



mindful messages for the Reiki World

Reiki and Intuitive Channels

Also in this issue:

- **Complete Cellular
Mind Body Alignment**
- **Chakra Clearing
Technique**
- **Akashic Records**

mindful messages

Welcome to this issue of *mindful messages*.
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mindfulmatters@rogers.com

ISSUE #65 / MARCH 2010



1 Reiki and Intuitive Channels

Reiki often opens up a practitioner's intuitive abilities, of which there are four: clairvoyance, clairaudience, clairsentience and claircognizants. This article outlines what these mean and lets you determine which you are..

2 Complete Cellular Mind Body Alignment.

This is an amazing modality that is quick to learn and that has incredible immediate, visible results.

3 Reiki Master and Beyond Master

You'll know when you're ready to take a step to heighten your Reiki related abilities. If you feel it's time, then consider these courses..

4 Chakra Clearing Technique

For energy workers, clearing your chakras is imperative. Here is a technique that you may wish to try.

5 Finding the Key

Everyone seems to be looking for answers as to how to create the life they desire. This proven course may be your answer because if you don't have a plan, why not follow this one now? It works!

6 Reading Your Akashic Records

This course is unlike others in this field as it. It concentrates on developing your intuitive abilities so that you can easily acquire information for yourself and others from this amazing source of information.

1. Reiki and Intuitive Channels

A journey with Reiki opens many doors – some intended and some a surprise. Most people move towards Reiki after consciously setting an intention to ‘improve’ or change themselves in some positive way.

This may have been as a result of some dissatisfaction with their job or relationship or financial status or it may have been a result of a situation that caused them to ask: “is this all there is to life?” Perhaps a friend started to make life changes and you were intrigued and resonated with the information they shared.

However you came to Reiki, you quickly realize that it is not an end point but a way of life that opens up many opportunities but also a source of endless questions and confusion.



Just as you begin to understand one aspect of Reiki, you find different opinions or more information.

As you work with Reiki, you want to understand why your hands may tingle, why you feel warm at times, how the energy actually works or you may or how you are receiving intuitive signals to move. The latter may often be a wonderful surprise or a scary occurrence.

Many Reiki Masters / Teachers do not tell their students that their clairvoyant abilities may begin to heighten. They don't because they haven't developed there's or they don't understand what is happening to them. This is a shame because any events that may occur may seem startling or scary and the Practitioner, instead of welcoming them, may try to turn them off.

There's nothing ‘scary’ about clairvoyance. It may seem scary because the abilities that one starts to have are new and anything new creates a level of anxiety.

When a Practitioner is informed by their Teacher that they may develop their clairvoyant or intuitive abilities, then the anxiety can quickly turn to excitement and if guided properly, a great benefit for them and their clients.

But why do these abilities start?

The Beginning

It starts at childhood. Clairvoyance is a natural ability that we all have. We're born with it. We are an energy being that utilizes far more than our restrictive five senses

There are children that seem to be able to predict the future or dream about and forecast upcoming events. There are others that talk to ‘imaginary friends’ or that just seem to know when something ‘bad’ is about to happen.

Something happens here that changes their path – they have supportive guardians or parents that encourage them or at least allow them to have these abilities or they have parents whose beliefs do not condone clairvoyant abilities or who misunderstand them or simply think it's their child's imagination, and they instruct the child with different methods (eg. statements such as: “There's no such thing as imaginary friends”) They may also use levels of force and persuasion to deter their child from continuing (i.e. threatened with punishment or criticize them or make fun of them).

There are those that use these talents and abilities naturally and simply believe that everyone has them, until they find out otherwise and then may decide to be quiet about them or live a life where they know some people will be uneasy about their abilities.

**“The only real valuable thing is intuition.”
Albert Einstein**

There are others that believe they may have 'something' because they now when someone is going to call or their feelings about something are usually right. These kinds of abilities are accepted by everyone and seen not as a gift but just something that happens.

We all have these abilities but we either have had them blocked, block them ourselves, don't believe they are worth developing or believe that they cannot be developed.

But Reiki changes everything.

Reiki Changes You

You sing a song. That's probably the easiest way of describing how you give off a certain frequency.

We and everything around us moves – hard to believe when we look at a wall or a rock but they too have lots of motion and they sing too!

So let's shrink ourselves down to a sub-atomic level and we would see a very different worlds – one with zipping atoms and electrons. The once solid table would appear to be a small universe unto itself. And when things move, they cause a sound to be made. A vibration causes a frequency and all things have one.

Because 'like attracts like' we tend to attract people into our lives that have the same frequency. And we move through our world either enjoying those things that have a similar frequency or moving away from the people and things that don't.

And this is where Reiki plays a part.

The attunement literally changes your vibration. It has to since you are now imbued with powerful symbols that will affect who you are as an energy being. A number of things may begin to happen:

1. You may 'feel' different in many ways.
2. Your life may change. Old friends seem to drop away and new ones appear
3. Other energy related experiences might occur
4. And, you may start to develop clairvoyant abilities, which hopefully you were prepared for.

