



NEWSLETTER

Issue 14

Spring 2007

COURSES & EVENTS

Reiki Training

Reiki is a gentle yet powerful method of healing which can be channelled for the benefit of all living things, including plants.

Level 1 gives you powerful tools for self-healing & is £80.

Level 11 is 2 day course that allows you to treat others & use distant healing; course fee £125. (Master level training Sept. 2007)

Reiki 1: Wed. May 2nd 10-5pm

Reiki 11: Fri & Sat June 29/30th 10.30 – 4pm

Day 2 please bring vegetarian food to share)

Meditation Day

Sat. May 12th 2007 10 – 4pm

£35. There are many different ways to relax and meditate that can benefit your health. This is a fun, experiential workshop of meditation & energy healing including how to use affirmations, visualisation & the chakra's.

Your life can be transformed in just a few minutes each day!

Emotional Healing Workshop

Sat. May 30th 2007 10-4pm £40

An empowering day to help you to “get off the merry-go-round” of negative thought patterns such as anxiety & low self-esteem. Explore how homeopathy, Reiki, meditation, affirmations & mirror work could help dispel blocks that limit you. *All full day courses include a delicious vegetarian lunch & refreshments, plus manual or detailed supportive notes. Booking (+ payment) is essential for all courses as places are limited. Refunds may be given where your place can be filled.*

Springing into life!

Spring is here and already there have been some lovely fresh, sunny days that help us “spring to life” after the dark Winter months. Spring is the time when light returns to the world and all life is renewed and refreshed. Life force energy flows strongly through us, boosting our natural vitality & stimulating new growth in all living things. We begin to see new life in plants, trees, animals & people! Longer days give us more time for both work & play as we welcome the next cycle of life with all its new opportunities for regeneration, growth & healing.

Body warmth & fluid, conserved during the winter, start to shift once more;; body fluids become thinner & the lymphatic system begins a gentle cleanse to release toxins that have accumulated. Energy can stagnate without support, giving rise to spring ailments such as swollen glands & a runny nose – signs that the body is trying to let go of toxins. There are many things that we can do to stimulate our own healing energies at this time of year, for example:

- ◆ Body brushing – to stimulate the lymphatics & cleansing through the skin
- ◆ De-toxing with lemon juice, herbs such as taraxacum (dandelion) milk thistle & drink at least 2 litres of water a day. This cleanses the liver & digestive organs.
- ◆ Enjoy the new seasons organic produce such as spring cabbage, new potatoes, early broad beans & fresh herbs.
- ◆ Introduce or increase exercise – yogic breathing is fantastic to stimulate cleansing through the lungs & emotional balancing (see below & over)
- ◆ Explore/ re-start / increase meditation to “detox” the mind.

Spring is an excellent time to release the old & embrace the new.

Now is a good time to “**sow & grow**” new seeds - literally & figuratively - planting seeds & bulbs in the garden , re-potting house plants & *Spring cleaning*. Be open to new ideas, challenges & generally de-clutter your life!

What seeds / new ideas do you want to plant & nurture this Spring?



Yoga Breathing

Many of us do not breath properly, using shallow breaths without fully expanding the lungs which means insufficient oxygen reaches the organs. Correct breathing involves fully expanding the lungs using the abdomen. Yoga breathing is called *pranayama* – prana means breath of life & ayama interval –which unblocks & balances the energies within the body.

Geranium Meditation

April is a time when geraniums are out & their scent & greenery can be enjoyed. The oil from geranium is a great calming & refreshing treasure. Diffuse a little oil of geranium in your room to create harmony & dispel negative energy – especially useful if you want to cleanse a room of unharmonious vibrations, such as gossip.

Meditate with the essence of geranium

Imagine you are standing on top a beautiful hill with a wonderful view all around. In the sky is a vibrant rainbow.

Visualise a white light surrounding everythingthen gradually changing to a pale but radiant green.

Allow your whole being to move outwards into this fresh, green space. Explore.....imagine it filled with clean, sweet air. Fill your lungs & feel it purify your spirit.

Enjoy this feeling... then gradually let the green dissolve into pink.....then white, returning to your original space.

Images of colours changing & dissolving into each other help us to imagine changing shades of our own personality & life.

Yoga Breathing



Correct breathing can make a huge difference to the way we feel & function. If we feel anxious or scared breathing is usually quick & shallow but when asleep & relaxed, slower & deeper. Yoga & meditation are excellent ways both to relax & improve emotional & physical well-being. Below are some exercises for you to try.

Please note that these pranayama exercises are performed with the mouth closed. It is best to avoid these exercises immediately after eating a heavy meal. Before commencing the breathing practise, clear your sinuses by blowing your nose & rinse the mouth with water.

Energising morning breath

Breathing is in stages:- breathe in, hold the breath then breathe out & repeat. Follow the instructions below as you breathe in through your right nostril & out through the left.

- ◆ Start by gently placing the middle & index fingers of the **right** hand in the centre of the brow.
- ◆ Use your ring finger to close the left nostril & breathe in through the right side.
- ◆ Hold the breath for a few seconds before releasing the ring finger & closing off the right nostril with your thumb.
- ◆ Breathe out through the left side.
- ◆ Hold the breath slightly whilst you swop over finger & thumb.
- ◆ Repeat up to 12 times, 6 breaths each side.

Relaxing evening breath

As above but change sides – breathe in through the left nostril & out through the right side.

Practising this every day can make a difference. Try it for yourself!

Practice Shop



The practice shop stocks healthy food, vitamin & mineral supplements & household / body care products. All are sold at below the recommended retail price.

Recent additions to the shop include roll on, organic aluminium free deodorants – ancient spice for men & Tahitian breeze for women WHICH REALLY DO WORK! (It is believed that anti-perspirant deodorants may increase the risk of breast cancer)

Also Natracare paraben free baby lotion: skin care for babies & adults!

NEW BOOKS

Loans from the practice library are for up to 3 months. A small range of cassette & video/DVD's are also available. Donations of up to £1 are welcome as this helps to purchase new titles.

Recent additions include a range of "New beginnings" cassettes by Albert Smith MNAHP, MNCP.

Relax & enjoy being a mum;
Look after your heart
Let go of migraine;
Don't be afraid of the dentist;
Exams without nerves;
Overcome your fear of flying;
Cope better with asthma;
Pain management.

New books include:

"The Secret of Happy Children," Steve Biddulph. Practical, sensible tips with humour & great illustrations to understand what kids really want & how to be firm but fair. Recommended reading for all parents who want to create a peaceful, nurturing atmosphere in the family home.

"The Healing Power of Sleep"

Sheila Lavery
Advice on orthodox & complementary approaches to restoring natural sleep in adults & children.

Reiki Texts

For Reiki students wanting to expand knowledge.
"Understanding Reiki" Raymond R. Bullock
"Reiki for Common Ailments" Mari Hall
"Reiki & Other Rays of Touch healing" Kathleen Milner
"Medicine Dharma Reiki" Lama Yeshe.