



Intuitive Energetics

Newsletter



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Office Hours: Monday-Friday, 1-8 pm.

If necessary, other days and times can be arranged for appointments.

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All About Reiki

What is it? Reiki (pronounced Ray-key) is an ancient form of hands-on healing that employs the Universal Life Force energy to balance and heal the body. It is a spiritually guided, all-enveloping energy of the body, soul, and spirit. Reiki is the energy of life itself. It is the energy that flows from the hands of a Reiki practitioner. The Usui System of Reiki is not only the most simple and natural healing method, it is also the most effective way of transferring this Universal Life Energy.

What does it do? The benefits of Reiki include: support the body's natural ability to heal, loosen blocked energy, balance the body's energies, release stress and anxiety, promote inner peace and calmness, cleanse the body of poisons and toxins, aid in releasing emotions, work on the causal level of disease, increase self confidence and compassion, and strengthen the immune system.

What can I expect? Reiki can be used alone or with other methods of treatment. It can be received in almost any circumstance or in any state of health. The Reiki energy adjusts itself to the needs of the recipient; the animal or person will receive the amount of energy it needs to balance and heal the body. Reiki also has the capacity to be sent to the recipient from a distance. Most individuals will experience deep relaxation, warmth, and comfort during a Reiki session. The results of Reiki can be immediate or subtle. The gentle, healing touch of Reiki will comfort, nurture, and support the person or animal receiving it by utilizing the Universal Life Source Energy to balance and heal their body and emotions.

Who can do it? Anyone can do Reiki, even young children! One of the many wonderful things about Reiki is that it takes no special skills or abilities to use it on your self or others. Once you have been to a Reiki I class, you will be able to do hands-on Reiki! You can not do Reiki wrong. It is an extremely simple and easy method of transferring the Universal Life Energy through you and your hands to the recipient. The Reiki energy does all the work for you.

Feature Story of the Month

A very interesting phenomenon has been happening with the feature stories. So far, all of the stories have been picked by the animals in the stories and not by me! So far, each month when it came time to think about what the story of the month will be, an animal client has popped into my head and volunteered, or rather insisted, that he/she be the next feature story! This month was no different, except for the fact that this is the second story for Katie. Katie, very simply, told me that she was going to tell her story about Reiki and since she is 21 years old, she can tell as many stories as she wants to!!!! How can I argue with that???? So, here is Katie's Reiki story. She dictated it to Kay, her human companion.

"Hi! My name is Katie. I am a 21 year old kitty—as I'm sure you know, that is well over 100 in human years. In fact, my mom and dad just had a party last month to celebrate my 21st birthday. It was great!!! I got to invite a special guest for lunch and I had a buffet of all my favorite things to eat. I even got presents! That's me in my birthday garb below. It was a very special day because not all kitties get to live 21 years in one lifetime. This is possible for me because of Reiki. My mom is trained in Reiki and I also get distance Reiki treatments from Karin."

Katie



"For being 21 years old, I am in pretty good shape. My biggest problems are the arthritis I have in my hips and my kidney failure. The arthritis sometimes makes it difficult to walk and, excuse me, poop. The kidney failure causes me to pee more than I drink and that makes me feel dry and scratchy inside and also, excuse me again, makes it hard to poop. My mom and dad give me fluids subcutaneously every other day to help keep me hydrated. I have a few other health problems but they are controlled with meds and are not important. But things have not always been so good.

About a year ago, my body was in such bad shape and I felt so bad that I was seriously considering leaving. I was very frustrated because I still had so much unfinished work to do. That is where Reiki comes in. My mom was reading a brochure from Karin Gose advertising a Reiki I workshop. I got real excited. I had experienced the benefits of Reiki before because when my body got real bad and I was having difficulty with basic functioning, my mom would call Karin and she would do a distant Reiki session for me. I always felt so much better when she was done. My body functioned better and I was not in pain. I was "tuned in" (if you know what I mean) as my mom read the brochure. The last line read, "Bring the gift of Reiki home to your animal companion." I thought, WOW, wouldn't it be great if my mom could do Reiki for me every day--- anytime I wanted or needed it. What an opportunity! So I made the letters of that line sparkle so they would speak to my mom. It worked! I was really excited when my mom signed up for the course.

