



Healing Thoughts

August 2009

1540 West Fifth Avenue
Columbus, Ohio 43212
(614) 486-8323
www.thereikicenter.net
info@thereikicenter.net



WELCOME NEW MASSAGE THERAPISTS: Reiki Master and Licensed Massage Therapist Kathy Spicer is now accepting clients for Therapeutic Reiki Massage (\$75), which brings energy work to her skilled massages. Licensed Massage Therapist Anthony (Tony) DeLaCruz has joined the Center with a specialty in Restorative Massage Therapy (\$75.) Both are also skilled in traditional (Western) Therapeutic Massage (\$65.) Recent studies have demonstrated how helpful massage therapy is when dealing with cancer, including improving quality of life, decreasing pain, anxiety relief, and

strengthening the immune system [http://altmedicine.about.com/od/cance1/a/massage_cancer.htm?nl=1] Call the office for additional information and to make your appointment.

CAM GROWING IN POPULARITY: Americans spent \$33.9 billion out-of-pocket on complementary and alternative medicine (CAM) over the previous 12 months, according to a 2007 government survey. Approximately 38 percent of adults use some form of CAM for health and wellness or to treat a variety of diseases and conditions, according to data from the 2007 National Health Interview Survey. (National Institutes of Health News, National Center for Complementary and Alternative Medicine, July 30, 2009)

CENTER SERVES AS SPONSOR OF WOOFSTOCK, BARK FOR LIFE: The Center recently participated in Hilliard's Bark for Life, associated with the American Cancer Society's Relay for Life, and WooFstock, held by the Columbus Dog Connection to promote Animal Reiki. Pictured left, Reiki Master and Animal Reiki Specialist Susan Baas uses perfect technique to immediately calm an anxious dog at the Hilliard event.



ANIMAL REIKI CLASSES: Become a Level I Practitioner and receive certification as an Animal Reiki Specialist in a new two day class. You'll learn how to feel and work with energy to work on yourself, family and friends, then focus on specialized techniques for use with animals. Pet owners and veterinary staff will learn how to effectively work with ill or aggressive animals, how to develop intuitive abilities, where chakras energy centers are located, and how to interpret animal behavior. The comprehensive 16-hour classes includes course binder, handouts, vegetarian lunches for both days and certification as an Animal Reiki Specialist. Classes offered on Mon, October 19 and Tues, October 20, 2009 (9 am - 5 pm); Mon, Nov. 9 and Tues. Nov. 10, 2009 (9 am- 5pm); and Sat, Nov. 21 and Sun, Nov. 22, 2009 (9 am - 5 pm.) Cost is \$275 per student, with a \$50 deposit required to hold your reservation.

DESIGNER GENES? A professor at Stanford University says that he has sequenced his entire genome in a week for less than \$50,000. The Human Genome Project has cost \$300 million so far in research and development costs, but it has the promise of one day soon decoding disease diagnoses, treatment and prevention strategies. [*Columbus Dispatch*, August 16, 2009.]

REIKI ENHANCES FOOD AND BEVERAGES: **1)** Intentional Chocolate exposes its chocolate to recordings of the electro-magnetic brain waves of meditating Tibetan Buddhist monks to help manifest optimal health and an increased sense of energy, vigor and well-being. A double-blind, placebo-controlled pilot study published in *Explore: The Journal of Science and Healing*, found that one ounce of Intentional Chocolate eaten daily for three days increased test subjects' well-being, vigor and energy by an average of 67% compared to a control group [<http://spas.about.com/b/2009/07/16/spa-trend-intentional-food.htm>] **2)** A California company called H2OM sells spring water infused with "love", "perfect health", and "joy" by printing the words on the bottle along with the Sanskrit symbol for Om, a sacred mantra. The company's slogan is "think it while you drink it." You connect to the intention on the label, create your own intention, and then 'drink in' the vibration (<http://spas.about.com/b/2009/07/16/spa-trend-intentional-food.htm>) **3)** Reiki Energy Enhances Wine Production: A winemaker in Spain's Castilla de la Mancha uses Reiki to channel positive energy into his wines: "... when people drink our wine it balances body and mind. We believe that Reiki energy flows in nature, and we want our wine to be one of the channels through which people can receive this energy" (<http://search.japantimes.co.jp/cgi-bin/fg20090814d1.html>)

BRITAIN PROMOTES REIKI: Acupuncture and Reiki are now available on the United Kingdom's National Health Service. Doctors are acknowledging the treatments can provide significant benefits in targeting pain, stress and even quitting smoking (<http://www.sundaymercury.net/lifestyle-news/health-news/2009/08/08/guide-to-holistic-therapies-66331-24351258>)

TRAITEURS USE CATHOLIC PRAYERS TO HEAL: Traiteurs are part of the long-standing traditions of healing by Louisiana Catholics, despite the recent ban on Reiki by Catholic bishops. *The Daily Advertiser* of Lafayette, Louisiana notes: "Being a traiteur, practicing Healing Touch and Reiki are all similar. They call on God. Traiteurs heal with prayers and are a part of the Catholic tradition of Louisiana's French-speaking people. Being Catholic is not a requirement of becoming a traiteur even though Catholic prayers are used. (<http://www.theadvertiser.com/article/20090709/LIFESTYLE/907090321/Healing-powers-still-need-spiritual-help—guidance>). Look for Linda Haley's Rebuttal to the Catholic Bishops profiled in the next issue of *DreamWeaver Magazine*.

ARE HEART CELLS INTUITIVE? Researchers at the Institute of Heart Math claim to have discovered more than 40,000 neurons, or brain cells, in heart tissue, fueling speculation that the heart may be capable of intuitive guidance (*Prevention Magazine*, June 2009.)

INTRODUCTION TO REIKI (Reiki I) 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: August 22-23, September 19 – 20, and October 17-18, 2009.

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: September 12 -13 and October 24 -25, and December 5 – 6, 2009.

RESEARCHER STUNNED, NOW BELIEVES IN BIOFIELDS: Researcher Gloria A. Gronowicz discovered that test-tube cells grew better when people trained in Reiki passed their hands over the containers. The University of Connecticut Health Center study was financed by the NIH and published in the *Journal of Orthopedic Research* Results showed that Reiki improved bone cell growth by a statistically significant percent. Skin and tendon cells also grew under the reiki regimen [http://www.newhavenindependent.org/archives/2009/06/gloria_a_gronow.php]