

October 2007 - #47

mindful messages

for the Reiki world

New Experiences with the Distant Symbol

Also in this issue:

**Smudging signal
to watch for**

**New Massage Table
available**

Upcoming classes



~ *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
please send your questions, comments and suggestions to
mindfulmatters@rogers.com



ISSUE #47

OCTOBER 2007

1 Heightening Your Experience with Distant Reiki

Enjoy these two methods of creating special moments and places to send Distant Reiki.

2 Beautiful Massage Table

This table has it all and will meet all your current and planned needs - just in time to be a great Christmas gift. Do some early shopping!

3 Smudging

Clearing yourself, someone else, objects or a room can all be done by burning sage. But how do you know when negativity has actually been cleared?

4 Upcoming Classes

Life change opportunities available!

Really, when you go to an energy based class you're life should change for the better and these classes will ensure that happens.

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. Heightening Your Experience with Distant Reiki

Distant Healing can be used in a multitude of ways that can positively affect our own lives as well as those of clients. The experience of sending Distant Reiki can be heightened through creating special and exciting processes that focus and energize you. Its uses reach far beyond sending Reiki to others across the world. It can be utilized to impact positively on all of your activities and set the stage for moving energetically through your day.

Morning Ritual

Each day begins with a magical moment where you bring your consciousness back to this world and re-orient yourself. It is that time in the morning where you just wake up and recall where you are, what day it is and what tasks lay ahead. It's a calm time where we can take advantage of our relaxed bodies and quiet minds.

At that moment when we open our eyes for the first time, we can utilize the power of the Distant Symbol. Opening your eyes can act like a signal to set up your day positively while using Reiki to positively affect it.

After that moment when we awaken we are often flooded with negative thoughts. We may recall a meeting or a task that lay ahead that raises our anxiety level. We may also though have a smile brought to our faces as we immediately remember a special event that will be occurring that day.

In both situations, we can impact on our day by immediately sending it Reiki.

While you remain in bed:

- Begin by taking some deep breaths to place you in the moment and relax your body.
- With your eyes closed, envision a large movie screen outside of you, as if you are in a movie theatre. This is an important step as we envision our events outside of ourselves where they actually will take place.
- See the Power Symbol on this screen and let it melt into it as the screen absorbs its energy.
- See the Distant Symbol being drawn on the screen and see it being absorbed by it.
- Set an intention that Reiki positively affect all aspects of your day.
- Begin to envision all the tasks and events that are ahead of you, beginning with the simple task of getting ready for the day and then chronologically moving through all the events and tasks, such as driving your car, arriving at work, greeting clients, attending meetings, going shopping and so on.
- Attach positive emotions to these events. Even though you may be worried or nervous about an upcoming meeting for example, see yourself doing your best and everything working out well.
- With your eyes closed see everything happening in front of you as if it was a movie playing out on this very special Reiki charged screen.

Add vivid colour and lots of sound to the visions to make the events as realistic as possible.
- As you envision all the events, know that they are being surrounded and charged with Reiki energy – the energy that has been absorbed into this screen and is now being absorbed by all that you see and place on the screen.
- As the movie of your day plays out in front of you, see Reiki emanating from your heart and beaming to flood the action that is being played out in front of you.
- End your movie with you climbing happily into bed at the end of the day, seeing yourself filled with Reiki energy, with a smile on your face as you know that you have done well.
- Take a deep breath and when you are ready open your eyes and know that as you move through the day that you have manifested in your mind and filled with Reiki, that everything that you have seen on the screen will be your reality.

Creating a Sanctuary

To heighten the effectiveness of the experience of Distant Healing and to assist you with your own development, you may wish to create a sacred space: an “Ethereic Temple,” which you will visit when you wish to send Distant Reiki and/or connect with angels and guides or to simply mediate.

By constructing your Etheric Temple, you move along your own path of spiritual development and create a sanctuary from which you can affect your life as well as the well-being of others.

The construction of this temple, the special sanctuary of transformation is far more than a simple exercise in your imagination so it must be treated with reverence and care.

