

mindful messages

For The Reiki World

Does Reiki Really Increase Your Level of Vibration?

Also:

Amazing technique to test
the health of your client's
chakras and

An effective process to
balance their chakras.

Book Review

Reiki & Crystals
A Guidebook for
Reiki Practitioners



~ *mindful messages* ~

An international newsletter for the Reiki community

Welcome to issue #41 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 #41

APRIL 2007

1 Does Reiki Really Raise our Level of Vibration?

It is often said that being attuned to Reiki raises one's vibration. Surprisingly, the opposite may be true.

2 Upcoming Classes

New dates for upcoming classes. Please book early!

3 Chakra Energy Test

This amazing process will reveal which chakras need additional attention during a Reiki Treatment.

4 Manifesting Course (Evenings)

Seven week Manifesting Course that will Change your Life. We guarantee you'll see the magic happening!

5 Clearing and Balancing Chakras

This is a step-by-step guide to clear toxins from your client's chakras and ensure they are balanced.

6 Reiki and Crystals

This Guide Book for using the right crystal for identified problems can be downloaded now.

7 Sacred Visions to Digital Creations

Learn about Reiki Practitioner Aaron Pyne's journey that led to his healing art work

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.

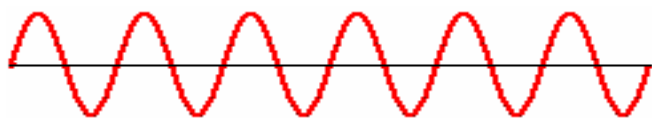
1. Does Reiki Really Raise our Level of Vibration?

In many articles on Reiki and in many trainings, Reiki Masters speak of a person's vibration being raised when they are attuned to Reiki. In fact, we have written a fairly detailed article on this in a past newsletter (go to: <http://www.mindfulmatters.ca/articles.htm> and click on #31).

But are our vibrations actually rising?

The answer, however surprising, is no.

It seems our ego may have played a small role on a very unconscious level when we believe that our level of vibration increases or is raised. This belief seems to imply being "better" than before because it is higher. If we go from a lower perspective to a higher one we believe that this is a good thing, as it implies a greater awareness, an increased knowledge base from which to make logical and helpful decisions.



But that's just one analogy. In this case getting better tickets at the ball park or hockey game usually means that you are sitting closer to the action. Those seats right behind home plate or behind the player's bench might be far more exciting because it seems that you are in the thick of things. The noise is louder and the players are bigger. The action seems more intense and it all happens because you are lower than all the rest.

And in relation to vibration, it's "lower" that's better.

There is an idea that comes from Eastern style meditation practice that when you become more conscious, or become more spiritually advanced, whatever that is supposed to mean, your frequency of vibration increases.

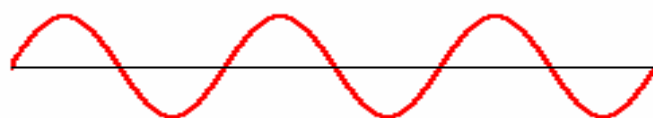
We know that everything in life vibrates. It's a bit hard to believe that when we look at the wall or our coffee table that is in a state of constant motion but we are very limited by our senses which fool us into believing that what is actually moving seems to be hard and static.

Now I don't have access to an electron microscope unfortunately, but if I could put that table under the lense of one, I would be startled to see lots of things happening. There would be light zipping this way and that and my once solid appearing table would appear to actually be a huge system of atomic based activity.

So, what's happening within us? Well, we know that we are beings of energy with lots of stuff going on inside of us. We know that each of our cells is moving and that as we go even beyond that, we have atoms and electrons and so on zipping around inside of us.

All this energy gives us a vibratory signature, much like our finger prints. It's unique to us but in a very interesting way, it causes us to relate to others in quite discernable fashion.

It's scientific: like attracts like.



As Dr. J.J. Hurtak, author of the "*Keys of Enoch*" told us recently, we all "sing". Our vibrating energy sings its own song. So if we vibrate at a certain level, we tend to attract and be attracted to others that have a similar vibration or 'song'.

