



# Pentad Newsletter

March 2007

Many of life's failures are people who did not realize how close they were to success when they gave up.

Thomas Alva Edison

## Inside this issue:

<b>Pentad's Relocation</b>	<b>1</b>
<b>Pentad and The Reiki Experience</b>	<b>1-2</b>
<b>What is Reiki</b>	<b>2</b>
<b>A Thank You to New Texan Clients</b>	<b>2</b>
<b>New Location and a New Presentation</b> <i>About Pentad</i>	<b>3</b>
<b>Newsletter Subscribers</b>	<b>3</b>
<b>Appointments</b>	<b>3</b>

**Usui's system of natural healing;** to energize and balance oneself and others on all levels with the energy of Reiki. Reiki helps people towards harmony, clarity and strength. These are essential preconditions for supporting any issue or problem.

## Pentad's Relocation, Norway to Houston, USA

Pentad is back in action. The relocation process that began approximately one year ago, has finally settled down. A new environment, a new office, a new color layout and new services to accompany the old. It's a brand new start, and it should be an interesting process.

For all of you that have read me write time and time again about the necessity of handling life's major changes, I am now living proof that it can be survived. It's kind of like going into a tunnel, and one day popping out on the other side. You eventually find the way as there are not that many escape routes when you first commit to it. It basically turns out just fine. A little help and guidance can ease the transition if it's available.

Each time we learn something new about ourselves, the people around us, and even more about the lessons that life has to offer. It adds to our survival toolbox when meeting the next challenge of change.

This does not mean that everything is, or turns out perfectly. It doesn't have to. I'll be writing more about these subjects in the months to come. This is what hangs people up, and the results and outcomes of it all is really quite fascinating. It shows that it is not necessarily the "what" that is 100% all-decisive. The "what" is the goal. However, it is usually the "how" we decide to meet and relate to each situation that ends up playing a

significant role when we look with hindsight as to how positive of a experience it has been.

The what should define the how, but it rarely does for most people. This is because there are inner blind spots that cause outer havoc and make a mess of the path to the what. The consequences tell the whole story of the relationship people have with themselves, with their closest relations; and what they are bringing out into the working world as employers, employees, and colleagues.

But, hey. Look on the bright side. Going through change whether it is self-chosen or not, is an excellent opportunity to cleanse yourself of these blind spots. It can make you healthier. Physically, emotionally, and mentally. It makes you stronger if you're brave enough to dive into that inner world and start working. It strengthens your personal weakest links, which again leads to a more "capable" future. A happier and healthier future.

I have therefore adjusted Pentad's services to focus even more on individuals. The couples sessions also have more emphasis on the individuals involved.

Turn your focus inward, and get ready to explore. It's an adventure just waiting to happen.

Many of you have personal development teambuilding and

workshops at work. Pentad's services are quite different from these. Personal development and coaching is a common concept. Pentad takes it to a deeper level.

There is always a reason for why things are as they are, and there is always a way forward. Comprehending and releasing small and large issues within the framework of commitment to yourself to do it, is the secret to success. I'm talking about permanent success, as opposed to short-lived "quick fix". When you get rid of something old and/or unnecessary, you make room for something new. I provide the methods, and the help and guidance to ease the transition.

If you stop up for a moment to listen, see, and sense; then you become aware of how many changes large and small are happening around you. They are not only happening around you. They happen inside and to you. Each and every single day.



**It sure is good to be back!**

## Pentad and The Reiki Experience

People wonder about Reiki. What it entails, and why in the world it has become a part of Pentad.

I'll be bluntly honest. It's actually the nurse in me using all available tools to help people like you to reach the next step in positively furthering your life. Reiki has been a part of my life for years. As a Reiki Master I know how to help others with it, and I know how to utilize it properly in working towards the higher good of the individual.

Reiki takes personal development to a much deeper level. My clinical experience is that it works quickly and efficiently. It supports the development of "the foundation of security" that every human needs in order to do things differently. It promotes the necessary clarity to find answers to important questions and decisions that people struggle with. It retrieves balance in order to calmly put life into perspective, which again serves as a catalyst in getting life headed in a better direction. It provides relaxation

to help ease the frustrating circles of pain and symptoms that follow illness and disorders. Both physically and emotionally.

I use Reiki as one of many tools in working towards a general wellness that benefits my clients. I take this business very seriously, and I therefore work with real-life people that live everyday real-lives here in this world. This is where we are.

**Continued on pg. 2**



# Pentad

## Simplifying life and love

### Pentad and The Reiki Experience

For everyone that has preconceptions of what Reiki is, I'll ask you to put those beliefs and expectations aside. I will be working diligently to put the original intentions regarding the ethical philosophy and practice back into Reiki.

In-office, I will be clinically working and teaching. Through my articles and newsletters I will be sharing my knowledge that I have used years to explore, learn, and clarify. I will be redefining terms and concepts that are used loosely, taken for granted, have no meaning, and are often misused. There will be no beating around the proverbial bush.

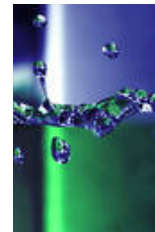
In the knowledge that people prefer to

categorize, I'd like to address this issue. I dispel the need to categorize unnecessarily, and certainly when it serves no real purpose of importance. This means that I, as CEO of Pentad, and therefore my services inclusive, am a general wellness and development practitioner. This I define as something other than pop self-help psychology, and certainly something other than New Age. I dare to separate Reiki practice from previous categorization. In my opinion it can be more correctly defined as a life philosophy that respects all walks of life. It is a philosophy that is to be cultivated and lived. It can help everyone as one of many clinical tools.

