

Call 920-540-4114 today for your next relaxation session!



Hello Wendi,

Worried, Stressed, Afraid? Does this sound like you lately?

When I arrived at my friends house this past Monday for a Reiki treatment, he asked how I was doing. All the words that came out of my mouth represented worry and fear. During the first 20 minutes or so of the session, I did not feel much relaxation or shifting; however I started to feel more as he moved from my head to my body and legs. Afterward, I was amazed at how tall I felt (I think I grew a couple inches!) and how peaceful my mind and heart were. There were no more worries and no more fears. I felt at peace with life and the world around me and knew that my own stresses would get taken care. Even though I have been experiencing Reiki since 2001, it still amazes me how profound it can be and the lasting benefits it can have. I still feel calm and relaxed today!

Call 540-4114 today for your next Reiki Session!

May the Reiki Light be with you,

Wendi Hermsen, RMT, CMT (lic #3610-046)

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Activities to Clear Mind Chatter:

By Clearing Mind Chatter, you will become more in-tune with yourself and your surroundings.

This month's Activity:

This is the most simple and easy meditation technique you can do anywhere and anytime - be careful when driving.

BREATHE!

Yes, it is that simple!

I challenge you to take 5 minutes (set your alarm) upon rising in the a.m. and before retiring in the p.m. to close your eyes and just Breathe!



1. You can just breath at your own pace. **or 2.** Breathe in through your nose bringing the breath behind the uvula (the dangly thing in the back of your throat) making the darth vader sound, expanding your belly as the air travels down into your belly, exhale through the nose as your belly deflates. **and 3.** You can even imagine the breath flowing down through all your organs on the inhale and back up through them on the exhale. **or 4.** You can even count in for about 8 and out for 12 or whatever count is comfortable for you!

Just keep it Simple!

The purpose of this is to calm your mind, bring your breath into the belly (...most people breathe into their chest - watch a baby or animal breathe and you will see proper breathing technique..), and to center yourself for the day. Take note of how you feel from doing this versus not doing it and send me your testimonials!

HAVE FUN!



Looking for a Speaker for your Event, Group, or Corporate Health Program?

If any of the following interest you, let me know. I have worked with and taught children, teenagers, and adults.



- ~Massage (includes a demo)
- ~Reiki (includes a demo)
- ~Emotional Freedom Technique (interactive)
- ~Relaxation Techniques (interactive)
- ~Laughter Yoga - ha ha ha! :) (interactive - builds comradre)

Reiki Share:

Open to anyone who has taken Reiki I or above.

We will take turns giving and receiving.

Friday, November 7th
7-9pm ish
Please RSVP
Free will offering

Call 920-540-4114 today for a Relaxing and Soothing experience!

Sessions always available Tuesday - Friday.

Sessions available on the following Mondays and Saturdays in October:

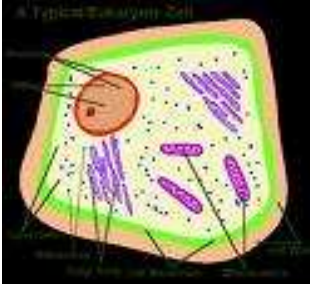
Sat: 11th and 18th

Mon: 13th and 20th

Upcoming Class Dates: **Advanced Reiki: Sat., Nov. 8th 9am-7pm**

Reiki I: Are you interested in taking this class before the end of the year? My next Reiki I class is not scheduled until February 7th; however, if you are eager to learn Reiki before the New Year, please let me know as I may be organizing an additional class in 2008.

Why Cancer?



There can be many reasons a person develops cancer in their body...the foods we eat, the environment we live in, heredity, and even such things as not letting go of something from our past, etc. All of these things can change the cells in our body to become cancerous. Below you will find what Louise Hay has written about Cancer in her book "You Can Heal Your Life". None of what is written is to be taken as an absolute. Each person is unique and different. The information is solely for insight:

Probable Cause: Deep hurt. Longstanding resentment. Deep secret or grief eating away at the self. Carrying hatreds. "What's the use?"

New Thought Pattern: I lovingly forgive and release all of the past. I choose to fill my world with joy. I love and approve of myself.

A person may appear to be joyous on the outside and they may even feel joyous but deep down they could be very sad inside or carrying a lot of grief from things they may not even be aware of. I say this from personal experience.

Wondering what the book says about any symptoms you are experiencing? Contact me anytime.

Random Acts of Kindness

Kindness....Pass IT ON is a section that I sponsor in "In Your Neighborhood", a local coffee shop and restaurant newspaper.

Please help me in passing Kindness on:

- 1. Do a kind gesture to someone you don't know. (Pick up their grocery, shopping, or restaurant tab - or how about their movie rental?!; or share your meal with your single next door neighbor! ;) ; the possibilities are unlimited ~ get creative!)**
- 2. Ask the recipient to pass the kindness on to someone else.**
- 3. Email your story to INYnetwork@gmail.com attn: Katie Verbeten.**

Future Topics:

- ~Health tips/exercises you can use (like Clearing Mind Chatter)
- ~Tai Chi: what this movement exercise is and how it can benefit you...
- ~Benefits of Sound and Vibrational Healing (Singing Bowls, tingshaw bells, tuning forks, toning, etc.)
- ~"You Can Heal your Life" ~ What Louise Hay has to say about why you may experience Addictions.
- ~Laughter Yoga: why this was the best seminar I have ever taken AND the Scholarship Fund I am starting to send someone in need to this seminar.
- ~ And More!

Sincerely,

Wendi Hermsen, Massage Therapist, Reiki Master Teacher (lic #3610-46)
Peaceful Spirit, LLC

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920-540-4114

OCTOBER SPECIALS

Due to the Tuning Forks being such a hit in September, I have them on special again!

40 min of Tuning Forks for only \$20! What a DEAL!

Benefits of Tuning Forks:

- ~Deeply relaxing (like Reiki)
- ~Releases stuck emotions/energy/stress
- ~Relaxes muscles
- ~Decreases mind chatter
- ~Complete balancing overall

Add 30 min of massage for \$40 to make it a 70 min session for only \$60

David L. from Appleton said: I wasn't expecting much, so was amazed at how all my muscles felt relaxed and how deeply relaxed I became from the session.

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\$10 off 120 Min bodywork Session!

Why not try an hour Massage with an hour of Reiki! I often hear people say they want to try a full session of Reiki but don't want to skip out on their Massage...here is your perfect opportunity to receive both.

**Offer Expires: 10/31/08**

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