



Shamanic Road to Self Discovery

	MASTER Treatments			
	ANGEL Fire	GOLDEN Ray	RUNIC Degree	
MASTERY	PATH Finder	FOUNDATION First	MEDICINE Powers	JOURNEYMAN Second

Messages From Beyond

**BEYOND
Reiki Newsletter**



**From
Ricky Nixon**

The Time of my Life

Time To Change

I've been acting for nearly a decade and recently landed a part in a new six-part series for ITV entitled 'The Time Of Your Life'. Filming of this finished mid January and I came to realize that even though I have worked on some great and exciting projects, my career was not moving forward. It was time for action. Yes, it did feel safe and secure but I was stuck in a rut and going round in a loop. It was time to become honest with myself, with everyone around me and in everything I aimed to do. I had reached the end of this chapter in my life and came to realise that I was slowly entering a new phase.

**1st July 07
Issue 2**

For those of you that have missed the earlier episodes, the premise of the series is about the mystery behind a girl who has been in a coma for 18 years. When she wakes up she seeks to discover what happened, at the same time as struggling with her own version of arrested development - her parents now look like her grandparents and her friends have all grown up into the very people they swore they'd never become.

The central character tries to look to the future, however the past is never far behind. Her comatose body was discovered next to a murdered school friend Brian and the mystery of that night remains unsolved...

I play Brian and you can check out my performance on ITV Monday nights at 9pm. It had been an amazing experience to portray this disturbed character but even more startling to see the cosmic jokes all around me.

At the end of January I took my Soul Retrieval and Animal Medicine course with Chris. This enhanced my confidence and gave me strength in the knowing that I had totems that I could call upon for guidance, in any given situation. To move forward I had to scrutinize my work, myself and be critically honest. It was a very deep and exhausting process but with every challenge conquered and questions answered I grew and understood more about myself.

Reiki Perspectives

REIKI Perspectives

In March 2007 I began assisting Chris with Reiki Treatments. I found by treating others I also was treated and grew more profoundly than if I'd just 'self' treated. Once I had overcome my reticence I was able to give my first Reiki Treatment to a client without any additional assistance, this was a very proud and exhilarating day for me. I went on to treat my Mother, my foundation, for the first time.

This has been a very daunting time for me but I was filled with the excitement of knowing that this was the beginning of something new. I was finally out of the loop and moving forward. The last couple of months have been extremely tough and constantly open to failure.

Currently I am training towards my Advanced Journeyman and hope to gain my own Mastery later. It is a great feeling to have increasing control of myself and to know what you want, even when you don't yet know the exact route to take. Obstacles and opposition will always be waiting around the corner, but now I see that more as a challenge to be overcome.

Now I have a new agent and a new perspective - that time has its own timing. If difficult things never happened, then I wouldn't be where I am today: In a new phase of my life and career, happy, harmonious and have a feeling beyond positivity.

My name is Ricky Nixon and this is the time of my life...

Energy of The Moment

ENERGY of the Moment

Whilst the nation groans, as the smokers are stressed out of their minds by the sudden restrictions on their 'dirty little self destructive habit' (how one client described their combined nicotine and cigarette addiction), the rest of us collectively endure their withdrawal symptoms, as we endured their smoking!

100 days of G.Brown bedding himself down into the Prime Ministry of GB plc. occurs at the precise time of a Universal pattern of re-engagement. A period of entangled stuckedness has come to an end and the cosmic clutch is once more biting down into a drive that will lead us all forward with fresh energy and momentum.



ARTICLES OF Interest

Extracts from my
book
21 Days to Make
or Break
a Habit

Time To Change

To make or break a habit, first become master of your own behaviours. This book will teach you skills, in the art of creating and managing change. Through doing your own work of personal development, you'll achieve a better sense and experience of what it is to be more alive. To achieve this in your present situation, you will first need to realise what is currently happening.

Reading this book represents a singularly important direct personal investment, in shaping your own life. As you work through its contents, you will gain a greater understanding of who you are, just what makes you tick and how to best manage your own unique set of personal issues. As a consequence bringing understanding of your own behaviour and the way factors influence you. You shall achieve greater control of how you respond to the patterns of your life. This knowledge will enable you to feel happy about yourself and your chosen actions, especially during more difficult situations. You will gain insight, into just what is really going on and how to empower progress towards your real inner goals. The insight you will gain, into what is really going on will empower progress towards your real inner goals. This progress will bring happiness.

There are three fundamental aspects to mastering your own behaviour:

- 1) Observation - your process of change and self-development.
- 2) Understanding - how your particular version of life operates.
- 3) Overcoming Obstacles - to your progress; like personal guilt, internal resistance and 'other people's' problems.

This book will enable you to take your self to the cleaners. Working through those things you wish to have changed, will free up an enormous amount of locked away energy, currently unavailable to you. This will energise you to reach your goals, stimulate your imagination and establish more fulfilling behaviour patterns. This is the emotional, mental and spiritual equivalent of a 'life laundry'.

