

SOUND ENERGY BITES – JANUARY, 2008

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NOTE FROM ANNA!

It was a brilliantly sunny morning as I drove down the streets of Dallas; Christmas Day, in fact. I was on my way to Rudy's house some 23 miles across town listening and singing to carols. Then I looked up at the clear blue sky which wasn't so clear after all. The Dallas sky was criss-crossed with chemtrails. I remembered the first time I had seen airplanes pattern the sky with their polluting trails somewhere between Hot Springs and Arkadelphia with my friend Bren somewhere between 2000 and 2002. We were surrounded by trees and hills and nature. Why were airplanes playing tic tac toe in the sky I wondered? I continued to drive and wondered what target could possibly be in the wild Arkansas country. Bren silently went to work, transmuting the trails from harmful to harmless. So, in December 2007, as I drove the densely populated streets of Dallas, I intended that the chemtrails be transmuted and transformed to positive energy. Reflecting on this a few days later and in writing this piece, I see that is our job to be transformers. In accepting responsibility for our experience, we transmute and transform the past life patterns which surface in the present. The stuff we have to deal with now results from patterns/beliefs embraced years ago or from earlier beliefs not yet cleared or transformed. You've heard people say that it is in the stars. You've heard people blame others for their predicament. And you've heard people point fingers at their parents. Now it's time to grow up, time to own up. When it comes to making decisions for the new year, it's time to change those old patterns that are pulling us

down or are seemingly stuck on rewind. I'm not immune from slipping down the slippery slope of poor habits or negative thinking. We all lead busy lives and allow imbalance to creep in, the key is to do something about it. Our bodies really do speak to us. Do we get enough rest, do we make time for play? So when I noticed some joint pain recently, I realized my body was signaling energy blocks that needed to be cleared. And I am not immune from asking for help. Friends and teachers are abundant. After this experience, I received new perspective and insight, I felt as if I had picked myself up and brushed myself down ready to start all over again. Yes, I am motivated again. When signs of stress surface, it's time to look at what's really going on inside. What's neat is that stuff happens in cycles and the New Year is the beginning of a cycle for all of us. I feel very optimistic about next year. 2008 breaks down to a 10 year or number 1. The number one offers an opportunity to reconnect to the Creator Light within you and to know that something completely new is about to begin (Kiraël). Traditionally we look at the New Year as a time to start a new program or rededicate ourselves to a higher purpose. Pay attention to those items that look like stumbling blocks to abundance, peace and prosperity. And pay attention to what your body is telling you. Don't be afraid to ask for help. Follow your dream. Share your passion and excitement with others. Ring in the New Year with a set of attainable and realistic goals. Make 2008 the best year ever!

Love, *Anna*

WHAT IS A REIKI SHARE?

Group treatments are a wonderful way to share the Reiki energy among friends! Group healing or team treatments by Reiki practitioners take place all over the world. Where a group of three or more are gathered, the effectiveness of treatment is increased, the time taken for each hand position is shortened, each person can practice sending and receiving Reiki, and everyone benefits. Reiki shares can also be an opportunity to honor distant Reiki requests. They can also be an opportunity for the leader to share some of the Reiki teachings; Reiki shares provide an opportunity for practitioners to network; and, they can provide a social climate for Reiki practitioners to develop enduring friendships. In my experience, every Reiki share group has its own flavor or style. Some Reiki teachers restrict their groups to their own students while others have an open policy. Some groups welcome those wanting a healing who are not attuned to Reiki. Some begin with a meditation. Some request a donation. You may see three to ten practitioners at a table. I encourage students to participate in a Reiki share or start a group of their own. During the past year our group has practiced Byosen scanning, chair Reiki, visited with horses, learned some tips and techniques...and had a lot of fun. Here you can see the December group (with photographer Ray behind the camera)

relaxing after our Reiki share. Consider joining a Reiki share group for healing, wholesome fun, networking and more.



NUMEROLOGY 101

Numerology is a tool we can all use to learn about ourselves or confirm what we already know or treat as a parlor game that can be fun and amusing. Using numerology we can discover what talents we possess or what obstacles hinder our progress to succeed. Ancient scholars studied the science of numbers for guidance in daily living. We can chart our numbers to identify personality characteristics, our destiny, how we are perceived by others, what career path to take, etc. Books on numerology have been on my bookshelf for years, but looking at my numbers again has been a fun exercise. For instance, here is a paragraph on what the first vowel A in your name means.

The vowel "A", with a numerical value of one, is mental in aspect, but it is also emotional, for it has considerable feeling. As a first vowel it is progressive, adventurous, independent, and original. Having a pioneering spirit, it will push ahead. If A is the first vowel of your first name, you will be interested in new ideas, but you will prefer that they come from your fertile mind rather than from another, for you like to be creative. You enjoy being different. You will defend your own viewpoint even though the whole world opposes you. Since you refuse to be driven, you will accept advice only when it coincides with what you already believe, and then merely to double check your own views. A invites new contacts, new opportunities, and new activities involving change. You want to break away from old or tried traditions and venture into the unknown. If your first vowel is A, you must guard against being domineering, opinionated, and having false pride. You should learn to be tolerant, yet never lose your individuality. (Helping Yourself with Numerology, Helyn Hitchcock).

Now you know something you possibly didn't know about me before. Well, some of this I really identify with and some I question. Come to think of it, there are many friends with the first vowel of A, so maybe this stuff is on the money. Coincidence you might think. Must be in the numbers!

If you would like me to compile a complete numeroscope for you, please call and leave a message at 972-977-7012.

QUOTE OF THE MONTH

A friend is one to whom one may pour out all the contents of one's heart, chaff and grain together

knowing that the gentlest of hands will take and sift it, keep what is worth keeping and with a breath of kindness blow the rest away.

--Arabian Proverb

2008 CALENDAR

Reiki shares are held the second Sunday of the month (January 13th, February 11th, March 10th). Open to all Reiki practitioners, it is a way to experience "companionship of other Reiki practitioners with whom to do healing is also a great joy." So states Diane Stein in her book Essential Reiki. If you are interested in attending a Reiki share in the North Dallas/Richardson area, please call for details or directions. Locations vary. Must be Reiki I practitioner.

Since 2008 is about new beginnings, I expect new classes to be offered. Look for announcements regarding a dowsing class, Reiki II in April, followed by a Reiki II Review, Reiki I and Reiki III. A Reiki and Crystals workshop is still on the backburner. And don't be surprised if a new healing space is forthcoming. No doubt travel will also be scheduled in 2008. And I am sure a new article on Reiki and Massage will manifest. Stay tuned for more ideas.

THE HEALER'S ETHICS

The Healer's Ethics is the latest article posted on the website. You may wonder why ethics are part of the Reiki training, however, this article pertains to all Reiki practitioners. You might have some ideas of your own too. Are ethics important to you? See if you agree with my opinion.