



Healing

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Master

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Mending the Sacred Hoop

There's nothing like the dawning of a new year to spark thoughts of new starts. For some of us, by the time December 31st rolls around, these thoughts actually extend into the realm of formal resolve. But even at that, old habits die hard, and most of us are back in the groove of our familiar patterns sooner than you can say "Auld Lang Syne." Some would call this lack of resolve. I call it a form of mental laziness.

I've been thinking a lot lately about mental laziness and the impact it has on our lives. That's because I just completed a 10-page paper on the subject for my spiritual teacher, Running. It was one of the hardest papers I've ever written for him because, as an industrious individual, I began the assignment thinking I wouldn't have much to say on the subject. I not only discovered that wasn't the case, but the process revealed that, like most of us, I actually suffer from mental laziness. It was a fascinating and illuminating process and, in the end, a liberating discovery.

In that paper, I developed seven points relating to mental laziness. The one I'm sharing with you here is the point linking mental laziness to the essential state of global power and control:

The 1% derives an advantage from fostering a level of Mental Laziness within 90% of the population.

To begin with, we can say that an elite, select, clandestine and very tiny percentage of the population -- let's say 1% -- actually holds the power and calls the shots in our world. In this, the 1% makes decisions and takes actions that affect your life and mine. For the purpose of illustration, let's view the remaining population as a reconstituted universe of 100% ... and divide it into two populations: the 90% and the 10%.

Moving from this, an in depth examination shows the interests of the 1% are not congruent with the interests of the best and highest of the people of the world (the 100%).

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Tarah Anenkaya. What's in a Name ...

We know that everything is energy. And words, in particular, have a very pointed energetic quality. As a musician, I've respected the power of sound energy for years. As a writer, broadcaster, teacher and healer, I've resonated to the energy of both the written and spoken word, time and again.

Recently, I've been "walking to a new drummer," since a few months ago, I was given my spiritual name through Running Water. In English, my name is "Precious Door Opener." In Aramaic, the language of my ancestors, it is Patkhanit Tarah Anenkaya.

I am honored to carry this name, this vibration. At the same time, I wouldn't be at all surprised if you find the request to address me in this way more a challenge than an invitation. With that in mind, I invite you to consider calling me Tarah or Tarah Anenkaya.

SANKOFA A word in an African language meaning ...

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RETURN TO THE PAST.**

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Foundational Reiki: Starting in January

Using the four essential pathways of a balanced life as the exploratory framework, students meet once monthly over a four-month period on weekday evenings starting in January to receive the basics of working with the Reiki energy. This work is intertwined and deepened with teachings that expand the understanding of Ourstory as a Circle of Spirits having a human experience. The Reiki I certification will be awarded to qualifying students at the end of the four-month period during a weekend intensive following the four sessions. Exchange for each 2.5-hour session: \$85; Two-day certification in the spring: \$155

865.8440 for more information.

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.

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



Healing Spirit

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What's more, in their skillful manipulation of the mental and emotional bodies of the reconstituted 100%, **the 1% consciously uses 90% of the people to advance an agenda that is actually opposed to their own interests, that is, in opposition to the Creation.**

Think about it.

Whether through intervention and manipulation of our education, media, economy, political works, environment, religious or military institutions, activity on behalf of the 1% has remained so entrenched, so skilled, so organized, so vigilant and so rigorous, that 90% of us have fallen asleep at the wheel in the true sense of being in the driver's seat of our own lives.

This is not to discount the role of personal responsibility and accountability, but to see free will and the choices we make as operating within a poisoned system that uses "divide and conquer" as standard operating procedure, dividing us not only against one another but against our own spirits, thereby rerouting our natural connection to the Creator.

We may be spiritual beings having a human experience. But the nature of that experience has been distorted and the Sacred Hoop of Life has been broken. This is nothing new. It's a very old condition, so old, in fact, that we tend to think it's always been this way and it always must remain so. When we listen to the stories of the ancestors, we see this is simply not true.

When enough of us awaken from our mental slumber, when enough of us say "No" to the lies and the manipulation, when enough of us shake off the denial that leads us to act against our own self-interest, then we will begin to manifest the change that today seems so out of reach.

As long as the 90% remains asleep, we will continue to see and experience the rampant horrors resulting from the malevolent manipulation by the 1%. The underlying "good news" is that the 10% is growing and the 90% is shrinking. No one can deny that we have a long way to go. But they're gathering for the march to mend the Sacred Hoop. And confronting our mental laziness is a good place to begin it.

This issue of *Healing Spirit* is dedicated to my teacher, Running Water, who introduced me to my mysteries. Through his knowledge, his wisdom and integrity, his love, and his example, he challenges me and moves me, stretches me and uplifts me,