper direction.

Thump the points and walk forward and test and backward and test again and you'll see a positive result.

2. Intensive Certified Hypnotherapy Course

We reach crossroads in our professional careers when we know it is time to change.

You may wish to expand your services, add excitement to your career or enhance your position or utilize an amazing modality that will enable you to help so many clients.

Do you know people with serious problems that have tried many other solutions to no avail? You will find that one hypnosis session can often provide the remedy. By working directly with the subconscious mind, you, as a hypnotherapist, will be able to replace hindering beliefs with positive suggestions that provide immediate results for your clients. The issues hypnotherapy can address is endless!

This 3 day workshop will move your therapeutic and professional abilities to a new level.

***“Three jam packed, fun and informative days.
The training was everything I had hoped for and more.
I feel competent now to practice my new profession.” Maralyn Wilson***

Over a three day period, you will learn strategies and techniques that will enable you to comfortably and confidently hypnotise those that wish to address particular issues and concerns.

You will learn about:

- The history of hypnosis
- Common misconceptions about hypnosis
- The differences between hypnosis and hypnotherapy
- Conducting the intake interview
- Defining and describing hypnosis to your clients
- Delivering a compelling pre-talk
- Testing for suggestibility
- Inducing a hypnotic state
- Deepening the hypnotic state
- Addressing specific client issues
- How to use scripts effectively
- Ethics
- How to run a successful hypnosis practice

You will review and have access to a multitude of processes, scripts and techniques, coupled with lots of practice time that will enable you to feel confident in your abilities as a hypnotherapist. Leave after the class and immediately run a successful hypnosis session!.

Cost: \$895.00.

A 30% deposit is required (\$270.00).
Payment installments may be made.
Detailed workbook, process manual,
lunches, snacks and certificate supplied.

Three days
Friday, March 4th to Sunday, March 6th,
9:30 am - 5:00 pm each day.

905-785-2990 / mindfulmatters@rogers.com

3. Protecting Your Energy Body

Your meridians or energy pathways, are essential to the free flow of energy throughout your body. They carry currents of energy and interact with the other primary energy systems of the body.

Realigning the meridians daily is one of the most valuable ways to ensure your energy flows freely without obstruction. The meridians travel through all the major organs and muscle groups of the body, removing blockages and revitalize your primary organs. Realigning your meridians has an immediate benefit of balancing and energizing you throughout the day. Not addressing your meridians, as studies have shown, will manifest as a variety of illness in the body.

The Governing and Central Meridians are centrally located on the body, with the Governing Meridian flowing from the tip of your nose over the crown of the head and down the back of the spine.

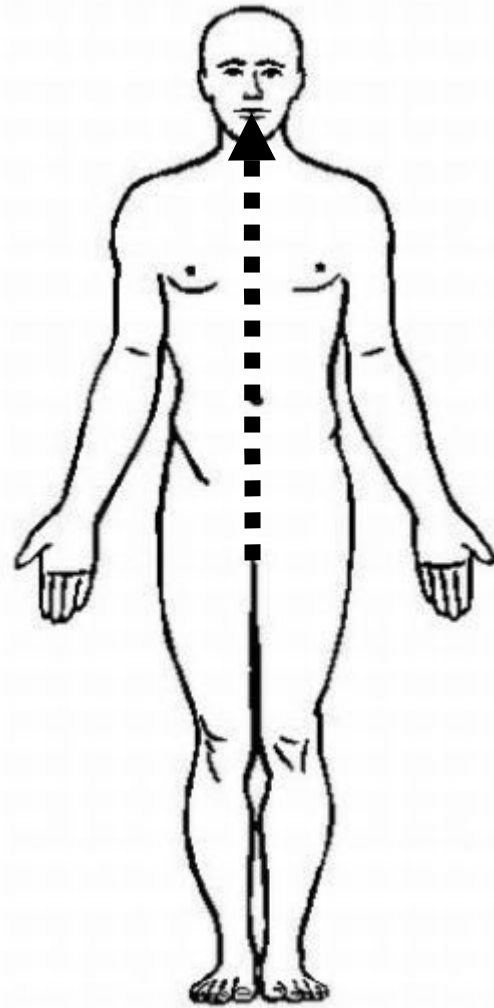
The Central Meridian begins on top of the lip and continues down the center of the front of the body; they are powerful energy pathways. The other twelve of Meridians form a chain and are linked with each being identified by the organs they serve.

When you are conversing with anyone or actually when you are even in their vicinity, your body processes the energy from that person through your aura, chakras and then your meridians. That energy enables you to feel an impression.

Perhaps in the past, you have met a person for the first time and you feel as if they are a long lost friend. Or you meet someone who seems very nice but for some reason they make you feel uneasy.

This processing of energy goes on all the time and you should take steps to ensure that you have a system and not affected by negative energies that are staying in it.

One of the easiest ways to ensure that you are not exposed to negative energies is to follow a process called “zipping-up” that involves using the electromagnetic energy emanating from your hand to draw energy up the central meridian.



By taking your hand and starting at the pubic bone and slowly moving your hand up the very centre of your body to your bottom lip, you can:

- Limit the effect of negative energy
- Maintain a positive outlook and demeanour
- Access inner strengths and
- Think more clearly

In addition, you can implant positive suggestions within your mind by stating positive affirmations as you ‘zip-up’.

As you move your hand, make positive statements such as: “I am healthy, positive and energetically balanced.”

Letting Reiki flow while performing this will maximize the effect. You can repeat this process throughout the day, especially if you will be working with people that are not as positive as you.

4. Reiki Training Options

There are common factors shared amongst healers that dramatically enhance the effectiveness of their treatments.

Healers use a strategy to ensure that the ailment affecting their client is removed. But these strategies usually aren't considered when giving Reiki treatments as the practitioner is a channeler, not a healer.

Let's change that.

What if these healing strategies could be utilized by Reiki practitioners?

The result would be dramatic and immediately evident.

You would be channelling Reiki but using your own methods to assist with a healing.



The Enhanced Reiki Toolbox has been designed to maximize your abilities to treat your clients by:

- Outlining some eye opening, proven and very surprising approaches not used with Reiki before that will dramatically enhance your treatments
- Offering new and very different hand positions and treatment options.
- Enabling you to heighten your energy level

In addition to the amazing techniques to energize yourself, you will learn:

- An exciting step-by-step approach to your treatments that will heighten their effectiveness
- Many new hand positions and incredible techniques
- Wonderful new chair and distant treatments to help your clients

Saturday, July 10th, 9:30 – 5:00

Certificate manual, lunch, drinks and snacks provided. \$225.00



The Reiki Master Class is your opportunity to take a step along your spiritual path by learning new skills, attaining a higher energetic level, using powerful new symbols and utilizing new techniques.

As a Reiki Master, you will also have the option of teaching this amazing modality at some point if you wish or simply using this wonderful level for your own benefit.

If you feel that you are at a special moment in your life where you wish to attain a new level of Reiki, then perhaps the Master's Class is for you.

Saturday March 26th and Sunday March 27th

Call 905-785-2990 for more information