



Dear Friends,

I hope that your Christmas was filled with joy and remembrance and that 2010 holds many blessings for all of you.

The next monthly introduction to Reiki class will be on Wednesday, January 13th from 7:00 to 9:00 p.m. It will be located in Price Hill and you can contact Tony Agee at tonyagee@gmail.com for the location and to reserve a space. The February Class will be located in Delhi or Green Township on Saturday, February 20th at 2:00 p.m. (I had the wrong date in the Fall newsletter). Please call me (513-347-3099) or email me at elfriede@lookitup.com to let me know if you will be there. The location will be either at my house or at St. John's Westminster Union Church depending on the number of people we have.

In the Introduction to Reiki Classes you can learn what Reiki is, how it heals and how you can learn Reiki. You'll be able to ask questions and perhaps get a short Reiki treatment. The classes are for everyone. If you're just curious, or want to learn more, or if you already know Reiki and just want to see what another teacher has to say please join us.

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This year we have scheduled quarterly Reiki classes. Following is our schedule for 2010:

Reiki I - Saturday, March 6
Reiki II - Saturday, April 3

Reiki I - Saturday, June 5
Reiki II - Saturday, July 3

Reiki I - Saturday, September 4
Reiki II - Saturday, October 2

Reiki III (Master Class) December 4 and 5th

All classes will begin at 10:00 a.m. and will last approximately 6 to 8 hours. (The second day of the Master Class will begin at 1:00 p.m.) Lunch and snacks are included and we will work with you on the cost of the classes. If you would like to learn Reiki and are unable to attend any of

these classes, please contact us and we will set up a class for you with a mutually agreeable time. You can reach Elfriede at 513-347-3099 or elfriede@lookitup.com . Jan's contact is 513-608-0714 - jan613@fuse.net . Jerry's is 513-379-2014 - jlwaddell@fuse.net .

In addition to the above schedule, I will also teach Reiki III in May (the dates have not yet been set). If you feel that you are ready for Reiki III and don't want to wait until December please let me know.

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This poem was sent to me by a good friend and I'd like to share it with you:

THE WORK OF CHRISTMAS

- Howard Thurman

***When the star in the sky is gone,
When the Kings and Princes are home,
When the shepherds are back with their flocks,
The work of Christmas begins:
To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To teach the nations,
To bring Christ to all,
To make music in the heart.***

We can do this work of Christmas. We can ask for forgiveness, we can forgive, we can love each other and take care of each other. We can be generous and kind. We can make music in the heart!

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

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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