



Dear friends,

In our Spring newsletter Jan wrote about the reiki precepts and the June Reiki Digest (<http://reikidigest.blogspot.com/>) has a wonderful article about gratitude written by Zeynep Premdasi Yilmaz. (Zeynep will also have future articles about the precepts in the Digest.)

Taggart King wrote an article about the ten rules of reiki. To read the article you can go to the following website <http://www.alex-ram.com/article/the-10-rules-of-reiki/> -- Or you can Google "Taggart King's ten rules of reiki." I would like to discuss some of his ideas.

Do you ever feel that you have given and given until you just can't give any more? Like the coffee commercial "good to the last drop," but the last drop is gone? Well, you may be holding your cup the wrong way. Instead of pouring it out consider holding your cup upright. When you hold your cup upright God will fill it to overflowing and everyone around you will benefit from the overflow.

We tend to think that taking care of ourselves is somehow selfish. However, it is when we take care of ourselves that we become better channels of healing energy and more effective at everything we do. My friend Sue Anderson pointed out that, in an airplane, if you travel with a child you are instructed that in the event of an emergency you should put the oxygen mask on yourself first and then the child. By putting it on yourself first, you are able to think clearly enough to help the child. If you pass out from lack of oxygen you both will be more likely to die.

Mr. King recommends practicing mindfulness and working on ourselves every day. Mindfulness is a form of meditation that can be done at any time no matter what you're doing (taking a walk, cleaning house, driving to work, etc.) It involves becoming consciously and fully aware of your thoughts and actions in the present moment. Don't judge your thoughts, just be completely aware and exist in the moment. When you can do this, it brings with it humility, compassion, honesty, and forgiveness.

If you know reiki, give yourself reiki every day. If you don't yet know reiki, take a minimum of ten to twenty minutes each day to be in prayer or meditation. We all need some time alone with God. Make a commitment to yourself to work at this until you don't want to quit. Once you have established a regular habit of reiki and/or meditation you will find it difficult to stop. You'll really miss it if you skip a day.

Don't try to be perfect, nobody is. You can't be either. Don't beat yourself up over whatever you think you may have done that's wrong or mistakes you may have made or what you may have forgotten or that your mind wanders. Let it be light hearted, gentle and laid back. Be open and just allow yourself to be a channel of healing energy. It is when you are completely relaxed that you are more likely to perceive what God is saying to you. There is no "right way" to do this. Neither should you puzzle about why it's working, or why it may seem to be not working. Don't try to understand what a particular color, or vision means or why you are or are not seeing colors and visions. It doesn't matter. Reiki works on lots of levels and you won't know what's happening so just relax and enjoy the process. Trust your intuition.

Jan, Jerry and I hope that your summer is filled with delight and enjoyment.

Many Blessings,
Elfriede

P.S. Our Reiki class schedule for the remainder of the year is:

Reiki II - Saturday, July 3rd
Reiki I - Saturday, September 4th
Reiki II - Saturday October 2nd
Reiki III - Saturday and Sunday, December 4th & 5th

If these times are inconvenient we will schedule a class for you individually at a mutually agreeable time. Please contact Jan at 513-608-0714 or Elfriede at 513-347-3099 for more information.

We are considering a birthday promotion in the future. Please send us the date if you would like to be included.

***"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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