

Upcoming Classes and More...



Upcoming Level I & II Weekend

October 22 & 23, 2011



Upcoming Advanced/Master Weekend

March 10, 2012 – Advanced

March 24 & 25, 2012 - Master

Honor yourself with an advanced attunement,
sign-up online to reserve your space in class.

Wondrous healing and fun!

- Reviewing Reiki classes is beneficial for a couple of reasons. The first is that seemingly you hear new things each time. Another reason is that receiving repeated Reiki attunements can be a huge support for us energetically, and they're so healing! It is as if you changed the spark plugs in your automobile. :)
- Are you having trouble finding the perfect gift for someone? Look no further. Gift certificates and e-gift certificates are now available in any dollar amount. They can be used towards Reiki sessions or classes.
- Too far for a face-to-face session? Long distance sessions are available via Skype.

Reiki Tools toward Better Rest...

If your mind races or you have difficulty relaxing, try the following Reiki breathing tools:

To begin, place the power and emotional symbol into your palms with the intention of relaxing energy to flow. (If you do not yet work with the symbols, intend for the warm energy to flow and use the same techniques without the symbols). Place your hands over the eyes and third eye visualize, imagine or feel that you are sending relaxing, peaceful energy. Next move your hands over the ears, allow the body to fall back into your bed, the jaw to relax. From the ears, move your right hand to the stomach and your left hand to the heart. Allow Reiki to flow as you deeply inhale through the nose, filling your lungs with relaxing energy. As the lungs fill and expand, feel the stomach lift. Exhale all worries and tensions fully as the lungs empty, feel the stomach lower. Focus on your breath and the relaxing feeling from the Reiki. You may find this is the position that you fall asleep in. Many students have reported waking up surprised that they were still sending themselves Reiki in this position.

The benefits of real lavender essential oil are well documented for relaxation purposes. Try putting a few drops on a tissue or eye-pillow and placing it over your eyes so your deep breathing includes the smell and relaxing energy of lavender.

One-Month Sleep Challenge Contest

Join the one-month sleep challenge for the months of September and/or October and have your name entered into a contest toward a *free Reiki session*.

Two winners will be selected and announced in November. Sessions can be scheduled at the Saddle Studio, Skype, phone, and/or distance.

To Enter: Send an email to april@reikimindbody.com

RE: Sleep Challenge Contest

Send additional contact information in the body of the email along with your written commitment to follow all suggestions in this newsletter and to work each night toward the goal of 8 hours of sleep.

Entries will be printed and placed in a box with supportive Reiki sent to them toward the goal of achieving better rest. Winners will be pulled from the box and contacted in November.

Please forward this newsletter to anyone you feel might benefit.

Are You Getting 8 Hours Sleep Per Night?

Fall is the perfect time to check whether you are getting enough sleep. Are you getting the recommended 8 hours per night? We tend to answer yes before really thinking about it. In fact, many average 5 or 6 hours of sleep and run on a long-term deficit. You may think that 6 hours or less is fine, yet you don't have the energy reserves you might like and might even require coffee to wake-up and keep going.

Do you run on a deficit? Ask yourself the following questions each night for an average week that includes a weekend:

- Do you have plenty of energy each day?
- Do you experience any foggy thinking?
- What time did you go to bed and fall asleep last night? What time did you wake up this morning?
- Did you get 8 hours of sleep last night?
- Is this average for you?

If a person is in adrenal fatigue or struggling with a health issue, 9 hours of sleep is actually better. Being truly rested on a regular basis helps our immune system function.

How can more sleep help?

- You create wellness
- Decrease your stress levels
- Improve your memory
- Improve your ability to concentrate
- Improve your energy levels
- Improve your school and work performance

If you find that you are not in fact getting the recommended amount of sleep, consider some of the following suggestions:

- Analyze what is keeping you from getting enough sleep and make a plan to modify or correct the issue. For example, do you awaken

with every noise in the house, wear soft ear-plugs to bed, and/or need a fan or some white noise in the background to assist you; or if you wake-up to use the restroom and find your mind begins to race? Tell yourself that you will think about this later, now is the time to sleep.

- Set regular bed and wake times, this creates a rhythm for your body and mind. Consistency, even on weekends, is a proven method of assuring better rest.
- Cut down or eliminate caffeinated drinks.
- Eliminate television, computer, or electronics a half an hour before bed.
- Do not charge your technology anywhere near your bed, place your cell phone somewhere other than next to your bed.
- Partake in the recommended amounts of exercise.
- If you find yourself stuck thinking about a particular topic, get out of bed and write your thoughts into a journal where they will be kept safely inside the cover until morning. Limit this to a maximum of 20 minutes, and then return to bed.
- Some benefit from a bath before bed to relax the body.
- Start slow, sometimes beginning a 15-minute earlier approach works better. If you have been staying up hours later than your healthy goal of bedtime, you may have to begin in small increments. Another consideration is asking yourself why you feel the need at night to stay up late, are you over busy during the day? My grandmother always said, "Not much good happens after 11:00 P.M." Is that true for you?

Finally, A Reward For Being An Early Bird!

Get ahead... Do your holiday shopping early! Gift certificates are now available toward reiki sessions and or courses at 15% off through the month of November. Consider the discount a reward for early planning and organization! Order your gift certificates on-line at reikimindbody.com, via the mail or at your next session

