



SPIRITUAL RAYS

The Home of Reiki and Pranic Healing

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www.spiritualrays.com

Volume 1 Issue 1

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Hi and welcome to this the first issue of the Spiritual Rays Newsletter of 2008. Let me introduce myself to you, I am a holistic therapist who is trained and qualified for some years now in many therapies, such as Reiki, Pranic Healing, I.E.T or Angel Therapy, Holistic Massage, Authentic Indian Head Massage. I have a keen interest in all spiritual work and dedicate every spare minute of my time to developing my own spiritual growth and advising and guiding my clients to the best of my ability in theirs.

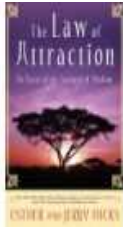
I run workshops in all levels of Reiki to Master/Teacher level and will be starting brand new Angel Courses/Workshops in March 2008 as a qualified Angel Teacher of the Diana Cooper School of Angels & Ascension. Angels are such wonderful beings of light that are with us always but must wait for our request to intervene and help us in every area of our lives. No problem is too big or small for Angels to help you with. They will enrich your life in every way...all you have to do is call on them and ask for their help and they will bring about the highest possible outcome always. I hope you find the articles in this newsletter interesting and helpful. You will learn more information about my work inside....

What is Reiki?

Reiki is a complementary therapy to be used as an adjunct to conventional medical treatment. The word Rei-Ki, means Universal Life-force Energy.

Reiki is a very gentle and safe method of bringing in this healing energy to the clients body. It is an ancient healing energy technique which helps to build more personal energy, more vitality, more resilience and better health. Its most profound effect is an almost immediate feeling of deep relaxation, resulting in a reduction in stress. As Reiki works on an energy level, it can aid physical, emotional, mental and spiritual healing. It is especially useful for clearing the client's mind, inducing a calm and balanced state in the body both in difficult or traumatic times and in helping us to cope with the everyday stresses of life.

The existence of this life force energy has been verified by recent scientific experiments and medical doctors are considering the role it plays in the functioning of the immune system and the healing process.



“The more you come to understand the power of the Law of Attraction the more interest you will have in deliberately directing your thoughts—for you get what you think about, whether you want it, or not”

“By reaching for the best-feeling thought you can find, reconnect with that perspective, and you shiver with exhilaration as you reconnect with your purpose, with your zest for life—and with You”

Everything in your life and the lives of those around you is affected by the Law of Attraction. It is the basis of everything that you see manifesting. It is the basis of everything that comes into your experience... An awareness of the Law of Attraction and an understanding of how it works is essential to living life on purpose. In fact, it is essential to living the life of joy that you came forth to live.

The Law of Attraction says: That which is like unto itself, is drawn... When you say, “Birds of a feather flock together,” you are actually talking about the Law of Attraction. You see it evidenced when you wake up feeling unhappy, and throughout the day things get worse and worse, and at the end of the day you say, “I shouldn’t have gotten out of bed.” You see the Law of Attraction evidenced in your society when you see that the one who speaks most of illness has illness; when you see that the one who speaks most of prosperity has prosperity... The Law of Attraction is evident when you set your radio dial on 630AM and expect to receive the broadcast from the transmitting tower of 630AM, because you understand that the radio signals between the transmitting tower and your receiver must match. As you begin to understand or better stated, as you begin to remember this powerful Law of Attraction, the evidence of it, which surrounds you will be easily apparent, for you will begin to recognize the exact correlation between what you have been thinking about and what is actually coming into your experience. Nothing merely shows up in your experience. You attract it, all of it, no exceptions.

Your Thoughts Have Magnetic Power

The Law of Attraction and its magnetic power reaches out into the Universe and attracts other thoughts that are vibrationally like it and brings that to you. Your attention to subjects, your activation of thoughts, and the Law of Attractions’ response to those thoughts is responsible for every person, every event, and every circumstance that comes into your experience. All of these things are brought into your experience through a sort of powerful magnetic funnel as they are vibrational matches to your own thoughts.

You get the essence of what you are thinking about, whether it is something you want or something you do not want... That may be unsettling to you at first, but in time, you will come to appreciate the fairness, the consistency, and the absoluteness of this powerful Law of Attraction. Once you understand this Law, and begin to pay attention to what you are giving your attention to, you will regain control of your own life experience. And with that control you will again remember that there is nothing that you desire that you cannot achieve, and nothing that you do not want that you cannot release from your experience.

Understanding the Law of Attraction and recognizing the absolute correlation between what you have been thinking and feeling— and what is manifesting in your life experience—will cause you to be more aware of the stimulation of your own thoughts. You will begin to notice that your own thoughts may be stimulated from something you read, or watch on television or hear or observe from someone else’s experience. And once you see the effect that the Law of Attraction has upon these thoughts that begin small and grow larger and more powerful with your attention to them, you will feel a desire within you to begin to direct your thoughts to more of the things that you do want to experience. For whatever you are pondering, and no matter what the source of stimulation of that thought... as you ponder that thought, the Law of Attraction goes to work and begins to offer you other thoughts, conversations, and experiences that are of a similar nature.

