

March 2009 - #58

mindful messages

for the Reiki World

Earth Hour and Reiki

Also in this issue:

- Eliminating Pain Through Grounding
- Grounding Mudra
- Meditation Course
- Tibetan Sound Bowls for Meditation



~ *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

ISSUE #58 / MARCH 2009



1 Reiki and Healing the Earth

With Earth Hour quickly approaching, take advantage of your amazing ability to channel Reiki and help heal the Earth.

2 Grounding and Pain

We may ground ourselves to centre us, but we can use grounding to effectively dispel certain pains.

3 Grounding Mudra

Use these powerful but simple finger touches to help you be calm and grounded.

4 Meditation Class

This is the way to enter deep and wonderful meditations effectively.

5 Tibetan Singing Bowls

Use them for meditating as well.

6 Holiday Time

Can you see yourself on the beach now with a refreshing drink? Enter now!

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. Earth Hour and Reiki

This year, Earth Hour has been transformed into the world's first global election, between Earth and global warming.

For the first time in history, people of all ages, nationalities, race and background have the opportunity to use their light switch as their vote – Switching off your lights is a vote for Earth, or leaving them on is a vote for global warming.

Earth Hour began in Sydney in 2007, when 2.2 million homes and businesses switched off their lights for one hour.

In 2008 the message had grown into a global sustainability movement, with 50 million people switching off their lights.

Global landmarks such as the Golden Gate Bridge in San Francisco, Rome's Coliseum, the Sydney Opera House and the Coca Cola billboard in Times Square all stood in darkness.

In 2009, Earth Hour is being taken to the next level, with the goal of 1 billion people switching off their lights as part of a global vote. Unlike any election in history, it is not about what country you're from, but instead, what planet you're from. Over 930 cities and towns in 80 countries, across 25 time zones to power down for Earth Hour 2009

At precisely 8.30 pm on March 28 the diesel generators will be switched off on the Chatham Islands, a small archipelago off the east coast of New Zealand, heralding the start of the greatest community event the world has ever witnessed - Earth Hour 2009.

The global wave of participation will gather momentum through Asia Pacific with major cities such as Sydney, Seoul, Beijing, Hong Kong, Kuala Lumpur, Manila, Singapore, Bangkok, Jakarta, Mumbai and Delhi dimming the lights as millions flick the switch to express their concern for the planet.

Across the globe Earth Hour will provide the platform for a collective voice to be heard from each and every time zone. From the streets of Cape Town to the Hills of Los Angeles, Earth Hour will unite people from all walks of life as the call for action on climate change makes its transglobal journey.

Paris, the 'City of Lights' will make a powerful statement by turning off its famous lights, including the Eiffel Tower, for Earth Hour. In the birthplace of democracy, thousands of Athenians will gather to watch the lights go out at the Acropolis in acknowledgement of their vote for action on climate change. Metropolises across the Americas including New York, Rio de Janeiro, Toronto, Buenos Aires, Chicago, Mexico City and Las Vegas will see their united voice accompanied by unfamiliar lighting – stars.

While the focus of Earth Hour is on addressing the issue of climate change, what can Reiki Practitioners do to add strength to this amazing event? As you turn out the lights in your home at 8:30 p.m. the coming Saturday evening, prepare to send Reiki to the Earth as a whole, collectively joining thousands of Practitioners world-wide.

We have practiced this event before during the equinox and it can be duplicated effectively here. So many times it has been proven that the collective focus of humans can result in dramatic positive changes. Now we can join millions around the Earth as they focus on its healing.

Clearing our energy field and then connecting to the Earth is the first step.



GROUNDING YOURSELF

Centering yourself at this time creates a powerful connection to the Earth. Grounding yourself is a wonderful way of being conscious of your connection to the Earth, of our relationship with it and of our ability to utilize its wonderful energy.