Intuitive Channels: The Four 'Clairs'

Since the frequency of the Practitioner has changed, their abilities may also. They may start to be more intuitive overall or, during a Reiki treatment, they may get messages of two sorts:

1. These messages may be strong feelings related to a problem that the client may have. In this case, we must emphasize that it is not our place to diagnose, as many are tempted to do.
2. These messages may also come from the client's departed relatives and friends and be received in many different ways. While everyone seems to want to actually 'see' these departed people, messages usually come in a way that relates to how you will best receive it clairvoyantly.

The four primary intuitive channels are known as clairvoyance, clairaudience, clairsentience, and claircognizance, which correspond to six-sensory sight, hearing, feeling and knowing respectively.

Be open also to the potential of developing and working with all four of these senses to varying degrees. "Just for today be humble...." and humility and openness are important for growth and keep the doorways of possibility ajar.

Clairvoyance

Clairvoyance is the most commonly referred to of the four 'clairs', and is attributed to psychics, seers, sages and those with 'second sight'. Its attributes relate to the functioning of the Third Eye chakra (which students are shown how to activate in the mindful matters' class: Aura, Chakras & Kundalini).

Clairvoyance can manifest in numerous ways, from future prediction, extra-sensory perception, past-life recall and the witnessing of subtle energy and other realms of existence (seeing auras, angels, thought forms, light beings, higher dimensions etc). The latter is what usually happens to a Practitioner, often while giving a Reiki treatment.

It facilitates the receiving of guidance in the form of pictures and imagery, which can be either literal or metaphoric in meaning.

Clairvoyance can occur spontaneously, such as with sudden visions or premonitions, though it can also be developed and worked with consciously and with intent, by working with specific exercises and meditations. Doing so following your attunement can heighten your abilities. Many Reiki Practitioners also wish to receive messages from their guides, angels and their Higher Self in order to give an intuitive based treatment and general assistance with life questions and developing one's clairvoyant skills can also do that.

Pictures are powerful ways in which information, meaning and metaphor can be conveyed, and allow large amounts of data to be received elegantly and quickly, as the proverb so neatly puts: "A picture is worth a thousand words." In just a single still image or a series of images, reams of information can be disclosed. You may see images of your client or you may see images that appear to have nothing to do at all with the client.

For example, in one treatment, the Practitioner clearly saw an image of a package of M&M peanuts. Now they were a little reluctant to share this (and we usually all are because of a fear of failure and being perceived as wrong) but she did. The client was very happy to hear about this as years before her parents had been killed in an automobile accident. Both of their first names began with the letter "M" and they often signed letters as M&M.

Some clairvoyants see things in their mind's eye and some can see with their physical eyes. Both are possible, but it's more common to see in the mind's eye. Many clairvoyants 'see' better with their eyes shut, which prevents your sight from interfering with what is perceived through your third eye. When you're working with your clairvoyance at first, it helps to close your eyes and use your mind's eye rather than expecting to see things straight away with your physical eyes, which may never happen. While you may feel a Reiki Treatment is a quiet undertaking, the room is usually packed with visitors and energy. Our five senses give us a very limited perspective as to what is really occurring. When giving a Reiki Treatment, close your eyes and set an intention to see what is around you and be open to anything that occurs. It will be natural to first believe that you are making what you see up but after it repeats itself again and again, you will trust what you are perceiving.

Because clairvoyance is linked to our third eye, not being able to develop this ability usually means there is a blockage or an energy leak at the third eye chakra. Perhaps there was some trauma caused by having 'seen' something unexpected or unpleasant or having a frightening psychic experience. Any general blocks to truth can also affect clairvoyance and the overall state of your intuitive faculties. For example, if you live your life in a state of denial or falsehood, your clairvoyance will be weakened. If you want to have strong intuition, get into the habit of facing up to the truth in your life, if you're not already. If you fool yourself about something on a regular basis, it weakens your trust in your own perceptions and intuition and this will affect your clairvoyance.

In the physical body, your eyes look outward but the human body has another physical eye, whose function has long been recognized by mystics. It is called the 'Third Eye' which in reality, is the Pineal Gland. It is considered the Seat of the Soul.

The Pineal Gland, which is cone shaped and about the size of a pea, is in the center of the brain in a tiny cave behind and above the pituitary gland, which lies a little behind the root of the nose.

