



*May the divine light bring into your life
Peace, prosperity, happiness & good health.
Wishing you a Very Happy Diwali
And a prosperous New Year.*

From: Reiki Shiksha Kendra

A Note from Reiki Shiksha Kendra



Hello Friends,

Diwali is here again and it's time to celebrate and spread the joy of the festive season. After getting tired of the cleaning and preparations and shopping for our homes, it is due that we pamper ourselves with lots of rest, relaxation and merriment. But any celebration is incomplete if the spirit is not involved, and that is why we are sending your way a little bouquet of inspiring and thoughtful writing that soothes your soul and brings you more peace, love and light.

This Diwali Newsletter is also a little gesture of gratitude for all our wonderful Reiki channels and our brothers and sisters from the Art of Living community. When we look at our ever growing spiritual brotherhood we feel deeply moved by the divine grace that has given us an opportunity to serve the world in such a beautiful and wonderful way.

This newsletter has an article on EFT (Emotional Freedom Technique) which has been written by our beloved Reiki Master Dr. Paula Horan. We feel happy to share this insightful article with you. The article explains how our thought forms cause blocks in our energy system and how our resistance and desires become the triggers for the emotional suffering or pain that we experience.

EFT is an amazing technique to heal and overcome these emotional blocks and to open ourselves to greater fulfillment and lasting peace. Healing is not just disappearance of pain but removal of its cause and EFT works on the causal level of disease just like Reiki and it is now widely used by many therapists in curing all kinds of ailments from day to day diseases, chronic ailments, phobias, emotional distress, trauma etc. We want to introduce EFT to our Reiki community and this article will illuminate what EFT is and how it is beneficial as a natural therapy.

Besides this we have brought two little stories to inspire and grow. We hope you will like reading them and sharing them. Stories are always a great source of learning and wisdom and these two short stories touched our hearts and we hope you find them helpful too.

Other than these we have included the schedule for Reiki Center weekly activities and upcoming seminars in November and December. If you have not been aware of our weekly meets we request you to participate in future meets.

And last but not the least we have wonderful news to share...our beloved Guruji Sri Sri Ravishankar ji is coming to Gujarat during Diwali. Many programs have been organized and we have given the detailed program schedule in the newsletter. Those who wish to celebrate their festivities in Guruji's graceful presence are invited to participate.

That's all for now, we wish you a very happy and joyous Diwali.

With lots of love & light
Pravin Patel, Vina Patel & entire Reiki Shiksha Kendra team



An Insight into EFT Therapy...



There are two main motivations for all actions in life. One is to feel good; the other is to avoid feeling bad.

Blocks that arise in our physical and mental bodies are usually emotional blocks originally caused by our personal reactions to thought. Emotion follows thought, and once a thought has created a certain emotional reaction, and especially if it is repeated, the emotional energy crystallizes within us. As a result, certain emotions become predominant and then determine which thoughts sway the mind. A stuck energy charge needs to be released or integrated for you can't really let go of any energy, but you can transform it.

Once the negative energy is integrated, stored thoughts dissipate. We become more positive, and as a result, we tend to stop automatically resisting every discomfort that comes our way. Unconsciously, this helps negative thoughts to simply flow through us and not cause further energy blocks. It is our habit of resisting emotion that causes the charge in the first place, and this continues to accumulate over time. We can illustrate this with the example of anger. Every time we internally resist anger, we get angry or annoyed with ourselves for being angry.

Thoughts Sway Us

The thoughts in our mind flow with the prana or chi which enters with the breath. Then our ego identifies with the thoughts passing through. These thoughts can be either positive or negative. Our identification with our thoughts creates further imbalance within us and this is what manifests as emotional reaction. When we get embroiled in the emotional reaction as we further identify with our thoughts, the energy crystallises on a cellular level. As soon as this occurs, the energy cannot flow and we are thrown off balance. All tantric and yogic practices have one primary goal to first teach the practitioner how to decrystallise and then to remain de-crystallised.

Embrace Your feelings

There are two main motivations for all actions in life. One is to feel good; the other is to avoid feeling bad. Naturally, if we experience uncomfortable thoughts and feelings, we tend to suppress whatever we don't want to feel. However, these suppressed experiences get stored in our nadis and chakras, and block the free flow of energy.

Thus, blockages caused by actual resistance to pain or discomfort actually end up causing more physical problems and illness. So any training which teaches us to experience life without automatic internal resistance to pain or discomfort leads us into greater awareness. However, our natural tendency is to ignore discomfort. Instead, we must bring our automatic resistance mode into conscious awareness so that we avoid denying or repressing these thoughts, and instead acknowledge their presence.

This is a key belief of tantric practice. Rather than automatically repressing or subduing our feelings and sensations, we must, instead embrace them and transform our otherwise unconscious reactions into actions that we are fully aware of.

Continued...



A Powerful Tool

An important tool everyone can benefit from is the Emotional Freedom Technique (EFT), introduced by Gary Craig. This powerful tool takes only minutes to literally tap away physical as well as emotional pain which could have gripped you for years. It is often used to relieve numerous phobias as well as severe trauma in as short a period of treatment as an hour which normal therapy done over 20 to 30 years cannot get rid of.

Through EFT, we can develop the ability to see the world as it is, neither good nor bad, but as Buddha saw the world, simply a matter of inter-dependant arising. What might seem evil to you, could just be an expression of our dense ignorance. With time and practice, we can learn to develop greater love and the ability to be in awe of all that life brings our way. This openness will help us release the heavy jadedness and the bitterness that people's actions, our own included, can evoke in us.