If you have some difficulty with the visualization of the Etheric Temple, keep practicing. It will evolve into becoming your own sacred space, where you can not only send Distant Reiki, but meet with your guides and angels, address personal issues and concerns and spend time calmly meditating:

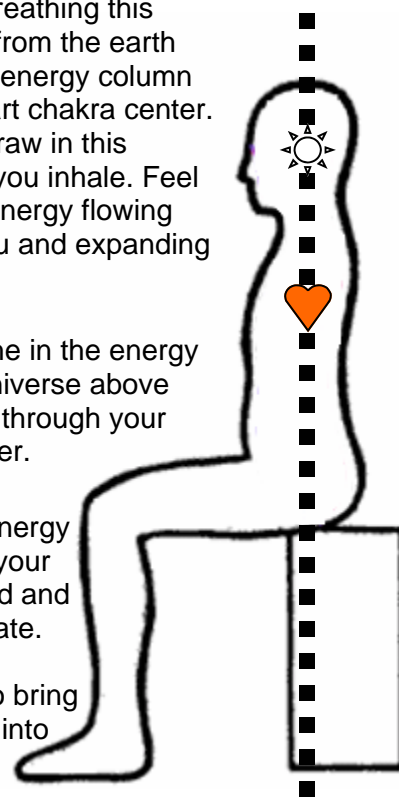
- Sit comfortably, with your feet flat on the floor.
- Command your mind / ego to be still.
- Call on any angels that you wish to assist you.
- Forget about the past or future, but be alive in the moment. Expressing your gratitude for the upcoming experience will bring you into the “now”.
- Become aware of the motion of your breathing. Spend some time relaxing and becoming aware of the rhythm of the air slowly entering and leaving your lungs.
- Allow the awareness of your breathing to expand effortlessly.
- As you breathe bring your attention to your heart and feel it beating.
- Experience the feel of gravity pulling on your body and your muscles responding.
- Ground yourself.
- Envision an intensely white column of light / energy coming in through the top of your head and see it extending right through the center of your body (through the center of your brain, through your pineal gland, through your perineum).

- Begin by breathing this energy up from the earth along your energy column to your heart chakra center. You may draw in this energy as you inhale. Feel this earth energy flowing through you and expanding your heart.
- Now breathe in the energy from the universe above your head, through your crown center.
- Draw the energy in through your pineal gland and feel it activate.

Continue to bring the energy into your heart center.

Feel this wonderful cosmic life force energy expand you in a profound way. Bask in the feeling.

- Continue to draw in both energies at the same time. Draw in energy from below and above at the same time, up through your perineum to your heart and down through your pineal gland to your heart.



- Feel your heart expanding.

Feel the complete balance that is created.

Feel yourself centered in your crown, connected to the realm of Spirit, connected to the earth and balanced within your heart.

- You now have a heart filled with an energy sphere has been created around you which will protect you as you create and use your sanctuary.
- Once you feel centered and that you have a good connection to the energies, focus on your third eye chakra, which has been activated during this process and which will improve your visualization abilities.
- Allow your third eye to open and feel receptive and begin this visualization:
- Visualize a star cluster set against a background of a dark, velvety night sky.

Notice how bright and colourful the stars look and how familiar they feel as if you remember them from deep in your subconscious.

Notice the stars twinkling very brightly and feel yourself being drawn towards them.

See the star beginning to grow in size, colour and intensity until the light fills the whole of your vision and the light becomes less bright as your eyes become accustomed to it.

- Become aware of particles of light energy moving in the light, becoming clouds of dancing particles.
- See the clouds of energy particles separate slowly and you see before you two huge ancient stone pillars standing close side by side.
- Walk towards the pillars and stand between them, with one hand on each pillar, as you activate the sacred energy.
- Feel the energy flowing from the pillars as you see before you a temple lying in ruins – the temple that has awaited your return to rebuild it.
- Gaze at the ruins and slowly, see the temple reconstructing itself.

Allow the temple to rebuild naturally from your subconscious cellular memory or use your focused intent to rebuild it in your own design.

Spend the time that you need to rebuild the temple and enjoy the experience.

Perhaps it will take you more than one visit to construct it and it and the surroundings may develop upon each visit.

- When you are satisfied with the construction for that visit, find a comfortable spot to send Distant Reiki.
- Depending on your level, draw your Reiki Symbols in the air in front of you or if you have level I Reiki, move to the next step.
- If you wish, you can call upon Archangels to align with you as you channel Reiki.
- Allow yourself to calmly sit and after selecting the person, place or thing to which you wish to send Reiki, see them or it in front of you and beam Reiki from your heart, which has been filled with energy.
- Continue to beam Reiki until you know intuitively that you should stop.
- Look around at the temple that you have created and see it vanishing before your eyes.
- Take some deep breaths and allow yourself to return to normal consciousness.
- Seal and protect your chakras by seeing them close and draw a Power Symbol over the top of each one
- You may wish to write down your experiences that you had at the temple in a log which includes all details, such as your feeling and experiences.

Devote time to visiting your temple and to send Distant Reiki to those in need.

