



Dear Friends,

Summer is almost over. Wow, it went quickly. Hope you and yours had a wonderful break from work and school and that you are now refreshed and ready for what lies ahead. I really look forward to fall. I love the coolness, the wonderful colors of autumn and the beauty of the sunsets. Now, it's also time for most of us to change from the relaxed summer mode back to studies and a busier pace at work.

Our pace is picking up also. Jerry is back in school working on his Master's Degree and Jan and I are promoting Pure Reiki. Also, I will begin my Reiki Master training in November and we will have a booth at the Victory of Light Psychic Festival on November 18<sup>th</sup> and 19<sup>th</sup> at the Sharonville Convention Center. Come see us for a sample of the gentle healing energy of Reiki. Jan, Jerry and I look forward to seeing you there.

I'd like to share a quote with you:

*Many of us spend our whole lives  
Running from feeling  
With the mistaken belief  
That you cannot bear the pain.  
But you have already borne the pain.  
What you have not done  
Is feel all you are beyond that pain.  
-- Kahlil Gibran*

I have a friend who was afraid to receive Reiki because she thought that she might cry and that if she started to cry she felt she would never stop. She only allowed me to hold her feet at first. Later she asked me to give her Reiki on her shoulders. Although she has not yet allowed me to give her a whole body treatment she has become less afraid of the tears. Please hold her in your prayers and if you have similar fears please look again at the quote from Gibran. Sometimes tears are exactly what needs to happen. They do help us heal and even if it feels like we will dissolve and never stop crying, the tears do stop and we are stronger for them. *Reiki can help.*

Many Blessings,  
Elfriede

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Reiki session with Pure Reiki**

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*"Be aware of wonder. Live a balanced life — learn some and think  
some and draw and paint and sing and dance and play and work every  
day some."*

*- Robert Fulghum*