

Heartways News Winter 2008

“Anything which a father has not learned from experience he can now learn from his children” Anonymous

Welcome to the second edition of Heartways News!



Winter is here. At the time of writing, tiny snowflakes fall onto drenched soil in our rainswept little garden in Croft. Through the raindrops on the window, the garden looks so bare and lifeless - but - appearances can be deceptive. “Remembrance” crocus planted in October are now well rooted and already poking tiny white shoots through the earth’s cold dark surface. Everything is changing. I notice on early morning walks to the river, that blockages caused by fallen trees and leaves at the healing bridge, have now cleared. The sacred flow of water - and of life can never be halted.

As the year closes, I contemplate all of this year’s changes, all the bridges which have been crossed - by family, friends and clients and remind myself, once again, that in every ending there comes a new beginning. Did anything significant come to a close for you this year? Esoterically, the learning key for 2008 was to “go with the flow” and to know that “resistance” was “futile”. Were you able to “go with the flow” or did “resistance” persist?

We are all well here. 2008 has been a year of real challenge and change for us as a family. I’m meditating on an idea that ‘change’ always brings growth? I once thought it was did, but now I’m not so sure? I like Osho’s thoughts on this in **“Remain a River”** further on in the newsletter.

Carole and I would like to say a big thank you to everyone who has visited our home in during the past 12 months. Your presence was truly felt and appreciated. We send you our love and warmest wishes for a peaceful Christmas and an abundant 2009, filled with health, happiness and laughter.

We hope you enjoy reading the second edition of Heartways News

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Heartways Good News

Learning with Louis



We count our blessings to be enjoying the company of our little grandson Louis. He is now 18 months old and growing so fast. He loves talking, singing, reading his story books, dancing and laughing! His favourite seat is the step in the hallway leading to the kitchen. Carole and I are learning lots of new skills e.g. using slides and ladders in the play centres that we visit. Louis has also started having Reiki on a regular basis. He now asks to be put on the couch and immediately lays his head on the pillow, smiling in anticipation! The challenge is to try to offer him a 10 second Reiki treatment as by the end of that time, he's ready to rapidly descend from the couch!

Well done Sam and Noel on getting your new jobs in September and October respectively. Sam took up a new post as Progression Mentor in the Aim Higher initiative, in a local secondary school and Noel was appointed as a Behaviour Specialist Teaching Assistant in the new Children's Services "Turnaround" programme. Congratulations Noel and Sam, we are very proud of you both and wish you lots of happiness in your new jobs.

Congratulations to Reiki First Degree 'graduates' in October /November, Eve, Lesley, Sandra, Sharon and Susan.. You worked so hard and shared so much throughout what was a very special weekend. I'll treasure the memory of the "five doves moment". Thank you for all the 'gifts' you brought to make the weekend so special.

Wedding congratulations and lots of love to Sarah and Mark who were married in September. We wish you both every happiness for all time.

Many congratulations and lots of love to Susan and Ralph who became engaged in October. We are so happy for you both. We can't stop smiling!

The first Reiki (Autumn) Retreat Day in November was a great success. Thanks to everyone who came along to support this first retreat day- and for your positive feedback. Wasn't it a great day? We hope to see you at the next Winter retreat (Sunday January 18th). There are more details on the community and events page at www.heartways.co.uk

Community, Learning and Events

Please contact me if you would like to arrange a confidential, individual appointment for

Reiki (based on the Usui method of natural healing)
Relaxation and meditation (understand and reduce your stress levels)
Hypnotherapy (eliminate any unwanted behaviours and/or habits)
Personal and spiritual development (based on your natal astrology)
Bach Therapy (for your emotional well being using Bach Remedies)
Understanding and Dealing with Loss and Grief

Early Notice - Events Coming up January 2009

Meditation for Beginners course, starting **Tuesday 6th January 7.00pm**

Reiki (Winter) Retreat day **Sunday 18th January 9.30 – 4.30pm**

Sufi Travelling Zikkr evening **Saturday 24th January 7.30pm**

Reiki Training Weekend and Master Training Dates for 2009



Reiki Second Degree Saturday 28th and 29th March

Reiki First Degree Saturday 9th and Sunday 10th May

2009 Reiki Master Programme



Our intention is to start this exciting 9 month (1 Saturday per month), training in early spring. There are still two places available. You will know if you are ready. If you are interested, please contact me as soon as you can.

For more details on each of the above events please go to the community and events page of my website at www.heartways.co.uk

Meditation Sessions at HMP Frankland Summer School

In July/ August this year I was fortunate to be invited to run meditation sessions at HMP Frankland. Frankland is a male high security dispersal prison located on the outskirts of Durham city. Thank you to all participants.

Remain Adventurous Remain a River



“The mind cannot cope with the new. It cannot figure out what it is, it cannot categorise it, it cannot put labels on it: it is puzzled by the new. The mind loses its efficiency when it confronts the new.

With the past, the old, with the familiar, the mind is very at ease, because it knows what it is, how to do, what to do, what not to do. It is perfect in the known: it is moving in well travelled territory. Even in the darkness it can move; the familiarity helps the mind to be unafraid. But this is one of the problems to be understood; because the mind is always unafraid with the familiar, it does not allow for new growth. Growth is with the new and the mind is only unafraid of the old. So the mind clings to the old and avoids the new. Life doesn't belong to the static; it belongs to the flowing. Never become a reservoir; always remain a river”.

Everyday Osho Meditations for the Here and Now

Being Present



“Notice how often your attention is in the past or the future. Ask yourself: is there joy, ease and lightness in what I am doing? If not, then psychological time is covering up the present moment and life is misperceived as a burden and a struggle”

Eckhart Tolle

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle”.

Albert Einstein



Special 2008 thank you messages

Noah and 'family' from the Sheffield Sufi community for bringing the travelling Zikkr to Darlington in January for the first time.

Michelle and Jan, special souls (and guests) for your valued support in kindly hosting the first 'Astrology At Home' evenings this year.

Patsy, Rose and Susan, for your friendship and sharing - and for the 'Living Circle' which grew to completion this year ("All Things Must Pass").

Peter Gowland at Hartlepool Volunteer Development Agency, (a life long friend and true star!), and Hartlepool Cancer Support Group for your warm welcome and interest in inviting me to talk about Reiki. It was wonderful to meet everybody. Wishing you success with all your plans.

Gordon, Suzanne and Mark at the North East Pagan Federation for your invitation to speak at this year's conference at the Unitarian Church in Newcastle in November. Thank you to everyone. "Blessed Be".



SSF Brothers Alan, Jason, Edward, Martin and Desmond at The Friary of St. Francis, Alnmouth for your kind hospitality during my recent retreat.

Geoff a neighbour and good friend, for all help with the technology, the website and on-line newsletters this year.

And last but by no means least to Carole for your love, wise counsel and presence.