



SOUND ENERGY BITES

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Making A Difference!

By Anna Parkins

We can make a difference! It was no accident that I was suggesting Dirt Doctor tactics a la Howard Garrett (www.dirtdoctor.com) regarding extraordinary numbers of grasshoppers in Texas this year. It is no accident ABC News was highlighting the decreasing number of penguins. It was no accident the local news mentioned the destruction of trees in a Dallas neighborhood so the new owner could enjoy a McMansion. No accident at all. On that same day, July 11th, I saw workmen level the ground where the “Wild Wisteria of Royal Lane” had lived. This rambling and wild tree – yes, its stump is bigger than my hand – about 20 feet in diameter provided the backdrop for my latest web page photo (shown on next page). Out of all the senseless, unconscious decisions being made on the planet today, this last item was very personal. Since I decided to pose in front of it last April, I have been conscious of its rambling, free nature every time I drove by. Neglected for years, undisturbed, its lavender blooms were an oasis of color and vibrancy in an area of grays and blacks. I am now curious what will take its place, if anything. Now a memory, I wonder how many memories are created by men and women in the

The Ebb and Flow of Things!

By Anna Parkins

For the past few months I have been temping – one assignment was stressful when I tried to fit into a square hole. That didn’t last long. Currently I find myself in a no stress situation – performing filing duties for an international security corporation – however, it does not fit into my

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name of “civilized progress” or “modern living” or “sign of the times.” Think of the shrinking Amazon forest and the tons of plastic coming from China and you can quickly become depressed about what is happening to our planet. Without a positive attitude, a sense of the spiritual and faith in God or some sort of inner sanctity, wondering what the world is coming to is a useless task. To be uplifted and uplifting takes courage and vision. It’s more than recycling our newspapers and composting our waste. It goes beyond “saving our planet” if that expression makes sense. Today’s world challenges us to think about the decisions we make, what we do with our time and energy, and how we spend our money. So wake up! Make a positive change! Make a real difference!
 With Love and Light, *Anna*

idea of a “dream job” and I am sure I will become bored down the road and say adios. Whilst that does not sound very positive, I have to admit that I am enjoying the “no-stress, no responsibility” situation. Come to think of it, it’s like a welcome vacation, but a paid vacation. I feel like the tension

The Ebb and Flow of Things! (contd.)

from earlier assignments at the beginning of 2007 has faded. I have determined to make the most of this opportunity, so that flab becomes fit, and tired becomes energetic. There is no announcement at this time about how many pounds I have lost, needless to say the scales are placed right next to the refrigerator!

Also this is a time to celebrate the half-year passed and the six months ahead. Whilst I dream of having a successful healing and teaching practice, I notice the ebb and flow of my enthusiasm and creativity. Just as it is difficult to move forward with mercury retrograde for instance, it is our mental stumbling blocks that prevent us from achieving our goals. So I have



filled up my schedule with classes, psychic fairs, etc. Just like the Field of Dreams – build a field and they will come – a place is being created for new events and experiences. Let us all create new experiences and support each other in our advancement and growth.

Upcoming Events

By Anna Parkins

Next Tuesday, **July 17th**, (6 am CST) we are being asked to join other light beings in **meditation** for the purpose of regenerating the earth grids. Please see www.firethegrid.com for further information. This is a vital opportunity where each one of us can make a difference! (My alarm needs to be reset for this one!)

The next **Reiki I class** will be held on **July 28th**. If you have been waiting for an opportunity to learn

about this healing art, make your reservation today. The benefits last a lifetime. Reiki not only heals the symptoms of illness, it also heals the cause. In fact, Reiki complements many other healing methods, enhances medications and assists the body to healing at optimum speed. Reiki can be used to bless and multiply our greatest good. Mrs. Takata who brought Reiki to the West used to call it God energy. Reiki is sometimes referred to as universal source energy. The word Reiki also means system of healing. In class you will learn the basic hand placements, the history of Reiki, its uses, principles and ethics. And did I say easy to learn? Every class is designed to accommodate the needs of the students. There are plenty of resource materials. Just bring your interest and desire to be a Reiki practitioner!

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.

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Another Book To Read!

By Anna Parkins

Just when I thought my Reiki library was complete (haha), I discovered two books written by Australian, Lawrence Ellyard, the founder and director of the International Institute for Reiki Training. It seems that I “need” to check out the book called “The Ultimate Reiki Guide for Practitioners and Masters.” Only a few hours in my possession and I find myself stealing a few glimpses. A large part of this book is about teaching Reiki. And if I am to teach Reiki III this year (gulp!), which means crossing another threshold, then this book will become part of my inspiration and knowledge.

