



# Healing Thoughts

March 2009

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The Reiki Center was voted Central Ohio's **3rd Best Spa** in Columbus Alive newspaper's 2009 Best of Columbus Readers Poll. The issue is on newsstands now. What a marvelous compliment. Thanks so very much to our many friends!

**DO YOU BELIEVE there is an afterlife?** One author notes "Most people do – about 73% of U.S. adults, according to an AARP survey. No one knows for certain, of course, which is why it's a "belief" rather than a fact. Even the most compelling cases of near-death experience – in which a person claims to have actually seen the afterlife, then returned to his/her body – do not constitute proof. Does an afterlife make sense? When did people become eligible for an afterlife? What do I mean by that? I'd like to take you on a little thought experiment to investigate this idea." Read more at <http://paranormal.about.com/od/lifeafterdeath/a/evol-afterlife.htm?nl=1>.

The Reiki Center will be hosting a 2-day seminar presented by **Silva Ultra Mind on April 18-19 entitled "UltraMind ESP System."** The internationally-recognized organization will teach you how to control the direction and pattern of your life, including how to use the Law of Attraction more effectively, how to stay healthier, discovering the purpose of your life and manifesting your desires, better manage stress and balance your physical and spiritual levels to provide better balance in life. Preregistration fee is \$445; \$495 at the door. Seating is limited. Call the Center at (614) 486-8323 or email [info@thereikicenter.net](mailto:info@thereikicenter.net) for information.



**"Is 'Medical Fascism' hidden in the "stimulus" bill** adopted by Congress?" The website [www.healthfreedomusa.org](http://www.healthfreedomusa.org) believes so: "One new bureaucracy, the National Coordinator of Health Information Technology, will monitor treatments to make sure your doctor is doing what the federal government deems appropriate and cost effective. The goal is to reduce costs and "guide" your doctor's decisions (442, 446). These provisions in the stimulus bill are virtually identical to what Daschle prescribed in his 2008 book, "Critical: What We Can Do About the Health-Care Crisis." According to Daschle, doctors have to give up autonomy and "learn to operate less like solo practitioners." For additional information, go to [http://www.healthfreedomusa.org/?page\\_id=2060](http://www.healthfreedomusa.org/?page_id=2060)

***"To have a renewed body, you must be willing to have new perceptions that give rise to new solutions," notes Deepak Chopra in his book Journey into Healing.***

**Transitions: From Job Loss to Successful Future** is a new guided meditation series presented by the Center's hypnotherapist Eric Nutter. Sessions include: 1) Preparing for Change on Tuesday, March 24 or Thursday March 26; 2) Stress Management on Tuesday, March 31 or Thursday, April 2; 3) Self Esteem on Tuesday, April 7 or Thursday, April 9; 4) Confidence for Success on Tuesday, April 14 or Thursday, April 16; 5) Attracting Abundance on Tuesday, April 21 or Thursday, April 23; and 6) Public Speaking on Tuesday, April 28 or Thursday, April 30. All sessions begin at 1 pm. Cost is \$10 per session or \$50 for the series with advanced registration.

**Center Fee Increase:** Thai Massage is now now \$95/session. Effective April 1, Beginner Reiki Class will be \$200; Advanced Reiki Class will be \$250; Reiki Master Class will be \$500.

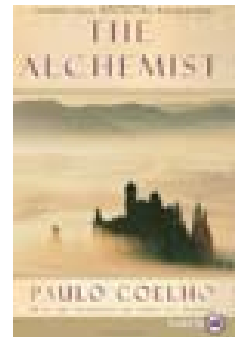
*The Columbus Dispatch* reports that “**health care costs will exceed \$8,000 per person** this year, consuming an ever-bigger slice of a shrinking economic pie, says the report by the Department of Health and Human Services, scheduled for release today (February 24, 2009) ... The White House says Obama thinks that out-of-control costs are the main obstacle to securing coverage for all.”

Congratulations to new **SomaEnergetic Tuning Fork practitioners** Mary Nutter, Kelly Bisson, and Kathleen Gorman. The class was taught by Master Teachers Susan Baas and Joyce Hales. Another class is planned for later this year.

“**The National Center for Complementary and Alternative Medicine (NCCAM)** is the Federal Government’s lead agency for scientific research on complementary and alternative medicine (CAM). We are 1 of the 27 institutes and centers that make up the National Institutes of Health (NIH) within the U.S. Department of Health and Human Services. The mission of NCCAM is to: 1) Explore complementary and alternative healing practices in the context of rigorous science; 2) Train complementary and alternative medicine researchers, and 3) Disseminate authoritative information to the public and professionals” For the most recent newsletter from the NCCAM, go to <http://nccam.nih.gov/news/newsletter/pdf/2009january.pdf>.

**Congratulations to the Center’s newest Reiki practitioners:** Reiki I: Klara Bergman, Elaine Perkins, Pat Birthelmer, Kim Piper, Paula Jurko; Paula Anderson, Christina Grozik, Michael Brandt and Melissa McKay. Advanced Reiki: Andree Thomas, JoAnne Hopkins, Travis Riemer, Wanda Evans, Sharon Thatcher, Charlie and Melody Jenkins.

“The Reiki Center launched its **Book Club** on February 20,” notes the group’s moderator Patty Hartig. “The group had a spirited and thoughtful discussion of William Paul Young’s ‘The Shack.’ The diversity of perspectives and backgrounds of the participants resulted in an enlightening and fun evening. Plus, we had outstanding freshly baked cookies! We hope you can join us on March 20 for a discussion of Paulo Coelho’s ‘**The Alchemist.**’ Meetings begin at 7:00 pm.”



Did you know that the US government is endorsing a bill in Congress that will **eliminate the rights of farmers to grow organic foods**, or will be illegal for organic farmers to continue to produce? If you would like to read more, please go to [http://salsa.democracyinaction.org/o/568/t/1128/campaign.jsp?campaign\\_KEY=26714](http://salsa.democracyinaction.org/o/568/t/1128/campaign.jsp?campaign_KEY=26714)

**Reiki I Classes:** March 28-29, April 25-26 and May 16-17.

**Reiki II Classes:** March 21-22, May 9-10.

**Reiki Shares** are held on the last Sunday of each month from 6-8 pm: March 29, April 26. The shares are open to all practitioners of all lineages and skill levels, with a special invite to all graduates of The Reiki Center’s classes.

More than 30 vendors will be offering complimentary sessions at **East Meets West Wellness Fair** at Groveport Town Hall, 648 Main Street, Groveport on Saturday, March 28 from 11 am – 2 pm. The Reiki Center will be offering complimentary Reiki and Tuning Fork sessions, as well as offer the opportunity to win a Detox Foot Spa session. Free admission and free sample sessions. Information: (614) 836-3333.

The National Institutes of Health report that **Researchers Levitated Objects** at a Microscopic Scale. The study appears in the Jan.8 issue of “Nature.”