



"What the caterpillar calls the end of the world the master calls a butterfly"

-Richard Bach

Dear Friends,

Aaah, it's raining. How lovely!

A seaside vacation, a warm breeze, the touch of a friend's hand, a baby's smile, laughter, tears, hugs, a kiss, music, a good sermon, a walk in the woods, emails, cards, and calls from friends and my aching heart begins to heal. For a while I felt like I was in a hole and didn't have the energy to climb out. Four deaths affected me deeply in the past six months. The last one was the shocking and terrible death of my 15-year-old great nephew (my sister's grandson).

All around me were people in great need and I couldn't seem to offer them Reiki. I felt as if I was stuck and couldn't move. Then last week a client/friend called and asked for a Reiki treatment and the next day my son-in-law asked for Reiki. Giving Reiki seemed to lift me out of my sadness. Once again I am shown how this wonderful healing energy heals both the giver and the receiver. I am now ready to work again.

Dear friends, please be sure to take time to spend with your families and loved ones. Hold each other, talk, listen, pray, enjoy each other's company and do things together. Find ways to connect with each other and to forgive. Don't judge but honor and respect each other. We are all hungry and needing and we all have the ability to touch each other's lives for the good.

Now I'd like to continue with our series on the seven major chakras. As you probably remember, chakras are energy vortices within our energy fields. We have seven major chakras and several minor ones. In the past two newsletters we discussed chakras one and two.

Chakra one holds our survival instinct and chakra two holds our power and sense of pleasure. Chakra three holds our sense of self and how we see our power.

It is called the Solar Plexus Chakra and is located above the navel

The color is yellow

The tone is E

The music is Marches

The plant is Carnation

The stones are topaz, citrine and amber

The vibration of the third chakra holds our attitude toward personal power – Our sense of place in the world, our confidence and self-esteem – the seat of our will.

When unbalanced we fail to acknowledge our own feelings and are thus unable to share our true feelings. (A symptom is a clenched jaw.)

When our self-respect and self-esteem are strong we can endure many challenges. When there are situations that weaken our self-esteem and self-respect we need to walk away and take time to heal and forgive. Forgive both others and ourselves.

We also need to be aware of trying to have power over others. When this is the case we need to reflect on the situation, have compassion and let go of the urge to control.

Both forgiveness and letting go of the urge to control takes time and energy. Pray, meditate and surrender to the will of God. One of my favorite hymns is "Here I Am Lord" The first verse and the refrain are:

I the Lord of sea and sky,
I have heard my people cry.
All who dwell in dark and sin my hand will save.
I who made the stars of night,
I will make their darkness bright.
Who will bear my light to them?
Whom shall I send?

Here I am Lord.
Is it I Lord?
I have heard you calling in the night.
I will go Lord,
if you lead me.
I will hold your people in my heart.

Well, we can't go where God leads us or hold his people in our hearts if we can't forgive or if we're the ones that have to be in control. It just won't work. Here again, Reiki can help.

You are beautiful and precious beyond measure. Jerry, Jan and I wish you a life filled with joy.

Many Blessings,

Elfriede

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