



HOLISTIC HEALING
REIKI HOUSE NEWSLETTER

ISSUE 17
SEPT/OCT 2009

Greetings one and all.

And welcome to the 17th edition of the Reiki House Newsletter.

Spring is here – or so I thought yesterday, we certainly have had some beautiful warm spring days – good for the soul stuff. But today is a little reminder that winter has not quite left yet, rain, chilly and a little bit of snow on the mountain. Almost a blending of seasons.

You, I'm sure, like me are looking forward to the warmer weather – being able to have all the windows and doors open to let the fresh air blow away the last remnants of winter, drying the clothes on the line and bringing the sunshine in with them when they are dry.

The Reiki House continues to see many people pass through its door - clients, students and participants of our groups.

For an update on the various activities please see further on in this newsletter.

As always, if you come across an article or you would like to write one, that you would like me to put in the newsletter, please forward it to me. I would be delighted to receive them.

Should you decide that you do not wish to receive this newsletter, please let me know and I will take you off the mailing list.

Contact details: Mobile: 0415 416 168

Email: joynicholson@aapt.net.au

Website: www.joynicholson.com.au

Love, Light and lots of Laughter to you all
Joy

Reiki

REIKI WORKSHOPS 2009

REIKI 1
Sat 21st & Sun 22nd Nov

REIKI 2
Sat 12th & Sun 13th Sept

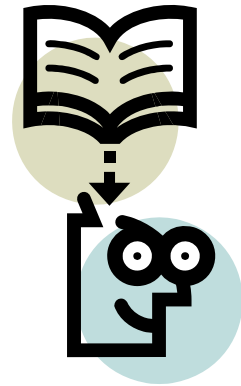
Cost \$200 per workshop or
if you would like to repeat a
workshop you can do so for
\$50

LIBRARY

Yet more books have been added to the
Reiki House library.

Please feel free to browse and borrow.

Thank you very much to those of you
who have donated – we can all benefit
from your generosity. ☺



REIKI SHARE

Held the 3rd Wednesday of
every month in the Reiki
House, Lindisfarne. 7pm –
9pm. Please feel free to
come along and share.

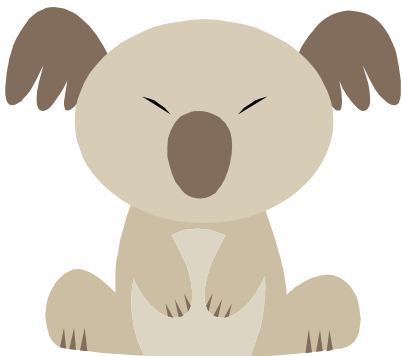


REIKI HEALING BOOK

The Reiki Healing Book is located in the Reiki House. Please feel
free to either put someone's name in it or ask me to do so. Or have
a look in it next time you are in the Reiki House and send healing to
someone who already has their name down. All healing helps.

You can access newsletters, dates of
courses..... through the website.

www.joynicholson.com.au



Woolen jumpers and blankets are still needed for the
orphaned wild life. If you can help please do so by
bringing your items to me. Thank you.

INTEGRATED SELF EMPOWERMENT THERAPY (ISET)

The Methodology Certificate 'classroom' days will finish at the end of this month. And we will plan a 'Graduation' evening for later on in the year. It has been a busy time for all concerned but a time filled with learning about ourselves primarily and learning the very effective ISET technique. The students have witnessed some wonderful changes not only in themselves but also in some of the people who have kindly given of their time and selves to be 'case studies'. Our thanks go to all those people who have given so generously.

Hopefully both levels of ISET will be run again next year so if you would like to know more about either certificate course please feel free to talk to me on 0415 416 168 or you can download a brochure on either the "Journey to Self-Empowerment Certificate" or "The Methodology Certificate" - see: www.joynicholson.com.au or/and www.isetinstitute.com



SPIRITUAL DEVELOPMENT GROUPS (Reflections of the Soul)

We have now had 11 sessions (for a list of the topics we have covered please see below) of our 'Reflections of the Soul' group. Over the last couple of months we have looked at Psychometry and had a book review evening. (The next Reiki House newsletter will have some information on a couple of the books reviewed)

Although the sessions were very different, both were most interesting and I think we all learnt a lot from them.