My services and Pentad's philosophy are all-inclusive. This means that I respect

and welcome all people regardless of personal religious beliefs and/or life philosophies. This is the first step in making the world a better and more peaceful place in which to live.

One thing that everyone has in common is experiencing being human "here and now".



### What is Reiki

Usui's system of natural healing; to energize and balance oneself and others on all levels with the energy of Reiki. Reiki helps people towards harmony, clarity and strength.

The systems and methods of Usui Reiki (all workshops and sessions), along with meditation and all alternative healing methods can not substitute conventional psychological and medical treatment and diagnosis.

For any issue concerning health, please visit your doctor.

Reiki Practitioners and Reiki

Teachers do not diagnose conditions and never guarantee any healing in any case. They do not prescribe drugs and do not interfere with medical/psychological or pharmaceutical issues.

They can only support holistic relaxation and inner peace, which in turn leads to deep inner harmony, clarity and strength. These are essential preconditions for supporting any issue or problem.

The touch and energy of Reiki is simple, pleasant, natural and

totally safe for anyone and can be given along with any conventional or alternative treatment.

Reiki is not related to religion. It is a relaxation technique of light hand-touch, not to be confused with massage, which respects all philosophical and religious paths and can be combined with all beliefs.

### Thank You to New Texan Clients

Credit will usually flow back to where it is rightfully due.

I therefore send a warm thank you to the new clients that have started up with in-office sessions! They include both Houstonians, and Out-of-Town'ers. A special thanks to all of you that drive long distances to get here. "Ya'll" know who you are!

There is some constructive and exciting work and development going on. It's a brave step to dive in and commit to oneself. I am so proud of all of you. Thank you for the patience while the office was being decorated.

Part of Pentad's proceeds goes to the Cancer Fund of America, and I'm currently looking for a small children's organization in the

area that shelters and protects neglected and abused children, and in the first phase after being taken out of the home.

Drop me an e-mail with any suggestions:

[tamera@pentad.no](mailto:tamera@pentad.no)





**New Location and a New Presentation  
About Pentad**

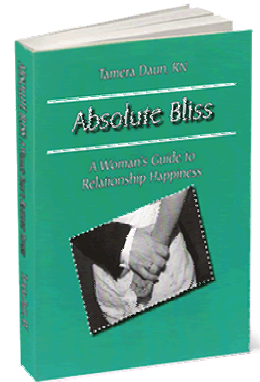
Pentad, which was founded by Registered Nurse Tamera Daun Halverson, originated as a freelance authorship. Tamera took her nursing degree in Stavanger Norway where she resided for 18 years, however she also has a BA from Pacific Lutheran University, in Tacoma Washington in Legal Studies. She has a degree in Social and Group Education, and 5 years training within personal development. Outside of her background in traditional academics within the Natural Sciences, she is a Reiki Master.

Ten years of experience in working with family units in crises as a Registered Nurse, contributed to her clinical

experience "behind the scenes" and within homes, over long periods of time. This is experience that not many therapists have. In addition, she has clinical experience from the field of Psychiatrics. She knows that things are not always what they seem to be.

Tamera has used her educational and clinical foundation in studying the subject of personal development and "marriage/relationships" since the year 2000. It was this extensive work that led to the writing of the book, Absolute Bliss. As the book went out on the market, Pentad extended its services to holding seminars, publishing e-books and articles, and in-office

guidance for individuals and couples. Although she will continue to offer her previous services, she has now added therapy as a Reiki Master in dealing with personal issues people seek help for. Her authorship also continues in order to reach out to as many people as possible in the global community.



**Newsletter Subscribers**

I'd also like to thank all of my newsletter subscribers. The number of Pentad's subscribers are up into the hundreds, geographically reaching from the Far East to the Far West. That is pretty exciting!

However, I'd also like to remind you all that your newsletter subscription is purely voluntary. So, if you'd like to cancel at any time, remember that all you have

to do is use the unsubscribe button at Pentad's website and homepage. It's that easy.

Enough said, I of course really hope that you'll stay on as a subscriber. I hope that you'll find 2007 an enjoyable "read"!



*The goal in marriage is not to think alike, but to think together.*  
**Robert C. Dodds**

**Appointments**

There are two ways in which to make an appointment with me here in Houston.

1. You can either call 713-397-4411, between 8am-6pm Monday-Friday, and 10am-3pm Saturday
2. Or, you can drop me an e-mail at any time 7 days a week. I will get back to

as soon as I can.

If I cannot answer the phone when you call, please leave a voice message with your name and number. I may be in-session with another client at the time you try to contact me. You can also write to me at tamera@pentad.no, and let me know that you've attempted to get a hold of me.

Due to clients wanting to make appointments to best fit their everyday schedule, you will be fully charged for a cancelled appointment if you cancel less than 24 hours in advance. This is so that your cancelled time-slot will be available for other clients that specific week.

*Thank you for your cooperation!*



**19026 Lakeside Cove  
Houston, Texas 77094**

Phone: 713-397-4411  
E-mail: tamera@pentad.no

---

# Pentad

---


*Simplifying Life and Love*



 Pentad is a global organization with competency in tending to the needs of all individuals

 Pentad extends its services to individuals, couples, and families

 Pentad is an authorship and publishes books on personal development and relationships

 Pentad has relocated its base to Houston, USA and covers the International arena.

 Pentad is a nonreligious organization that extends its services to everyone.



**And in the end, it's  
not the years in your  
life that count. It's  
the life in your years.**

*Abraham Lincoln*