



Shamanic Road to Self Discovery

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

Messages From Beyond

BEYOND
Reiki Newsletter



A Moment of Reflection

From
Heather Haskell

Reflections

My name is Heather Haskell and I graduated as a homeopath in 2001. I spent the next year doing post graduate courses, when I met Charles Wansbrough and he invited me to work along side him. I jumped at the chance because while at college I'd never liked the idea of being a solo practitioner. The opportunity to sit with someone with years of experience was fantastic and Charles is a unique homeopath. I knew so little but I had an insatiable curiosity. I was on my quest to find out the truth about homeopathy.

1st August 07
Issue 3

Next to materialise into my life was Chris Massey. He invited Charles and me to be attuned to Foundation 1st Degree Reiki. Before this my concept of Reiki was as some 'new age' practice. I had been attuned before but I came away feeling like something had been taken from me. I'd decided at that point that I wanted nothing more to do with Reiki. The experience had been completely without any energy understanding. It's fascinating what we create to survive. As I sit writing this I am remembering, I'm forced to admit that I'd completely deleted from my memory my abortive first 'Reiki' encounters. So when Chris said he was a Reiki Master I was a bit taken aback because of what happened before.

www.beyondreiki.co.uk

Being attuned by Chris was 'mind blowing'. I literally woke up and my whole world had changed. I felt like I had been reborn which sounds corny and cliché. It took more than a few days to get used to the re-wiring of my system. The attunements awakened, in me, abilities I never realized I had. These abilities have been a great asset for me especially in my homeopathy practice. I started slowly, slowly to look around at this New World I found myself in. It was like I had walked around with rose tinted glasses on and then realized I'd understood very little.

It is all coming flooding back, my journey and the incredible shifts in my perception. Like Alice in Wonderland or Rose Tyler in Dr. Who. My world is no longer the pink world I once lived in, it's now multi-coloured and multi-dimensional and now that my eyesight is a lot clearer I can get on with what I am here for, hopefully to help heal the people on our planet.

Reiki Perspectives

One of the journeys I have had with Chris was my introduction to my animal totems. Take for example my female totem Raccoon. Curious, sweet little creatures, on the other hand they can go foraging into places without permission, yes curiosity kills the cat. Here is where my difficult lesson in boundaries started. Raccoon was very headstrong and undisciplined. Sitting with Raccoon, loving it, playing with it and generally giving her some attention she has become much better behaved and now asks permission before she barges in, well, nearly always. I found absolutely intriguing the insight into the self from getting to know these animals. Just let yourself imagine how knowing another 8 personal totems would change things.

For me personally he has been a great teacher, such a great reflector a master homeopath. I awoke this morning thinking of reflection and saw an image of me looking into a pool of water. The image was a distorted vision of myself. I realised this was a perfect analogy of the self, the conscious and the unconscious, the light and the dark. It is this dark side of us that is so difficult to see, the resistance to it enormous and when you think about it the dark can be very scary place. But if you stand still and watch the reflection it starts to come back into focus and the two blends together and you are left with a soft beautiful image of the self.

Raccoon's first reaction, to any distortion, is to run away and hide. Stand still in the reflection you realise there is nothing to be afraid of. It is merely the two sides of the same coin. In fact spin the coin, that's how easy transformation can be just a matter of turning. Thank you Chris for a perfect delivery.

Thank you totems and guides now I have realised I know who I am. Without first getting to know them I would not have been invited to write this.

Reflections

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.

www.beyondreiki.co.uk

**REIKI
Perspectives**

**ARTICLES OF
Interest**

Observation



Extract 2 from

**21 Days to
Make Or Break
A Habit**

© Chris Massey
2007

Observation is not simply, a passive process of perceiving what is occurring. It is also, about taking explanatory note of what is actually happening. Being aware of the explanation you attach, to that which you perceive, makes the difference between a passive impression and something you are actively participating in. Your assumptions may be wrong, but without taking note of what they are, you have no way of testing the accuracy of those assumptions. This deeper aspect to observation takes on special meaning, when you have taken account of just what it truly means to perceive.

Perception is not just what you see, hear or feel. You must take note of all your ordinary and special senses. So be aware of vibration, visual impact, colour, movement, distance, sounds, patterns, shapes. External physical responses like hairs standing on end, as well as internal responses such as feelings of tension and dry mouth. Perception is also about emotional feelings, intuitions, gut sensations and simple ideas of just knowing. To truly perceive, first become more aware of yourself, in the world in which you live!