So far, we have looked at Symbols, Ley lines, Sacred Places, Dreams, Angels, Food/Nutrition and Gardening, Crystals, Gods and Goddesses, Psychometry and Book Review.

Our September session (Thur 3rd) will see us looking at 'Nature and its connection to Spirit'. Please come along and join us.

These sessions are a great way for us to expand our learning and to get an insight into the various topics.

All the written information that participants bring to our meetings is being placed in a folder and is kept in the Reiki House, please feel free to look at and add to it.

The groups are held on the 1st Thursday of the month from 7pm to 9pm, in The Reiki House. A \$2 donation per person, per session is requested. For more information, please feel free to ring or email me.

Extra tools to use with Reiki

Taken from 'Empowerment through Reiki' by Paula Horan.



This is the last of the extracts from the above book. I hope you have found them useful.

The following tools are not connected directly to Reiki. Many students, after completing Second Degree, receive very clear intuitive messages to guide them in the healing process. Mrs. Takata herself added a variety of procedures to her treatments, which were not passed down from Usui. Each one of us has our own unique talents, and should feel comfortable about experimenting and even expanding our own repertoire of healing methods. Because Reiki treatments do not require a constant focus of attention on the channeling of energy to the healee, the healer (hose pipe!) is left with an opportunity to observe and concentrate his/her thought process elsewhere. While Reiki, in and of itself, is a complete healing modality, you may choose to investigate some of the following methods in combination with a Reiki treatment:

CENTERING

In today's world, which is dominated by Western culture, most of us tend to identify with the intellect as being the center focus of the mind. Since the Age of Descartes, in the seventeenth century, when logic and rational thinking superceded intuition in importance, we also have tended to link intellect very closely with the personality. Over hundreds of years, more than one million women and men were burnt at the stake as witches, almost entirely destroying the ancient culture of the Wicca – wise who had been healers and medicine people of pre-Christian culture. Actually the eradication of intuitive/psychic abilities began during the dark ages while the religious sanctions against such abilities were promoted to gain further control over the masses by the ruling intellectuals, who used church politics as their weapon. The intellect began to take center stage to the point where today the church has been over shadowed by the hallowed halls of education. Universities, instead of the church, are now the primary conditioning agent for the mass mind/culture. The development of the intellect has reached its height and it has become apparent that it alone cannot provide all the answers to the massive problems now facing humanity. To help meet the numerous challenges which lie ahead, we must recognize the intellect's true palace as a tool, and not continue to identify with it as the essence of who we are. The next step that we must take is to redevelop our latent intuitive abilities. Receiving the attunements of First and Second degree Reiki helps to open up intuitive knowledge. Continued self-treatments also help further development of this long dormant faculty.

During my Reiki classes, there is a very simple process that I like to teach my students, to help them focus their consciousness in their hara or feeling center of their bodies. When we are centered in the hara or chi center, as the Chinese call the emotional/sexual chakra (sacral chakra), the opposite polarity chakra located in the third eye also becomes balanced and opens up. By literally allowing the intellect to ‘step aside’ and bringing the center of our attention (the focus of our conscious awareness), into the “belly” chakra, we begin to connect with our true feelings. Once we are centered in the hara, we naturally open up to the intuitive faculties located in the third eye chakra.

The process involved is quite simple: I ask the student to sit in a comfortable position either on the floor in lotus position with legs folded and back slightly forward, or in a chair (also leaning forward so that the spine is perfectly balanced and relaxed) with the ears over the shoulders and the shoulders over the hips. I then begin to lead them through the following visualization, which you may want to record on tape and play back to yourself:

