



# Healing Thoughts

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Dear Friend of The Reiki Center:

*Remember that your destiny is a product of your own creation. The only insurmountable obstacles are the ones you create in your own mind and these can only exert power over you if you let them. [www.dailyom.com March 10, 2010]*



## **INTRODUCING GROUP HYPNOSIS FOR WEIGHT MANAGEMENT, SMOKING CESSATION AND STRESS RELIEF**

The Reiki Center's Hypnotherapist, Se'veer Reeves, has developed a program fit for all of us looking to improve our lives and uplift our spirits. Join us for one session or weekly sessions to create a strong foundation of health management. If your goal is to manage your weight, stop smoking or simply reduce your stress levels, here is your opportunity to make those positive changes in your physical as well as energetic lives. Reservations are requested. Cost for each weight management session is \$40 (March 31, April 28, May 26 and June 23) or each smoking cessation is also \$40 (April 14, May 12 and June 9). Cost for each stress relief session (April 7 and 21; May 5 and 19; June 2, 16 and 30) is only \$15!

**DO TRANSPLANTED ORGANS HAVE MEMORIES?** According to some scientists they do. The body is made up of cells that transmit "information." Cells communicate this information to each other electromagnetically. Thus a transplanted organ can continue to broadcast old information, something like amputees' experience of pain in lost limbs. Phenomena like these suggest cells have memories. Examples include documented cases like the story of an 8-year-old Jewish boy who died in a car wreck. His death was the salvation of a 3-year-old Arab girl with a dangerous heart condition. As soon as the girl woke up from the anesthesia after surgery, she asked by name for a type of Jewish candy she could not have known existed. Another example is of a 8-year-old girl received the heart of a 10-year-old girl who had been murdered. The recipient ended up at a psychiatrist's office, plagued by nightmares about her donor's murderer. She said she knew who the man was. After a few sessions, the psychiatrist decided to notify the police. Following the girl's instructions, they tracked down the murderer. The man was convicted on evidence she had provided the first clues about: the time, the weapon, the place, the clothes he wore, what his victim told him. Everything the girl said turned out to be true. <http://blogs.healthfreedomalliance.org/do-our-organs-have-memories>



**ADVANCED ANIMAL REIKI CLASSES** Advanced Animal Reiki builds on those skills learned in Animal Reiki I, focusing on hand placement and life stage applications. Includes in depth, multi-species, small animal hands-on practicum. Emphasis is placed on establishing and working with a strong human-animal intuitive connection, and advanced energy scanning techniques. Comfortable fitness clothing is encouraged. Taught by Animal Reiki Specialist Jennifer Ortman. Prerequisite: Animal Reiki I. Cost is \$175. April 18, May 15 or June 12 from Noon to 5 pm. Pictured: Jennifer with Sparky, the Center's new mascot.

**PUPPY PROZAC** A dog version of the anti-depressant Prozac has been approved for sale to pet owners. The one-a-day tablet, which tastes of beef, is said to help cure 'canine compulsive disorder' and 'separation anxiety' brought on by owners' long absences during the day. (<http://blogs.healthfreedomalliance.org/prozac-for-dogs-now-available> - March 13, 2010) However, pet owners who prefer a natural approach to pet care would rather heal through Animal Reiki. To learn about the benefits of Animal Reiki, please go to [http://www.thereikicenter.net/animal\\_reiki.html](http://www.thereikicenter.net/animal_reiki.html)

**DID YOU KNOW THAT MICHELLE OBAMA'S UNCLE IS A REIKI MASTER?** Steve Shields is co-founder of Chicago's Keystone Healing Center <http://reikidigest.blogspot.com/2010/03/celeb-reiki-in-first-family.html>

**REIKI RESEARCH PROJECT BEGINS IN APRIL** Volunteers are sought for a double-blind research project to study the effectiveness of Reiki on heart rate, blood pressure and body temperature. Duration of study session is about 30-45 minutes and includes a brief pre- and post-study questionnaire. Project coordinator is Namun Bat, a student at Ohio Wesleyan University. For complete project details, please call the office at 614.486.8323.

**REIKI AND CHILDREN WITH AUTISM** No matter how severe physical or psychological problems are, Reiki can benefit. Autism is one example of this. A Reiki treatment is well-suited to helping autistic children, due to its use of soft touches and focus on tranquility. [http://www.ehow.com/how\\_2228350\\_use-reiki-autistic-children.html](http://www.ehow.com/how_2228350_use-reiki-autistic-children.html)

**THREE AKASHIC RECORDS CLASSES SCHEDULED** The Akashic Records are an infinite source of wisdom that offers unlimited opportunities for growth. Workshops presented by Tammi Rager on Saturday, May 1 from 1 - 4pm, Sunday, May 2 from 1 - 4pm or Thursday May 20 from 6 - 9:30 pm will help provide the foundational information for you to work with them and to make dynamic life changes possible... while also helping to manifest the life you desire. Tammi is Publisher/ Executive Editor of DreamWeaver Magazine, a professional intuitive with almost 20 years experience, and is a nationally recognized speaker on holistic and metaphysical topics. Registration fee is \$40. Call the Center to reserve your spot. For additional information, please click <http://www.thereikicenter.net/programs.html>

**NATURE AND YOU: WORKING WITH THE ELEMENTS** Earth, air, fire & water speak a unique language in nature and in you. Learn how to tap into this way of seeing and being. How do the elements speak to each of us? Which elements do you most resonate with? This workshop will incorporate Shamanic principles as well as being interactive and drawing from your experience of nature and yourself. Bring your curiosity and the desire to see yourself anew. Led by Intuitive Guidance practitioner Jenny Sieck, this \$95.00 workshop will be held on Sunday, April 18 from 10:00 am to 3:00 pm. Register 486-8323. For additional information, click <http://www.thereikicenter.net/programs.html>

**VITAMIN D DEFICIENCY NOW EPIDEMIC** It's also a root cause of many other serious diseases such as cancer, diabetes, osteoporosis and heart disease. A new study published in the March, 2010 issue of the Journal of Clinical Endocrinology and Metabolism found that a jaw-dropping 59 percent of the population is vitamin D deficient. In addition, nearly 25 percent of the study subjects were found to have extremely low levels of vitamin D (NaturalNews.com, March 12, 2010) Virtually all kidney disease patients on dialysis have vitamin D deficiency (NaturalNews. March 18, 2010 - [http://www.naturalnews.com/028398\\_kidney\\_disease\\_vitamin\\_D.html](http://www.naturalnews.com/028398_kidney_disease_vitamin_D.html))

**UPCOMING CLASSES:** Check The Reiki Center's website for upcoming classes on Sound Healing, Reiki I, Advanced Reiki, as well as information on Reiki Shares for Reiki Practitioners.