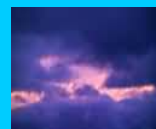


SOUND ENERGY BITES



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New Horizons!

By Anna Parkins

Wow! It was last January when I compiled the last newsletter. Even Anna's Antics (monthly updates for the local audience) were intermittent, but I did have a reason. Now that I have graduated from the 300 hour massage school program, and completed the State exam***, I can put those three little letters "LMT" after my name. For a few seconds I can bask in the glow of achieving the status of Licensed Massage Therapist. Well, now that those seconds have passed, I realize that all those classes just opened the door to more learning and curiosity. It seems I have just scratched the surface! I'm sure you have heard those words before when you embark on a new journey. A few weeks later I found myself back in the classroom exploring the world of deep tissue (not to be confused with deep pressure). I am continually amazed by the intricacies of our physical bodies. So many miles of blood vessels, super strong bones, and hundreds of muscles. Some Saturday afternoons you might find me at

WHAT ARE YOUR REIKI GOALS?

Let's just say that you have been attuned to the Reiki I level practitioner, you've forgotten the hand positions, but you still practice self-healing once in a while. Or you do not feel confident in moving to the next level? Or you do not think you are ready to learn about the Reiki symbols? Perhaps you feel that Reiki does not work for you? Whatever the reason that may be preventing you from moving forward (you haven't participated in a Reiki share for some time?), may I challenge you

INSIDE THIS ISSUE

New Horizons!	1
What are your Reiki goals?	1
Reiki Retreat	2
Upcoming Events	2
What Is The Meaning Of Our Lives?	3
Dallas/Fort Worth Reiki Healing Network/Notices	4
Event Calendar	5
Reflexology Stuff	5

the Serenity Salon and Spa in Plano (20% discounts in August) so if you would like a relaxing massage, call me and we can work out details. Just remember that massage is soooooooo good for you! I am also available at other locations, so just inquire. Plus you will enjoy time away from the sweltering temperatures we have in Texas right now. Don't be lethargic in the heat, be open and cool to new ideas. Welcome clarity and balance in your choices, create new friendships. Make your August awesome!

With Love and Light,

Anna

to review your class material, re-energize your practice time, and think about taking the next step to Reiki II. In other words, consider your Reiki goals. Now, suppose you have taken Reiki II, but feel hesitant about Reiki III. What are your goals now? Would you be interested in a Reiki Review? If you feel that Reiki plays an important part - or could be utilized in a larger way - then this may be a good idea for you. If you are wondering how you can you can use Reiki more, stay tuned for details about the October Reiki Review. Make goal-making a part of your Reiki practice!!

Reiki Retreat

By Anna Parkins

No sooner was the April Reiki Retreat over, that I was searching for the next location. Sara and I scoped out Brekenridge Park in Richardson, just a hop, skip and a jump from North Dallas. It has lakes, ducks, trees, open spaces, but is it the “right” location? Time will tell, we are still looking for a place that will be good in wet/dry, hot/cold conditions; that has opportunity for walking meditations, is not too far a driving distance, and is relatively quiet. As of this writing, the topic will center around our inner guides. Whilst we might become familiar with our Reiki guides around Reiki II, we are surrounded by guides who are by

our sides and step in to help us at various times. We will also have time for meditation and various activities. October 19th is the tentative date. The location will be announced soon.



Upcoming Events

By Anna Parkins

Introduction to Dowsing workshop will be held in North Dallas on August 24th. Learn about dowsing – from the history to practicing using a pendulum to looking at energy fields. Whether beginner or total beginner, this is the workshop for you. Please note the registration deadline has been extended to August 19th. Participants receive a 50+ page booklet including advanced applications. Cost is only \$35.00. Location is North Dallas (Keller Springs/Tollway area). For more information, email or call me.

This workshop or dowsing experience is a pre-requisite to the upcoming “Dowsing and Healing” workshop.

Reiki I is coming to the Weatherford area. On August 31st, there will be a workshop in the Weatherford/Aledo area, so if you live in Ft. Worth, Weatherford, Aledo, Mineral Wells area, please request information. Workshop is forming now.

“True wisdom consists not in seeing what is immediately before our eyes, but in foreseeing what is to come.”

*Terence (BC185–159)
Roman writer of Comedies*



Release the old, welcome the new!

What is the meaning of our lives?

Think (again?) about this question for a few minutes. Wouldn't it be a surprise if we have similar answers. At some point in our lives we might ponder this topic. Recently I came across the following words: "We are spiritual beings living through a series of material lives in order to feed our spirits through the wisdom learned from the material existence. It is the process of how spiritual development takes place and how we, as individual spirit-forms, contribute to the whole of Creation and its evolution. The spirit needs the material senses to gather information and to form these experiences is true according to Creation and becomes part of the life of the individual, then it passes into the realm of the spirit and becomes part of the accumulated knowledge of the spirit-form. This is what spiritual evolution is and why we are alive." I had to read these words several times because they are succinct and worth pondering. How often we have heard people say that we are spirit bodies in material form! Every aspect of our "selves" has an important part to play in our life journey. And if you are wondering the source of the quote, it is from Randolph Winter's book "The Pleidian Mission" which I am currently reading. (And you thought all I read were books on Reiki, dowsing, and massage therapy!!) The Pleidians live 500 light-years away, they observe and influence Planet Earth; not to interfere, but to act as brothers and sisters, even teachers. An advanced culture with highly developed spiritual and technical knowledge, if we are open-minded, we can benefit greatly from their vast experience. So, next time you look up into the heavens, consider the enormity of our Universe. Go even further and be astonished that there are many universes. Indeed, we are not alone as some people suppose, but can be guided and inspired by the races of Star People.



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.

Reiki I and II classes are forming now.

REIKI SHARE GROUP



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

(September 14, October 12)

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

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.

What is Reiki?

Perhaps the gentlest and most practical healing therapy in the world, Reiki has gone mainstream. A form of vibrational healing developed in early-twentieth-century Japan, Reiki involves the light laying on of hands, and is the least intrusive and most relaxing of the complementary healing practices; it restores balance to body, mind, and

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



REIKI RETREAT...

Treehugging in Breckenridge Park in Richardson. Is this the future site of the next Reiki Retreat in October????

spirit. Reiki is accessible to anyone, regardless of age or state of health, and it is breaking into conventional medicine as a result of its ease of use, its immediate benefits, and perhaps most important, the element of self-care inherent in it. And yet, the paucity of reliable resources on it has kept the practice enveloped in mystery. Until now. ----*Reiki A Comprehensive Guide by Pamela Miles (from the jacket cover)*

BOOK STOP!!

The latest Reiki book to hit my bookshelf is by Dr. John & Esther Veltheim. It was written in 1995 and contains the usual subjects such as the history of Reiki, the various levels, how to treat yourself and others, chakras, etc. What makes this book different are the advanced concepts which dig into wisdom teachings, Karma and Reiki, wei chi. I always find the personal stories of authors interesting, how they became attracted to Reiki, etc. Books like this never fail to educate and inspire. Reiki rocks!!

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

We're on the Web!

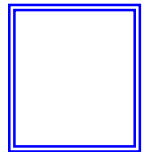
Visit us at:

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 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.