If you are going to be motivated enough to take your suit to the cleaners and spend your hard earned cash, then you will want to be assured the new stain will come out and so have good enough reason to proceed. If your suit was dry cleaned only the other day, doesn't necessarily mean that it remains clean and doesn't now need some attention. Maybe it would take a friend or colleague to mention the lingering whiff of pub tobacco smoke, or you notice the strange damp mustiness that can develop after a snap shower, to trigger you to action.

There are seven stages in making or breaking a habit. The stages are quite identical when we are forming a habit. That's how come we often simply replace one habit with another. So if you have the habit of arriving late to work, you are able, with effort, to simply replace that with the habit of arriving on time. In the process of stopping, many (former) smokers find enormous relief, by putting something else in their mouth (to mimic that part of the smoking sensation and habit). For others this is simply no help at all. This is because we each have a personal hierarchy to sensation satisfaction. This personal hierarchy dictates all of our emotional and behavioural responses. So satisfying our personal needs is paramount to success.

The dictionary definition of habit is a settled way of behaving, but is also a monk or Nun's long dress. This secondary meaning gives us additional insight into this word. Habit equals attire that we feel comfortable in, or put another way a habit can be the suitable clothing for any condition. Habits can be as comfortable as our favourite clothes, or style of dress. Yet many women habitually wear very uncomfortable high-heeled shoes (for the sake of fashion and 'feeling good' about themselves). Even though this 'feeling good', involves physical discomfort. So changing a habit is also about re-styling our selves, whilst making sure you are feeling good about the resulting change! Our outward appearance so often very closely reflects how we see ourselves. So our habits are a reflection of our inner landscape. Superficial changes do not always have the power of real inner change and so it is by challenging your inner truths that you will change your outer world.

The Seven Stages

Habits are constructed, maintained or destroyed in a cycle of seven stages. The seven stages in the process of making or breaking a habit are:

Stage One – Resistance

Stage Two – Recognition

Stage Three – Reiteration

Stage Four – Reinforcement

Stage Five – Replacement

Stage Six – Reward

Stage Seven – Recovery

This cycle of habit formation is repeated, three times and this occurs with, or without, our conscious participation. This cycle of seven stages happens at three different levels of our awareness or consciousness. Actively participating in this process gives us the opportunity and power to shape the outcome.

The optimum understanding of this process is established by concentration on a single step per day. When the seven stages of the cycle are worked through, three times with the aim and intent to establish new patterns, you will make or break a habit! Seven steps, over Seven days, repeated three times, brings success achieved in only 21 Days!

Days of Change

At the back of our minds, we all know that the days of the week have their own peculiar nature. However each named day of the week, has a special relationship to each of the seven stages. This is patterned into us by our personal daily experience. There is also a nature that is peculiar and inherent to that which will occur each day. When we are arranging any activity, it is good practice to pay attention to the day on which the activity falls. The easiest way of thinking about this concept is to remind yourself of how Bank holidays tend to affect you.

Bank Holiday Monday is like a reset button and the week following feels strange, whether the structure of your time is controlled by the dictates of employment or not. Different people start their week on different days. This has no effect on the nature of the characteristics of each day, but does define how an individual looks at the structure of their week.

Monday is characterised by Necessary Change and has a special relationship to Resistance.

Tuesday is characterised by Driving Forward and has a special relationship to Recognition.

Wednesday is characterised by Inspiration and has a special relationship to Reiteration.

Thursday is characterised by Clearing The Way and has a special relationship to Reinforcement.

Friday is characterised by Energy Exchanges and has a special relationship to Replacement.

Saturday is characterised by Faith & Trust and has a special relationship to Reward.

Sunday is characterised by Clarity of Purpose and has a special relationship to Recovery.

Days of the week are naturally configured to facilitate change and development. Becoming aware of how we respond to the characteristics of each day will empower our ability to manage change. Whilst each step in the process is reversible, the direction of the flow of the days of the week, as everyone knows, goes in a single direction. Utilising and harnessing this self-evident fact enables us to drive our conscious changes in habit to go one way to our personal benefit.

Working with the three aspects of changing behaviour and the seven stages of the process, will enable you to break or make a habit in 21 days. So 21 days is the furthest you could be from achieving your goal. You are reading this book because you have decided that now could be the right time to change. Accept you are right and now amend that thought to – Now it is the right time to change! Now is the only time frame, in which you are able to directly affect your responses and today is the day that you decide to do so.

Foundation 1st Degree Beyond Reiki

Saturday 21st & Sunday 22nd July 2007

For Personal Development & To Learn Self Healing Technique
Your natural abilities will be attuned to Universal Life Force Energy

Mind Body Spirit Foundation Course £295
Including beautiful unique 40 page manual



Attunement from Crown to Foundation
Bringing Complete Human Energy Systems Understanding

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Usui Tradition of Natural Healing

ONGOING
Training

Journeyman Second Degree Reiki

Saturday 28th & Sunday 29th July 2007

Sacred Symbols; Amplify & Focus, Bring Spiritual to Embodied,
Deliver Energy Across Space & Time

Healing of Self, Personal Development, Problem Solving
& Protection (including unique 33 page manual)



Mind Body Spirit Journeyman Course £395
Professional Practitioner Level Attainment

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