



Shamanic Road to Self Discovery

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

Messages From Beyond

**BEYOND
Reiki Newsletter**



Shining a Light

My name is Ilona Perham, I've trained as a Homoeopath and when our second child started senior school two years ago, I felt that I had done my bit and it was time to consider other possibilities. Four weeks later, my daughter had left school in great distress and I had no idea what was going on. Heather Haskell suggested I contact Chris Massey.

It turned out that I needed to come to my Foundation, but it took months for me to get there. When I finally made it in September last year, my reiteration coincided neatly with the traumatic events of the previous school year and my daughter was having a wobbly start to the new one: an impeccable sense of timing.

As I progressed, it seemed whenever I arranged to work with Chris; something would go wrong in my daughter's life that inevitably involved her school friends. Yet I powerfully shared both her sadness and confusion. I couldn't understand how this could be, since I'd volunteered to do the work but the Universe seemed to be picking on my daughter! In retrospect, this was light shining on the real problem – tangled energies between us. At some level we seemed to have each other pinned down and no one was going anywhere.

Illuminations

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However, progress was being made...

After Soul Retrieval in May, right on cue, my daughter had some very bad days. I realised she should be the recipient of the Treatment Training Treatments - we were certainly sharing a blind spot. My daughter was keen and Chris pronounced the proposal 'perfect'. The energies would be disentangled and sealed - I would be me, and she could be just herself. Excellent in theory, but just before the treatments started, I got very anxious - would it be safe? Would she cope on her own without me? Chris firmly explained the necessity, we moved on and it was time.



Reiki Perspectives

REIKI Perspectives

From
Ilona Perham

We did the treatments, over three consecutive days to minimise disruption (good plan!), it was also good to feel the different energies of the three treatments. I remember frustratingly little, except that the arrival of Grail energy is the most extraordinary moment. In between feeling quite overwhelmed by the new energy and the volume of information flowing my way, it was lovely to see my daughter apparently peacefully soaking up Reiki (though in reality working very hard just below the surface). Due to the many changes being made to my own system I was exhausted after the treatments, but my daughter loved everything about them and I could see her energised.

Excellent progress was made. Before the third Treatment Chris explained (somewhat forcefully) that it was time for me to let go of my children. We would do this by the cutting of a ribbon symbolising the placenta. This done, my daughter became free and so did I. I returned home to repeat the procedure with my son (he raised an eyebrow, but agreed the principle was sound).

After a good summer, there was still a wobble the day she went back to school. Crucially, however, I realised there was something different about my reaction - although anxious, her distress didn't seem to be overwhelming me the way it had before, and I didn't have to participate in it! Since then, everything has improved. My daughter looks lighter and clearer, and can see the change in herself - she has described a self-awareness that allows her to understand what she feels, but rather than just react she can calmly choose the response that serves her. This is already paying dividends across her relationships.

Following the placental operation, my son had some treatments with Chris himself. He wishes me to share that they were good and that there are other and interesting ways of looking at the world. (I wonder where that will lead?)

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At last I can appreciate my children without worrying about them. In return, they are giving me less to worry about! It's time for me to explore my own next stage. The family is where we should have been a couple of years ago, but now the foundations are stable.

Finally, I have two people to thank. The first is my Totem, Dragonfly. Dragonfly symbolises fresh, clean energy (as dragonflies require fresh, clean water), and she is very choosy where she alights. I was sitting in my rather dry garden yesterday preparing this piece and suddenly realised that a dragonfly had delightfully come to visit! I accept her seal of approval. The second, of course, is Chris who has brought order to the chaos and made progress feel safe and exciting – thank you from us all.



21 Days to Make or Break a Habit

There are three basic ways in which people respond, to the challenge of change. Understanding whether you are exhibiting Fear of Failure, Fear of Success or a Fear of Rejection, to any given situation, will teach you a great deal about how to overcome these self-created obstacles to change. When you overcome self-created obstacles, you free up a wealth of energy. You are then able to re-invest this energy back into framing more favourable life patterns.

