

SOUND ENERGY BITES

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What's Next?

By Anna Parkins

Take a bunch of marbles in a bag, shake them up, then pick one out. What do you get? That's what the past few weeks has been like. We can embrace all the human qualities – from healer to warrior – and it comes down to the aspect we choose to be/express at the time. So life is like a bag of marbles, right? Not exactly. Although we do have choice as to what we express and experience, there are times when everything seems out of control or we sabotage ourselves by thinking we cannot make changes and things look hopeless. Do we really choose to be violent? Just look around the globe and you will see sickness, crime and poverty. I do not suggest burying our heads in the sand, but I do suggest that we take steps to rid ourselves of bad habits and look for ways to express higher vibrational living. Whether it's a choice between fast food and healthy eating, we can access higher vibrational living in many ways. We make choices about the music we listen to, the

Changing Our World!

By Anna Parkins

A few months have passed since I wrote about extreme stress. What a great teacher stress can be. With balance back in my life, I can appreciate what it is like to have muscles that are not tight, to have a good night's sleep, etc. I realized that there would be a different stress without a regular 9–5 job, but nothing like what I had experienced. True, not knowing where the next paycheck will come from is not the same as knowing what the future holds. We think optimistically about the future, but in a practical,

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friends we have, the art we admire, etc.

And when we think we have made mistakes or are learning the same lessons, we can dust ourselves off, so to speak, and continue our journey of exploration and transformation.

We are all on a spiritual journey of enlightenment, taking one step at a time. Let's us embrace the next unknown step and know all is in perfect order and harmony.

May you make fabulous choices and may you have new adventures that make your step light and your heart sing. With Love and Light, *Anna*

real sense wondering about how the bills will be paid can lead to anxiety and fear. Let me add that a regular paycheck is not the same as abundance. I have adjusted my thinking so that my income is not restricted to an employer's whim. Though my temp office assignments (my God assignments) have been few and far between, I have not starved, I have not been thrown out of my apartment, I have not lacked for "things to do" or been bored. Friends have been supportive, some have provided ideas and inspiration, some have sent Reiki. I have

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Changing Our World! (contd.)

had time to be creative and take time to meditate and walk. And I have expanded my practice by being attuned to Karuna Ki Reiki and by offering Crystalline Reiki appointments. I have met some wonderful people at the Spiritual Fitness Center psychic fair. Those who come to me for healing turn out to be my teachers, and those who cross my path are willing to share their gifts and love.

What has this to do with changing our world? Perhaps I should state it is about changing my world. For by changing my views and perspective, my hope is to create a better place for others.



And so I continue to affirm my worth, I give myself permission to receive great abundance and good health. At the same time, I affirm the same for you. We are changing our world!

Upcoming Events

By Anna Parkins

The possibility of a **Reiki for Nurses** class is really exciting. My interest in seeing Reiki in a hospital or clinic setting is attracting others who would like to see the Reiki community expand. If this is of interest to you, please let me know.

Would you like a brush-up on your Reiki I and II knowledge? Have you forgotten the hand positions or feel rusty in using the symbols? New material has been compiled for the **Reiki I and Reiki II Review workshops**. Using different formats that are foremost fun, these reviews can be scheduled

at any time. Two hours, \$15, and the chance to visit with other Reiki practitioners – what more could you want?

The **Reiki and Crystals** workshop is still in progress. Plenty of resource material to keep you smiling and you will receive a **Crystalline Reiki** treatment.

The **Reiki Share group** is now ongoing (See dates on next page). Whether one or two or more participants, it is always a special time.

“The tremendous potential within each of us awaits our command; all we need do is ask it to come forth.”

William Lee Rand

Find time to be in your sanctuary so that you may be refreshed, energized and open to the joy in the world.

