



Dear Friends

What a wonderful fall this has been. I don't think I've ever seen the trees more beautiful. I usually love October and hate to see it end but there seems to be something extra special about this year. When I take a walk in the woods (or down the street) the beauty of the trees touches my soul.

This year we've joined with a group of Reiki Masters and some of us have volunteered to have free "Introduction to Reiki" classes every month for the next 12 months. In these sessions, you can learn what Reiki is, how it works, how it heals, how you can learn Reiki and how you can find a Reiki Master in the Cincinnati area. You can also ask questions (and perhaps get a short Reiki treatment). The classes are for everyone. If you'd like to learn more, or ask questions, or if you already know Reiki and just want to see what another teacher has to say, please join us.

The next class will be at the Victory of Light Festival at the Sharonville Convention Center on November 22nd from 3:00 to 4:00 p.m. The following one will be on December 13th at the Cincinnati Yoga School in Pleasant Ridge at 1:30 p.m. In January the class will be in Downtown Cincinnati, and in February in Delhi/Green Township. We will send you the scheduled times and places as we receive them. I will teach the February class on February 21st at 2:00 p.m. (Watch for details.)

The Victory of Light Festival will be on November 21st and 22nd at the Sharonville Convention Center from 10:00 a.m. to 7:00 p.m. Saturday and Sunday. The cost is \$12 per day or \$20 for both days. Children under 12 are free and students and seniors get a \$2 discount. As usual we will have a booth at the festival and hope to see you there.

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There is a life energy that flows through us and through all living creatures. When our life energy is high we feel strong, confident and more relaxed. We feel centered and less likely to get sick. When our life energy is low we feel tired, are more easily affected by stress and less resistant to illness. When our physical energy is low we get sick, when our emotional energy is low we get depressed and when our spiritual energy is low we become sad. When we receive Reiki our life energy is lifted and it helps us to heal.

*When Native American medicine men talk to the sick,
they usually ask three questions:*

*When was last time you sang?
When was the last time you danced?
When was the last time you told your story? -*

Frederic and Mary Ann Brusat

Please take care of your bodies. Eat right, exercise, get enough rest, see a physician when you're sick, and receive Reiki. Also sing, dance and tell your stories. Stories can correct misunderstandings, teach, enlighten, heal hearts and help keep us connected with each other.

Jerry, Jan and I wish you many blessings and great joy, Elfriede

P.S. - I will be scheduling a Reiki I class in the next month or so. If you or anyone you know is interested in joining us please call me (Elfriede) at 513-347-3099.

*"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*

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