

## **JULY 2011 NEWS: REIKI**

Thank you to everyone who mailed me about my June Newsletter titled "**ANIMALS ... OUR TEACHERS OR GUIDES!**"

When I wrote it, I was concerned that the contents was heavy and maybe even distressing but the mails proved me wrong.

This in turn made me realise exactly how many people have heightened awareness about animals and how people generally share my feelings about animals. So this prompted me to write about Reiki in this newsletter. The reason being that Reiki is one of the healing modalities that not only assists physical, emotional and mental healing but also speeds up spiritual growth thereby raising awareness in all levels. This of course is of great importance as we fast move into the Aquarian Age.

So, for those of you that do not know or just need reminding ...

Reiki is a hands on healing modality. Totally non-invasive and is carried out on a fully clothed body. I have treated all manner of conditions from backache, high blood pressure, injuries, auto-immune diseases, cancer, general aches and pains, depression, anxiety to name but a few.

Reiki has been my main healing modality for many years and I treat humans and animals using both hands-on or distance healing. The beauty about being a Reiki practitioner is that one can do Reiki on oneself and what I still find amazing is that when doing Reiki on another being, the practitioner receives Reiki healing themselves. The reason for this is that Reiki healing is done on a brainwave level called "Schuman Resonance". This brainwave is part of the Alpha Brainwave where deep relaxation and meditation happens. This is probably why people say that a 1 hour Reiki session feels like a good night's sleep. I have in the past been told that 1 hour of Reiki is, in fact, equivalent to 4 hours of sleep but I have no measurable proof of this.

Reiki healing is easily learnt and anyone of any age can learn to carry out this wonderful healing modality. I run the courses over 2 days and the best part of all is that there is a 100% pass rate as Reiki is not an intellectual healing modality. It works because of a process called an Attunement which is passed by the Reiki Master/Teacher.

Below see the stories written by 2 special people who have been my clients for a few years.

### **MY EXPERIENCES WITH REIKI by Roshnee**

I first met Debbie a few years ago, at a stage in my life when everything seemed hopeless. I really had hit rock bottom, and trust me I mean rock bottom. My marriage was in trouble, I could not cope with my teenage daughter's moods or outbursts, my business was failing hopelessly (I was financially ruined). It felt like my entire world was crumbling right before my very own eyes. Nothing seemed to work. I was an emotional wreck and fear enveloped me completely. A friend suggested I go see Debbie, and even took me to Debbie for my first visit. (To Niri, thank you.)

Today I feel blessed to say that my entire life has changed from my very first encounter with Debbie and continues to change daily. I constantly went for

Reiki. It has helped me cope with my kids, my marriage, my business (which from being near bankrupt to now flourishing). Reiki has helped my health tremendously. But for me, the most important lesson that I have been able to take from my Reiki sessions is my spiritual awakening or spiritual growth. I am more in tune with my emotions, learning to understand them better each day, without fear of exploring them. I am learning to be more conscious each day. It almost feels like that I have been asleep all these years and have finally awoken. I learn with each session the importance of being present and in the moment, an awareness that did not previously exist. I have grown as a person in leaps and bounds with a spiritual clarity that helps me daily with all decisions that I have to make. I make certain that even my business dealings are carried out on a spiritual level.

There are days when incidents happen that make me feel sad or even depressed to a point and then fear steps in. It is times like these when I know that Debbie is there to help guide me back onto my spiritual path, always selflessly guiding me, teaching me, helping me grow. There is many a time when people who have known me for a long time and see me now, say "how did you cope or manage, especially having a stressful business to run" or say "you have changed so much in the last 2-3yrs". I tell them how Reiki has helped me in all spheres of my life. I can go on for hours talking about how Reiki and Debbie has helped me, to the point that I begin to wonder if they think that I have lost it completely. I sometimes wish I could shout out to the entire world and tell everyone to please try Reiki and see the difference it will make in their lives.

Debbie, I say this to you with the greatest amount of humility and sincere love, you are my teacher, my guru, my healer and my friend and I salute you in every way possible. I feel blessed to have you in my life as I know I grow more each time that we meet. I grow with confidence and I grow spiritually. You have changed my LIFE.....FOREVER.

Love  
Roshnee

### **MY EXPERIENCES WITH REIKI by Bridget**

When I first discovered Reiki, doing the course and treating friends and family, and also getting treated myself, I thought I'd hit upon a great way to solve problems. Sore back? Reiki it. Messed up about a break-up? Reiki it. Headaches? Find the cause and then Reiki it. And this worked, in a way, as medicine to already manifested problems. But in the last year and a half, I've come to see Reiki as something more than that - something far more integral to everyday life.

My friends joke that I'm a Reiki junkie - but it's true! I wouldn't miss my monthly session with Debbie for anything. This is partly because of the joy of a session, of course, but more because of the clarity it has given me in my life. You see, when you only go for Reiki to fix a problem - to get a dose of energy medicine - it works, but it isn't getting below the surface, really. It fixes the problem and then off you go till you have another problem. When you give yourself the gift

of a monthly Reiki session, though, it lets you peel back layers of life and work on them without any real issue. I've had months when money was at the forefront, months when health needed to be worked on, months when it felt like time to look at family issues, or friendship issues, or relationship issues, or career issues. And when I work on something before it turns into a problem, the magic is that it doesn't turn into a problem. Instead of using Reiki post-problem, it's pre-emptive.

I can't overstate the effect this has had on my life. I'm able to approach things in a much more clear-headed way, and I don't get tangled up in emotion the way I used to. No matter how busy a month is, I know that I have this space to untangle things and approach life from a fresh perspective. That's what Reiki has given me: a fresh perspective, every month.

It's also given me the mental and emotional space to follow my passion - starting a diabetic community and diabetes lifestyle magazine that focuses on the positive side of the condition. I'm a Type 1 diabetic myself, and it has been so fascinating unpeeling all the layers to my condition. Now I want to bring the knowledge I've gained to other diabetics in South Africa, which is why I'm launching Sweet Life, an inspiring diabetes lifestyle magazine, in November of this year. You can find out more about it at [www.sweetlifemag.co.za](http://www.sweetlifemag.co.za)

In short, Reiki helps me to live my best life. And what more can any of us ask for than that?

Bridget

## **LOVE, LIGHT & LAUGHTER**

### **Debbie**

Debbie works as an energy healer and animal communicator. She teaches Reiki, Quantum Touch, Intuition courses and Animal Communication for both adults and children.

(Please email [info@zeropointhealing.co.za](mailto:info@zeropointhealing.co.za) with suggestions about topics you'd like her to cover in future newsletters.)