

December 2010 - #70

mindful messages

for the Reiki World

Resolutions and Reiki



~ 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 #70 / DECEMBER 2010



1 Resolution Time – Doing it right with Reiki

There is a reason that resolutions get broken so quickly. Set some goals for 2011 that will stick and help the process with Reiki.

2 Certified Hypnotherapy Course

Hypnosis is an amazing therapeutic modality that can immediately help people overcome issues that have been plaguing them for years. Maybe this new year is a great time to diversify!

3 Manifesting Class

Ask the hundreds of people that have taken this class and you'll learn why they never wanted it to stop. You'll look back after 7 weeks as a very different, happier and conscious manifestor.

4 Your Protective Animal

You definitely have one and you may be surprised when you find out what yours is. Follow this great exercise using Reiki to meet yours.

4 Reiki House Clearing Ball

Let's make sure that any 2010 negative energy stays behind and you move into the New Year with a calm and clear home. This Reiki procedure will definitely do the trick – and will clear you too!

5 Marriage Counseling

Do you know anyone that would love to resolve the issues in their marriage? Please let them know about this very successful service.

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. Resolution Time – Doing It Right With Reiki!

The end of each year is a time of mixed emotions. A quick review can cause you to remember accomplishments and bring a smile to your face or overwhelm you with regrets and the feeling of lost dreams.

But the best thing about the end of the year is that you can re-evaluate your actions and goals and set a new plan for the New Year – but you need to make sure that you don't follow the same path that led you to your disappointments this year. It just makes sense – if you continue to do the same things that you did last year, you'll end up at the end of next year feeling exactly the same way as you do now.

As we know from Reiki, it's all about vibration. In order to ensure that you have a 'better' year next year, you need to ensure that your vibration changes.

You can actually do this quite simply but it takes discipline. You have to make sure that your old ways do not return and that the new ways are maintained.

Here's how:

1. Set goals from where you are now

Resolutions usually are not successful because they are either too big or completely impractical.

There is nothing wrong with setting 'big' goals, but you need to make sure that you feel that you are in a position to actually reach them. For example, if you are well aware of the Law of Attraction and have practiced and refined your steps, you know that you will be creating goals, visualizing and affirming and taking inspired action.

However, if you aren't following that approach, then you need to develop goals that you can meet from where you are now. This doesn't mean that you can't acquire your dreams. It simply means that you need to be confident in your own emotional state and abilities.

Setting goals from where you are now moves you from dreaming and fantasizing to a plan that you can meet with success. How often have you said to yourself: "I'll start that next month" or "when I have that money I'll take these steps?" Planning changes related to moments that do not yet exist creates fantasies not realities.

You need to make very specific goals related to the position that you find yourself in right now – not from the position you hope to be in the future.

If, for example, you would like to expand your Reiki practice, a New Year's resolution should not be: "I will have a thriving Reiki Practice next year!"

Resolutions such as these are vague and grandiose and have no way for you to measure your success.





Create a clear picture in your mind that defines what you mean by the word “thriving.” Perhaps you see yourself giving Reiki treatments to at least three persons / week in a beautiful room that you have arranged in your home. Clearly see your end result.

Now simply look at what you have now, the steps you’ve taken in the past and think of what could be changed.

Perhaps you need to set up a special space in your home or perhaps you need to figure out how to market yourself a bit better and get the word out about your business.

Don’t tell yourself that you’ll do this or that in the future but think of what you could do right now. Any small step now is a step ahead.

Here’s what you need to do:

- Write down your goal, however small it is (study after study has shown that if you do not write down your goals then you probably won’t attain them and if you don’t write them down now, then that will be a huge step to change your vibration).
- Sit quietly and calmly and hold your goal in your hand and have Reiki flow.
- Envision your goal playing out in your mind clearly.
- Fill the scene with colour and sound and action and put yourself in it.
- Enjoy the feelings associated with what you are seeing and make sure that you don’t have any negative feelings such as doubt pop up. If you do, simply acknowledge it and return to the positive scene.
- Write a list of tasks that you could do immediately to move you towards your goal (eg. Speak with some practitioners that have a successful practice, read a book on business promotion and marketing, use Google to find images of beautiful treatment rooms....)
- Take one step towards accomplishing your task from where you are now.