At this time, my mom does Reiki with me every day!!!! I love it! I love to feel the warmth of the hands-on Reiki. My body soaks up the energy and in general, I feel so much better than I did a year ago. When my body has a flare-up, my mom still calls Karin for some additional Reiki and sometimes esoteric healing. That always helps a lot but nothing can beat a daily round of hands-on Reiki. Reiki is why I am still here!! Now I can spend my energy in doing my work instead of trying to deal with my body. Life is good!!!!"

This Month's Special Offer

The special offer for June is 10% off of the Reiki I class on July 9, 2005. A deposit of 50% is required to register. To receive the discount, you must send in the full, reduced payment by June 30th.

Quote of the Month

This month's quote is a version of the Reiki Principles from The Reiki Handbook by Larry Arnold and Sandy Nevius. This is an excellent beginners book on Reiki. It includes information on the history of Reiki, Reiki philosophy and procedures, information about healing, and Reiki for companion animals and wildlife. The Reiki principles are a part of the teachings and traditions that are taught in a Reiki I class. They represent the attitude that a Reiki practitioner has towards his/her self and life.

The Reiki Principles

"Just for today I will give thanks for my many blessings.

Just for today I will not worry.

Just for today I will not be angry.

Just for today I will do my work honestly.

Just for today I will be kind to my neighbor and every living thing."

Referral Policy

This is an ongoing offer in addition to the monthly special. Established clients will receive \$10 off of their next appointment for each friend they refer who schedules an animal communication consultation or healing arts session.

New Feature Stories

The newsletter features all types of stories about animal communication, healing arts sessions, classes, and workshops. If you would like to share a story about how a class/workshop, an animal communication, or a healing arts session has benefited you and/or your animal companion, please send it to me. You can mail or email it or call me with the story. Your animal companion's story and picture could be featured in an upcoming newsletter!

Classes & Workshops

Basic Animal Communication Workshop

Introduction to the key elements of telepathic communication with animals. Through in-class exercises and meditations, students will practice techniques that will increase their awareness and understanding of animals as well as their receptivity to telepathic communication. Class size is limited to 12 students. Location: Kokomo, Indiana. Workshop fee: \$200.

Saturday & Sunday, September 10 & 11, 1-5 pm

**Reiki Healing Workshops
(Including how to do Reiki with animals!)**

Learn the healing art of Reiki, an ancient form of hands-on healing that employs the Universal Life Force Energy to balance and heal the body. Class size is limited to 5 students. All Reiki classes are on Saturdays from 1-6 pm. Location: Kokomo, Indiana. Workshop fees: Reiki I & II—\$100. Reiki III—\$200.

Reiki I - July 9 & November 5
Reiki II - August 13
Reiki III - June 4 & October 15

Animal Scents - Using Essential Oils with Animals

I will be teaching this class along with Vicki Beaman of Hearts and Hands. The class will include an introduction to Young Living Essential Oils and how to use the essential oils with animals. Topics that will be discussed are: general guidelines, how much to use, where to apply them, guidelines for different species, an essential oil first aid kit for animals. Additionally, the class will include suggestions for specific oils for different conditions such as arthritis, injuries, wounds, infections, fleas, inflammation, calming, and trauma. There will also be information on how to purchase Young Living Essential Oils. Location: Indianapolis (Northside, exact location to be announced.) Class Fee: Free.

Sunday, July 24, 1-4 pm.

Call, email, or mail the form below to register for a class or workshop.

Class/Workshop_____ Date of class_____
Name_____ Phone number_____
Address_____ City_____
State_____ Zip Code_____ Email_____

A deposit of 50% is required to register. Full payment is due 2 weeks before the class. At that time, no refunds will be made for cancellations. A credit for a future workshop will be issued. Mail this form with workshop fee or deposit to: Karin Gose, P.O. Box 6436, Kokomo, IN 46902.