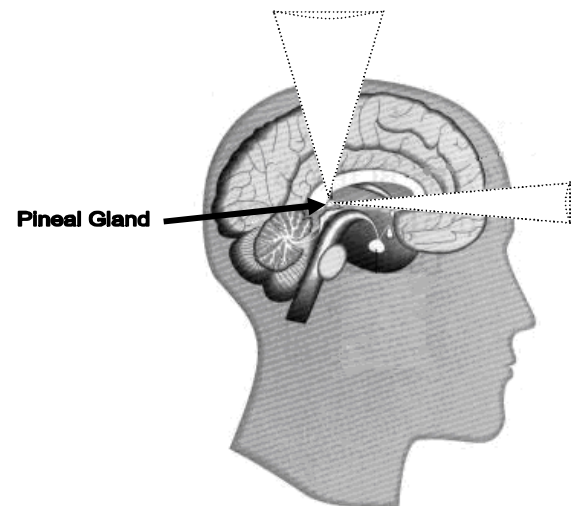
Considered the highest source of ethereal energy available to humans, the pineal gland has always been important in initiating supernatural powers. Psychic talents and spiritual activity result when the pineal gland is stimulated. When it awakens, one may feel a pressure at the base of the brain, often experienced when connecting to a higher frequency.

The tip of the crown chakra vortex touches the pineal gland and chi is received through this energy centre.

To activate the 'third eye' and perceive higher dimensions, the pineal gland and the pituitary body must vibrate in unison, which can be achieved through meditation and/or relaxation.

When meditating, see the Crown Chakra extending down into your head and entering the pineal gland then turning and beaming out through your forehead, in the space between your eyebrows

Be open to the sensations and visions that you receive.



Place a lapis lazuli or clear quartz crystal over your third eye chakra to help you with this process.

Clairaudience

Clairaudience is the ability to hear the voice of spirit and is one of the ways Reiki Practitioners can communicate effectively with their guides. However, often, the messages received via clairaudience will not have a distinct voice, tone or accent, and can be the same as your own inner voice, or simply an awareness of the words spoken without a vivid sound. This can lead to doubt and skepticism as you wonder whether these words are something that you are putting there or actually coming from another source.

Communication from spiritual guides and unseen helpers are of vibrations at a higher, subtler level than physically audible sound, and this corresponds to the energetic quality of the spirit messenger.

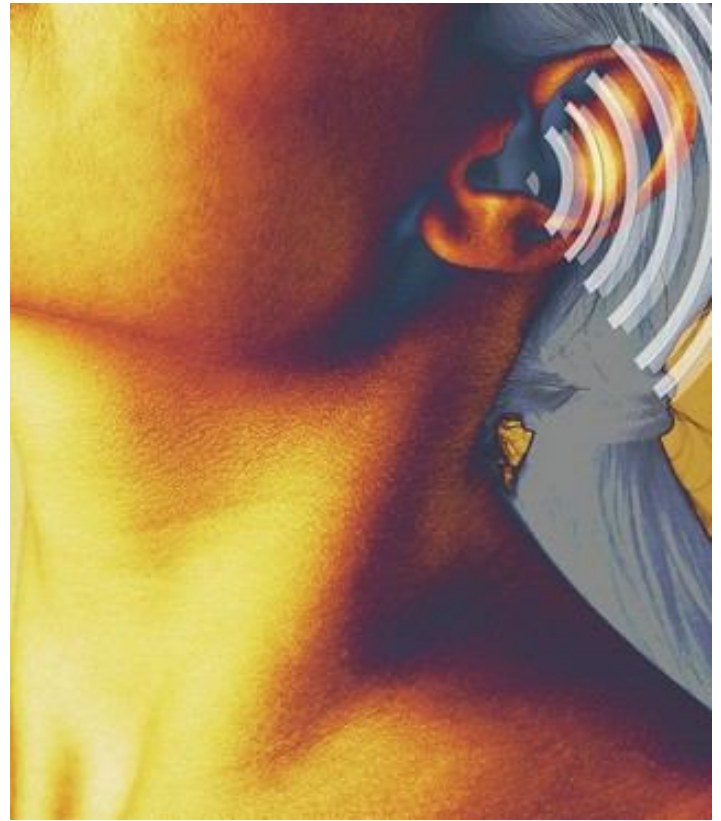
Very often energy workers hear a sound like the buzzing of bees and you feel that the sound is coming from the area behind your ears. Just as we do not really use an 'eye' to see things psychically, we do not use our ears to hear these messages. When we "hear" messages come through we are perceiving this from a point in our brain, not in our physical ear.

A clairaudient is able to tune into another frequency to hear messages. This communication comes through on energy vibrations, much the same way as physical sound, but the frequency, depending on whom you are communicating with, is at a pitch not within the range of the human ear.

Besides the common buzzing, those developing clairaudiently may feel tingles in one ear or one side of their face. They may also hear a tone, or a static sound or like someone talking through a tin can. Sometimes it sounds like the radio is just out of tune and you can't quite pick up the signal. This is very natural and happens when the psychic center that houses this ability is opening.

The words that may come to you will do so without emotion, giving you a hint that they are not yours. Your inner-ear serves as a platform for your Higher Self's 'whisperings'.

As with mental telepathy, it can be much like hearing thoughts without a vivid accompanying voice. Sometimes words and messages appear more as an experience and awareness, without a tone or sound as such. At times, you may get a large amount of information all at once and over time, working with your guide, you will be able to speed up your reception while they slow down their transmission.



To help you hear your guides, surround yourself with protective light. Sit comfortably in a chair with your notebook or recorder close by.

