

SOUND ENERGY BITES



P.O. Box 29013, Dallas, TX 75229

www.soundenergyplus.com anna@soundenergyplus.com 972.977.7012

Time To Reflect!

By Anna Parkins

With the change in seasons, the changes promised in the election fever and the spiritual challenges and growth we are all experiencing, it feels like we are shedding the old skin and developing a new layer, a translucent layer that shows everyone what is underneath. There is no more hiding or disguising or ignoring. Others can see the lumps, bumps and gray hair we see in the mirror every morning. Just kidding! Okay, I do have a gray hair and I am not hiding it (yet)!! The lumps and bumps are just obvious; and the mental equivalents we hold are evident in our attitudes and experiences as we sail through the day. When we come home in the evening (dark), then we can reflect on the day (light). We need the yin and yang, the balance of action and rest to restore our health and perspective. So, take time to reflect! Evaluate the performance if you will, determine to do better the next day; put others first for a change. We only get one chance to give a smile to a stranger. Don't put the brakes on

DON'T HAVE TIME FOR REIKI? THEN ADD IT ON!!

With clear intention add a minute or two of Reiki to your daily activities. Ask you Reiki guides for help. Preparing meals? Infuse Reiki into your creativity. When eating, bless your food with Reiki. Watching television? Beam Reiki to the people, places and situations. Drinking water? Put a little gratitude into the glass. Brainstorming? Hold your head and send Reiki. Talking on the telephone? Imagine Reiki going through your hands. Have you tried giving yourself Reiki when driving? Well,

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sharing your heart or sending a healing thought. If I find myself angry, it is one way I show myself that there is more work to do; an opportunity to release that old anger, and fill my spirit-being with love. If I am anxious, then it is an opportunity to find my center, to breathe in love and restore the balance. Being in fear is not the aspirant's way. To aspire to do better sounds noble, but to live a life of balance is more of my ideal. This means time for work and time for play, time for speaking and time for listening, time for expressing and time for reflecting. Make your season bright!

With Love and Blessings, **Anna**

maybe that isn't such a great idea. But don't forget the stops at traffic lights. Don't be one of those practitioners who doesn't practice and only uses Reiki as a last resort. Put Reiki first and you will be surprised how calm life can be. Not only does Reiki relieve stress and increase relaxation, it will clear energy blockages, balance the chakras as well as increasing intuition and your overall well-being. Think of ways you can add Reiki to your morning and evening routines. Of course, when we give Reiki, we also receive. What a gift! Be inventive. You too can have more add-on minutes!

Angels Taller Than Trees!

By Anna Parkins

Our Second Reiki Retreat at the Arbor Hills Nature Preserve on October 19th was simply fabulous. Besides our Guardian angels and Reiki guides, we invited the angelic realm including archangels to bless us with their presence. In our gathering place, we created a dome of light, meditated with our guides, walked in the woods, created book-marks. We fed our creative appetites and our empty stomachs. We walked away with our spirits

lifted, with a hefty resource packet, a deeper friendship between ourselves, and a deeper connection with the angelic realm. The dome of light shone brightly and provided a golden hue. The angels really were taller than the trees! Being in Nature and so close to home was wonderful. (In fact I have visited our heavenly site a couple of times since our Retreat.) After the Retreat I thanked the angels and archangels for their love and asked them to dismantle the dome of light. Thanks to all the angels present!



Upcoming Events

There are still opportunities for classes before the holidays get in full swing. If you are interested in a pendulum dowsing or Reiki class, please let Anna know. Classes are formulating right now and you may be fortunate to have a class scheduled the beginning of December. Don't hesitate to inquire.

Already plans are formulating for the 3rd Reiki Retreat in the Spring! This time Out West! You can be assured that there will be fun experiences and plenty of time for a personal getaway.

Stay tuned to the skies! October 14th was a hoax for some folks. But our planetary brothers and sisters are very close. Let us have open hearts and welcome their love. Your inner knowing is your best guide in these things.

Those who feel genuine gratitude for what they have will be provided with more to be grateful for, and the energy of sharing with an open heart has the same positive result.