Your temple will always be there and the look of it may change over time as you continue to change.

2. Beautiful Massage Table

The Deauville™ and Salon Professional™ by Master Massage Products

With its Reiki panels, Shiatsu cable release, face port, and our unique 11-position elevating back rest, this 29" "oversize" table have a full range of features!

The carrying case, too, is the best in the business. Its ball bearing wheels, full length extra strong base plate, and ergonomically placed handles make transporting these tables a breeze!



Wheeled Carrying Case Included!

- 11-position elevating back rest
- Reiki leg panels are double the thickness of normal leg panels for added strength
- Shiatsu cable release
- Weight Capacity: Over 1,600 lbs.
- Overall dimensions: 29" W x 84" L x 24" – 34" H (adjustable height)
- 2.5" of exclusive Small Cell™ foam for superior support.
- Oil and waterproof, CFC-free upholstery with a satin feel.
- Custom comfort, 6-way adjustable face cradle
- An arm shelf that is fully adjustable for guaranteed comfort
- Exclusive Duo-Plane™ Hinges increase strength at the center of the table
- Leg-brace stabilizer bar adds strength and aids table opening and closing
- Unbreakable Clevis block leg attachments guarantee rigidity and long life
- Dual Soft-Touch leg lock knobs for safety and stability
- Nylon leg brace buffers keep the finished wood from scratching and makes the table squeak and wobble free
- Double luggage-style closure clasps
- Colour: Cream with Natural Finished Legs



Treat yourself to an early Christmas present or casually encourage someone else to consider treating you.

Complete price with tax included is \$290.00 with *free shipping anywhere in Canada!!!*

**Call 905-785-2990 to order yours now. All credit cards accepted.
Ask about other table models/colours and massage chairs.**

3. Clearing with Sage – it gives you a signal!

It's really all about negative energy and some is just plain "sticky."

After many people have entered your house or perhaps just one extremely pessimistic and angry person has, clouds of their negativity will remain. Some just seems to hold on and refuses to budge. Even the most positive person will have some problems or concerns or issues and they will leave behind their own negativity, albeit a small amount.

While you can use the Power Symbol to clear a room and leave crystals to absorb it, you'll find that burning sage seems to provide an excellent clearing of all negative energies and there's a bonus - it gives you a signal that it has done just that!

Sage is considered a "hot" herb because it provides energy when it is burned. You can buy smudge sticks or use loose leaves (which we prefer).

After you burn sage you will find that you develop a knack for knowing when something has been cleared and the sage will actually show you that.

If you hold your smudge stick or burning leaves held in a shell or bowl over an item that is clear, the smoke will rise straight up. If you watch the smoke moving in any other direction, you need to clear the object again. The same goes for areas of the house.

Follow this process:

Apply flame to the Sage stick until the smoke rises clearly, then wait until the flame dies down so it smolders. Don't try to blow on or shake the flame out. Just let it go out naturally.

Set a clear intention. State aloud that you wish the room cleared of negativity or that you wish peace and joy to enter, and negativity to leave. You can call on help to accomplish this from ancestors, angels, guides or the Universe in general.

Carry the stick in your power hand (the hand you write with) and move to the main door in the room or if there is more than one door, choose the one closest to you.

Trace around the door in a clockwise motion following the outline of the molding around the door. Then proceed around the room toward your right (clockwise), stopping at each window to trace around it and each door to do the same.

As you come to any furniture, move the sage above and below it. As you Smudge (which is what you are doing is called), notice how the smoke moves. Pause every few feet and watch the smoke rise. If it rises straight up, the area is clear. But if the smoke seems to turn or move oddly, some negative energy remains.

You may find that particular items are more negative than others. Items that were used when purchased (eg. from a garage sale) may contain the negativity from previous owners. Gifts may also carry the negativity from the giver. If you have small items to clear, simply pass them through the smoke several times.

Smudge all items or areas until the smoke rises straight up when held above it or near it. Continue around the room until you reach the place you started and then remember to cross that place to complete the circle.

To put the smudge stick out you can grind it on a surface or bury the tip in sand. If you have used leaves a container then let them go out by themselves.

People can also be smudged and doing that will enable the person to confirm that they are clear. After setting your intention and creating a heart felt connection, begin by smudging the right side of their head (your left) and move over their head, above their left outstretched arm to the hand and then under.

Continue down their side and have them step over the smoke and then continue up over the other side, under their outstretched arm to their hand and then back over the arm to their head. Once at the head have them turn around and move from the head straight down to their feet.

After you have finished, hold the sage over their head and if it rises straight up, they are completely cleared.