If you want to amplify your clairaudience, meditation helps. Sit in a relaxed position, clear your mind and take deep abdominal breaths for a few minutes - breathing in a feeling of love to raise your vibration. Surround yourself with a protective light. Simply try to be in the moment.

State your intention to your guide and ask that he/she communicate with you. If you don't know your guides name as him/her what they would like to be called.

Don't try to listen through your ears but focus in the centre of your head instead. If you already know your guide's name, start with another simple question and then relax.

After a couple of minutes bring yourself back and record anything you perceived - the sounds, whispers, words or impressions. It may be a thought that "pops" into your head, or a sound, or whisper... record everything you experienced.

Labradorite, Dumortierite and any high vibration stone such as Moldavite, Herderite and Phenacite will also help you develop all of your intuitive resources or you can program any a quartz crystal to assist you (as shown in the Crystal healing class).

Clairsentience

Clairsentience is what many people refer to as being empathic and picking up on another person's feelings or state of mind.

Reiki Practitioners often experience this as discomfort in their own bodies when giving a treatment. The discomfort usually relates to an issue the client has and can be seen as a signal to spend a bit more time in one area to let Reiki flow.

One Practitioner noted that they got quite ill, feeling sick in their abdominal area and were puzzled as to why. Several weeks later the client advised the practitioner that they were pregnant with twins.

Practitioners can also become emotionally overwhelmed when giving a Reiki Treatment, as the tune into their client and/or are affected by energy releases the client is having. As a Practitioner, you should consciously note how you feel around clients and all people or crowds or particular places and take steps to protect yourself energetically following a number of the methods we have reviewed in class.

Clairsentience can also entail sensitivity to subtle energy, such as the sensing of electromagnetic energy, auras, ley lines, tree and plant energies, and so on.

While someone who is clairvoyant might be able to see an aura, if you are clairsentient you might be able to sense the aura with your hands, picking up on the presence and sensation of the energy, perhaps as cool, hot, light, sticky, dense and so on. You may also pick up on the emotional and mental dynamics within the aura, getting a sense of what is occurring at these levels.

As in the crystal class, Practitioners can use this ability to sense problems within the aura and take steps to smooth the client's energy field. Clairsentience is a great gift to energy healers and something many of those attracted to such a profession have a leaning towards.

If you are clairsentient you may need your space in the sense that you are open to the subtle fields of energy surrounding people, places and objects. You may also need to work on centering and boundaries.

Crowded areas with a lot of energetic noise can be overwhelming, and you may be hyper sensitive to the electromagnetic energy discharged from televisions, computers and other electronic equipment. Obviously, the nature and degree of clairsentience will vary from person to person and manifest in different forms.

There is nothing fun about being an Empath. It's often a very draining and miserable existence in which you feel like you have to be entirely alone in order to survive. It is not glamorous, it is not exciting and it is painful more often than not. If you are clairsentient and believe you are an empath, you may answer yes to these questions:

1. When in public, do you constantly feel overwhelmed with inexplicable emotions for which you can't determine the reason?

Perhaps on a Saturday morning you feel wonderful but after going shopping at the mall and walking past many people you start feeling a bit strange. You can feel very down, very angry, very sad, very excitable and what's worse, you can't turn it off. Eventually it becomes so overwhelming you just want to go home and be alone. This is the reality of being empathic - one who hasn't yet learned how to block other people's emotions.

2. Do you experience other people's physical ailments?

In less dramatic situations you may feel another's emotional or physical pain when in their presence and when giving a Reiki treatment. At other times you may suddenly feeling very lethargic and fatigued for no reason. You're not sick yet you feel that you are. You later find out that your "illness" coincided with a family member's sudden fatigue (resulting from legitimate illness) even though they were far away from you at the time and you had no idea until after the fact).

3. Do you feel overwhelmed when watching something horrible in real life or even on television?

This one sounds silly, but viewing the news or depressing commercials designed to induce sympathy and open wallets can debilitate anyone who is empathetic for several hours. Those that are clairsentient will often feel like their hearts have been lanced.

4. Do you ALWAYS know what someone really means?

In other words, can you always, always, always tell what it is someone meant to say to you? More importantly, can you tell why they didn't say it? You will know if the other person is trying to spare your feelings; you will know if malice was involved. In other words, you will

5. Do you feel compelled to care for anyone in pain, no matter who they are and what they've done to you?

A true Empath cannot walk past someone suffering and not feel a need to stop and help that person. A true Empath feels compelled to go to anyone they feel pain from, be it angst or something physical. And a true Empath's compassion will usually be accepted on the spot: People in pain, regardless of how they might normally react to strangers, will receive an Empath with open arms as they know instinctively that their pain matters to them.

6. Do people open up to you - even if you don't want them to?

Many empaths just want to be alone because they have difficulty processing everything they absorb from other people but that doesn't keep people they barely know from drawing near and seeking compassion and empathy from them. The ill, the suffering, the weak - they are all drawn to the unconditional understanding and compassion an Empath emits. And Empaths emit it whether they want to or not..