- ✚ Sit calmly and comfortably and breathe easily and gently
- ✚ Slowly symbol your hands.
- ✚ State an intention to heighten your awareness at your Hara Centre and enable the smooth flow of Ki throughout your body
- ✚ Set an intention to connect with Mother Earth and receive the benefits of her energy.
- ✚ Using your diaphragm and not your lungs, take a deep, comfortable breath slowly and release it slowly.
- ✚ Bring your attention to your abdomen as you breathe deeply again slowly and release your breath slowly.
- ✚ Breathe deeply again and hold the breath for a few seconds while you bring your attention to your Hara Centre and then release your breath slowly.
- ✚ Place one hand on your abdomen, below your navel and place the other hand opposite it on your back
- ✚ Ask Reiki to flow and see it filling and merging with this energy centre
- ✚ Spend time enjoying this connection and be aware of any sensations.
- ✚ Envision a large cord extending down from this ball of energy, now filled with Reiki.
- ✚ Breathe easily and steadily and see this cord extend through your body, through the foundation of you home and extend it deep into the Earth.
- ✚ Enjoy the moment and continue to extend the cord to the centre of the planet where you can anchor it (envision it wrapping around the Earth's core or hooking itself into it or having roots embed themselves in it).
- ✚ Feel the strong connection between the centre of your gravity and the centre of the Earth's gravity. Thank Mother Earth and ask that she enable you to use her energy to clear yourself and ground you.
- ✚ Envision this energy moving up and along the cord and up into your body and let it flow info every cell in your body, from your toes to your crown.
- ✚ Spend some time basking in the moment and the clarity and stability that this grounding has given you and when you are ready, remove your hands, breathe deeply and give thanks again.

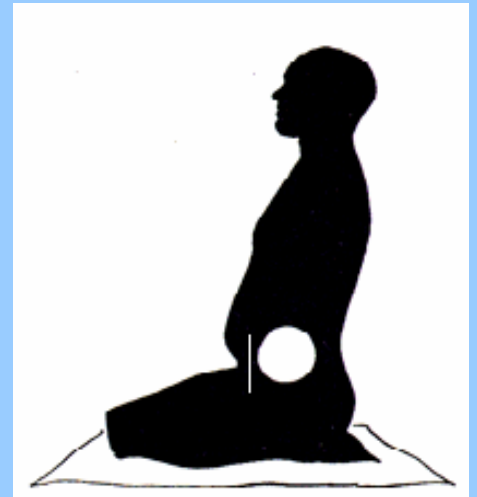
THE HARA

The area of the hara approximately 2 finger-widths below the navel is called the lower dantien (or tanden). "Dan" means "the medicine of immortality"; "tian" means "field."

The qi of the organs and meridians of the entire body collects in the lower dantien or Seika Tanden, like a vast storehouse of power.

When one grounds themselves using a haric line extending down into the earth, healers can gather great power.

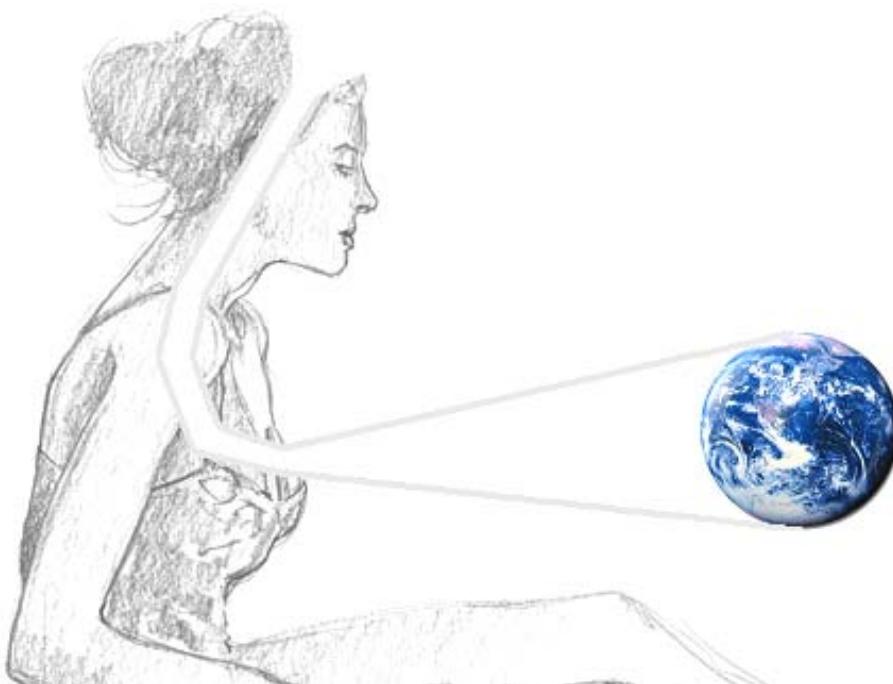
When used in healing, the tan tien can turn very bright red and become very hot. This is what is meant by being grounded on the haric level. When this happens and the tan tien turns red, healers feel intense heat all over their body.



BEAMING REIKI TO THE EARTH

- ✚ 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 such as Archangel Sandalphon to align with you as you channel Reiki.
- ✚ Visualize the whole Earth as a small globe floating in front of you in line with your heart Chakra.
- ✚ Envision the colors 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 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."