2. Change a past behaviour

If you are in a position that you don’t particularly like, then your behaviours put you there. Now it’s time to stop blaming anyone else or anything that happened. Start looking at the behaviours that you have that led you to not accomplishing your goals.

Unless you change these, then it just makes sense that you will be in the same state as you are now at the end of next year.

Again, it’s about vibration.

For example, when a client comes to you, what do you do to ensure that they will return?

Do you just hope they'll come back because they had a good session or do you perhaps do some follow-up of some kind?

For example, do you send them an email about what they may feel over the next few days or to call you if they wish to have another session? Do you give them a special deal for the second or third treatment? Do you give them a gift certificate of some kind that gives them a discount?

If you are doing nothing now and choose to maintain that, nothing will change.

Review how you approach the client now and make some change for the future. As soon as you do, your vibration will change, which will enable you to make even more changes.

Perhaps the best thing that you could do is to gather some friends and brainstorm about what you could do to attract clients.

You can do this for anything in your life that you wish to change. Don't be too hasty to dismiss their ideas and invite them to be creative. Don't like that idea? Well then come up with something new on your own but do that now!

Whether trying to increase your client base or positively change any aspect of your life that you wish to improve, take a different step. Anything! Just do something different and different results have to occur.

In the last step, where you were asked to Reiki your goals, you may have found that some negative emotions did surface. You may have questioned your abilities or your level of self-esteem.

If you have these feelings, then the next steps may be to take action to address them.

Whether its inactivity or removing negative beliefs, you'll end up breaking a cycle that has led to being stagnant.

Perhaps next year would be a good time to consider changing direction and putting some initials after your name.

INTENSIVE CERTIFIED HYPNOTHERAPIST COURSE

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.

Those that have often tried many other solutions to problems 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.

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 effectively address a multitude of client issues through 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.

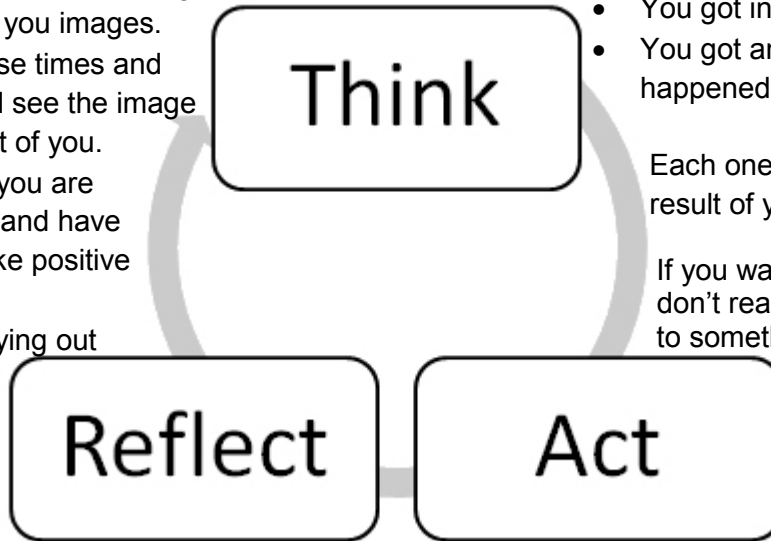
3 days:

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

Call us at 905-785-2990 or
email to mindfulmatters@rogers.com.

You can:

- Sit quietly and let Reiki flow
- Envision your new process and new steps
- When the negative feeling emerges, acknowledge it but do not let it overwhelm you.
- Ask for the source of that feeling and allow your mind to give you images.
- Send Reiki to those times and those images and see the image dissolving in front of you.
- Tell yourself that you are strong and smart and have the energy to make positive changes.
- See yourself carrying out your goals and dreams.
- Fill those scenes with Reiki.
- Breathe easily and calmly and enjoy knowing that you have addressed that negative that may have been holding you back.
- Repeat positive affirmations during the day about your abilities and goals.



Seems like a simple thing to do but it's actually not. Things may not have gone well because:

- You weren't in a good mood
- You thought someone else wasn't being nice
- You were surprised at a reaction
- You had a client cancel.
- You got into an argument
- You got angry that something happened.

Each one of these things was a result of your outlook and beliefs.

If you want to make sure that you don't react the same way tomorrow to something similar, it comes down to finding out why you reacted the way you did.

And please, as we said before, stop blaming something or someone else because you can only change yourself.