7. Can you heal?

Most Empaths have the ability to physically heal. This isn't about Reiki or any other alternative. An Empath heals instinctively, usually by drawing the pain or ailment out and accepting it into their own bodies.

Claircognizance

A claircognizant knows, without knowing how they know.

Claircognizance translates to “clear knowingness”; and is essentially that which you *‘just know that you know’* beyond external means, sources or explanation. You might not know how you know it, but you just do, with conviction.

Claircognizance is produced by a mixture of sensory and extra sensory perceptions which usually translate into a physical sensation of being sure about something. You just know that things are the way you sense them, you just don't know why you do so because there is no apparent reason for why what you are feeling should be so.

Claircognizance differs from intuition in as far as it produces a strong physical sensation of certainty and can be triggered by something you perceive or hear such as a colour, a voice, music etc. It feels like all sensory perceptions melting into one producing a strong physical sensation of certainty regarding a person, situation or event. This strong sense of knowing goes beyond logic and by the fact that the intuitive information comes into the mind, not into the heart or the mind's eye.

There is a key difference between thoughts and claircognizant input: When you're thinking, your conscious mind is in control. When you receive claircognizant information, your conscious mind is only observing the information that is coming in and sometimes trying to interpret it - it is not generating the information. The claircognizant information just comes from nowhere – it often has nothing to do with what you were thinking about.

Sometimes a claircognizance experience can contain large amounts of information that is downloaded in an instant. You might find that you experience a stream or ‘package’ of insights about someone and their life, without any prior awareness. You might also find that you ‘just know’ the likely outcomes and turn of events with given choices, and this knowing, like a hunch, steers your decision-making.

As soon as you are near people, your chakras link. It is a key way that you gather this information from others and ‘know’ something about them. While we teach you how to do that consciously in the Aura, Chakra and Kundalini class, you are doing it all the time unconsciously.

For claircognizants, their higher self or spirit guides put information (in the form of thought) into their mind.

This can be a whole load of information that is ‘downloaded’ all at once or it can be smaller insights about people and situations here and there.

It can be an inspired idea.



How to develop your Claircognizance

- *Automatic writing is suitable for receiving claircognizant information, as it often comes through in big chunks. Open a word document or get a piece of paper and a pen and ask your Higher Self a question. Write down whatever comes into your mind in response - it doesn't matter if it sounds like a load of nonsense at first, no-one will read it but you. Make sure the conscious mind is only a spectator in this exercise – don't allow your mind to think about the information you're getting.*
- *Just setting the intention for your claircognizance to develop will start the process! Write your intention down as this will make it more powerful.*
- *Make time for intuitive guidance. If you don't already meditate, start a meditation practice, as just five minutes a day will help you to tune in more to your intuition. Meditation helps to quiet your mind and Divine guidance can come through a quiet mind more easily than a distracted one. Claircognizant information often comes through during meditation times. When meditating, you can imagine your crown chakra opening up and you may receive spontaneous intuitive insights just doing that. When you're in a relaxed state and ready to receive intuitive guidance, if none is forthcoming, start the process by asking a question of your Higher Self and see what comes into your mind.*
- *Often your claircognizance is already operating and waiting to be recognized as guidance. Become more aware of your thoughts. In particular be very aware of what thoughts you are having when you meet someone new or when you're being told about a situation that you know little about. See what you glean about that person/situation between the lines and if you can, get it validated.*

The common thread is developing an awareness of how you feel and what you are sensing at all times and especially around people.

You can begin by simply seeing how you 'feel' around another person. To start, see if you feel heavy or light. And then see if there are parts of your body that are giving off signals of any kind. Be open to messages that you receive from the person and your 'gut' feeling.

Developing these skills takes time as you usually have to overcome your self-doubts and entrenched beliefs.

You can do this when you are giving a Reiki treatment however one must be careful not to turn a treatment into a psychic event. One gifted practitioner who was giving a treatment to a friend received many messages. They could see deceased family members visiting and hear messages that they wished to pass on. Feeling that she was safe to pass on this information she did, and it was greatly appreciated. Some time later the friend referred her sister for a Reiki Treatment.

Following the treatment she shared with her sister that she was very disappointed with the session. While it actually had calmed her and helped her with some discomfort that she had been experiencing, she felt cheated and stated she would never go back for another session because the Practitioner didn't share any psychic related information with her.

One may get very excited about the new gifts that begin to materialize after being attuned. However, before using them, one should work diligently to understand them, be exceptionally comfortable with them, trust them without question and develop them so that they can be used for personal benefit and, if desired for the benefit of others. There are some initial steps that one can take.

- One of the first steps is to work at calming your mind. It is difficult to receive any messages if your mind is full of thoughts all the time. Meditation is one of the best steps to take.
- The next is developing a calm awareness of what you are sensing when you are around another person or during a treatment. Your body is an antenna and will give you messages in a variety of ways. Simply stop long enough to be aware of what you are feeling, hearing and 'seeing', trust what they are telling you and begin to work with these.
- The next could be to test your impressions with your friends and relatives. However, as we note in classes, receiving impressions from those you care about is often harder as your own energies will get in the way.