Now while you may think that your partner and you are completely different from each other and thought that these differences make for an interesting relationship, it's actually your partner's vibration that attracted you because it was similar to your own.

This also solves a mystery. As we continue on our path we seem to be attracted to other people or seem to draw people to us. Some of our older friends drop away while we make new ones. We are sending out this song and attracting others that hear it and relate to it.

And while our emotions and egos and ways of thinking impact on our personality and our belief as to who we really think that we are, it's our vibratory rate that affects us as a being of energy.

And the lower it is, the better.

Energy workers know that this energy of vibration within us is carried in a series of channels called nadis, offered referred to as meridians. This is hard to believe isn't it that there are supposed to be 365 million of these channels! Acupuncturists and those that do Axiatonal Alignment (see Upcoming Workshops in this newsletter) are using these meridians to affect the energy system of their clients. Energy is moves along these meridians and is cycled through the chakras out into the person's aura.

When a person is consciously unaware, these channels are tight and just like a guitar string, they vibrate at a high frequency. As the person begins to develop spiritually (see newsletter #30) or meditates or takes Reiki for example, all of which enables them to become more consciously aware, they release energy blockages within the meridians and they relax and loosen and vibrate at a lower, slower rate.

It's easy to demonstrate. Sit and then tighten all of your muscles and stay that way for as long as you can. The suddenly relax. You can feel the tension ooze out of you almost from every pore. Pain may occur but it subsides quickly. The meridians respond in the same fashion and as we make spiritual changes, calmness comes to us as energy flows smoothly through us.

Dr. Usui understood this and knew that living the principles would enable us to master our emotions and release emotional blockages.

As Practitioners develop spiritually and begin to live the Reiki Principles, ensuring that emotional issues do not block their meridians, Ki flows more smoothly. Cleared of some blockages, the meridians are able to carry greater and greater amounts of energy, and as this happens, we begin to experience changes and start to relate to our world differently.

Interestingly enough, the clearing of the nadis may give a person the exact opposite of what they expected initially. The calmness may not happen right away.

As blockages are cleared, their movement through our energy system will be felt.

A good example of this is people who try to meditate and soon give up because there minds become filled with thoughts and they may feel very uncomfortable.

They're doing everything right but interpret the releases as failures and often give up.

Maharishi Mahesh Yogi, who popularized Transcendental Meditation, has an instructive metaphor for what happens with the mind when you meditate. He says that your mind is like a pond, and when you meditate it takes you down into the deeper parts of the pond and causes thoughts to bubble up from the bottom. When they break the surface of the conscious part of the mind, you experience them as thoughts. But the source of these thought are stresses in the nervous system, and the bubbling up process is really one of releasing these stresses. This means that when you are meditating and there are a lot of thoughts, you are releasing a lot of stresses.

Reiki treatments often demonstrate these releases.

When we get a Reiki treatment or receive an attunement which further clears the nadis, we may experience:

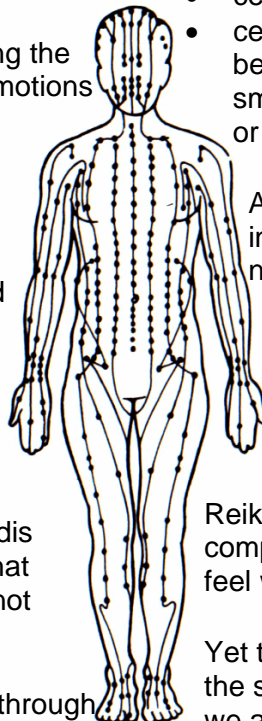
- twitches and jerks
- flashes of light or colors on the back of your eyelids
- certain a buzzing or other sounds internally
- certain sensations physically, such as floating, or being very light or being very heavy, or being very small or very large or as if you were being twisted or seeing some sort of dreamlike visions

All this is part of the process of releasing stress in the nervous system, or a purification of the nadis.

