



This is just a little "pre-autumn 2007" bulletin board

Reiki and Lifestyle/Relationship coaching are designed for your healing, and to simplify your life and love relationships. This makes life so much easier and enjoyable!

Autumn is "the season" of the year. Everything changes and slows down in the autumn. It is the perfect time for inner-reflection, and deep inner-healing. It is the season for relaxing, learning to "go with the flow", and accepting change. Change is, after all, inevitable. Accepting change and being "here and now" are not easy things to do. They are things that we need to re-learn. For some reason we find it easier to live with one foot in past troubles and one foot in worrying about the future. It's no wonder why we feel that we aren't getting anywhere! Promise yourself this autumn to slow down, and be in that incredible "aaaaahh" feeling of each "here and now" moment. It's in this state that we gain and receive insight and understanding into our personal lives. In this state we experience inner-freedom, peace and harmony.

The following bulletin messages are ways in which I, through Pentad's services, can help and support you in your personal work and healing. Pentad's philosophy includes continuous development, so there is always something new and exciting happening here!

There are still available places in some of my Reiki I and II courses in September, 2007.

(Pentad's courses teach the traditional and original Japanese Usui techniques and methods.)

I completed my Karuna Reiki® Master/Teacher training in Seattle this month, and have therefore started up with offering Karuna Reiki® treatment sessions. I am now a registered Master/Teacher with The International Center for Reiki Training. This is fantastic Reiki! It can lead to healing at extremely deep levels. The healing and methods are very subtle and refined. A must try! I will be placing a description of Karuna Reiki® on the website within the next month. A session is the same time-length and price as an Usui session. Write me an e-mail at tamera@pentad.no to order a session.

Karuna Practitioner and Master/Teacher courses will also be offered, however completion of Usui Master level is required to take Karuna Reiki®. Usui Masters need to be practicing Masters for at least 6 months before signing up for Karuna training.

I've started up studies, and am working towards a Master of Science in Holistic Nutrition, so this will be even more knowledge to add to the Lifestyle Coaching toolbox in the future

Keep your eyes open for an upcoming newsletter and article from "Pentad Peak" this autumn!

Of course, you can always order a good 'ole Usui session and get up on the treatment table for stress-reduction and relaxation! Mindfulness and grounding are perfect for the harvest season.