

Holistic Network Neighborhood!

Presented by Subtle Energies

A network of individuals & businesses promoting health, healing, wellness of our communities, & environmental awareness.

We can't control what life brings us, but we have the power to learn how to transform ourselves.

Easy ways to conserve gasoline!

With the high price of fuel you may find these tips helpful!

- **Read your owner's manual and always use the manufacturer's recommended grade of motor oil--this will improve your gas mileage by 1 to 2 percent.** When possible, choose an oil that is labeled "energy conserving." Those oils contain friction-reducing additives.
- **Pump up your tires.** Keep your tires inflated to the manufacturer's recommendations. Soft, under-inflated tires make the car work harder, burning more gas.
- **Lighten your load.** Try not to carry extra weight in your car. The lighter your load, the better your gas mileage.
- **Get some fresh air.** Running the airconditioner lowers your gas mileage, so unroll your windows and enjoy Mother Nature's free air conditioning!
- **Slow down.** Cruising down the highway at 55 miles per hour is much more cost efficient than racing to your destination. Even a small difference in speed makes a noticeable improvement; maintaining your speed at 55 is 15% more efficient than driving at 65. You'll conserve gas and possibly save yourself from getting a very expensive traffic ticket!
- **Start and stop gently.** Ease onto the gas pedal when starting rather than punching the accelerator. When coming to a stop, ease off the gas pedal in advance and coast a little.
- **Shut off the engine.** If you have to wait for more than two minutes, it is cost efficient to shut off the engine. Restarting burns less fuel than idling for that long.
- **Get the best buy at the pump.** Fill your gas tank at the coolest times of day--usually early morning or late evening. Gas is denser at these times and gasoline is sold by volume, so you'll actually get more gas for your money!

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Advertise your group, your products or services here!

One-quarter-page size ad.
Normal Open rate is \$150.00 each issue.
Three-time rate is \$129.00 ea. For One Year.

*As a special Introductory Offer
Get – 3 - ads for the Intro price
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Advertising rates are NET and based on electronic camera-ready copy supplied by the advertiser. If layout and design or typesetting are needed a separate charge will be applied.

Interested in joining the *Holistic Health Network*? Please contact Ken or Dana by phone 269-671-4455 or by e-mail at subtleeng@reikiconnect.com for more information and rate sheet. Presented by Subtle Energies-Published by D-Rose LLC.

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From Urevia Book 2 - "The Journey is the Teacher" (5-stages of Power are taught in Urevia L-I)

Power

Doubt leads to fear, fear to insecurity, which leads to anger and misuse of power. Our power is everything we think, do, say, or don't do. Basically, every conscious and unconscious decision we make is an expression of our chi or personal power. Now why should personal power be an issue? It's not, except for one area in our lives: relationships. We spend most of our lives either thinking, being, or interacting within our relationships, which means power is a big deal. Goddess/God gave us all equal power, and equal need for each other. That is why we are compelled to interact and have relationships despite the difficulty.

We all have emotional triggers; feelings from childhood that get stirred up in adulthood that throw us off center. When we are triggered, our first defense is anger, then control and closing off. There are five stages of power and there are three things we need to understand before we even get to the first stage of power.

The three things that prepare us for the five stages of power are: knowing what keeps you centered, knowing what your triggers are, and knowing what tools work for you in a difficult situation.

Living a lifestyle that keeps us centered is one of the best things we can do to handle times of growth, for example, exercise, eating right, relaxation, etc.

Knowing what triggers us is easy. Our history and memories highlight our issues for us. Situations that make us feel stupid, embarrassed, nervous, abandoned or threatened push our hot buttons. Knowing when we are triggered and how we respond is important. We may become aggressive, talk too much to prove ourselves, be overly sensitive, and close down our heart and respond from the head only.

Once we know our triggers, we also have to identify the tools that keep us centered. For example, pausing before we speak, deep breaths, and listening. From here, you are ready to start working with the first stage of power.

POWER STAGE ONE: AWARENESS OF PERSONAL POWER.

At this level we take responsibility for our reality, our half of relationships, and our personal feelings. We begin to stand in our power and become aware of what it means. It no longer feels satisfying to put ourselves in a victim position.

POWER STAGE TWO: THE TERRIBLE TWOS.

Our fear motivates us to be aggressive and protective at this level; to protect us from others who may hurt us somehow. We are controlling of our environment and sometimes others, such as lifestyle of a household. We have a "mine-mine" attitude about our space, our things, our family, etc. When we begin our healing path, we flow back and forth between stages one and two. As we gather more wisdom we incorporate stage three.

POWER STAGE THREE: BALANCED POWER.

We begin to become aware of how our actions and decisions affect others. We begin to learn right action of power by remembering who we want to be and using discernment. With the power of negotiation, we create balance. We are still protective at this level, but less threatened by someone else's words, decisions, beliefs, etc.

