



Dear Friends,

"Earth Hour began in Sydney, Australia in 2007 when 2.2 million homes and businesses switched off their lights for one hour. In 2008 the message had grown into a global sustain ability movement, with 50 million people switching off their lights. Global landmarks such as the Golden Gate Bridge in San Francisco, Rome's Colosseum, the Sydney Opera House and the Coca Cola billboard in Times Square all stood in darkness..." For more information visit the website <http://www.earthhour.org/about/>

I sent many of you an email about Reiki Hour <http://www.reikihour.org:80/> and would like to invite you to join us in sending healing to the world.

If you'd like to participate you can light a candle, turn on some music, turn off the lights and spend the hour in loving meditation. You'll need the cooperation of your family of course. You could also gather a group of friends for a candlelight and music meditation, or you could sit under the stars. Perhaps you could give each other Reiki. Many of you receiving this newsletter are not Reiki practitioners but it would be wonderful if you could join us in sending love, light and healing to the world every Sunday at 9:00 p.m.

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By now you have probably heard that in March the American Council of Catholic Bishops condemned Reiki. This means that reiki cannot be used in catholic institutions, including convents, hospitals and retreat centers (not to mention that it's a slap-in-the-face to the Nuns who are teaching Reiki). We have written to the Bishops, as have many others, and I'd like to share with you parts of our letter (with apologies to those of you that have already read the letter).

"...Reiki does not represent a religion of its own. Reiki practitioners are very diverse. Some are Catholic, others are protestant, others have no formal religious affiliation, they are Jewish, Buddhist, Pagan, etc. *If I do not embrace a certain Reiki practitioner's beliefs, that in no way makes Reiki wrong. Just as if I do not embrace the belief systems of all individuals that pray, it in no way negates the power of prayer.*

"When you pray for healing for an individual, it is not you who is healing the person. It's God. God's love may very well flow through you to that individual. It's why we pray. Prayer would be completely irrelevant if this were not true. In the same way, God's love flows through a Reiki

practitioner when he lays his hands on an individual. It is a form of prayer that is enhanced by touch...

"We all have had experiences of healing touch. When you were a child and were sick, the touch of your mother's hands made you feel better. If you have a broken heart sometimes it can be healed by loving arms around you. All of these things are the energy of love, the energy of God. If you're sad, the touch of a friend can lift your spirits. Even in its most halting and inadequate form, all loving energy comes from God...

"Regarding initiation and attunement: In our humanness, we are at best only connected to the divine a small part of the time. Reiki is merely a means to tap into the divine power of healing energy (the incredible power of God's love). If we could all stay in tune with the energy of God, we would have no need for ordination or attunement or even the church. We have, however, become separated from God and we need these rituals to help us connect and/or stay connected to the divine.

"There is an energy that flows through all living things and that energy certainly comes from God..." (We also quoted ten of many studies that were done that show scientifically that Reiki works)

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Now on a better note about the Catholic Church, we have recently heard that the prior pope, John Paul, embraced and blessed Reiki. A group of priests and nuns went to him and asked for his blessing when they wanted to learn Reiki. He evidently not only gave his blessing but also received Reiki himself.

Jan, Jerry and I wish you abundance, peace, love and joy,

Elfriede

***"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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