



Healing Thoughts

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The Center welcomes **INTUITIVE COUNSELOR JENNY SIECK** to the staff. Jenny has done intuitive work locally for many years. She has done alchemical energy balancing, which involves counseling her clients about how to work with the natural energies of earth, air, fire and water to increase their happiness and well being. Sessions incorporate chakra mapping, archetypal tarot reading and other intuitive methods to tap into each client's soul challenges and desires. Cost for a session is \$95. Jenny will be presenting **Dreaming with the Elements** on Aug 8 from 1-5 pm. Learn to identify how the elemental energies manifest in your dreams and in your life. Jenny explains: "We'll consider earth, air, fire, and water, and discover where you resonate by looking at your dreams and visions. Then we'll explore how to embrace your unique makeup and how best to work with your natural strengths. Cost for the workshop is \$80. Please register by calling the office at 486-8323.

Discover your power animals, as well as your primary guide called the Gatekeeper, at **INTRODUCTION TO SHAMANIC JOURNEYING** on Sunday, July 12 and Sunday, August 9 from 10 am - 4:30 pm. Shamanism is one of the oldest practices on Earth, practiced by indigenous cultures as a means of connecting to nature and Spirit. This connection may be used for healing purposes, for the creation of healthy relationships, and for balance in all aspects of life, all of which leads to wisdom and respect for all living things. The class will be focused on learning to journey. Teacher Crystalla, left, has been practicing shamanic healing techniques for over 15 years. She has received Master attunements in both Usui and Sai Baba Reiki. Although her approach to healing is eclectic, she considers the shamanic teachings to be the core of her healing work. Cost of the class is \$95. Bring a brown bag lunch. Please register by calling the office at 486-8323.



PRIVATE YOGA CLASSES are now being offered by yoga instructor and Reiki Master Kathleen Gorman. How do you know when you should seek out private instruction? Kathleen responds: "Ask yourself: Are you so busy, you cannot find time to attend a scheduled class at a gym or Yoga center? Easily distracted or do you feel competitive in a group class? At a plateau in your Yoga practice, and feeling the need for individual attention to progress? Recovering from an injury or illness? New to Yoga, and you need help to get started? These are some of the instances where personalized Yoga instruction could be the difference you've been looking for. But

you don't need a reason beyond the simple desire to practice Yoga as it was originally practiced: as a personal and unique experience for your mind and body." Lessons are offered at the Center or in the privacy of your own home (Grandview/Arlington area) for \$40/lesson.

Are you worn out from too much summer fun? How about enjoying a relaxing evening watching a movie with the **BOOK CLUB** on Friday, July 17th? We will be screening Louise Hay's "You Can Heal Your Life." And, there will be popcorn! We'll see you at 7 pm.

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In a press release entitled “**Acupuncture-like treatments improve outcomes** compared to usual care for low back pain” from the National Institutes on Health: “People suffering from chronic low back pain who received acupuncture or simulated acupuncture treatments fared better than those receiving only conventional care, according to a recent study published in the Archives of Internal Medicine. [<http://www.nih.gov/news/health/may2009/nccam-11.htm>] The study highlights central questions about the mechanisms of benefit seen in acupuncture studies... The researchers found that ... while acupuncture was found effective in treating low back pain, neither tailoring acupuncture needle sites to an individual patient nor penetrating the skin appears to be important for receiving therapeutic benefit. “The findings of this research show that acupuncture-like treatments, including simulated acupuncture, can elicit positive responses,” said Josephine P. Briggs, M.D., director, NIH’s alternative and complementary medicine.

Do you have a pet that would benefit by energy work? Or have you always wanted to work with animals? A four-hour **ANIMAL REIKI CLASS** will be offered on July 18, July 19 and August 15 from 1-5 pm. You’ll learn the Chakra System of Animals, End of Life Transitions, Pre- and Post-Surgical Reiki, Safety Factors and Practical Applications, Interpreting Animal Behavior, and Treatment Process by Species. *(Note: This class has been redesigned for all energy workers of all degrees. Previously the class was open to only advanced Reiki Practitioners.)* Class fee is \$125, which includes course binder and handouts. Certificate presented upon completion. To register, please call the office. Or bring your animal companion to the Center to receive a session from one of our Animal Reiki Specialists [\$60/session] and consider receiving a healing session for yourself at the same time. Pictured, Animal Reiki Specialist Jennifer Ortman during a recent session.



Reiki practitioners and Catholics around the world are vehemently responding to the March 25, 2009 **BAN ON REIKI BY THE U.S. CONGRESS OF CATHOLIC BISHOPS** with international protests. The pronouncement has asked all Catholic hospitals, medical centers and church leaders to not practice Reiki, as it is un-Christian, has no scientific support and instead “operates in the realm of superstition” http://www.usccb.org/dpp/Evaluation_Guidelines_finaltext_2009-03.pdf. The Reiki Center has issued its own rebuttal, noting that “much of the Bishops’ logic is faulty, bordering on the absurd.” [Read The Reiki Center’s position paper at http://www.thereikicenter.net/reiki_information.html] From Reiki authors Bronwen and Frans Stiene, founders of the International House of Reiki in Sydney, Australia: “... there appear to have only been 13 publications (not including translations) prepared by the Committee in the last 20 years, and that includes ‘Guidelines for Evaluating Reiki as an Alternative Therapy.’ The other 12 publications involve such topics as the Church’s stand on homosexuality, abortion, contraception and the role of the male priest. That the system of Reiki finds itself in the company of such contentious religious issues is astounding.” Their full article may be read at http://shibumireiki.org/index.php/blog/article/reiki_and_catholic_bishops. Read some of the other responses at <http://reikidigest.blogspot.com>.

CLASS: INTRODUCTION TO REIKI (Reiki I) Have you ever wanted to relieve a headache or an aching muscle without medication? Imagine peace of mind being within reach just by employing an easy to use technique. Cost for the Reiki I class is \$200, with a \$50 deposit received prior to the class. A course manual, binder, handouts, vegetarian luncheons and snacks, and ample supervised practice periods are all included. Upcoming Reiki I Classes: July 25 -26; Thursday, July 30 and Friday, July 31, 2009 (Note: special weekday classes); August 22-23, September 19 - 20.

CLASS: ADVANCED REIKI TRAINING (Reiki II) Learn how and when to use the Reiki symbols for maximum benefit, how to provide an effective distant healing treatment, and how to set up a professional practice. Cost for the Reiki II class is \$250, with a \$50 deposit received prior to the class. Fee includes course manual, handouts, vegetarian luncheons and snacks for both days. Upcoming Reiki II Classes: August 1-2; September 12 -13 and October 24 -25.