Book Report

By Anna Parkins

Last time I mentioned *Reiki A Comprehensive Guide* written by Pamela Miles “considered by many to be the country’s foremost Reiki expert.” Well, I am still reading this book and have to agree that the author is knowledgeable and speaks extensively on how Reiki plays its part in the integrative medicine field. Miles’s writing comes from practical experience and from research. She covers a wide territory for the beginning and experienced Reiki Practitioner. She has helped me broaden my view of Reiki and she has reinforced the benefits of daily practice in my schedule.

What is my next book? It has to be the *Magick of Reiki* by Christopher Penczak. Again this covers the basics, as well as an explanation of Reiki Magick, Reiki and Crystals, etc. Illustrations include over 70 new Reiki symbols, some of which I will be using in



Karuni Ki Reiki. This book fits into the non traditional variety. I would recommend it to Reiki practitioners who already have a basic foundation as many other topics and views are explored.

To purchase this book or any other Reiki books, please go to the extensive bookstore located at www.reikibyrockie.com.

The Nature of Reiki

The nature of Reiki and the benefits one can receive from it are much broader than many realize. The healing it makes available to us goes beyond simply being able to help heal an injury or illness. Reiki is available to heal on much deeper levels. Its innate wisdom understands all our needs and wants to help us realize our potential for being whole and complete human beings. Reiki makes possible the transformation of every aspect of our personalities and our lives and can lead us into levels of fulfillment we didn’t know were possible. ---*Excerpted from Reiki and the Spiritual Life, a chapter in The Reiki Touch by William Lee Rand.*

REIKI SHARE GROUP



3:15–5:15 pm Second Sunday of the Month

(June 10, July 8, August 12)

Location Northwest Dallas/Farmers Branch

An excellent opportunity for all Reiki practitioners to practice the art of Reiki and experience a group healing session.

For directions or further information, please contact Anna Parkins, 972-977-7012

Have you heard the news?

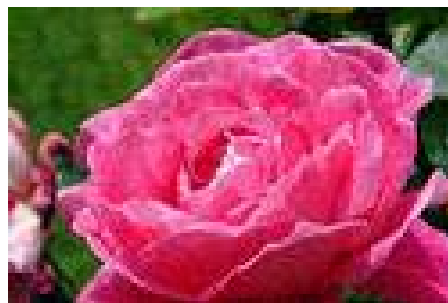
The DFW Reiki Healing Network has taken a giant technological step forward by adding news feeds to the website www.dfwrhn.com. Thanks to Rockie we can now read articles, see the event calendar, and get the latest news instantly. It does take a little figuring out how to get on board, but it is well worth it. And it is all FREE. Check it out! You can post questions, place announcements, and see what's happening in the Dallas/Fort Worth area. A terrific service for the holistic community!

THANK YOU

Thank you for your support and feedback. I hope this issue is easier to read and is of interest to you. As you can see, 2007 is full of promise and passion. Thank you for including me on your path. It is great to share not only the adventures, but the excitement and anxiety. Thank you for referring me to your friends. Those are the best clients. Thank you for your inspiration and encouragement. We all need friends like you. :) Anna

REIKI I & REIKI II WORKSHOPS

If you are interested in learning more about Reiki (pronounced Ray-key), see website for details on workshops or call Anna at 972-977-7012.



REIKI PRECEPTS

Just for today, do not worry.

Just for today, do not anger.

Honor your parents, teachers, and elders.

Earn your living honestly.

Show gratitude to every living thing.

WANT TO VISIT WITH ANNA AND SEE HER IN ACTION?

Anna is one of the healers featured at the Spiritual Fitness Center psychic fair held the third Sunday of the month in Richardson. For directions, visit www.spiritualfitnesscenter.com Admission is \$5.00. Time is 2-7 pm.

REIKI AND MASSAGE – PART 3

The massage therapists I contacted all agreed there were definite benefits of receiving a massage with Reiki and like myself most would not have a massage from a non Reiki practitioner. In fact they would explain the benefits of Reiki to their clients by answering questions or including information in their promotional literature. Rarely they would be asked for strictly massage if Reiki did not fit in with the client's belief system. As Hillary simply states, "Reiki and massage can be used together during a treatment to help further relax and calm the client."

