

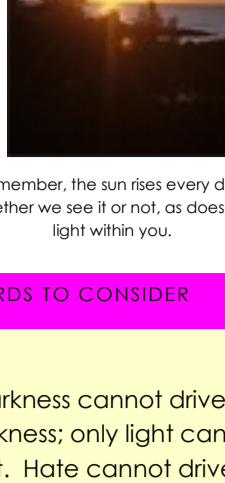
Encouragement in Tough Times

Staying on Track in Hard Times

Vol I Num I August 20, 2009

It's often difficult to keep up with healthy/healing practice when stressful events or difficult times occur. We feel down, overwhelmed, tired, etc. and our healing practices get deemed non-essential to dealing with the moment and getting through hard times. We sometimes categorize healing as something to get back to once things even out, even though we might "know better". Then we might feel guilt or disappointment over letting our practice lapse. Here are 5 tips to help you balance during these particularly challenging times.

- 1) Treat yourself as you would treat your closest friend. Imagine the advice you'd give to your friend and act upon it. Treat yourself with compassion and love and don't be judgmental. You are loved and you are love.
- 2) Don't feel guilty. If you have to suspend regular healing practices such as meditation, reiki or yoga for whatever reason, that's OK. Find small ways to fit healing into your days such as prayer, hugs, laughter and the healing support of friends or family.
- 3) Do what you have to do first. Or, as Dr. Usui put it, Work Hard. As important as it is to participate in healing practices, it's as important to be grounded and participate fully in the everyday parts of life. During stressful times these tasks can take up more time than usual, leaving little time for our usual 'feel good' practices. Don't put these tasks off. Put one foot in front of the other and just do it!
- 4) Take on the role of healer. Keep busy helping others, whether they are going through this hard time with you or whether they are folks having other difficulties. Have confidence that your love and support will be meaningful.
- 5) Remember : Tough times always ease. This is a time for growth and healing. Things will even out soon and you can continue your regular routine once you're ready. And pay special attention as you start to emerge from the cloud, as you might be called to try something new or different.

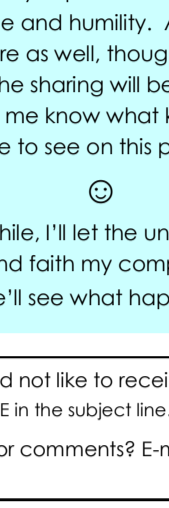


Remember, the sun rises every day, whether we see it or not, as does the light within you.

WORDS TO CONSIDER

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that"

Marlin Luther King, Jr.



MESSAGE FROM LAUREN: My intentions for this newsletter

I intend to provide inspiration, ideas and practical advice for anyone whom it's meant to reach. I'm not sure who that will be, but I hope it's an inclusive group of healers, lovers, laughers, wonderers (and wanderers!), thinkers, feelers. . .people who seek goodness and peace in life. Hopefully what I have to share will have value to you in some way. In any case, it comes directly from my heart and my experience and is offered with love and humility. And I hope you'll share as well, though this is not a blog, so the sharing will be on a slower pace. Let me know what kinds of things you'd like to see on this page as well!



Meanwhile, I'll let the universe be my guide and faith my companion and we'll see what happens!

Give this some thought. . .

Humility

What does the word humility mean to you? What feelings does the word bring about? Do you have an experience or story that typifies what humility means to you?

Send me an email or even, gasp!, actual mail and your comments might be included in an upcoming newsletter! Send to newsletter@morningsunreiki.com or Lauren Mas at Morning Sun Reiki, 27 Tyler Road, Enfield, CT 06082. I look forward to hearing from you!

Upcoming Events & Schedule

Reiki Training (also by individually scheduled classes)

Usui Reiki I—September 26, 2009 10:00 a.m.—4:00 p.m. at Spirit Matters 19 Pinney Street Ellington CT. Registration required.

Other:

Reiki Share/Exchange—Saturday September 26 6:00 p.m.—8:00 p.m. (approximate end time). RSVP required.

For more details and information go to www.morningsunreiki.com or www.spiritmatterstct.com

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