Archangel Sandalphon, who is the guardian of the Earth in charge of earth healing, will support you.

After asking for his assistance, you may feel this angel's energy cascading in through your crown chakra and coursing down into your heart.

How appropriate as his energy merges with the Reiki that will be flowing through you.

- ✚ Intend that the following takes place as you continue allowing Reiki to flow:
 - The air of the planet is clear and pure. Envision non-polluted, fresh, clear skies
 - The water everywhere is bright and sparkling fresh. Envision sparkling, clear waters
 - All the plant life and forests regenerate. See all the vegetation in vibrant colors
 - The animals, fish, birds and insects all live in abundance.
 - The people of all nations are happy and healthy. Envision calm, smiling, happy people of all cultures.

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, for this collective event and for our Reiki community

2. Grounding and Pain

While we tend to use grounding as a way of emotionally and energetically stabilizing us, it has other functions, one being the removal of pain.

Any pain within our bodies is a signal that something is wrong. It is beneficial because it acts as a warning to issues within the body that need addressing. While we can understand its benefit, wanting it is another matter.

As you address the pain, look at the foundation behind it and the attachment to it. It's often surprising to see the aches and pains that your body manifests just to get your attention back inside of you and focused on the present. This kind of pain can be removed easily with grounding.

After you have created your primary grounding cord as was noted in the previous article, create a second cord that emanates directly from the centre of your pain.

Allow the cord to grow from that centre to the centre of the planet. Do not anchor the cord or wrap it around crystals. Instead, see it like a rope that is dangling in the centre of the Earth. Let and see the painful energy drain away out of you and down the cord. Giving a colour to the pain is helpful, as you envision it clearing away.

Notice how attached you are to the pain as it leaves; how much energy you gave to it and how you now feel being without it.

Spend some moments giving Reiki to the now empty space, filling it with healing energy and seeing it running down the cord and clearing it all the way to the centre of the Earth. If the pain returns, again question why you have allowed this and repeat the exercise.

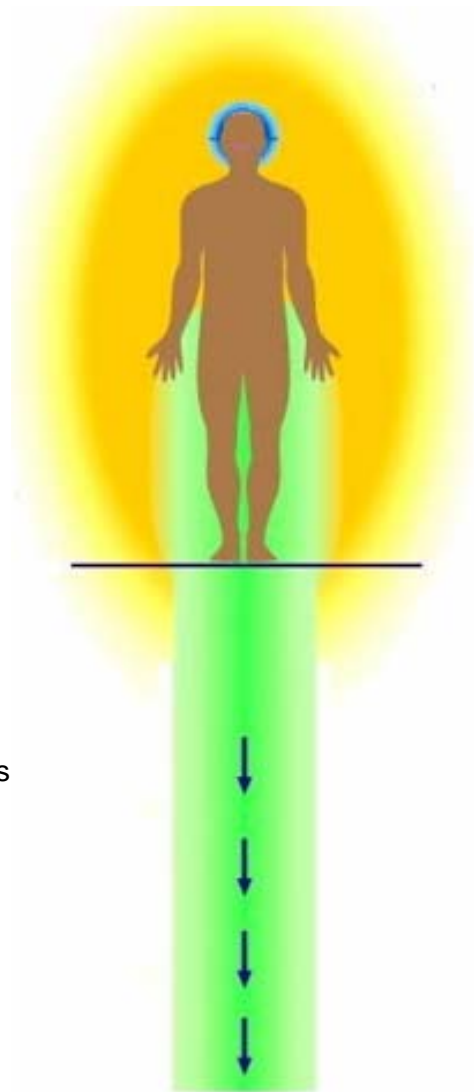
3. Grounding Mudra



When you are grounding use the Gyan Mudra. The tips of the thumb and index finger touch while other fingers are straight but relaxed. This stimulates the Root chakra, and grounds, calms and improves concentration.

A simple way of balancing your energy that you can do almost anywhere is by alternately touching the tips of each finger with the tip of your thumb. Keep each connected for a few seconds or longer and do for a few minutes in total. Do this with both hands simultaneously.

Index finger: opens the Root chakra, moves more energy to the legs and lower body and makes one calmer and more concentrated. **Middle finger:** fosters patience. **Ring finger:** for energy, stability and self-confidence. **Pinky:** heightens intuition and feeling.



4. Meditation Class – book your space

There are many definitions of what meditation is and many reasons why people do it. Most people, especially in the West, associate meditation with relaxation of the body and mind. Actually, many who wish to meditate do so because of their desire to find a way to relax in a world full of tension. Essentially though, meditation is a spiritual practice, its purpose being to explore the very nature of what we are.