Matthew, channeled by Suzanne Ward

NOVEMBER/DECEMBER/JANUAR



Explore the Possibilities

Reiki Share Group

Reiki I, II & III

Pendulum Dowsing

DALLAS/FORT WORTH
REIKI HEALING NETWORK

For the Reiki Healer, Holistic Healer or New Age Enthusiast, the DFW Reiki Healing Network website provides information concerning Reiki, Holistic topics, events, classes, seminars, Reiki shares, etc. Also featured is a directory and bookstore, so be sure to take advantage of the book display and purchase your books there. This is one way you can support this wonderful service. Rockie, editor and founder of the DFWRHN, will be glad you did! Also remember that you can post articles, add your listing to the directory and get up-to-date information on Reiki and the Dallas/Fort Worth area.

REIKI SHARE GROUP

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

(November 9, December 14)

In North Dallas/Richardson area

Practitioners will have reached Reiki I level. This is an excellent opportunity for networking as well as mastering Reiki techniques; however, the main purpose will be to conduct group healing sessions.

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

ANNA’S ANTICS

If you wish to receive a monthly update on Anna’s experiences and events, please drop us an email. Usually there is a reminder about the Reiki shares and what to expect in the coming month. It is a way to stay in touch and your emails are always welcomed.

BOOK STOP!!

In preparing for the Angel Retreat (aka Meeting Your Reiki Guides & Angels) several (over 10!!) books on angels were added to my library. One that was read cover to cover was by Sylvia Browne (#1 New York Times best-selling author) called “Contacting Your Spirit Guide.” Sylvia has written many books detailing her experiences and stories about angel encounters. This particular book helps you find your spirit guides, recognize their energy. She also introduces us to her own spirit guides and you learn how they work with their human charges. Especially interesting was learning about a day in the life of a spirit guide. It seems my questions were answered along the way. Sylvia’s warmth, integrity, honesty and humor leap off every page. This is a fast read and a fascinating adventure. Get to know Sylvia and get to know your spirit guides.

THE FIVE IDEALS

Just for today, I will let go of anger
Just for today, I will let go of worry
Today, I will count my many blessings
Today, I will do my work honestly
Today, I will be kind to every living creature



You and Reiki!!!

How is your relationship with the Spirit of Reiki? Are you tuned in to your inner life? Are you listening to your intuition? When it comes to balance of Body, Mind and Spirit, where are you spending the most energy?

According to Mari Hall, Reiki helps us to come into a place where we can discover our inner source of peace and support! Reiki helps us to create an inner landscape for our meeting with the divine. When we surrender into the practice of Reiki, the energy itself becomes our teacher. Mari continues, I have found Reiki gives me the ability to process life events in a clearer more objective way. By using Reiki on a daily basis to stay in harmony, I am better able to handle life's messages. I know all events in my life are miracles if I am open to receiving them. I am not separate from Reiki, I am Reiki and it supports me to live a life with much more majesty and grace.

One look at Mari's pioneer spirit is inspiration for students and teachers. You can check out the website wisechoices.com and receive updates from Mari.

Reiki is not just about taking classes or reading books. It becomes an important aspect of our lives. It becomes easier to dialog with others about the benefits and how integral it can be in healing issues, releasing blocks, and keeping our auric fields clear. I always encourage practitioners to explore the different traditions and styles of Reiki. Regardless of our own training, let us honor the pioneers and teachers ahead of us. If we continue to deepen our conscious awareness of the Divine within, nothing but miracles will happen! Not only do we consider the finite, but we have a knowing of the Infinite. May Reiki shower us all with blessings.



PRIVATE APPOINTMENTS AVAILABLE

Swedish Massage, Reiki, Sound Energy
Anna Parkins, LMT – 972-977-7012

To Dowse or Not to Dowse.....Welcome to "Dowsing 101"



On August 24th we had an Introduction to Dowsing workshop in North Dallas. This class provided an excellent opportunity to learn and practice dowsing skills. Some of us in the group had dowsing experience, while others just wanted to learn how dowsing works and how to use a pendulum. Some of the exercises we did involved "hide and seek" and that proved to be fun. The material was vast and everyone took home a resource packet. The secret to newfound skills like pendulum dowsing is P R A C T I C E. If you are interested in participating in a beginning or advanced dowsing class, please let Anna know. In just two or three hours, you can become more proficient, gain confidence and put your dowsing skills to use.

Sound Energy Plus

P.O. Box 29013
Dallas, TX 75229

Phone:

972-977-7012

E-Mail:

info@soundenergyplus.com

**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 and retreats. 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 created and expanded. Sound energy (tuning forks) is just one of the healing modalities Anna uses. Additionally, Anna is a licensed massage therapist.

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.