

## ***Thought For The Week!*** **An Introduction to Reiki I – Healing Oneself**

Reiki is most commonly known as a technique for stress reduction and relaxation that taps into our "life force energy" or energy flow to improve health and enhance the quality of life. Reiki treats the whole person including body, emotions, mind and spirit and creates many beneficial effects including relaxation and feelings of peace, security, and well-being. It is a treatment that feels like a wonderful glowing radiance flowing through you and around you. Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use.

Reiki means universal life force. The life force is responsive to thoughts and feelings and everything. It becomes disrupted when we accept, either consciously or unconsciously, negative thoughts or feelings about ourselves. This diminishes the vital function of the our energy flow and affects all our living cells.

Reiki uses the power of thought for healing. As with your everyday thoughts, a happy thought can uplift you and a sad thought can bring you down. The power is very real.

As interwoven in the messages of the Course in Miracles, " You are not alone in your thoughts." To make whole is to make happy. As we allow the holy spirit to channel through us to heal others, we heal ourselves. Healing truly is a removal of anything separate from the truth. As the mission statement to the Course boldly announces, "Removing the blocks to the awareness of love's presence," Reiki is very much a tool about knowing the truth and identifying energy blocks that can keep us from knowing our true spirit. Teach only love, for that is what you are.

Join Rev Dr Chris Farmer, a Reiki Master, at this Tuesday's Keeping Centered session (see page 2 for time and location) for an introduction to Reiki I – the art of healing oneself.

Peace and blessings to each of you.

### **Highlights**

Thought of the Week –  
Introduction to Reiki I 1

KeepingCentered -  
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## ***KeepingCentered® Activities***

Every Tuesday from 7:00pm to 9:15pm  
Beaverton Community Center (Sycamore Room)

### **Tuesday, February 8, 2005**

7:00pm-7:45pm Reiki I – An Introduction  
7:45pm-9:15pm ACIM Study Group

### **Tuesday, February 15, 2005**

7:00pm-7:45pm Holographic Repatterning  
7:45pm-9:15pm ACIM Study Group

### **Tuesday, February 22, 2005**

7:00pm-7:45pm This Thing Called You (by Ernst Holmes Book)  
7:45pm-9:15pm ACIM Study Group

### **Tuesday, March 1, 2005**

7:00pm-7:45pm Tools of the Spirit (by Robert Dilts/Robert McDonald)  
7:45pm-9:15pm ACIM Study Group

### **Tuesday, March 8, 2005**

7:00pm-7:45pm ACIM Lesson 162 (I am as God created me)  
7:45pm-9:15pm ACIM Study Group

### **Tuesday, March 15, 2005**

7:00pm-7:45pm The Disappearance of the Universe (by Gary Renard)  
(tonight's topic presented by Ted Brunnell)  
7:45pm-9:15pm ACIM Study Group

**Visit Us On  
The Web!**

[www.keepingcentered.com](http://www.keepingcentered.com)



## ***KeepingCentered® Mission Statement***

***By Rev. Dr. Chris Farmer***

Whether you are working with Reiki, thoughts or traditional medicine, consider the thoughtfulness of the Course In Miracles. To heal is to make happy. Healing is not to make the symptoms go away. It is about making one with the universal. To go to the root and release our limitations. To see love in everyone and everything. To be truly who we are in spirit, living and breathing as spirit through us with no limitation or boundaries.

### **Reiki Prayer**

Just for today, do not worry.  
Just for today, do not anger.  
Honor your parents, teachers, and elders.  
Earn your living honestly.  
Show gratitude to everything.

## ***Other Activities in Oregon, centered around "A Course In Miracles"***

### **Daily**

**Steven Holland** (mon-fri)  
(☎ 954-816-6582)  
Beaverton – 12:00pm to 1:00pm

### **Mondays**

**David Jacob**  
(☎ 503-330-9575)  
Sellwood – 7:00pm to 8:30pm

**Susan Colalillo / Charles Martell**  
(☎ 503-829-7592)  
Molalla – 7:00pm to 9:00pm

### **Tuesdays**

**Chris Farmer** (program on page 2)  
(☎ 503-819-3698)  
Beaverton – 7:00pm to 9:15pm

### **Wednesdays**

**Valerie Keartes**  
(☎ 541-914 0431)  
Eugene – 10:00am to 11:45 am

**William Daniels**  
(☎ 503-314-6902)  
Portland – 7:00pm to 8:30pm

**Ted Brunnell** (1<sup>st</sup> Wed)  
(☎ 503-789-2133)  
Wilsonville – 7:00pm to 9:00pm

### **Thursdays**

**Ted Brunnell**  
(☎ 503-789-2133)  
Wilsonville – 7:00pm to 9:00pm

### **Sundays**

**Steve Richardson**  
(☎ 503-804-2520)  
Hillsdale – 7:00pm to 8:30pm

**Want to be  
added to the  
list?**

Email

[chris@keepingcentered.com](mailto:chris@keepingcentered.com)