Observe changes in other people, in you and in your environment. Remember that you are not responsible for how other people behave. Avoid paranoia and if something changes, in the way a person deals with you, it is always worth asking them about this, or simply commenting on it (in a neutral manner). There are often a whole series of things, going on in other people's lives that we simply do not know about. The important thing is to clarify in your mind those things, emotions or actions that are associated with any change

Understanding

Understanding is all about going beyond the things we take for granted. If you take the word understanding quite literally, it is about seeing what lies beneath your feet (under – beneath & standing – we stand on our feet = the foundation of any situation). Knowing what the foundation, of something, is like and so grasping what that tells you about the bigger picture. Behaviours are not always simply what they, at first, seem. An example of this would be seen when someone responds, in an inappropriately aggressive way. It may be because they are experiencing (or have experienced) bullying and so are 'acting out' their own experience of distress.

Understanding the motivating factors, to any behaviour is vital to taking charge and being responsible, for your own life path. By understanding the seven stages in the process of breaking, making and maintaining behaviours, you will be able to actively participate in the shaping of your own experience. Life operates in an orderly manner, with the occasional spanner thrown in by chaos. It is these supposedly random glitches that create the opportunity for us all to rise above the ordinary. Many amazing changes have been instigated through the consequences of accidental incidents, or series of apparently random encounters.

When your understanding of a situation changes, in light of new information, then there can be a total realignment, of your responses to similar situations.

Throughout my early life, I'd been unable to do sport and had shied away from physical contact. I'd simply accepted that I was uninterested and had poor aptitude. Then later on, a previously unidentified injury came to light. It was now obvious that an unstable joint, caused by an occult fracture, had always triggered pain, which I'd learnt as a child to suppress. Leading me to avoid any

circumstances that would trigger that pain. So I'd learnt a set of behaviours that protected me and masked the underlying problem. Now this has been identified, I've joined an excellent martial arts school and have shown real aptitude for the sport. Most surprising of all, for me, has been the consequent muscle growth and change in my confidence.

Understanding of our interaction with the world, comes as an inner process, but is rarely developed in isolation. Knowledge can come from a book, but understanding comes from our experience. We often need to relate our personal experience to others as a way of sounding out what has meaning for us. So employ friends, family and colleagues to explore your understanding. They may surprise you, with the different perspective they have, or they may have additional information to help shape the facts.

Knowing when to seek professional help is key, to safely managing behavioural change. Sometimes the role of professionals is simply in providing a disinterested third party. The impartial counsellor can act in a similar way to the confessional. Sometimes just saying something out loud, to another person, will diffuse its emotional charge. When you discover that the foundation, of a behaviour that you wish to change, is low self-esteem, then you should always seek professional help from a therapist or appropriate holistic healer. Acupuncture, Cognitive Behavioural Therapy, Homeopathy, Hypnotherapy, Kinesiology, McTimoney Chiropractic and [The Golden Reiki Way](#) can all produce gentle or dramatic permanent shifts in self-belief.

Overcoming Obstacles

Overcoming Obstacles is something we can do alone and through our own direct effort, but is most often more easily achieved with the use of tools. We employ a lever to lift a rock that we couldn't otherwise dislodge from our garden. So it is wise to apply leverage to other intractable problems. This book contains many tools of change. Tools of the mind and emotions need to be handled with care. Proper use of tools lends us an advantage over those who have not bothered to learn their use. Always accept your level of expertise and go to experts for help and training when this is required.

After a road traffic accident, I found that a mixture of physiotherapy and psychotherapy enabled me overcome and separate the physical and emotional consequences. Here the tools were therapies, applied by disinterested third parties, but I alone had to do the work of transforming my personal patterns of response.

The greatest obstacle to changing, our own personal habits, is our infinite capacity to sabotage our own, seemingly best intentions. We begin this subterfuge, by laying traps for ourselves. This often occurs when we are not yet able to commit, to change, but only feel that we really that ought to do something about an issue or problem. Such a path is bound to fail and often starts with our simply deciding only to try. This only trying very often means that we are privately agreeing to fail because we are not convinced the stress of change is worth it. The first thing to do, before proceeding further in this book, is to agree to succeed by ditching this attitude. Begin by privately agreeing to succeed with something relatively small. Gain confidence in these new techniques and accept help as it materialises.

www.beyondreiki.co.uk