Once you see what you need to do to change:

- Sit quietly and calmly
- Ask Reiki to flow
- Review the situation that occurred in the day that was not positive
- See Reiki filling that scene
- Forgive anyone that you need to in order to move on
- Forgive yourself for your behaviours
- Now see the scene in a way that you wish it had gone
- Play it out completely and vividly, empowering it with your positive emotions
- Make a point to change your behaviours and approach tomorrow positively.

So as we move into a New Year, be excited knowing that many positive changes will be occurring because you are leaving some old behaviours and beliefs behind and get excited about consciously creating a new path to follow.

3. Review the day

"I just want to get to bed!"

Well, there's one thing you should do before you end the day. Your day can quickly become a repeat of yesterday if you don't evaluate how you are doing and make some changes.

The only way to make sure that your day changes is to change your approach in some way. This may be intellectually, emotionally or spiritually, but to avoid sameness and repetition, something has to change.

So, at some point in the evening take a look at the things that went well and figure out why they did. You might want to be conscious of your successful behaviours and beliefs and repeat them.

And then take a look at the things that didn't go well and figure out why they didn't.

4. A New Year - Is it Time to Change Your Life?

It just seems sometimes that life is rolling over you – that stuff keeps happening and all you can do is respond or try to keep up.

Maybe it seems that you are just one step behind and the life you want is just beyond your reach.

Or maybe you feel that what you really want is just too big and too beyond your means.

Here's the good news – you are creating all of that!

**Take a moment right now
and look around you?
Everything that is happening
and everything that you see
is what you created.
The life you are moving through now
is what you asked for!**

"Yeah right!" you say. "Why would I ever ask for this to happen?" You can blame others or circumstances or bad luck but it's none of those things.

Sure, you didn't consciously ask for the things in your life that you don't like, but you did energetically!

**How do you think you're doing
at creating the life you want?**

Once you stop blaming or looking 'out there' to find the causes of your problems, you realize that it's all you and you can then be more conscious of how you are creating everything in your life and work to create the life of your dreams.

MANIFESTING CLASS

**One Night / Week for 7 Weeks
Wednesdays Jan 26 – March 9, 6:30 – 9:30 pm**

Hundreds of people have taken the Manifesting Class and perhaps the best comment to note how much they enjoy it is on the last day: *"Can we come back for more because we don't want this to end."*

They say this because they have made so many positive changes over the weeks that they don't want to stop. Why would they?

Every week over the seven weeks, you will try some fun, powerful, new things and then see immediately how your life changes for the better. You will see your life change from the very first week on!

Here is what one student had to say:

"The single best decision I have ever made in my life was committing myself to move through the Manifesting Course."

"It went well above and beyond meeting any expectations that I could have ever had, and opened my eyes and mind to a magnificent universe that I cannot get enough of."

"The class experience was fun – there is so much to soak up and ponder that it could be a full-time job manifesting, hence, I learned to be conscious far more often than before."

"The atmosphere was relaxed, positive, open, non-judgmental, etc. I also appreciate that despite your hectic schedules, you always took time for my e-mails – thanks so much!"

"Your classes have literally changed my routine, my outlook on life, my habits, my beliefs and my disposition – I could never thank you enough."

"You guys are like the auto mechanics of the soul – I went in to get one thing fixed, and you tell me about a million other things I can do to improve my life. Thank-you soooooo much!"

Jeremy Zinger

In 7 weeks you'll look back at the old you and be able to feel and see the many positive changes – we guarantee it!

If you're wondering if this is for you then just come to the first evening and see.

Please call soon as this class fills quickly. We're looking forward to hearing from you.

905-785-2990

mindfulmatters@rogers.com

4. Your Protective Animal

During Reiki treatments, many practitioners say they either sense or 'see' an animal.

They may simply have a 'knowing' that an animal is present or they may feel the animal brush past them.

Some practitioners may 'hear' the animal.

In some cases, the practitioner is seeing their protective animal or may be sensing the one that accompanies the client.

Just as we have angels guarding and helping us, we also have animals that support us.

There is no need to be fearful of this. We all have protective animals and working with them to help us define our own needs and change our behaviours can be a wonderful experience.

Knowing that they are there can bring you a sense of comfort and wonder.

Do not confuse this with animals or birds that you may frequently see. All because an animal has crossed your path, does not mean that it is a protective spirit.

There probably is a reason that it has come into contact with you and may even carry a message for you, but your protective animal is probably going to surprise you and is not limited by your environment.