Reiki is wonderful in itself but the opportunity to change and develop is a magical part to the whole experience.

2. Amazing Modality

COMPLETE CELLUAR MIND BODY ALIGNMENT

After so many sessions, we are still in awe of what takes place and how powerful and yet so simple it is. The CCMBBA energy works on all levels, mental, physical, emotional, and spiritual and targets the problem wherever it exists. Clients begin by sitting on a stool and practitioners, who channel a powerful energy, enable the client to move as needed. Each client will experience something different. Some will release deep-seated emotions, non-desirable habits and/or physical trauma. The bones of others will realign.

People with chronic back/ neck pain and /or scoliosis can have the issue totally disappear. Many experience a complete and lasting cure. Still others release toxins and poisons from their system, while others have a divine spiritual awakening or may gain a totally new outlook on life.

This 4 hour exciting course will enable you to quickly learn a startling and extremely effective method to heal others. Following demonstrations and an attunement, along with opportunities to practice, you will quickly be able to use this wonderful modality to help others.



Saturday, May 8th, 1 – 5 pm. Please book earlier as the class size is limited.

3. Is it Time for the Next Reiki Step?

How do you know when you're ready to move from one Reiki level to another?

If you a Level II Practitioner how do you know that it's time to become a Reiki Master.

It probably isn't what you think.

What drew you to Reiki in the first place? Was it one of these?

1. For some, it was a surprise. They had been on a journey looking for life answers and wondering perhaps how to better themselves or help others or move away from their career path or find a diversion from an unfulfilling relationship. All of a sudden someone mentions Reiki to them or they see an ad and the next thing they have taken a class and have started a new life adventure. Was that you?
2. For others, they had been taking a number of courses in energy healing and perhaps spiritual development. Yet, someplace deep inside them, there was still emptiness or a feeling that there must be something else. Was this you?
3. And for others, who perhaps had a plan to be able to offer a multitude of services for clients or who just wanted to start a business related to healing, Reiki seemed like the perfect answer.

Taking the Master's class and then perhaps the Beyond Master's probably relates to the same feelings that you had when you first were drawn to Reiki.

Becoming a Reiki Master and then obtaining a huge number of tools to use that will help you and others is about knowing that there is a doorway that you must walk through and new opportunities and adventures lay ahead that will help you grow.

It's about injecting some needed excitement in your treatments or having other wonderful options available to you or simply expanding your knowledge base.

Most take a Master's course because of those reasons. Some take it to be able to teach.

It's not about how much you've been practicing Reiki. It's more about looking inside yourself and knowing that it's time

~ Reiki Master Class ~

While others may have a Level III or Advanced, we include this training in your Master's program for free. You will learn many other amazing techniques and have a heightened energy level.

Imagine:

- Being able reach inside someone to remove illness
- Utilizing a grid that will send Reiki to anyone you wish
- Being able to attune a person not so they can channel Reiki but to help them heal
- Knowing how to release negative energy attachments
- Working with Metatron's Cube
- Learning a Violet Flame Meditation
- Receiving 3 new powerful symbols
- Learning a fourth symbol to balance a client
- Learning a treatment procedure that uses many angels throughout.
- Being able to attune others to Reiki
- And so much more!

You'll receive a detailed manual, many step-by-step guides and a certificate. Your certificate will state that you have the Advanced and Master training – staying true to the lineage.

June 12 & 13th, 9:30 – 5:00,
\$650 (can pay in installments)

~ Beyond Reiki Master Class ~

This 1 1/2 day course is for those that wish to acquire incredible tools and techniques gathered from around the world, such as:

- Using Gassho to breath Reiki
- Removing aura impurities
- Moving energy blockages in the body
- Detoxing the body
- Cleansing beams
- Laser technique
- Third eye healing
- Powerful chair and distant treatments
- And so much more!

July 9th, 6 – 9:30, July 10th, 9:30 – 5
\$225

4. Chakra Clearing Technique



As energy workers, it simply makes sense to ensure that our energy system is as clear as possible so that we can channel Reiki without any blockages that we have interfering with the flow.

When a chakra is blocked or not functioning well it loses (bleeds) energy/life-force and at those times you can literally feel yourself shrink, especially if it happens rapidly (as in a situation where you are very fearful and you organs, lower spine, pelvis and other areas powered by this energy center. It also manifests itself as financial feel small / recoiled).

This is experienced outwardly as failures in corresponding aspects of your life or as disease in your body in corresponding body parts.

For example, a blockage in your second energy center (sacral chakra) results in power, control and money issues and may manifest itself as health problems with your sexual problems and controlling relationships.

When we are aware of the indicators which note a chakra problem or blockage, then we can take action. When we continue to avoid the indicators, then energetically and then physically, we suffer for it.