ARTICLES OF Interest



Extract 3 from

21 Days to Make Or Break A Habit

The greatest barrier to change is fear of that change. This comes in two fundamental forms and three states - rather like the two sides to a coin. As with a coin one can settle into one state or the other (heads or tails). So the little Rabbit of Fear can have her head in the air (frozen in fright, at the oncoming Juggernaut hurtling towards her). Or her tail can be pointed to the sky, as she buries her head in the ground, pretending nothing untoward is happening. Even when she saw the Hawk, high above, ready to stoop down and eat her (if she ignores the Message of his cry). The third aspect is when we reject the change altogether and we push aside the coin that could buy us out of our difficulties.

The behaviour associated with Fear of Failure is characterised by not wanting to attempt something, because it feels embarrassing, even before the attempt is made. This appears when the emotional charge is negatively directed towards the target task. So ideas like 'the technique won't work', 'I don't need to do it like that' and 'this is a load of rubbish' are projected, to hide the fact that the individual is not confident, that they can master a particular skill. A person with a fear of failure will snipe and sneer at the task.



Extract 3 from

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

Fear of Failure is overcome through practice of small incremental increases, in the complexity of task. So become confident, in the little things and the whole will simply naturally follow. Trust, that you are being given sound advice! A person demonstrating a Fear of Failure imagines them self as they fail to achieve their goal. The focus here is on their own imagination of the distress, that they would endure should failure occur. Stuck on holding images, in the mind's eye, of how things looked or performed prior to any positive change. In other words, here, the creative imagination insists on projecting images and ideas of failure. A Fear of Failure ultimately hides a fear of being overwhelmed by change and means a person is locked in the past. Simply see yourself managing small changes with confidence and you will quickly overcome and replace this fear with a new and real sense of achievement. The future is achieved through change in the present.

The behaviour associated with Fear of Success is characterised by not wanting to attempt something, because it would feel embarrassing, after the attempt was made, ending in failure. This appears when the negative emotional charge is directed towards the self. So thoughts like 'I can't do this technique', 'how on earth do you do that?' and 'I'm a load of rubbish' are projected, to hide the fact that the individual is not confident, that they will master a particular skill. A person gripped by a fear of success will snipe and sneer at them self.

Fear of Success is overcome through practice of the entire task, as a whole unit of action. So become confident in the whole picture and let the little things look after themselves. Trust in your own capacity to achieve and learn! A person demonstrating Fear of Success cannot imagine them self as they will become, once they have achieved their goal. Here the focus is on the empty space the imagination cannot yet fill. As yet unwilling to create a positive image of how things will be, once change has been initiated. They are holding on to images of the present, in which they are secure. The present is held onto too tightly so that the unimagined future seems precarious and uncertain. A Fear of Success ultimately hides a fear of being alone, isolated or just different. See yourself in the process of fulfilling any task, accept all outcomes and you will quickly overcome that fear and replace it with confident achievement. The future is achieved through change in the no longer constant present.

Fear of Rejection exists in the forever present, it is what you are feeling now, as you struggle to work out whether you habitually deflect change with your Fear of Failure or your Fear of Success. As Fear of Rejection can operate in conjunction with either a Fear of Failure or a Fear of Success it often is the real foundation to either condition. How you deal with rejection and your understanding of how that rejection affects you is fundamental to self-awareness. Who particularly wants to stand out from the crowd and be different from those around us? Millions of years of evolution have caused our hidden self to seek similarities and to hide difference. When we meet someone new, we become more comfortable when we have established what we have in common. This flocking instinct has to be overcome, by a celebration of diversity.

Human evolution is in a condition of specialisation. This specialisation has created a mass sense of separation. This sense of separation forms our instinctive Fear of Rejection. A Fear of Rejection is overcome by the acceptance that not everyone is like us. Not everyone will like us, as we simply do not like everyone we encounter! The answer is already always no. Until we have the courage to ask the question. Then the answer might then just be yes. In asking, you learn and may convert your current no, into a current yes!