For example, there are obviously some animals that do not live by you and could not ever possibly appear to you. However, on a spirit level, any animal may appear to you and be your protector.

For the following exercise, be open to having any animal appear. While some people for whatever reason would love to have a lion or an eagle as a guide, you'll probably be surprised at what appears to you. There are thousands of different animals, some that you may not even know of and these also could appear to you, which should prompt you doing a bit of research to find out about them.

Also do not be surprised if an animal that you aren't particular fond of appears. Perhaps you have a skunk appear. Remember, that these animals move with confidence and determination and rarely have others challenge them. This animal may be exactly what you need to help you along your path.



You do not actually have to figure out why they are with you.

There is a danger that you will read into their appearance.

For example, if a tortoise appears to you, does that mean that you should create a protective shell around you or shield yourself from enemies or does it mean that you aren't patient enough or that you should slow down?

It's better to simply thank them for being with you and ask them to help you as you move through life.

- If you can, draw the Reiki Symbols on your hands
- Sit calmly, breathe easily and relax
- Set an intention to use the Reiki to help you see your protective animal
- Ask Reiki to flow and see it coming down through your crown and filling every cell in your body.
- Breathe easily and deeply
- Concentrate on your third eye chakra for a minute or so
- Relax and then see the Reiki moving out through your third eye chakra and your hands as it surrounds you in a huge bubble of Reiki. Spend some time relaxing and creating this bubble of light.



- As you sit quietly you will soon have an animal appear in the light that surrounds you.
- Let its image become clearer and clearer and be aware of how you feel seeing this animal. You may feel a bit unnerved or surprised or perhaps you feel an immediate affinity with it.
- This protective animal will love you unconditionally, will never harm you and will protect you for the rest of your life.
- You may hear a name associated with the animal or you may wish to ask its name. Be open to the name it gives you.
- When you are ready, say goodbye and promise to return to share some time with your protective animal.
- Relax and breathe easily.

You can re-connect with your protector again by repeating the exercise and by speaking with them throughout the day when you ask them for their assistance.

Give thanks for the moment and be comforted knowing you have this amazing support available to you.

"For last year's words belong to last year's language and next year's words await another voice."

T.S. Elliott

"An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves."

Bill Vaughn

4. A Reiki House Clearing Ball

Reiki is designed to dispel energies from the body. Have you ever wondered where the negative blockages that people have held on to and have been released during a Reiki treatment go?

And what about the stresses that people also leave in your home?

You might believe that the people that come into your home are calm and loving but everyone has a small degree of stress at certain points in the day and these add up. For those that are more tense, they release a great deal of negative energy.

And being energy, it tends to stay around until it is cleared – which you have to intentionally do.

You have a number of options that you can use. We love burning sage and using it to clear and recommend doing that frequently. For a quick clearing you can use the Power Symbol.

The following process not only will clear your home but you at the same time so enjoy the experience!

Whenever you do a clearing, make sure that you are calm and relaxed. A brief meditation with some deep breaths and a grounding process are good ideas. In addition, always make sure that you are hydrated.

- Sit or stand near where you believe the centre of your home is.
- Symbol your hands and ask Reiki to flow.
- Set an intention to create a small ball of Reiki in the centre of your home that you will use to clear your home and see the Reiki flowing from your hands creating this ball (be as visual as you can be).
- Now see this glowing ball of Reiki getting larger as the Reiki that is flowing through you increases it in size.
- Do this process slowly and see the ball getting larger and larger. Be conscious of how it feels when the ball passes through and over you.
- See the ball getting so large that it covers your home completely.
- State an invocation requesting that the Reiki and your protectors and guardians create a safe, clear, divine space for your benefit and for the benefit of all that live with you and come into your home.

You will probably feel the difference in your home and be conscious of the people who come into it as they will probably relax quickly and may even comment about how calm the home is.

Marriage Counselling ...Is it long overdue?

Following years of experience through operating a police based victim services program and working for governments across Canada, Bob and Theresa Thomas offer a proven successful approach to counseling couples where one or both may be considering leaving or have run out of options to resolve differences.



The counselling, offered at their home in a very relaxed and safe environment, provides an opportunity to quickly examine the key concerns that each person in the relationship has and follow a solution-focused approach that will enable the couple to make immediate changes.

All communication is kept in the strictest of confidence.

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