And how does it get blocked? It happens due to incorrect perceptions of key events in your life, especially during your first 7 years of life, but it can also be blocked by previous events in a past life and resistance as we progress through our life.

If you did not express your emotion and act on your feelings in the past, you develop and maintain a blockage. For example, if as a child your father told you: "you will never amount to anything", you experienced feelings at that time. Most likely, you wanted to tell him "that's not true", and you also wanted to tell him his verbal attacks caused anger in you, and you wanted to find out whether there was really something wrong with you and why he was saying these things to you. But most likely you did not do these things because you were afraid of being punishment. All this energy doesn't move out of you and so you store it unconsciously - and this is how a blockage is developed.

Soon, you get entangled in your emotions. You literally lose yourself and buy into the emotion, accepting it as truth.

The more you believe it and give it attention, the bigger it grows. This then blocks the chakra. Whenever your chakras are blocked, they super-impose the blockage on all your new experiences.

So if in the past you were criticized for your dreams and you developed a blockage, believing that they were unworthy in some way, your chakra will super-impose that on all your new dreams even now as an adult. And you will wonder, "Why don't I ever seem to make it?" There is still old negative energy stored there! You must bring it into the light and release it!

When your chakras are clear, all new expressions are pure and come out without any resistance at all!

Just as the physical spaces we inhabit require that we clear them periodically of clutter, the energetic fields that are a vital part of our being must also be cleared of old thoughts, energy, and emotions.

Clearing your chakras and your aura restores and strengthens your connection to yourself and your divine inner wisdom. Unfettered by energetic baggage masquerading as fear, pain, and self-hatred, your consciousness is once again free to grow.

When you feel 'heavy' or weighed down by life problems; when you feel overcome by emotion or are simply feeling down for no reason; when you have a physical problem, you should clear your chakras. Making a point to clear them once each day is recommended.

If you find the thought of clearing your energy fields disconcerting, simply think of it as cleansing the energy that surrounds you and releasing any stagnancy. You may not be able to see the results of your efforts, but you will experience a lightness of being and clarity of mind.

You can begin by sitting or lying down on a comfortable surface. Take a series of deep breaths and allow your soul to connect with Mother Earth and the vast expanse of the Universe.

Visualize your first chakra, situated near the tailbone, and imagine if you will, a valve opening there, much like a faucet. Imagine a cord dropping from your tailbone deep into Mother Earth and let everything that is stagnant within you flow through it. Let go of old energy, inactive thoughts, and anything else that no longer serves you. Place your hands over this chakra as best you can and let Reiki flow.

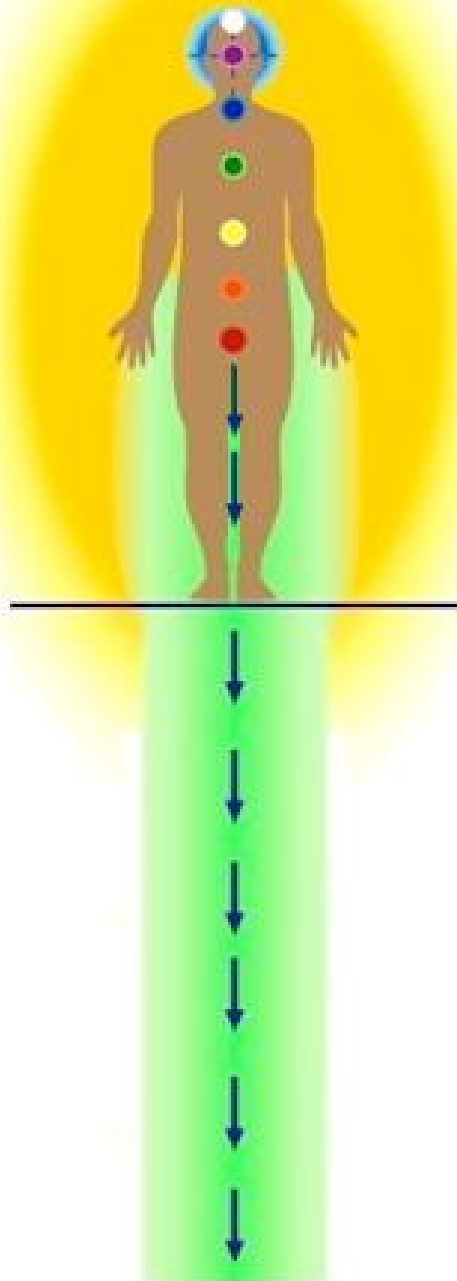
Ask the earth to accept what you are offering by turning this old energy into light. Continue to let old energy drain out of you until you feel like you've released all your energetic baggage. When you are done, imagine the valve closing. Before moving on to clear your next chakra, let vibrant terra cotta light travel upward from the earth and through the cord into your first chakra.

Repeat this process with all seven of the body's chakras. The second chakra is orange, the third is yellow, the fourth is green, the fifth is blue, the sixth is indigo and the seventh is violet.