So while those seeking calmness meditate to find it and get Reiki treatments or use other treatment modalities, a short period of physical and emotional agitation may occur.

Reiki Practitioners have many stories of their clients complaining soon after a treatment, saying that they feel worse rather than better.

Yet these same clients are soon surprised to feel the symptoms abate and they enjoy the experience we all get from having cleared meridians.



This clearing also explains why those on a spiritual path go through tumultuous times where they are overcome by emotions or seem to become physically ill. It's hard to believe that it's all good at the time, but it's a confirmation that the steps that you are taking to "lower" your vibration and increase the power of your energy system is worth it.

So as we progress along our paths, Reiki will bring the calmness people seek through both its Principles and treatments and we will be able to obtain the lowest possible rate of vibration. Just image the song that we'll be giving off to the universe as we clear ourselves even further.

2. Upcoming Classes

AXIATONAL ALIGNMENT

"I felt that I was being twisted like a rubber band and then I felt just totally connected."

These comments aren't unique. The treatment itself takes minutes but the impact is astounding.

In a one day intensive course, you will learn to tap specific points along meridians that will enable to client to immediately balance their energy field and you'll be certified to teach the procedure.

It is a perfect adjunct to a Reiki Treatment.

Saturday, June 16th, 9:30 – 5:00: \$150

REIKI MASTER

There is a whole new world of Reiki awaiting you as your energy increases and draws you along your path.

This will be a wonderful weekend adventure that enables you to utilize different procedures, understand related processes and obtain the gift of being able to pass Reiki on to others.

Training includes the Advanced Level at no cost.

June 9th and 10th, 9:30 – 5:00: \$650

CRYSTAL HEALING

Addressing specific issues or simply enabling the client to benefit from the wonderful energy from a complete process will enhance your Reiki Treatments or enable you to use them on there own.

And yes, you'll be able to benefit from them as well!

This will be a one day, exciting and ability enhancing course!

Watch for the date

3. Chakra Energy Test

Reiki treatments are an effective way of balancing a persons Chakras. Demonstrating the effect of the treatment is very easy and can be done with a quick process utilizing muscle testing. Your clients will enjoy the immediate feedback from this process. The results can be surprising, especially for those that thought that their system was balanced.

This process will enable you dramatically confirm that you have the ability to assist with a chakra clearing.

More and more, as people become aware of their chakras and aura, Practitioners are being requested to help them with related issues.

As a first step, explain to the client that you will be testing their energy system.

If the client has an awareness of the chakras, then the explanation can be more direct.

1. With the client laying on their back, have them extend their arms straight up towards the ceiling, with the backs of their wrists together and elbows relatively straight
2. Begin with the Crown Chakra and lightly tap the chakra being tested two times with the middle finger.

At body areas where touching may be seen to be intrusive, you may tap just above the body.

3. After tapping, slide both of your hands between the client's raised arms, beneath their wrists.

You can place your hands as shown or turn them so they are gently holding the client's arms.

4. Advise the client to strongly resist and to try not to allow you to separate their wrists.
5. Push gently outward, attempting to separate the client's wrists as they resist.

If you can easily part the wrists of the client, the chakra being tested needs to be balanced. There will be times that are quite dramatic, as the client will seem to have no ability to resist at all. At other times, you may find that the arms only open a bit. Their resistance is an indication to you that you should be directing Reiki to this Chakra during your treatment.

Chakras needing specific attention can then be cleared using the procedure in this issue.

At the end of the treatment the process can be repeated to demonstrate to the client that their chakras are indeed balanced.



4. Seven Week Manifesting Course

**It's not a "Secret". It's a Process.
And you will be able to learn it
and see the results right away!**

Manifest Your Dreams!

How you move through time will forever change.

Everything will look different to you.

Everything will begin to make sense.

Learn simple but effective ways of looking at the world differently.

Rid yourselves of disabling beliefs and habits quickly.