Meditation has a very high objective - to take us away from this world of suffering into the world of happiness, joy and Bliss. If followed properly, we will find that meditation helps us to discover ourselves and what we really are.

We think that we are the physical body, the senses, the intellect, but when we analyze this carefully we will find that all these things have their limitations. Through such analysis we tend to come to the conclusion that there is something more profound within us which we do not know, and as we get deeper and deeper into meditation, we come nearer and nearer to that Source of our Being.

So, meditation really is that which leads us from this world of suffering into the world of joy. There is a stereotypical view that the aim of meditation is to still the mind and then transcend this plane of existence. However the very act of trying to do anything like that is to identify with the ego. In this case the ego is the seeker. Instead the aim is to go inwards until a state of consciousness is reached which is experienced as being pure awareness.

In the Hindu philosophy, this awareness is referred to as Sat-Chit-Ananda - absolute Consciousness, absolute Existence, absolute Bliss. These are the three characteristics of the Source of happiness and inner Being - what we really are. But when we come into this world, our mind becomes so obsessed with the material world and conditioned by the material vibrations, that we tend to think we can analyze with our senses what we can see and hear, and that these are the only reality. But we will find that all these things change, that all these things are impermanent, and when we look at them carefully we find that they do not have the characteristics of happiness, because they are all inanimate objects and, therefore, cannot be the Source of happiness.

By reaching a higher level of awareness and realization, we wish to practice meditation so that our mind - rather than becoming attracted to the world - becomes detached from the world and reaches a purer state of consciousness. There is then a feeling of joy and liberation. This liberation is what we are all searching for - a happiness and peace which the material world cannot give us.

When we sit quietly and calmly for meditation we will gradually find that the mind becomes settled, and we begin to sense peace within us. In other words, it is a Self-discovery, the discovery of who we really are - not the physical body, but Sat-Chit-Ananda.

In this class we will outline steps to reach those higher levels of consciousness, go deep into meditation and experience a higher level of control over what thoughts we allow to enter and stay in our minds.

This three hour class will provide you with step-by-step instruction and guidance and methods that you will be able to bring away with you to your own spaces so that you can obtain the meditative levels that you seek.

You will also be given two CDs: one that guides you through a process and another that will enable your brain waves to adjust automatically so that you can reach deeper levels.

EFFECTIVE MEDITATION

Wednesday, April 29th, 6:30 - \$9:30
\$75.00

Please book your space early.

5. Tibetan Singing Bowls – For Meditation and Vibration

Experiment!

In China, Tibet and Nepal there is a tradition of using particular sound frequencies when meditating, which nourishes the energetic levels of the mind and body. Tibetan “singing” bowls have been used since at least 1,000 B.C.

The astonishing sound they emit comes through the combination of the seven metals that are used to make them: gold, silver, mercury, copper, iron, tin and lead. Hammered into shape, the metals combine to create a resonance chamber with each bowl having their own unique sound.

The sound is quite amazing because while it seems like it's one note, you soon hear other notes called “harmonics” which seem to echo around the main note.

While you may have enjoyed the sounds and might have experimented with them in balancing chakras and energy field, they are wonderful for meditating.

To sound your bowl, place it in your left hand, holding your palm very flat. Gently strike the edge of the bowl with the beater and then use it to run around the edge of the bowl, keeping a steady circular motion. The bowl will soon start to hum and release its tones.

You can meditate on the sounds but you can also meditate on the vibration on your palm. Let the tone disappear while you bring your attention to the feelings in your hand. Simple repeat the process again and again, enjoying how the tone and sensations affect you.

If you have a partner, you can enjoy the sensations by having the place the singing bowl at the base of your spine when you are lying face down. Enjoy the sensations and sounds as they travel up your spine.



6. Monthly Contest



Did you miss that amazing contest last month to an exclusive out island in the Bahamas at a five star resort that came with \$1,000 spending money?

Why?

Because all you need to do is click here to enter for this month:

www.vacationmatters.ca

See yourself on an amazing 4 days and 3 nights in Mexico. Activities like bay cruises, city tours, whale watching, swimming with dolphins, snorkeling, scuba, hiking, biking, horseback riding (the list goes on and on!) and nearly 50 miles of unspoiled beaches, bays and coastline waiting to be discovered, all combine to make a visit to Riviera Nayarit the experience of a lifetime.

Hey, head into spring time with an amazing tan – you know you deserve it!