Begin by taking nice long slow deep breaths. Inhale through the mouth and exhale through the nose. Good. Just keep on breathing – nice long, slow deep breaths. Begin now to visualize a beautiful golden glowing ball floating just above the top of your head. This ball is the golden glowing ball of your conscious awareness. Continue to breathe. See your breath expanding the golden glowing ball of your consciousness. Each time you exhale, the beautiful golden sparkling light of your consciousness emanates outwards. Continue breathing nice long, slow deep breaths. Take one more deep breath into the golden glowing ball of your consciousness. When you exhale, begin to see the golden glowing ball float gently down through the top of your head and begin to blend with the lovely purple glowing ball of the crown chakra. Take another deep breath into the now golden purple glowing light of your spiritual consciousness. Watch as it expands with your breath, filling with warmth and light, and as you begin to exhale, see the light emanate and sparkle outwards, sending the beautiful light of your consciousness to those around you. Continue to take nice long, slow deep breaths into the golden purple glowing ball. See it expand again with your breath, and then as you exhale, see the beautiful sparkling light glowing, radiating outwards. Continue to breathe long slow deep breaths. Inhaling slowly, and now as you begin to exhale, see the golden glowing ball gently separate from the purple center of your spiritual consciousness and float slowly downwards to the center right behind your brow, the beautiful indigo glowing center of intuition – your third eye.

Notice the golden glowing ball as it melds and becomes one with the beautiful glowing ball of your intuitive knowingness. Continue to breathe. Take another deep breath into the now golden indigo glowing ball, filling it with warmth and light of the breath, and then as you exhale, see the beautiful golden indigo light permeating the air around you. Take a nice long slow deep breath into the golden indigo glowing ball. Feel the breath filling it with the light of your intuitive consciousness and then sparkling and flowing out into the surrounding environment. Continue to breathe. Take one more nice long slow deep breath into the golden indigo glowing chakra. As you exhale, see the golden ball begin to gently separate from the indigo glowing chakra and descend slowly down towards the throat into the lovely light blue-turquoise glowing chakra. See the two become one, filling your communication center with the energy of your breath, and as you exhale, send the light and love from your communication center out towards those around you. Keep on

breathing nice long slow deep breaths. As you inhale, see the golden turquoise ball fill with the light and energy of your breath. As you exhale, see the turquoise-golden light emanate and sparkle out toward those around you. Now begin to take one more nice long slow deep breath into the turquoise-golden glowing ball. As you exhale, see the golden ball again begin to separate and float slowly and gently down to the heart center, the lovely emerald glowing center of your heart. See the golden ball begin to merge with the lovely emerald green ball, filling your heart with the consciousness of love. Continue breathing and as you inhale, feel the breath fill your heart with the light and energy of love. Then, slowly, as you begin to exhale, see the beautiful emerald-gold light sparkling and radiating the energy of your love to all those around you. See it continuing out in waves, washing over the planet filling it with love, and then, as you inhale again, feel the energy of love returning with your breath as it fills you and expands you with the emerald-golden glowing light of your heart center. Take one more long deep breath into the emerald – golden glowing ball, again filling it with the light of love, and as you exhale, begin to see the golden glowing ball of your consciousness begin to separate and float slowly down into the solar plexus – your center of power wisdom. See the golden light merge and become one with the brilliant yellow glowing ball of the solar plexus right between the rib cage. Continue to take nice long slow deep breaths. See your breath expanding the now golden-yellow glowing ball with the energy of your wisdom and power center, filling it with the power of love.

