

SOUND ENERGY BITES



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Making Every Minute Count!

By Anna Parkins

Does it seem that time is speeding up? That there are not enough minutes in the hour or hours in the day to get everything you want done? It does seem that way. Many people share how “busy” they are. This past two weeks has been no exception. Like a juggler with too many balls in the air, trying to catch every one is impossible. Lately some of those balls in the air have fallen to the ground – a sure sign that something is out of balance. At times like that it is an opportunity to re-assess just where our priorities lie. I guess I could not wait for mercury to go retrograde, and that will happen October 12th. That’s when I decided to adopt the motto of making every minute count. In addition to my usual routine, I decided to enroll in massage school two evenings a week. That means going to classes and studying. Already I have learned about hydrotherapy and business practices including writing a business plan. No, it’s not just about

Sharing Reiki

By Anna Parkins

Every month Reiki practitioners gather to share Reiki (See below for a definition) usually the second Sunday of the month. In the heat of summer, our August Reiki share had to be moved from my home to a local Wendy’s restaurant. This was a last minute decision because the City of Dallas was repairing a broken main just down the street. Needless to say, our group was able to practice beaming and came through with flying colors. In September we gathered at Mashi’s home in Richardson.* Again this was a special time as

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massage techniques. Now it is on to anatomy and physiology. So much fascinating information for my brain to memorize. I will graduate next April and be able to offer massage therapy as one of the tools in my toolkit. Never too old or rusty to learn! So it becomes even more important to get enough sleep, eat right, exercise, play, etc. You may want to take a few minutes to make sure you have rest and relaxation in your schedule.

I wish everyone a fun-filled September and October.

With love, *Anna*

we gave Reiki to her granddaughter. Nine of us worked in teams of three, so we had adequate table time. Our group is open to students and practitioners other than those who have been to my classes, however, you do need to have been attuned to level 1 Reiki and attended class. In October we will have a unique opportunity to share Reiki with horses. Thank you William Rand for publishing appropriate articles on giving Reiki to horses in the latest Reiki News magazine. Our hostess will be Nathalie. She will share horse

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Sharing Reiki (contd.)

etiquette, as well as show us where the chakras are located. We will rendezvous in Prosper at 2:00 pm and then head to the stable. If you are a regular attendee at our shares, please note the change in time. This will be a very exciting “field trip” and I think there will be quite a lot of interest by the horse owners.

If you are a Reiki practitioner and want to know of other groups in the Dallas/Fort Worth area, please send me an email.

Sharing or practicing Reiki in a safe setting is a wonderful way to experience the Reiki energy, it's a lot of fun and will help you on your Reiki path.



Upcoming Events

By Anna Parkins

Do you have friends or family who live in West Texas? I will be in Abilene on October 6–7 at the Wholistic Rodeo (See www.wholisticrodeo.com for details) giving mini-tunings and talking about sound energy healing. This will be a great event! The next Reiki I class will be held on Saturday, October 13th. Please let me know if you are interested. Participants will then be able to attend the Reiki share with horses on October 14th. The following Sunday, October 21st, I will be at the Spiritual Fitness Center psychic fair in Richardson. This is a great place to experience healing energy

or get a reading or have an aura photo taken or buy a favorite crystal or tarot deck. You have a choice of readers and healers, but you have to stop by and visit with me when you come! Sign up now for Reiki II on Sunday, October 28th. Mercury goes retrograde on October 12th, so make decisions now. Some people have asked about a dowsing class and this is “in the works.” And remember that I am open to Reiki trades. Appointments are available at weekends too.

“Reiki is a laying on of hands touch healing system of incomparable ease and power.”

Diane Stein

Reiki (pronounced ray - key) is a laying-on of hands healing technique thousands of years old. It is thought to have originated as a Tibetan Buddhist practice that was rediscovered in the late 1800's by Dr. Mikao Usui, a Japanese Buddhist. It is a very simple yet powerful technique that can be easily learned by anyone.