POWER STAGE FOUR: QUIET POWER.

We no longer feel the need to justify our decisions and prove our value. We allow the results of our actions to speak for themselves. We are comfortable with our personal belief systems. We are peaceful and happy with our lifestyle. We understand the true meaning of freedom.

POWER STAGE FIVE: ONENESS OF POWER - ANGELIC STAGE.

We reach this stage during meditation and balance. When we are happy, we can maintain this level of awareness more often in our lives. Our self-love issues are healed. Our mind is flexible and our heart is compassionate. We have wisdom, vision, and we understand the bigger picture in all situations. We also understand the true meaning of power/love, and our fears are transformed.

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Here is a example of what Reiki can do for you.

It's interesting how something can take hold of your life and change it forever. Without you even being aware that your life needed changing. Reiki was that "something" that changed my life both personally and professionally, It is such a phenomal force in my life I wanted to share my experiences with you.

The gentle but powerful healing qualities of Reiki will affect all aspects of your being, the penetrating effects of this very loving energy will amaze you. So many people have a hard time with expressing, feeling, or excepting love from other people, or from the Universe. They will go through life without even knowing that there is another way that is much "better". Reiki can and will help a person find the "better" way: gently and lovingly.

Some people do no want love from anyone or anything: afraid that they'll become instantly vulnerable. However, by healing their fears and anger, they actually become stronger, more invincible. God created us in love and in his love he wanted us to live long and healthy lives. Reiki is here to help bring us back to God's way.

In Love
Kelli

This was written by Kelli in the year 1997. These principles that are true of Reiki have even more meaning today. Reiki and Urevia have been and are able to help us get back to the true meaning of ourselves. These beautiful energies can bring us into a state of balance and harmony. They can also help us bring back the divine love that lies within each of us.

Reading the paper or watching the news on TV, there seems to be a never ending cycle of negative and chaotic events happening almost every day. These events will increase in frequency and intensity the closer we get to 2012. Most of what is reported would make anyone feel useasy, full of anxiety and might even cause one to be fearful of what tommorow might bring. Is this the way that you want to live your life? It's a choice and it's a choice that we can make every day. The more we love and heal ourselves the more love we can share with one another to help create a better future. Reiki and Urevia can make a difference. What way will you choose, Love or Fear?

In the light
Ken Gray

Alert!!!! Reiki Master Teachers!

Karuna Reiki® Training Weekend!

Aug. 19th, 20th, 21st {2011}

- History of Karuna Reiki, How to activate the symbols.
- ICRT attunements for each level, Chanting & Toning.
- Practice attunements for all levels, deep shadow work.
- More Details inside the newsletter. To register call

Ken or Dana at 269-671-4455



Peter Richards
Shamanic Healing & Guidance

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Kalamazoo, MI 49009**

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UREVIA HEALING ENERGY OF DIVINE CONSCIOUSNESS



Urevia is a healing energy that helps you be the person you want to be even when life surprises you with stressful situations, difficult relationships, and personal challenges. Urevia provides energy and techniques that prevent exhaustion, transform our healing issues, and bridges the gaps between our ego/consciousness self with our divine self thereby, opening up our spiritual centers & intuition. It teaches us about healing and evolves the ego through love.

Dana Glore-Gray: Originator of the Urevia Healing System, Usui Reiki & Karuna Reiki M/T, Masters in Metaphysics, Author, Teacher, Spiritual Healer & Counselor, Minister, Co-owner of Subtle Energies & D' Rose L.L.C., and Over 16 yrs. of Experience. For sessions and classes - call 269-671-4455.

Please visit our web site www.reikiconnect.com for more class dates, scheduled events, and info., and email if you have any questions our want to set up a healing & spiritual guidance session. I also offer *"Astral Travel"* healing sessions. I have several national and international clients that enjoy the convenience of this method.

A Poem from the book The Prophet by: Kahlil Gibran

And an orator said, Speak to us of Freedom.

And he answered:

You shall be free indeed when your days are not without care nor your nights without a want and a grief, but rather when these things girdle your life and yet you rise above them naked and unbound.

And now shall you rise beyond your days and nights unless you break the chains, which you at the dawn of your understanding have fastened around your noon hour?

In truth, that which you call freedom is the strongest of these chains, though its links glitter in the sun and dazzle your eyes.

And what is it but fragments of your own self you would discard that you may become free?

And if it is fear you would dispel, the seat of that fear is in your heart and not in the hand of the feared.

Verily all things move within your being in constant half embrace, the desired, and the dreaded, the repugnant and the cherished, the pursued and that which you would escape. Theses things move within you as lights and shadows in pairs that cling. And when the shadow fades and is no more, the light that lingers becomes a shadow to another light. And thus, your freedom when it loses its fetters becomes itself the fetter of a greater freedom.

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