



Dear Friends,

I meet with a wonderful discussion group on Wednesday evenings. The conversations are wonderful, very in depth, sometimes funny and always enlightening. A few weeks ago we talked about Gandhi's seven social sins. They are:

Politics without Principle
Wealth without Work
Pleasure without Conscience
Knowledge without Character

Commerce without Morality
Science without Humanity
Worship without Sacrifice

We got hung up on 'Worship without Sacrifice' because mostly we couldn't define what sacrifice meant. The feeling was that sacrifice meant giving something up or suffering for the sake of a cause or an individual. (To say we were giving up our Sunday mornings to worship seemed very trite.) The next morning I picked up a book that I was reading, "Aspire, Discovering your purpose through the Power of Words" by Kevin Hall. There I found the word sacrifice explained. It comes from the Latin 'sacra', which means *sacred* and 'fice', which means to *perform*. *To sacrifice is to perform the sacred*. Wow! Now it makes perfect sense to me. It doesn't matter how we feel, it matters what we do.

With the power of our words we can build up or tear down, we can forgive or condemn, we can comfort or harm, we can affirm or reject, we can praise or criticize, we can encourage or discourage, we can focus on strengths or we can focus on weakness. The choices are ours. We have the ability through our love to heal the world. It is our sacred duty to use words and behaviors that will never make anyone feel small and to treat each other with respect and kindness.

Reiki is also sacred. As we channel this gentle healing energy our lives and those we touch become more whole. The word 'holy' is derived from a word meaning whole or uninjured, sound, healthy, entire, complete. Through Reiki we are touched by the divine.

In this wonderful season of giving Jan, Jerry and I wish you great love, warmth, joy and wholeness.

Elfriede

Our class schedule for 2011:

Reiki I - January 8th
 April 9th
 July 9th
 October 8th

Reiki II - February 12th
 May 14th
 August 13th
 November 12th

Reiki III (Master Class) - December 3rd and 4th

If you would like to learn the gentle healing art of Reiki please call Jan at 513-608-0714 or Elfriede at 513-347-3099. We will work with you on the cost of the classes and if these times are not convenient for you we are willing to schedule a class at a time that is mutually agreeable.

*"We were born to make manifest the glory
of God that is within us.
It's not just in some of us; it's in everyone.
And as we let our own light shine, we
unconsciously give other people
permission to do the same.
As we are liberated from our own fear,
our presence automatically liberates others."
-Marianne Williamson*

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