

Personal Growth Concepts™

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Q&A Forum - Review

Reiki - Fact or Fiction?

[8-Dec-2003]

Fellow Q&Aers,

The list has been quiet the past several weeks with the holidays approaching and all. The PGC staff are in the midst of a big planning project for 2004 and beyond. I would welcome your input via return email. What would you like to see from us? Workshops? Topics? Groups? Other services? Is there anything our business office should be doing, but isn't, to make your time with us more beneficial? Is there anything we are doing that we should stop doing, or do less frequently? How about feedback on our website as a whole, and on the Q&As in particular. Any ways you can think of to have our Q&As "kicked up a notch?" Would you like an email notification once the Q&A is posted to the website so you can go there to review it at your leisure, rather than having it contained in an email? Any other input re: how we are staffed, our response time to inquiries, our office facilities, record keeping, marketing and public relations activities? What do you like best and least about us? Please put your answers to these questions and any other feedback you have for us into a return email to me before December 15th and I will insure it becomes part of our planning process. In the subject line of the email please indicate "Q&A feedback." I thank you for all your great ideas.

Today we welcome Rose, Angie and E.J. to our list. We welcome back Joyce who now has a valid email address. We are now up to 134.

Special thanks to Pat, Nancy and Joyce who supplied materials used in our bonuses.

Our Q&A hopper is now empty. If you have any questions, now is a good time.

Now to our Q&A:

Q: I would be interested to know what you think about Reiki as an alternative healing process. Is it a scam? Sorcery? Or does it really work? Any comments appreciated, thanks.

A: I have limited experience with Reiki – I saw a demonstration once and was not impressed – it seemed “fake,” but then again I was not enamored by the practitioner. I mentioned it once at a gathering of professionals and was almost laughed out of the room. Since then, I have come to know a master Reiki practitioner and know that her belief in her art and her personality certainly make me want to believe in the art, and this only adds to my confusion. Ultimately, like most tools and therapies, I believe it is the character and attitude of the practitioner that is a primary factor in whether the therapy or therapeutic effect happens. I did pose the question to Dee Hiatt, a local massage therapist and a dear friend of mine who is also in my networking group. Here is her reply:

“These are my first thoughts regarding the question about Reiki: Reiki has a history of thoughtful study and caring application. Practitioners must complete certain levels of study with a Reiki master before practicing. With hands lightly touching or almost touching the receiver, the practitioner opens to the wisdom of the universe (some say divine energy) and allows the kindness and warmth of that energy to flow through to the receiver. The receiver is clothed and sits or lies down in a comfortable, quiet room with soft music playing. There is little to no talking. The session might last 15 minutes or an hour. Reiki is not considered massage therapy. Massage therapy uses touch either through clothing or directly on skin to relax the receiver while locating and addressing areas of muscle tension and other soft tissue problems. Massage therapists in Connecticut must complete formal schooling and pass a national exam in order to be licensed to practice. Reiki practitioners are not licensed. Massage therapy often involves the use of energy techniques. These may or may not include Reiki, depending on the courses the therapist has completed. In my experience of receiving Reiki, I have been aware of gentleness, kindness, a feeling of support and well-being. I do not hesitate to recommend the experience. Dee Hiatt, Licensed Massage Therapist, Stratford, Ct.”

I appreciate Dee's assistance with this question. If anyone wants an excellent massage or a gift certificate to give during the holidays to someone you love for a massage, contact Dee at 377-1262. Her prices are reasonable and she is excellent at her craft. I know from first “hand” experience. Peace, John

Quote: "Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom." --Marcel Proust

Bonus 1:

Isn't it strange how a 20 dollar bill seems like such a large amount when you donate it to church, but such a small amount when you go

shopping?

Isn't it strange how 2 hours seem so long when you're at church, and how short they seem when you're watching a good movie?

Isn't it strange that you can't find a word to say when you're praying, but you have no trouble thinking what to talk about with a friend?

Isn't it strange how difficult and boring it is to read one chapter of the Bible, but how easy it is to read 100 pages of a popular novel?

Isn't it strange how everyone wants front-row-tickets to concerts or games, but they do whatever is possible to sit at the last row in Church?

Isn't it strange how difficult it is to learn a fact about God to share it with others, but how easy it is to learn, understand, extend and repeat gossip?