As you exhale, see the light sparkling and sending out its rays of power to those around you. Take another deep breath, again filling the golden-yellow center with the energy of your breath, and as you exhale, feel the light and warmth of your power and wisdom radiating outward and filling each person with the empowerment of love. Take one more nice long slow deep breath into the golden-yellow chakra, and then as you exhale, see the golden ball slowly begin to separate and float gently down into the lovely orange chakra, three fingers widths below the navel, filling the ki or chi center with the golden light of your consciousness. With each warm breath, feel your belly filling with the golden – orange light of your emotional/sexual center, and as you exhale, feel the emotions of love sparkle their lovely golden-orange light to all around you. Continue to breathe nice long slow deep breaths, filling the belly with the emotions of love, and again sending the golden-orange light outwards to those around you. Just keep on breathing into the belly, filling it with the consciousness of your love, feel the warm glow of the orange – golden light as your consciousness rests in your center. Feel the peace and tranquility. Continue to breathe. Take one more long slow deep breath into the hara, and as you exhale, see the golden light begin to slip away and again float gently downward toward the tip of the sacrum, deep into the red root chakra. As the two merge and become one, feel the heat of the beautiful golden-red light begin to fill the entire pelvic area, filling it with the light of love and abundance. As you inhale, feel the golden-red light fill the pelvic area with the consciousness of love, transmuting all of the survival issues of this chakra with the energy of abundance. As you exhale, see the beautiful golden- red light sparkle and emanate towards those around you, sending your abundance outwards in waves of light, and then as you inhale, feel this light returning and filling you again with an overflowing of abundance. Just keep on breathing. With each breath you feel the energy of prosperity and abundance fill your entire body starting in the root chakra and radiating out from there, continuing to fill the entire body. As you exhale, see the light of love and

abundance flowing out around you. The next time you inhale, see the golden glowing ball gently separate from the red root chakra and float gently upwards, back towards the hara, returning to the beautiful orange glowing light of your feeling center. As you exhale, see the orange and golden light become one. Continue to breathe nice long slow deep breaths into your center, feeling very tranquil and totally at peace. As you inhale, the orange-golden light fills your entire being with the emotion of love. As you exhale, feel all disruptive emotions fading away. Each time you inhale, you feel more fully grounded and at center, flooding your belly with the love energy of your breath. As you exhale again, see the orange-golden light of your love energy streaming out, overflowing with the abundance of your love; and then, with the in breath, flowing back to you with the same waves of love and abundance. Contemplate the peace and calm in your center, and the open channel this creates as you feel at one with all those around you, and with your environment. As you relax in this calm center, slowly begin to open your eyes and again become aware of your environment.

The above exercise is designed to help you develop the feeling of being centered. As you move progressively through each chakra, you may occasionally feel resistance at specific chakras to the movement of your consciousness between them. If you feel blocked in any area as you follow this procedure, you may exhale several times in an abrupt and powerful manner to help “blow out” any clogged areas. Once you develop the feeling of being centered, you can shorten this exercise by exhaling two or three times, within seconds bringing the center of your consciousness quickly down into the belly, as you allow your intellect to step aside, and at the same time, put yourself into an alpha state, two of the benefits inherent in this centering exercise.

There has been much research done on psychic and spiritual healers which has shown that successful healers seem to work in the alpha state, which in turn, the healee seems to pick up by ‘osmosis’ during the healing. One experiment that I encourage my students to try is to walk into a crowded supermarket or department store alive with chatter and clamor, and take a few moments to become deeply centered. It is amazing how quickly the area around you grows calm and peaceful, and the conversation often recedes to a tranquil murmur. It is important to note that when this occurs, it is not you who is affecting the people, it is simply that the alpha state is absorbed automatically by those around us. In other words, when I am in the alpha state, I act as a natural channel for this energy to be transmitted to others who are in my close vicinity. It is similar to the process that I used as a teenager to overcome grand mal seizures. I would ‘tune-in’ to someone else’s calm brain waves, and prevent an aura from becoming a full blown seizure. It seems that calm peaceful waves of energy tend to overcome the more static or disharmonious types of energy.

Taking the effort to center oneself on a daily basis is a sure way to maintain a more tranquil lifestyle. It not only will help to keep you in a state of emotional balance and health, but it may even permeate the energy field of those around us without any real effort, and give them a boost of the same healing energy.



Quote

To change your world you must change your thoughts. You must become consciously aware of what you tell yourself is true every moment of the day, for that is the reality that you project outwards.

-Seth

Laughter

I know the below has appeared in a previous Reiki House Newsletter and is posted in the Reiki House but it is such a powerful story that I feel it is worth printing again.

There's an old Cherokee tale in which a man tells his grandson. "There are two wolves fighting within me. One of them is angry and hateful; the other is generous and compassionate."

When the boy asks, 'which one will win Grandpa?' the old man answers, 'the one I feed'