The other book is called “Reiki Healer: A Complete Guide to the Path and Practice of Reiki.” The contents fill five pages if this is any indication of the number of topics covered. My curiosity is peaked. Sorry you will have to wait til the next newsletter to hear all about it.

Reiki is a method of hands-on healing which originated in Japan at the turn of the 20th Century. It is a system of healing that transforms and heals the body and mind. Utilizing the methods within the Reiki system, the Reiki practitioner transfers healing energy via the hands to another. Reiki energy is the healing energy of the Universe. It represents a matrix of non-dualistic energy, which permeates all things. A Reiki practitioner harnesses this vital energy via a series of attunements which, in effect, switch on the ability to transfer Reiki energy to oneself and others.

--Lawrence Ellyard

- ✓ LOOKING FOR A GOOD REIKI BOOK TO READ?
- ✓ NEED A PLACE TO ADVERTISE YOUR REIKI EVENT?
- ✓ WANT IDEAS TO EXPAND YOUR HOLISTIC BUSINESS?
- ✓ CURIOUS HOW NEW TECHNOLOGY CAN INCREASE YOUR AWARENESS?

Then may I recommend you check out the latest information at the **Dallas/Fort Worth Reiki Healing Network** at www.dfwrhn.com.

REIKI SHARE GROUP



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

Next date – 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

Upcoming Events (Contd.)

Sometimes classes come and go. I plan to have a class and no one is interested at that time or I have inquiries on a different class and the dates are not convenient. If you are interested in Reiki, Dowsing, Vibrational Healing or related topics, please let me know and I will do my best to bring you information that is pertinent and useful.

Reiki II is the class where Reiki symbols are taught and experienced, the Reiki channel is expanded, the idea of Reiki guides is explored, various techniques are mentioned. There is still space in the **July 22nd** workshop, but you must make that call now. Next Reiki II class will be held in end of September or October.

The next **Reiki Share group** will be held on **August 12th**. In a rare occurrence, the July share went over the usual time, however, all participants benefited. I'm sure it had nothing to do with the coordinator doing a lot of talking at the beginning! In August, we will continue to look at the Human Energy Field and its relationship to Reiki practice.

The tentative date for the **Reiki III workshop** is **September 7–9**. Reiki 3rd degree or master level is for practitioners who wish to reach the teacher training level. Not only is dedication to a Reiki practice required but a sincere desire to share Reiki with others, to continue learning. It is also an opportunity to learn how to pass attunements, to review Reiki I and II material and to envision your future goals. This weekend training will be like a mini-retreat where you will be immersed in Reiki stories and practice and ideas. Further details will be published in **Anna's Antics for August**.

Now is the time to heal the Earth and her people and animals. Now is the time.....

Remember the qualities of kindness, compassion and oneness that are the basis of Reiki and all healing.....

Now is the time to bring Reiki back to all.

---Diane Stein

REIKI DIRECTORIES

There are many directories where Reiki practitioners can be listed. Whether Reiki II or III, you will find that directories bring interested parties to your doorstep. The newest directory in Dallas/Fort Worth has to be the Reiki Healing Network (www.dfwrhn.com). Please contact Rockie at 214-912-6771 for details. Listings are free.

If you are really, really, really serious and want to know other websites where you can be listed, I will be happy to forward you a long list – thank you Patricia Dancing Elk – or a few you might like to try. Remember some websites require photos and have a cost.

REIKI BOOKS & WEBSITES

One of the best places to locate a resource list of materials is the Reiki binder you were given in class. Oh, you didn't attend one of my classes. Might you just want to show up at the next Reiki class? For starters, you might want to check out www.reiki.org. Many authors have their own websites too. And do let me know if you have a question, I love to research topics, sometimes it turns into a great article.

REIKI III TEACHER TRAINING

Stay tuned for an announcement regarding the upcoming Reiki III workshop. If you are interested in taking this class with me, do drop me an email or make a phone call if you have not done so already.

INTRODUCTION TO DOWSING

Are you interested in using a pendulum? Then this class is for you. See website for details. Date to be announced.

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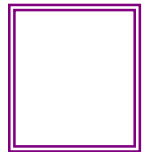
Sound Energy Plus was founded in December 2001 when Anna Parkins was living in Hot Springs, Arkansas. She developed a full time practice over the following two years, traveling in Arkansas, Texas and Louisiana. For a complete bio, see website www.soundenergyplus.com. After moving back to the Dallas area 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.

[Return to Sound Energy Plus](#)

Sound Energy Plus

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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.