Isn't it strange how we believe everything that magazines and newspapers say, but we question the words in the Bible?

Isn't it strange how everyone wants a place in heaven, but they don't want to believe, do, or say anything to get there?

Isn't it strange how we send jokes in e-mails and they are forwarded right away, but when we are going to send messages about God, we think about it twice before we share it with others?

IT'S STRANGE ISN'T IT?

Bonus 2:

Five Fingers of Prayer

This is beautiful - and it is surely worth making the 5 finger prayer a part of our lives.

1. Your thumb is nearest to you. So begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C. S. Lewis once said, a "sweet duty."
2. The next finger is the pointing finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.
3. The next finger is the tallest finger. It reminds us of our leaders. Pray for the president, leaders in business and industry, and administrators. These people shape our nation and guide public opinion. They need God's guidance.
4. The fourth finger is our ring finger. Surprising to many is the fact that this is our weakest finger; as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need your prayers day and night. You cannot pray too much for them.
5. And lastly comes our little finger; the smallest finger of all. Which is where we should place ourselves in relation to God and others. As the Bible says, "The least shall be the greatest among you." Your pinkie should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively. God Bless!

And God said, "No problem! I will create a companion for you that will be with you forever and who will be a reflection of my love for you, so that you will love me even when you cannot see me. Regardless of how selfish or childish or unlovable you may be, this new companion will accept you as you are and will love you as I do, in spite of yourself."

Bonus 3:

Imagine it is the year 2002 and Noah lives in the United States.

The Lord speaks to Noah and says: "In one year I am going to make it rain and cover the whole earth with water until all is destroyed. But I want you to save the righteous people and two of every kind of living thing on the earth. Therefore, I am commanding you to build an Ark."

In a flash of lightning, God delivered the specifications for an Ark.

Fearful and trembling, Noah took the plans and agreed to build the Ark.

"Remember," said the Lord, "You must complete the Ark and bring everything aboard in one year."

Exactly one year later, a fierce storm cloud covered the earth and all the seas of the earth went into a tumult. The Lord saw Noah sitting in his front yard weeping.

"Noah!" He shouted, "Where is the Ark?"

"Lord please forgive me!" cried Noah. "I did my best but there were big problems. First, I had to get a permit for construction and your

plans did not comply with the codes. I had to hire an engineering firm and redraw the plans. Then I got into a fight with OSHA over whether or not the Ark needed fire sprinkler system and floatation devices. Then my neighbor objected, claiming I was violating zoning ordinances by building the Ark in my front yard, so I had to get a variance from the city planning commission. I had problems getting enough wood for the Ark, because there was a ban on cutting trees to protect the Spotted Owl. I finally convinced the U.S. Forest Service that I needed the wood to save the owls. However, the Fish and Wildlife Service won't let me catch any owls. So, no owls. The carpenters formed a union and went out on strike. I had to negotiate a settlement with the National Labor Union. Now I have 16 carpenters on the Ark, but still no owls. When I started rounding up the other animals, I got sued by an animal rights group. They objected to me only taking two of each kind aboard. Just when I got the suit dismissed, the EPA notified me that I could not complete the Ark without filing an environmental impact statement on your proposed flood. They didn't take very kindly to the idea that they had no jurisdiction over the conduct of the Creator of the universe. Then the Army Corps of Engineers demanded a map of the proposed new flood plain. I sent them a globe. Right now, I am trying to resolve a complaint filed with the Equal Employment Opportunity Commission that I am practicing discrimination by not taking godless, unbelieving people aboard! The IRS has seized all my assets, claiming that I'm building the Ark in preparation to flee the country to avoid paying taxes. I just got a notice from the State that I owe some kind of user tax and failed to register the Ark as a recreational water craft. Finally the ACLU got the courts to issue an injunction against further construction of the Ark, saying that since God is flooding the earth, it is a religious event and therefore unconstitutional. I really don't think I can finish the Ark for another 5 or 6 years," Noah wailed.

The sky began to clear, the sun began to shine and the seas began to calm. A rainbow arched across the sky. Noah looked up hopefully. "You mean you are not going to destroy the earth, Lord?"

"No," said the Lord sadly. "The government already has."

AMEN...

end of bonuses

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We wish you peace in who you are and in all that you do!

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