



Healing Spirit

LESLIE SAFFER, MAT Reiki Master

June 2001

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Meaningfully manipulative

From his canoe, he surveyed the litter-strewn site before him as the camera panned to the strained face of a native man. We saw the river scene through his eyes and a tear-drop moistened his cheek in the face of the mindless violation. The message of this meaningfully manipulative TV PSA was driven home clearly and powerfully:

Take heed. Take action. Be reverent.

Did we listen?

Aired a number of years ago, this TV spot drove home a conceptual point for mass audiences by focussing on one aspect of environmental concerns. Since that time, issues and challenges relating to the care and well-being of our Mother Earth have continued escalating and intensifying at alarming rates. Scientists, philosophers and mystics have not been shy about detailing the danger to us as humans, not to mention our animal populations, and the Mother Herself.

Dodging into denial

As reasonably aware individuals with a spiritual perspective, we talk about how everything is connected. And yet, like teen-agers who take daring risks because ... either they think they'll live forever or because they don't care if they die young -- we sometimes find ourselves dodging from the truth of cause-and-effect and slipping into denial. In some "magical" way, we decree our immunity to the ravages of abuse, neglect and unconsciousness, even when they are our own. Or we feel addressing these threats is somebody else's job: scientists, elected leaders, committed activists, future generations. Then, too, the issues as we examine them often seem so overwhelming, many of us feel powerless to make a difference.

REIKI CERTIFICATION

July through December 2001

REIKI I CERTIFICATION \$155 including handbook

- **22, 23 September** (reg. by 13 September)
- **17, 18 November** (reg. 8 Nov.)

REIKI II CERTIFICATION \$350 with handouts

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

- **20, 21, 22 July** (reg. by 12 July)

REIKI III Class: See p.2 and call for more info:
203.865.8440.

Take heed

Whatever rationalization we hide or take refuge behind, the fact remains: We are living in an unprecedented period of change and upheaval, one in which denial will no longer be tolerated without significant consequence.

Take action

Now more than ever, our thoughts and actions are critical. While concerted, dramatic global action is required to turn things around, our individual efforts *do* make a difference. Every thought we send out, every action sends energy into the universe and has an effect. It's up to us how we use our power or whether we use it at all ... to help channel healing for the earth ... to make our voices heard ... to show our reverence for the Mother which supports and nurtures us ... to show our reverence for one another and for ourselves.

Model reverence

What are the things you hold in reverence? May your list grow longer each day and may you find an expanded place of honor there for our Mother Earth.

Honor the Earth



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BARNES & NOBLE • NORTH HAVEN

470 Universal Drive • Exit 9 off I-91
Friday, 24 August 2001 • 7:00pm

As we prepare for the arrival of autumn, I'll be returning to Barnes & Noble for another interactive presentation. The hour-long session covers some basics about energy and Reiki. If you attend this informal session, please be sure to come up and say hello afterwards.

REIKI SHARING Second Wednesday
of each month, 6:45 to 9:30pm
• \$15 contribution. For Reiki I, II and III
students. Please phone **203.865.8440**.

EMPOWERMENT MODULES

Monthly sessions for those who want to focus on developing personal growth and power. Practical 2.5-hour classes explore tools for use in everyday life while meeting individual needs within the group setting. \$75 each session

REIKI III MASTERSHIP

A new class is forming this fall for the Reiki III Master apprenticeship. Students meet once monthly over a seven-month period and will be certified in the spring of 2002. For more information, phone 203.865.8440.

LITTER LASTS A LONG TIME

Styrofoam - forever
Glass bottle - 1,000,000 years
Plastic six-pack holder - 450 years
Aluminum can - 80 to 100 years
Plastic container - 50-80 years
Plastic bags - 10-20 years
Cigarette butts - 10 to 12 years
Milk cartons - 5 to 7 years
Paper - 2 to 5 years

Only after the last tree has been cut down, only after the last fish has been caught, only after the last river has been poisoned, only then will you realize that money cannot be eaten.

Cree quotation

This issue of *Healing Spirit* is dedicated to all the seniors I visit in my musical entertainment work, including those who may not always be able to dance with their feet, but who are willing to let their spirits dance.