OUTLINE:

In each thought provoking session (**Thursdays, May 31 - July 12, 6:30 – 9:30**) for seven weeks, you will learn to make wonderful changes in your life that will enable you to be in harmony with the Universe – and the Universe will demonstrate this to you all the time!

- You will be able to set goals and be continually amazed as the Universe gives you feedback, direction and answers.
- You will be able to clearly see why you've been blocking positives in your life and then remove those blockages.
- You will learn about exciting secrets to use daily to change how the Universe responds to you.
- You will be able to use your emotions to guide you.
- You will change your vibration so that it's in harmony with the Universe.
- You will have a ton of fun while becoming a new person, one that finds calmness through understanding!

If you would like to work with the Universe to manifest all that you desire and follow an eye-opening process, join us!

\$30.00 / session. Beverages and snacks provided.

There will be:

- Information to ponder
- Interesting activities
- Step-by-step guides
- A safe environment with like-minded people

905-785-2990
mindfulmatters@rogers.com
www.mindfulmatters.ca

12 spaces only!
The last class filled in 3 days.
Please call early.

**Abracadabra means: "I create as I speak."
And this course will enable you to do just that!
For more information and comments go to
www.mindfulmatters.ca/manifesting.htm**

5. Clearing, Balancing & Strengthening Chakras

Practitioners can test a client's chakras in many ways to determine if they need treating. A pendulum, muscle test as outlined in this edition or other method will also serve as a demonstration to the client if you ask that they observe you while you test them.

Once you have clearly noted which if not all chakras need attention, you can follow this procedure:

The Reiki Practitioner will be initially clearing the chakra of toxic energy by moving their hand in a circular pattern above the chakra.



The right, left or both hands may be used.

As the chakra's energies follow the hand, all seven energy layers will begin to spin in the same direction, shattering energy blocks.

The hand will act like a magnet, pulling stale or toxic energies up and out with a counter-clockwise motion.

After approximately three minutes at the one Chakra, the Practitioner will shake off the energy on their hand by moving it away from the client and with their palm facing the floor, shaking it.

The clockwise motion, which the Practitioner should do for about 1 1/2 minutes, provides a completion by re-harmonizing the chakra's energies.

Since each chakra requires approximately 5 minutes of treatment, the Practitioner may decide only to treat those weak chakras rather than all chakras.

- Begin with the client's root chakra or the chakra needing attention that is closest to the root.

- Place either or both hands palm down over the chakra (about four inches above the body) and begin to circle it counter-clockwise about four inches above the chakra.

- Make slow counter-clockwise circles that are about the width of the body or a bit less. Stay with it for approximately three minutes or until you feel intuitively that you should stop).

- After completing the counter-clockwise motion, shake off the toxic energy holding your hand palm down over the floor and away from the client).

Ask Mother Earth to accept and convert this energy.

- Then begin to circle over the chakra in a clockwise direction.

Continue for at least half as long as the circling in the counter-clockwise direction.

- After completing the clockwise motion, shake the energy off your hand, and then moves to the next chakra, beginning again in a counter clockwise direction.

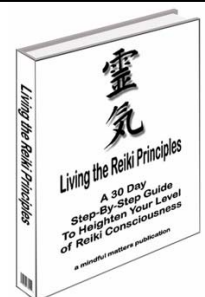
Treat the other chakras that were tested as weak and then continue with the Reiki Treatment.



We wanted to thank those that purchased this manual: *Living the Reiki Principles* and for the wonderful comments that we have received from so many of you.

For those of you that had a bit of a problem connecting because of the demand, thanks for your patience.

If you would like to read about this manual go to:
www.mindfulmatters.ca/booksummary.htm.



