



Dear Friends

It's spring and time for our first newsletter of 2008. We usually think of spring as a time of rebirth and new growth. Spring came early for me this year; it actually began last winter. I attended Reiki III training from November 28th through December 1st. I was certified as a Reiki Master and can tell you that I definitely stepped onto a path of new growth and new beginnings. It was an awesome experience. I already knew that Reiki was a marvelous thing and a beautiful way of sharing the universal love available to us all but this class expanded on that in many ways.

During those intense few days I discovered how much more there was to learn. I spent those days studying hard and learning more than I thought possible in such a short amount of time. The first thing I rediscovered is that there is *always* more to learn!

I've been a little envious when others tell me of their experiences with angels. I have always believed in angels but I had never personally met an angel – until this class. We were participating in a guided meditation. (Meditation is a challenge for me; my mind wants to go – go everywhere, go nowhere, but it doesn't want to go quiet!) Since I've previously had little success meditating I didn't know what to expect, so of course, I didn't expect anything.

After the usual, "relax, let your mind unwind," I began to realize that I was taking the remaining steps *just before the moderator spoke them!* When he suggested we step onto a path that would take us to meet our spiritual guide I was already there. My spirit soared and my heart felt like it would burst with joy and love. Truly, I met an angel.

We 'talked.' He explained that Reiki is love and that love is everything. He struck a cord when he reminded me that I was loved from the very beginning and that I would be loved forever more. My purpose, our purpose, is to love and share love. He showed me that we must love one another because we are one. We must love god, the universal spirit of us all because *we are one*. When the CD ended, I realized I was crying tears of joy. I was so full of love I almost thought I'd burst.

I am excited about teaching others Reiki now that I am a Reiki Master. It will be wonderful to help students know the joy and love of Reiki and guide them to the path of healing themselves and the world.

I send you all love and blessings,

Jan

CHAKRA SERIES

In our series on the Chakras, we are now on Chakra Five. (If you'd like you can review the first four chakras by going to the earlier newsletters.)

Chakra Five is located at the throat.

The color is turquoise or sky blue

The tone is G

The Music is Opera

The Plant is the gardenia

Stones are turquoise, blue agate and aquamarine

It holds our judgment and self-expression (how we present ourselves to the world, our imagination, inspiration and inner sight). It's where the conscious meets the unconscious in us.

When unbalanced we fear our own creativity, manipulate our relationships and have ego dramas. Have you ever held back or restricted your self-expression? Maybe you felt threatened by how others would react to your creativity. Holding back or swallowing our self-expression often causes us to feel resentment and to blame others. It can cause us to have angry outbursts, be manipulative and it can even cause us to get sick. A symptom is a small voice or very little voice projection.

To heal, let your light shine! Look upward and inward for your approval. Have enthusiasm for now and keep your spiritual energies alive and strong. – Pray, meditate, sing, dance and love without judging!

Have a Wonderful Spring --

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