



Healing Spirit
LESLIE SAFFER, MAT Reiki Master

December 2001
Carry the Light

Seasons Greetings

The Best Gifts: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To humankind, love. To every child, a good example. To your self, respect. To God, yourself.

Just days ago on a sunny December afternoon, I was entertaining a group of seniors at an assisted living facility. As I led the audience in a medley of cheery holiday songs, a man who one second was clapping and singing, suddenly fell into a coma the next.

I had to check my natural impulse to assist him with Reiki since my charge was to keep the rest of the group focussed on the music. We were all ushered into an adjacent room. There, without piano and sound system, I pumped the energy to keep spirits high ... and just steps away, staff awaited the arrival of EMTs.

Such a confluence of feelings! This was the very day I was observing the anniversary of my birth into this life. And yet, right in the next room, life was waning in the corner. Birth, death. But then, life again, as we shifted our focus to the music.

Those dear seniors and I silently conspired to revive our collective spirit that afternoon. I gained a renewed respect and affection for them as, together, we carried the hour to a merry, if somewhat tentative conclusion.

So much has been written, spoken, thought, grieved, raged, sung and prayed about in the months following the heart-wrenching events of September 11. Surely, very little, if anything in the American experience can compare with the pervasive injury and trauma perpetrated that late summer morning.

**In Chinese, the
symbol for problem and
the symbol for opportunity
are the same.**

Interactive presentation

NEW HAVEN FREE PUBLIC LIBRARY

133 Elm Street New Haven
Community Program Room

Wednesday, 23 January 2002 7:00 to 8:30pm

Join me for an interactive presentation highlighting energy and the ancient healing art of Reiki. Explore your energy centers and experience your own energy field during this overview of Reiki, an ancient art for promoting healing on the physical, mental, emotional and spiritual levels. Reiki practitioners serve as a channel for the life force energy which connects all living things

Still, my unusual Christmas celebration with the seniors reminded me of the power of the human spirit to stand strong in the face of the challenges life gives us. Often I think the elders know how to do that best of all. If that's true, maybe it's because they've had more time to practice, more time to reflect, more time to be grateful for another day.

While the world is getting smaller, the challenges of living in it loom ever larger. Insinuating itself with a heavy hand, darkness sneaks into even the most innocent of places. And yet, like sparkling diamonds dotting the vastness of a night sky, from light years away the stars inform us of their strength and their reach to brighten the horizon.

May we be bearers of light. May the sacred light of the Divine shine valiantly from within each of us until the earth's darkness is flooded with the light of a trillion stars. And one day, may we manifest through an enduring epidemic of inner peace, the peace on earth that we so unflinchingly call forth during this season of hope.

**An eye for an eye
leads to
more blindness.**

Margaret Atwood

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LESLIE SAFFER, MAT ♦ Reiki Master
78 Atwater Street
New Haven, CT 06513

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78 Atwater Street • New Haven, CT 06513 203.865.8440 Isaffer@snet.net

REIKI CERTIFICATION

January through June 2002

Reiki I Certification \$155 including handbook

- 9, 10 February (reg. by 31 January)
- 18, 19 May (reg. by 9 May)

Reiki II Certification \$350 with handouts

Fri. 6:30-9:30, Sat. 9am-6pm, Sun. 9am-2pm

- 12-14 April (reg. by 4 April)

Reiki III Class: forming in October

REIKI SHARING For Reiki I, II and III students

Second Wednesday of each month
6:45 to 9:30pm • \$15 contribution.

NEW YEAR'S RESOLVE EMPOWERMENT MODULES

Could you benefit from support in working on your relationships and developing skills for communicating more effectively? Monthly group sessions explore tools for use in everyday life while meeting individual needs within the group setting. \$75 each 2.5-hour session.

Call 865-8440 for more information.

REIKI III MASTERSHIP

Reiki III students **Micki Balaban, Jan "Mimi" Buszta, Joyce DiMauro, Lori Klein, and Barb Valentine** are entering the fourth month of their seven-month Reiki Master apprenticeship. Certification will be awarded in May of 2002.

TEN WAYS TO REDUCE STRESS

1. Do what you enjoy and enjoy what you do.
2. Get enough sleep and rest.
3. Express your feelings.
4. Laugh often; laughter enhances the immune system.
5. Exercise. Find an activity you like and do it often.
6. Love more.
7. Eliminate self-pity.
8. Develop meaningful relationships.
9. Alter behaviors and attitudes that don't serve you. Learn to respond to situations, not react.
10. Experience inner peace. Practice disciplines like T'ai Chi, Yoga and Reiki to support you in that quest.

It is not enough to be busy ...

The question is:

What are we busy about? Thoreau

This issue of *Healing Spirit* is dedicated to all those in their world who have lost, and continue to lose their lives as a result of the workings of ignorance and darkness.

May their souls find their rightful resting place. May they be at peace.