At first you may be privately pondering a particular subject, but if you think about it long enough, you will start to notice other people beginning to discuss it with you as the Law of Attraction finds others who are offering a similar vibration and brings them right to you. The longer you focus upon something, the more powerful it becomes; and the stronger that your point of attraction is to it, the more evidence of it appears in your life experience. Whether you are focusing upon things you want or things you do not want, the evidence of your thoughts continually flows toward you.

Excerpted from Abraham's New York Times Best Seller, The Law of Attraction, by Esther & Jerry Hicks

Upcoming Reiki Workshops

**23rd /24th
February, 2008**

Reiki Level I Workshop - Self Healing Level €250

Healing yourself - Reiki is the most beautiful gift to yourself

Course Content:

- * Reiki principles.
- * Spiritual and psychic protection.
- * Reiki I Attunement
- * Hand positions for healing.
- * Clearing your aura and energy field.
- * Practical time to give and receive Reiki.
- * Receive guidelines on healing others.
- * Cleansing the environment you are working in.
- * Reiki history.
- * Healing Angels.
- * Introduction to the chakra system.
- * Grounding.
- * Partake in meditations

Reiki II Workshop - Practitioner Level €350

12th/13th April, 2008

To book your place on this or any workshop

Contact me on 087 - 2490972 or info@spiritualrays.com

Testimonials from clients

Reiki Healing & Workshops

I met Yvonne this summer and completed Reiki Workshops 1 and 2 to date. I also had treatments with her for life's little ailments. My sister who has completed the above courses in our home country of Mauritius has completed the Reiki Master/Teacher level with Yvonne also. Yvonne has been a constant source of inspiration and knowledge for me since we met. She is my guide as I take the path of interweaving Reiki into my life...*Sachita*

Pranic Healing

I received Pranic Healing Sessions from Yvonne and was so impressed I went on to train in Pranic Healing. I am so happy to have met Yvonne and found Pranic Healing, and I would urge anyone to have a Pranic Healing session to see how effective it is. Thank you Yvonne." - *David*



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Balbriggan
Co. Dublin



A Little Light on Angels

Angels are high spiritual beings appointed by God as guides, protectors and helpers on earth and they are also His messengers. They vibrate on a much higher level than humans, as they are highly evolved Spirits and have attained enlightenment. Just as there are many races of humans, there are many kinds of Angels, those for example who dedicate themselves to healing, others to peace and others to promoting love. When we are born a Guardian Angel is assigned to us for this earthly existence, but just like our Spirit Guides they can only feel as close as we allow them to. Often they cannot get through the turbulent vibrations of our emotions to reach us and enfold us as they would like. Angels are willing and ready to help us. They have drawn close to our planet in large numbers and are waiting to be called on. The only thing that stops them helping is that we are not open to them. Because humans have free will, Angels cannot intervene to help us unless they are asked/invited to do so by us first. The only exception to this, is if you are going to die before your time, then the Angels can intervene to prevent this happening. They use many ways to communicate with us but the primary requirement to connect with Angels and receive their wisdom and guidance is to have a desire to do so...and then to allow them to respond. Angels let us know of their presence in many ways, some of the more familiar is finding small white feathers in your physical path, a bird flying close to you or the presence of a rainbow. All of these are symbols that Angels are close...watch out for them now that you know.

How to Connect with Angels?

It is very simple to begin working with and receiving guidance from your angels. They celebrate every moment that we make a conscious effort to connect with them. Your angels want you to call on them for any situation, large or small, and welcome the opportunity to prove their existence to you – again and again. Just begin to establish a relationship with your angels and watch the miracles unfold.

Some basic steps for beginning to connect with and receive guidance from your angels:

Take a few deep breaths and centre yourself. Envision yourself filling up with white or golden light and then allowing the light to surround you. Notice any feelings or sensations you get, as well as any images, sounds, or thoughts that come to you.

Ask for assistance or guidance. Thank your angels. Let go of the outcome. Trust that you will receive the guidance or assistance you need, even though it may come in unexpected ways.

Begin to notice the signs and messages your angels send to guide you.

Your angels may communicate with you in many ways, including through dreams, signs in nature, such as birds or butterflies, number sequences, synchronicities, thoughts, ideas, and inspirations. You will know you are receiving guidance from the Angelic Realm when the messages are loving, repetitive, and consistent.



Upcoming Angel Courses - March/April 2008

Spend a Day with your Angels

Learn how to connect and receive guidance from your Angels

For more information contact 087 - 2490972

Or visit www.spiritualrays.com