



Healing Spirit
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Let us open our eyes!

Transitions for Transformation

After moving back to my home state of Massachusetts last summer, I've been engaged in a process of refining where I stand with regard to my work as a practitioner and teacher of energy healing.

Some of you perhaps are more aware than others that I had begun teaching Reiki in a new way within the last year. While I continued to offer the Level 3 Master Teaching class as a seven-month program, I had initiated a multi-month FOUNDATIONAL REIKI class as a pre-requisite to certification for Reiki I and Reiki II.

The drive that led me to develop Foundational Reiki was a deep internal imperative in response to what I was observing about the ways in which Reiki was being offered, juxtaposed with what I was learning and experiencing about energy.

Prior to this, as time went on, increasingly, I had been feeling a conflict between continuing to teach in the way I had been teaching and the need to find a new and *different* way -- a way that would fully honor the energy in the context of indigenous origins and that would allow me to maintain my sense as a responsible practitioner.

The result in January 2005 was the first round of Foundational Reiki. Interestingly enough, two of the students enrolled in that groundbreaking class had been certified by me as Reiki Masters several years before. In my view, this was a tribute to their willingness to embrace challenge and expand their energetic horizons beyond the "comfort zone" afforded them by their certification at the highest level of Reiki.

What's Love got to do with it?

So what does all this have to do with you -- you, nearly all of whom are in Connecticut while, here I am in Massachusetts...? The impulse for healing is universal and particularly pressing at this time, no matter who we are and where we live.

The power of words

With the awareness that words are powerful energy, where there is an established connection, geographical distance cannot be considered a hinderance or a barrier when there are words to be spoken and thoughts to be stirred. For we know that everything is energy and even one small thought held, is a thought that has an impact, not only on our lives, but on the lives of our brothers and sisters across the globe. And the healing of the abused Earth and Her tormented children starts, as we know, with us, ourselves, the individual.

Global imperative for healing

Through the established delivery systems of our culture, many are suffering from the effects of a vast, comprehensive, entrenched manipulation of our thoughts, our emotions, our spirits and our physical bodies. Some of us attribute the continuing and unfolding madness to "acts of God"; others to the "ignorance" of world figures while others may feel overwhelmed by the extent of the suffering and feel helpless to make a difference.

To the extent that we fail to wake up to the reality of the manipulation, we contribute to the perpetration of that destructive energy. To the extent that we crawl into a protective cocoon to avoid the breadth of the brutality, we play into the hands of those seeking more power and more global control over our lives. To the extent that we fail to speak up when we observe an injustice, we turn our backs on this approaching time of healing, unity and justice that the Ancient Ones have spoken of.

We are sleep-walking if we think of healing only in terms of our own healing or the healing of a loved one. Further, we miss the mark hugely if we fail to grasp the concern and activity of Spirits in the realm of our Ancestors, those bent on lending their energy to assist us in creating healing in our own lives as well as contributing to the healing of the Sacred Circle of Life.



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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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For we understand that the Spirit having a Human experience perseveres after leaving the body and that these Spirits collectively constitute an entire realm of “invisible” yet active consciousness that we tend to neglect or forget about it.

The indigenous never lost sight of this fact though unfortunately, these Natural Ways of envisioning the Life Experience have sadly been “sanitized” out of our labotimized consciousness to the detriment of our lives, the healing of Mother Earth and the evolution of our Souls.

These are times which call for our Courage and Boldness. Our Ancestors are relying on that and the future of our world hinges on that. Just as their blood and bone made our human walk possible, their collective consciousness favors our Progression and Evolution and they are poised to work with us in these ways. It is only left for us to direct our attention to that and to *trust that*. We find Courage, Balance and the path to our Soul’s evolution through connection ... with one another, to Spirit, to Creator.

Waking Up!

Each day there is evidence that more and more people are refusing to be deterred from seeking a reasoned, intelligent path of healing and the restoration of Justice across the globe in accordance with the laws of Creation. More and more people are allowing a willingness to open their eyes and embrace documented facts to outweigh the fear of being labelled a “conspiracy theorist.” Labelling, discrediting and attacking are but some of the many ways used by those who lead the assault on Balance within Creation to sustain their stronghold and maintain a “sheep” mentality among the People.

Given the entrenchment of the systems that distort and work to divide us against one another and against the Natural Order, it is imperative that we open our eyes ... that we refuse to let the horror and the torment dampen our spirits ... that we join together to lift our voices and move forward boldly to create lasting, nourishing ways to mend the Sacred Hoop of Life!

“It’s not a shame not to know; it’s a shame not to learn.” Kasper “Kay” Aaron Saffer

This issue of Healing Spirit is dedicated to the Bold and Loyal Spirit of Truth, Courage and Justice.