Asked whether more massage therapists should receive Reiki certification or training, this is a matter of personal preference I found. Some massage schools are open to Reiki. For instance, Pam mentioned the Body Wellness Therapeutic Massage Academy in Little Rock where she received her massage therapy certification in 2000 as being very open. Even so, books on massage usually do not include sections on Reiki, the two subjects being treated separately.

So what is the future of Reiki and massage? I was surprised and pleased at Pam's response. She states, "I hope that the future will be very abundant indeed. I live in Arkansas where Reiki has not been in the mainstream. Recently, many folks are moving to the area from other States where Reiki and other complementary and alternative methods are mainstream. They are looking for the services they have been used to getting in other States. This is the opportunity to bring Reiki 'out of the closet' here in this area. I am seeing this come to light and it is very exciting." Obviously, as clients – you and me – become more aware and assertive, we can seek out massage professionals who are experienced energy healers or Reiki practitioners.

When I asked Cheryl specifically about Reiki and

massage, she commented, "I have found that Reiki has increased my intuition and helped me 'read' the body through the emotional imprints I receive when I'm working. This allows me to send love to these areas of imbalance...." And finding balance is the key to our aches and pains, and if Reiki or massage does this for us, don't you think having Reiki or massage on a regular basis is a great thing?

As we become more aware...we can seek out massage professionals who are experienced energy healers or Reiki practitioners.

And finally let me conclude with the opinion that Reiki and massage both fall into the healing category. When we receive Reiki or massage treatments, we open ourselves to a new level of wholeness or healing, we restore balance, we gain clarity and a new perspective. For this to happen we need to give ourselves permission to receive and recognize the magnificence of who we truly are. Whatever modality we choose, it is wonderful to experience the "magic of healing touch" from another whether Reiki or massage or both.

Cheryl Kaufmann has a private practice in Allen, Texas. She has been a Licensed Massage Therapist since 1998; her massage focuses mostly on stress reduction, energy balancing, Swedish, and some therapeutic. Cheryl has been a Reiki practitioner since 1995 and a Reiki Master Teacher since 2005. See www.brightstarinspirations.com for available workshops or appointment schedule.

Pam Jones is the founder of Essential Health, 117 S. Market St., Suite 215, Benton, Arkansas. She is a Reiki Master and IET Master Instructor and has been practicing Reiki and massage since 1999. Pam can be reached at 501.909.7242.

Hillary Phillips has been a massage therapist for four years and a Reiki practitioner for over a year. She can be reached at Whole Health Massage in Dallas by calling 214-709-6394 or via www.wholehealthdallas.com.

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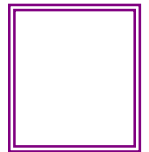
www.soundenergyplus.com

Sound Energy Plus was founded in December 2001 when Anna Parkins was living in Hot Springs, Arkansas. She developed a full time practice over the following two years, traveling in Arkansas, Texas and Louisiana. For a complete bio, see website www.soundenergyplus.com. After moving back to the Dallas area Anna became a Reiki Master Teacher and has taught several Reiki I and Reiki II classes, as well facilitating Reiki share groups. Along the way, Anna has stepped back and forth into the corporate world, continuing to co-exist in the so-called spiritual and material worlds. Also Anna has participated in the Dallas Psychic Fair; Spiritual Fitness Center psychic fair, Wellness Expo; and the Body, Mind and Spirit Expo (BMSE). The website has been transformed and contains previous newsletters and articles. New workshops such as "Dowsing and Healing" have been developed. Sound energy (tuning forks) remains one of Anna's favorite tools.

Now available for private appointments, please call 972-977-7012 to schedule a convenient time.

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If you wish to be mailed a copy of this newsletter, please contact Anna at anna@soundenergyplus.com and include "Request for Newsletter" in subject line. We will be happy to mail it to you. Thank you.