Emotional Freedom Technique

1. EFT or Emotional Freedom Technique is an emotional healing technique that is capable of dramatically relieving many physical symptoms.
2. It is based on a revolutionary new discovery that violates most of the beliefs within conventional psychology. It contends that the cause of all negative emotions is a disruption in the body's energy system.
3. EFT works by tapping with the fingertips on various body locations. This tapping serves to balance energy meridians which become disrupted when a person thinks about or becomes involved in an emotionally disturbing circumstance.
4. EFT is a meridian energy therapy, just like acupuncture and works directly on the meridian system in the body. But instead of needles, you stimulate the major meridian lines by tapping on them.
5. By analogy, think of the meridians as rivers. Upsets in emotional or physical health lead to the equivalent of blockages or overflows in the rivers.
6. EFT is a mind-body healing technique because it combines the physical effects of meridian treatments with the mental effects of focusing on the pain or problem at the same time. Tapping on the meridian points sends kinetic energy down the energy system clearing the blockages allowing the energy to flow freely again.

Written By:

Reiki Master Dr. Paula Horan

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www.paulahoran.com

www.eftuniverse.com

Stories that inspire...



Power & Enlightenment

Once a Sadhu attained occult power while going through spiritual practices. He then forgot all about the highest of the spiritual attainment, merging in the divine. The lord wanted to point that out to him, so He appeared as a common man in front of the Sadhu. He asked Sadhu if he had great occult powers, to which the Sadhu affirmed with pride.

Pointing at an Elephant close by, the man asked the Sadhu, "Can you kill that huge elephant?"

With the smile of arrogance, the Sadhu said, "Not a big deal". He took a pinch of dust, did some mantra chant and threw the same in air. The Elephant instantly was brought down on earth, struggled a while in pain, and was dead. "Impressive", said the man. "Now can you revive the elephant back to life?", he asked.

The sadhu again picked some dust, did some mantra chant and let go the dust in air, with an arrogant smile on his face. The elephant came back to life. Got up and went off in search of food.

Then the Lord said: 'Wonderful is your power. But may I ask you one thing? You have killed the elephant and you have revived it. But what has that done for you? Do you feel uplifted by it? Has it enabled you to realize God?' Saying this the Lord vanished.

Oneness with God's Entire Creation

The great seeker and saint named Namdev was known throughout the land for his unparalleled kindness and compassion, not only toward humanity but toward all earthly creatures. Although he was extremely poor, his was the heart of magnanimity and generosity.

One day, Namdev was preparing his simple evening meal. He had put butter on two pieces of bread, but had not yet buttered a third piece. He was about to eat the two buttered pieces when all of a sudden a dog started barking outside the door to his small cottage. When Namdev opened the door, the dog ran in, grabbed the unbuttered piece of bread and ran away.

Namdev ran after the dog, pleading with it to stop: "O dog, I am asking you to return my piece of bread only so that I can butter it and give it back to you. You are a guest, and guests should be treated with utmost affection and love."

As soon as Namdev said this, the dog changed into a human being full of luminosity, and said to him, "I am the Supreme Deity. I came to you to see Our oneness with my entire creation."

Namdev was overwhelmed with joy and fell at the Supreme Deity's Feet. The Supreme Deity blessed the great seeker, saying, "You saw Me in a dog. Others would have beaten the dog, instead of begging to get the piece of bread back in order to butter it. Your oneness with the animal world, Our oneness with all the worlds, Our oneness with My entire creation? All have pleased Me beyond your imagination. Therefore, I am granting you the supreme realization: Eternity's Peace, Infinity's Light and Immortality's Life."



Upcoming Programs...

At Reiki Shiksha Kendra we have introduced a weekly follow up meeting for Reiki Channels to interact and learn more about Reiki and its practice. Also other healing, meditation and spiritual exercises are included in our weekly meets. Besides this we have Sudarshan Kriya scheduled every Wednesday and also Art of Living and Sri Sri Yoga courses which are scheduled every month.

We would be happy to see more participants joining the weekly meetings and attending Kriya and other programs. Please see the schedule below for the programs and join in with your family and friends..

Our Weekly Activities

Reiki Follow up meeting - Fridays 4 to 7 pm
(participants can come anytime before 6.00)

Sudarshan Kriya - Wednesdays 6.30 pm
(we request participants to conform their attendance in advance)

Daily Healing Sessions - (to be introduced soon)

Reiki Seminar for Nov-Dec 2011

November (Saturdays & Sundays)

December (Saturdays & Sundays)

CALL: 98242 57651
for Registrations

*When you make service the sole purpose in life,
it eliminates fear, focuses your mind & gives you meaning
-Guruji Sri Sri Ravishankar*

*Silence is the goal of all answers.
If an answer does not silence the mind, it is not the answer
- Guruji Sri Sri Ravishankar*



Content Courtesy:
www.paulahoran.com (EFT Article)
www.stories-shortstories.blogspot.com (Short Stories)

Reiki Shiksha Kendra

D-2 Sundar Apartments, Nr. Old High Court, Navrangpura, Ahmedabad-09

Ph. 079 2754 1040, 98242 57651 E-mail: reikipatel@rediffmail.com

www.reikihealingindia.com

www.facebook.com/reikishikshakendra