William Rand

Affirmations

By Anna Parkins

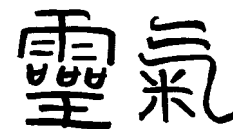
To affirm means to declare positively or firmly, maintain to be true. We are declaring our truth all day long, are we not? When I think of affirmations, however, I think of deliberate statements that ring true on every level (mental, emotional and spiritual). If you come up with your own positive phrases, you can tell if it feels and sounds (resonates) with your being. Adding the emotional component adds depth and meaning. The rules of affirmations state not to use a negative such as “I am not a fast learner, but I do visualize easily.” It’s best to start with “I am” sentences. For example: I am love, I am loving, I am loved, I am love. Rather than an exercise in verb declension, this can be made into a mantra or song. If the words are in alignment with your emotions and there is no past conflict, you can build up a positive energy field. If something comes up where an affirmation does not feel right, it is an opportunity to release old thought patterns and create a new affirmation. But why are affirmations important? Don Miguel Ruiz states in the Four Agreements, “Your word is the power you have to create. Your word is the gift that comes directly from God... The word is not just a sound or a written symbol. The word is a force; it is the power you have to express and communicate, to think, and thereby to create the events in your life.” By focusing on positive words, we are creating positive vibrations. We are filling our energy field with the highest qualities. From words follow thoughts and habits and actions. One reason we become sick is because we have filled our mental realm with negative self-talk, with fearful thinking and low vibrations. This may explain one reason why sick people may be healed physically, but then revert back to sickness because their thoughts go back to negative patterns. Notice, I said one reason, because there may be other factors involved. Another rule of affirmations is not to covet other’s possessions. It is not a matter of asking for something that belongs to

someone else. There is enough to go around. Desiring another’s relationship falls into this category. Be specific, but not that specific. Affirm qualities, not specific items or people. Charles Lightwalker, a shaman and Reiki master in Oregon, has many affirmations which I like. Starting with “I am divinely guided in all my ways, and I adapt to new ideas” to “Infinite Intelligence is constantly revealing to me better ways to serve my earthly family.” (Continued page 4).

REIKI I AND REIKI II WORKSHOPS

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

SPECIAL REIKI SHARE GROUP



2:00 – 4:30 pm

October 14, 2007

In North Texas (Prosper/Celina area)

Practitioners will have reached Reiki I level.

This is a unique opportunity for sharing Reiki with horses.

If you wish to carpool from Richardson or Northwest Dallas, need directions or further information, please contact Anna, 972-977-7012

Affirmations (contd.)

The last rule of affirmations is that it needs to be in the present tense. We are looking at concrete statements in the now moment. Those of us who have reached the first level of Reiki can add Reiki to our affirmations by writing down the affirmation and placing the paper in-between our hands and giving it/channeling Reiki. Additionally those who are Reiki II practitioners can use the power symbol, etc. Doing healing work, we can silently state affirmations for the client or patient. Better yet we can ask the client or patient to come up with their own intention or affirmative statement in order to be a participant in their own healing time. Louise L. Hay in "Heal Your Body" has lists of

affirmative thoughts that may relate to a person's illness. An analogy might be the image of a jar full of dirty water and mud that is being gradually made clearer by adding one drop of water at a time. Obviously by adding a greater amount of water, this will speed up the process. Our positive affirmations can lead to transforming our thoughts and our habits, and our actions. It's up to us! Affirmations are a great tool, and just one that we can use every day, share with others, and get results. Ask a person who has recovered from an illness if they used affirmations. So if you see an affirmation on my bathroom mirror, you will know that it resonates with me, it has a special meaning and it is a positive affirmation of the person I declare I am.

Reiki Principles

Dr. Usui suggested that his students recite the Reiki principles twice a day, in the morning and in the evening. Sometimes they are called Reiki Ideals or Reiki Precepts. Vitally important in the Reiki teachings, here we have an interpretation by Cheryl Kaufmann, a Reiki Master Teacher in Allen, Texas.

*After the September Reiki share, we enjoyed Mashi's hospitality. Many happy tummies! Our group is growing as Madeline joins us again from Fort Worth. Sharing Reiki brings many blessings! Here you can see the smiles to prove it.

*Just for today, I am at peace.
Just for today, my mind is at ease.
I am grateful for my many blessing.
I am honest in my heart and with others.
I honor all as the living light they are.*

*Cheryl Kaufmann
Bright Star Inspirations*



Cheryl (in turquoise) visits the Richardson Reiki share in September.

Sound Energy Plus

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**Tune Up Your Body,
Mind and Spirit!**

We're on the Web!

Visit us at:

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 next 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; 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) is just one of the healing modalities Anna uses.

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.