



“Beloved, love one another; for love is of God and he who loves is born of God and knows God” ... I John 4:7

Wasn't this a beautiful spring? There was such an abundance of blossoms everywhere.

Jerry graduated in May and now has his Masters Degree -- Jan is a Reiki Master and now teaches classes -- Jan and I attended an Angel Weekend Retreat where we met nine angels. (That was a pretty incredible experience!) – And, the three of us have also begun classes in Integrated Energy Therapy. (It's a different type of healing technique that is related to Reiki and we will incorporate it into our Reiki treatments.) We also had a booth at the Victory of Light Festival in April and will be at the Holistic Health Fair at the Sharonville Convention Center on June 21st and 22nd.

One of the angels said (and I am paraphrasing because I can't remember the exact words): “If you could see yourselves as we see you, you would be in awe of each other. There would be no room for doubt, criticism, fear or negative judgment. You are all magnificent creatures created in the image of love.”

Maybe our problem is that we get so bogged down with the mundane and so caught up in the pressures of our everyday lives that we become separated from God and we allow pettiness and meanness and only see ourselves and each other as broken. St. Augustine wrote “Our whole business in this life is to restore to health the eye of the heart whereby God may be seen.” I believe that if all of us, could truly treat each other with love and respect and without judgment, we would see each other clearly and recognize each other's hunger and need. We would then be able to love and forgive and there would be no more hurt and hungry children, or battered spouses, or desperate needing people and wars would cease.

In meditation we can get very close to seeing God. For me, in meditation I see colors, beautiful, magnificent colors, dancing, swirling, flowing, folding and washing over me like a beautiful ocean of love. It makes me think that perhaps rainbows are reflections of angels' wing. I do know that for all of us our meditation experiences are different but I also know that by quieting our minds we can hear what God is saying to us. Reiki is a form of meditation and prayer.

CHAKRA SERIES

We are now at Chakra Six in our series. (To review the other Chakras, you can look at previous newsletters.) Chakra Six is the Third Eye or Brow Chakra and is located between the eyebrows.

The color is indigo

The tone is A

The music is classical, especially Mozart sonatas

The Plant is almond blossom

The stones are sapphire, tanzanite and lapis lazuli

Chakra six holds our imagination, clarity and intuition and is also where our wisdom comes from. It holds our ability to listen to Divine wisdom and helps us see how all the pieces fit together. It opens us to the knowledge that all life is sacred and valuable and holds how we present ourselves to the world.

When unbalanced there is manipulation in relationships and ego dramas.

To heal develop enthusiasm for the present and keep spiritual energies alive. Music, prayer and meditation can get us there. (You could also learn Reiki.)

My next Reiki I class will be held on June 28th. For those of you that would like to take a Reiki class, classes are scheduled at the convenience of the student. So, let us know and we'll schedule a class around your needs.

Jerry, Jan and I wish you joy.

Many Blessings,
Elfriede Manning

P.S. Several months ago I learned of a Reiki technique that has been successful in treating neurological disorders. It serves to balance the energy of the left and right brain. So, for those of you that have family or friends that have suffered a stroke, Parkinson's disease, multiple sclerosis, Alzheimer's, a brain injury, etc. it is worth giving Reiki a try. The gentle, loving, spiritual energy of Reiki serves to restore a healthy tranquil balance of body, mind and spirit. (Even if the person is not completely healed, there is definite improvement.)

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*"The difference between what we do and what we are capable of doing
would suffice to solve most of the world's problems*

Mohandis Gandhi