6. Reiki & Crystals: A Guidebook for Reiki Practitioners

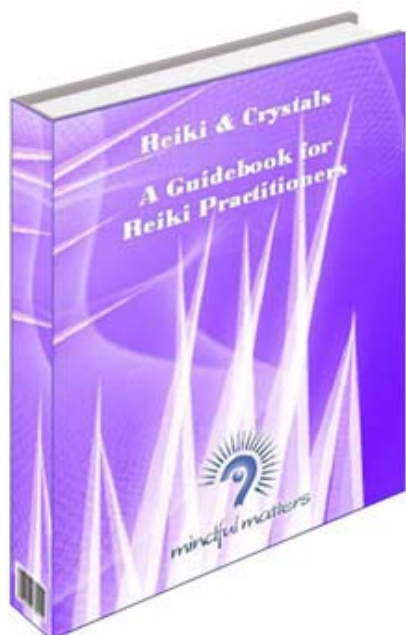
It's about the extra. It's about our need and desire to do as much as we can.

Practitioners are always looking for procedures and modalities that compliment their Reiki and the foundation of it is always the desire to try to help just a bit more. Often it's that little extra that seems to be just what the client needs.

Using crystals is a very easy way to address specific issues that the client may have, whether they are emotional, mental or physical. The hard part is picking the appropriate crystal and feeling confident that you are taking the right steps.

We know many Practitioners that have busy schedules and can't invest any more time in trying to learn everything that you need to know about crystals. And many books offer some information but little direction.

This manual will enable you to:



- quickly look in a detailed index to review a long list of problem areas
- go to the indexed crystal
- view a coloured picture
- review a condensed overview of it's properties.
- and then competently recommend one or more crystals to an impressed and very appreciative client.

The Ebook is available to you right now to download at a special price of \$12.95!

For more information and to order go to:

www.mindfulmatters.ca/crystalsbook.htm

7. Sacred Visions to Digital Creations to Healing Implementations: *By Rev. Aaron Pyne*

Breathe In.

Breathe Out.

Red, Orange, Yellow, Green, Blue, Indigo, and Violet. Emerald Green of the Earth and Cosmic Gold from the Sun. Rotating Star Tetrahedrons with Core Star Expansions.

Infinite Space to Infinite Light, to the realms of Divinity.

Soaring through infinite patterns of cosmic creation and evolution and filtering it into the Human Consciousness.

Since my childhood, I've been bringing forth sacred patterns from places beyond the physical world. They began as star mandalas in elementary school with precise geometric formations.

I had no concept of Sacred Geometry or spirituality in my conscious young mind. They just flowed through like any childhood drawings.

Little did I know at that time that they were a prequel to the visions that would come to me later in life.

The sketches were my childhood connection to my purpose for being incarnated. As I grew up, this formed into an interest in architecture and design.

Then everything shifted around the age of 18 when I had my awakening and reconnection with spirit.

The visuals began to flood in through meditations and dreams. I knew these images were not just for me, but for everyone to experience.

My artwork visually explains the principles of Spirituality and confirms others' experiences. They are visual keys to help awaken others to their spirit.

Even those who are not spiritual can see a perfect beauty formed by the sacred geometries, and with that, expand their consciousness to new possibilities.



My artwork also contains healing properties. I see healing, releasing, and expanded awareness in those who view my creations. They get drawn into it and pulled out of this world.

My art acts as gateways into worlds and levels of expression unknown to the conscious mind, opening new passage ways to bridge these worlds.

Now the images appear in my healing work.

Trained in Reiki and several other energy healing modalities, I was aware of the use of symbols in healing. In the beginning, I used the symbols I was taught in class, but then the visions in my artwork began to come through.

The images began to form around and merge into the person I was working on, turning them into a unique masterpiece themselves. It revealed their true divine nature and beauty.

Sacred shapes contain high vibrations of energy and the original templates of creation. With these symbols at hand, they transmute and reform the energy of the client being worked on.

This process releases wounds, removes negative thought patterns, and reconnects us with our Divine nature.

Aaron Pyne (Cincinnati Ohio USA)
513-703-0495 / www.spiritap.com



Your contribution of articles is welcomed.

Please forward articles on any aspects of treatments using Reiki, other energy modalities and related information via email to mindfulmatters.
Your name, contact information and website will be included.

We reserve the right to condense information.
mindfulmatters@rogers.com