Afterward, visualize your crown chakra and draw beautiful, golden-white light from the universe flowing down through the top of your head. Release any worries or fears that you have been holding on to. Draw this light into your aura and enjoy the resultant feeling of peace.

To finish clearing your energy and ensure that you have rid yourself of the last vestiges of clutter, take a bath infused with one cup apple cider vinegar, one cup Epsom salt, and one cup sea salt. After completing this exercise be sure to thank Mother Earth and the universe for their help.

Be aware of how you feel before you clear your chakras and then take a moment after this exercise to see how you feel and enjoy the positive difference!



5. Finding the Key to All That You Want

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Is it time to stop fooling yourself and to:

1. Honestly note whether or not your life is going the way you want it to
2. Determine if you are indeed accomplishing your dreams
3. See if you have been putting off everything until tomorrow.
4. Take steps now to ensure that you are making the changes you want.
5. Stop hoping for different results but maintaining what you are currently and have been doing.

“If you want your tomorrow to be different than today then you can’t keep acting as you did yesterday!”

The key to living your dreams is to take some planned steps today that involve understanding what is holding you back; getting rid of debilitating beliefs and learning how to stop doing and saying the things that manifest all that you don’t want – and it’s not that hard to do!

For over five years, mindful matters has been running a 7 week course on manifesting that has changed hundreds of lives. Manifesting information has saturated the Internet, bookstores and emails. It seems to be everywhere – yet this course is different!

It works with different information to open your eyes quickly to some better ways of understanding and doing things. It’s informative and fun and filled with interesting tasks and techniques that prove to you that manifesting works – right away, And that’s the key! If you see immediate changes then you’ll want to carry on – and you will definitely want to.

The manifesting course is divided into 7 three hour life-changing evenings that will show you how to make incredibly simple life changes so that all that you could possibly desire comes your way.

- 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.
- Imagine putting to use 4 ways to identify and then get all the things that you want in life.
- 5 steps to hear what the Universe is saying to you.
- 14 sure fire steps to keep you connected with the Universe all the time!

So, if now you are, to any degree: Anxious, Unhappy, Depressed, Frustrated, Sad, Conflicted, Unhealthy, Worried, In debt, Confused, Lacking love...you will change everything in just seven evenings.

\$30 paid each evening. Snacks (your sugar fix) and beverages (bottled water) provided. **We guarantee that you’ll make positive changes in your life quickly and will give you all your money back if you don’t (we never have had to yet – because it works!).**

Monday evenings starting May 12th, 6:30 – 9:30. Call 905-785-2990 a.s.a.p. to reserve your spot.

6. Reading You Akashic Records

The Universe, of which you are a part, is alive and it has a memory known as Akashic Records - an energetic archive of information that is available to guide you.

There is no library and the information isn't in big books that need to be opened! All that you have been over the centuries - all of your thoughts and memories, are 'energetically' contained and you can access this information!

Akasha is a Sanskrit word which means 'that out of which all things are formed.' It is the primary substance out of which all things emerge and it is sensitive to your vibrations of thought - which it stores.

These thoughts are governed and protected by Light Beings that will work to provide you information related to your records. You can gain insight, guidance and understanding that you can then apply to your own path and intentions as you try to become your optimal self in this physical world.

Perhaps you have a problem and a solution seems unattainable or perhaps you would like to know which direction that you could take in your work, relationship or as you acquire new skills and abilities.

Now imagine being able to take only a few simple steps to be able to tap into this amazing information. You'll never feel that you are alone moving through this worldly experience. You will always have available to you an infinite amount of knowledge and information. You'll never be at a loss for options. There would never be a reason to feel confused.

There are a variety of methods to access these records. While some practitioners claim that you need to be attuned to work with the records and others suggest complicated or mysterious steps, there are simpler ways.

This should be the case, as the information they contain is there for your use.

This course is unlike any other as it uses a number of techniques to enhance your abilities to utilize the records. Other courses do not do this and as a result, people find that they cannot access their records.

The first step is to help you develop your intuition so you can hear the messages. It just makes sense.

Next it uses hypnosis to assist you in accessing your records. This is very effective because it breaks through any resistance that you have.

Then, you'll be shown through a variety of exercises - excellent strategies and steps that are all relatively simple, direct, eye-opening and fun to enable you to:

- **Channel the energy of the records through your body, mind and heart.**
- **Access the Records for yourself and others.**
- **Experience an amazing healing process.**

You will learn how to access information from your records as well as the records of others.

The information can lead to shifts in consciousness that can empower you or your client to release unhealthy thoughts, habits, intentions and beliefs and replace them with ones that enrich lives.

They may provide you with surprising information and assistance to help you move ahead in your life.

If you are at a stage in your life and personal development where you would appreciate being able to receive guidance as you develop your level of spiritual awareness, then this course is for you.

April 24th & 25th - \$345
Includes a detailed manual, handouts,
lunch, snacks and framed certificate

Please call 905-785-2990 to reserve your spot.