



Healing Spirit

LESLIE SAFFER, MAT Reiki Master

August 2004

Power Truth Love and Spirit

The times they are a changing

Since practicing and teaching Reiki and aspects of empowerment, I've met many wonderful, good-hearted people who have been attracted to the work. And a community has evolved through the teachings offered in the various circles which gather here.

As with any teacher, I bring to my work the wealth of my own experience and the teachings I, myself, have received over the years. Through this process, it has gladdened my heart to see how some individuals have worked with the energy to create significant movement in their lives.

As many of you know, I've had the honor of being introduced to the traditions of my elder, Running Water, an indigenous medicine person of Taino ancestry. Since I started working regularly with Running Water several years ago, the nature of my work and my connection with my Mysteries has deepened profoundly.

The source teachings Running Water and his Mystery offer affect the movement of my everyday life and vibrate at the level of my soul. The process of studying with him has added depth and a dimension of authenticity and vibrance to what I'm able to offer as a healer and as a teacher. And as I've interfaced more intensely with the energy, things have been revealed to me, not only about my own process but about energy and the use of it.

Since being a responsible practitioner has always been key for me, I've passed this value on to my students. In keeping with this, with my developing awareness, I've found myself introducing concepts within my teaching that are at odds with some primary and commonly-held teachings about Reiki and the use of the energy.

Foundational Reiki · 18, 19 September

Just as healing is a process, becoming a healer is also a process.

This two-day class lays the groundwork for working with energy in a way that honors the Source while developing the individual as a responsible healer.

A responsible healer is one who looks within through the understanding of his/her essential relationship along the four pathways of a balanced life; one who understands the use of energy; and one who honors the Laws of Creation by seeking and standing in the Truth.

Please call if you would like to find out more.

This process has taken me to the point of disillusionment with Reiki as I had learned it, that is, as it is routinely taught. At one time in the not so distant past, I even considered no longer teaching Reiki.

In the spirit of not throwing the baby out with the bath water and with the encouragement of Running Water, I have decided to take another approach.

It's clear we are living in a period of personal and global transformation (though, in truth, the two are part of the same root). Rather than walking away from Reiki, I have decided to devote my focus to transforming it in the way I offer classes; which is to say, I will be offering Reiki certification to students following an extended period of intensive foundational work. This will include more in-depth exploration of issues, consciousness, Spirit,

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Please phone or e-mail to let me know if you would like to discontinue these mailings. Thank you.



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On the list of stress busters:

Alter behaviors and attitudes; when ideas or views are not serving you well, change them. Learn to respond to situations, not react; compromise.

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and the ancient wisdom teachings. These classes will be offered over a period of months for the Reiki I and II level, as I have already structured Reiki III.

The “sound bite” approach to teaching Reiki -- something I certainly have participated in at some level in the past -- has created and continues to create what might be viewed as an “epidemic of healers”.

By laying a strong foundation, I trust my compass will be pointed in the direction Reiki was moving as it was first practiced at its root in its early days. This is a process I’m confident will maintain the integrity of the original intended use of the energy, as well as honoring the best and highest of everyone involved.

Running Water visits New Haven

Last month, Running Water returned to New Haven following a long absence to offer a healing weekend. Included for the first time, was a wonderful opportunity for those with a serious interest in working with energy to receive teachings from him on the subject of Power, Truth, Love and Spirit.

Running Water will return to New Haven to continue these essential and fascinating teachings during a three-hour class in mid-August. There are still a few openings remaining. If you’re interested, please phone to find out more.

REIKI SHARING Second Wednesday of each month, 6:45 to 9:30pm • \$20 contribution

Reiki Sharing is a vehicle for my students to give and receive Reiki on an ongoing basis. I offer the energy to participants but do not receive on this evening.

The Emperor’s New Clothes

This issue of Healing Spirit is dedicated to all those who have the courage to seek the Truth, to stand in it and to speak it in the face of a prevailing wind that seeks to distort and manipulate it.