

Reiki for Veterans

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it very hard to drive for any length of time, to sit in a chair for long, or to even sleep at night. Normally, sitting or driving will send me straight into searing pain, and frequently into strong nerve flashes. Once this gets going, the only solution is multiple doses of VA prescribed pain meds...

"... The day of the Reiki [level I training] session, I drove for almost two hours to get there, spent much of the session in a chair, and then drove another hour and a half home. Normally this would be an almost impossible task with this leg problem. I took one pain pill early in the Reiki session (one is never enough to do much for my leg). But...somehow, through the benefits of Eileen and Reiki, I made it all the way though the rest of the session, all the way home, and through the night without any other pills. That has not happened in months, and I consider it to be nothing short of a miracle. I'm still scratching my head as to how Reiki works. But...somehow it did, and does something positive for me. And for that, my sincerest thank you to Eileen!"

Reiki is a powerful tool to help those suffering with PTSD. The experience with the veterans has shown this. I would recommend that you partner with a mental health practitioner who is experienced in dealing with the complexities of PTSD to be present during any of the classes to assist if needed. Over the next decade our veterans will need our help, and lightworkers and Reiki is an easy yet profound method to assist them in their healing recovery.

Eileen Dey, M.A., is the founder of the Reiki Training Program (www.reikitrainingprogram.com), and The Reiki Fellowship (www.reikifellowship.com). Classes for veterans are offered at the Seattle Veterans Center. Sessions available at the monthly Reiki clinic at East West Bookshop in Seattle.

If You Can't Change Your Mind, Change Your Body

by Linda Baker

Clouds of negative thoughts and emotions can blow in and turn a perfectly sunny day into one with light sprinkles or even thunderstorms. Have you ever had the experience of a negative thought creeping into your mind and slowly or quickly taking over so you find yourself thinking and feeling what you don't want to be thinking and feeling?

You may try to fight it by thinking "No, I don't want to be thinking this way!" but what we resist persists, and since the subconscious mind does not understand negatives, that thought is translated into "I want to be thinking like this." You may attempt to replace the unwanted thought with positive affirmations and sometimes that is all it takes; change your focus and change your mind. But what if those negative thoughts and feelings continue to grow and bring you down? What if your mind seems to have control, and try as you may to get yourself back on track, it just seems impossible?

If you find yourself in this position, then it is time to call upon the body to help. Imagine your body like a superhero coming to the rescue. You mind is like a computer that does the thinking, but the body also thinks and every cell is waiting to be activated to act on your

behalf. Besides the great result, working with your body is fun!

Let's do a little experiment so you are ready when the negativities strike. Imagine yourself feeling depressed, angry, or self-critical. Get into the feeling and notice how your body feels. Notice your posture? Sense how the muscles of your face feel? Notice any tightness in your body? Notice how your shoulders are positioned and how open or closed your chest is.

Now, take a deep breath and put your shoulders back, open your chest, smile, and stand up straight while thinking those same negative thoughts. Notice what happens by just changing the position of your body.

Stand, or sit tall, smile, and think, "I'm just not good enough." or "I'm so angry or depressed right now," and notice how it feels a whole lot different to be thinking these thoughts when the body is in a powerful, uplifted position. Some people even break out laughing as the old, seeming powerful negative thinking feels so absurd when the body is in a positive position.

The intention, of course, is not to mask feelings that are appropriate in the now. (A close relationship ending, a loved one becoming very ill or passing, betrayal by a friend, or other present-time situations call for honesty of feelings in the moment.) This is for the

old thoughts, the ones of the past that keep nagging and creating bad feelings that bring us down.

I've helped clients and friends work with this easy and fun concept. Everyone is always reading energy, even if they don't know they are. You can use this technique in many ways. For example if you are going in for a job interview and feel nervous or that you will not get the job, your body will put that energy out. But if you walk in with a confident body, even if your mind has doubts, you will put out a different energy that exudes confidence.

The same is true for going to meetings, clubs, parties or anywhere you will be meeting people. Before you go, imagine how your body would look if you felt confident, self-assured, and looking great! Enter with that body and you will meet more people and have more fun than if you take the body that says, "Don't look at me, I'm not good enough, or good-looking enough."

So when you find that your mind has taken over with thoughts that are not serving your highest good, change your body and notice the magic!

To learn more about Linda Baker and to read more articles she has written visit her on Video Village and her website www.InnersourceSeattle.com



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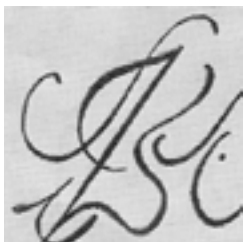
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