

THE HOME STRETCH



The Power of Reiki by Ashton Power, RMT



When Brad asked me if I was interested in writing about my experience with Reiki Level II, I was unsure at first.

Each experience with Reiki can be very personal; the path Reiki may provide one person varies greatly from that of another person.

I had always been interested in Reiki even before I realized what it was actually called. It seemed, however, once I embraced the light and power of universal life force energy, things began to unfold rather rapidly. I found myself open to a new world, standing within the doorway of something so much larger than

I'd ever realized. It was incredibly overwhelming and even after my first attunement I found myself nervous about practicing on other people.

Reiki Level II was always something I spoke of doing, but was never really sure I was ready to take that step. In fact, months prior to actually taking the course, I found myself in a state of incredible uncertainty. I didn't feel like myself anymore and others were actually beginning to notice the change as well. So, the idea of doing my Level II was exciting, but terrifying at the same time. Would I be able to handle it? Brad seemed to think so.

Entering into the course I was distant and unfocused. Certain meditations were incredibly difficult, not in their complexity but in the experiences and emotions I walked away with. I found myself emotionally attuned like I hadn't felt in a very long time. Some experiences felt so surreal they left me wondering how they could have happened, but how could I deny my own feelings?

In the end, it was as though the foggy veil which had clouded my

eyes had been lifted and I was now looking upon the world fresh and new.

I felt safe and sure about who I was and what I was capable of doing. It wasn't just the excitement of learning something new. It was like being hooked up to a universal battery. Nothing could destroy my spirit or drag me back down into the fog I had fallen victim to previously.

I could write about so many of my experiences but nothing compares to the change I felt within my own body.

Level I opened the door and gave me a glimpse of what might come but Level II actually pushed me into a whole other realm of being.

Now I just think of Reiki and my hands heat up. I close my eyes and I'm instantly connected to the earth - so heavily it would take the force of a thousand men to push me over.

I found who I was again and through the power and healing of Reiki Level II I was able to grow in ways I had never imagined. - Ashton Power, RMT

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Special points of interest:

- Reiki Training at Massage Addict
- Congratulations to Reiki Level II Practitioner:
Ashton Power, RMT

CranioSacral Therapy by Brad L. Surette, BA, RMT

Throughout your lifetime you may have heard about or have had experiences with different systems in your body. These systems include the circulatory, digestive, endocrine, immune, lymphatic, muscular, respiratory, nervous, reproductive, skeletal, and urinary system. But what you may not know is that the body also has what is called a craniosacral system.

massage therapists, osteopaths, chiropractors, and naturopaths.

This form of alternative therapy involves the trained craniosacral therapist placing his or her hands on the client and then "listening" to the client's body. What the therapist is "listening" for is the subtle rhythms, micromovements and fluctuations of the body while noting any areas of restriction.

restored, and connective tissue restrictions are released.

An example of a craniosacral therapist "hold" is to place one hand underneath the pelvis, cradling the sacrum, and the other hand directly above on the lower abdomen of the client.

Personally, I like to perform holds at the cranium or skull region.



The craniosacral system consists of the brain, the spinal cord, protective membranes (meninges), cerebral spinal fluid, and all the bones that encase and protect these organs and nerves.

The craniosacral system protects and nourishes the brain and the spinal cord by bathing it with cerebral spinal fluid. Restriction of this cerebral spinal fluid can occur through the course of an injury or even stored tension, both of which can be detrimental to a person's health. Facilitated flow of cerebral spinal fluid can ensure that nearly every aspect of the central nervous system performance is functioning with ease.

Craniosacral therapy is another non-invasive and gentle method of healing most often used by

A properly trained craniosacral therapist can locate the craniosacral rhythm anywhere in the body. However, it is usually easiest to detect this rhythm by means of the skull, the sacrum as well as the bones of the spine and pelvis.

By using specific hand positions or "holds" the therapist is able to provide the client with an opportunity for gentle yet profound movements of the universal life force energy that is within all tissues and fluids of the body. This universal life force energy is sometimes referred by different cultures as prana, chi, ki. When universal life force energy is flowing properly the body is able to self-correct; muscle tension is alleviated, skeletal balance is

While doing so, I usually will incorporate Reiki. Many clients have described this as a very intense yet relaxing experience.

Regardless of the hand position or hold the motility within the muscles, organs, bones, or the connective tissue is sensed. When the body indicates that a healing change is ready to take place, the craniosacral therapist helps to facilitate this process. Obstructions or blockages are alleviated and the central nervous system becomes revitalized. This results in a profound healing experience, often evoking deep relaxation. It is not uncommon to experience a great sense of calmness, clarity and well-being after a craniosacral therapy session. Have you had this opportunity? - Brad L. Surette, BA, RMT

Continuing Education by Brad L. Surette, BA, RMT

Many health insurance companies now offer massage therapy coverage under their extended healthcare packages and most offer direct billing by a Registered Massage Therapist or RMT.

Before a RMT can be issued a billing number he/she must belong to a provincial association.

The associations in Nova Scotia are the MTWPAM (Massage Therapists & Wholistic Practitioners' Association of the Mari-

times), MTANS (Massage Therapists Association of Nova Scotia), and NHPC (Natural Health Practitioners of Canada).

Prior to joining one of the aforementioned associations did you know that your RMT was required to have graduated from a 2200 hour recognized college diploma program?

That's two intensive years of studies in anatomy and physiology, kinesiology, regional anatomy, manual skills, massage theory &

techniques, pathology, orthopedic assessment, and neurology - just to name a few of the courses covered in the program.

As if that wasn't enough education most RMTs develop even further knowledge, skills, and competence throughout their careers by acquiring continuing education units.

Continuing education units or CEUs promote effective and skilled

RMTs while playing a role in the development of an excellent practice and contributing to the best possible client outcome.

Feel free to ask your RMT what other knowledge, skills or techniques he/she might have acquired to give you one of the most enjoyable, beneficial and results oriented treatments possible. - Brad L. Surette, BA, RMT

Brad L. Surette, BA, RMT is the Director of Continuing Education with the Massage Therapists and Wholistic Practitioners' Association of the Maritimes

Opening to Reiki by Carolyn Perry

I had heard about Reiki many years prior but in December 2009, after a motor vehicle accident, I experienced the benefits.

It turns out that I had a concussion. During a regular massage therapy treatment Brad asked me if I would be open to him using Reiki to help the healing process. I agreed and was fascinated with it from that point on.

On April 18, 2010 I took my Reiki Level I from Brad.

The entire day was an amazing experience that literally is helping me change my outlook on my life.

For a long time I carried around stress, anger,

confusion, and in all honesty I now believe that has played a huge factor in a serious health issue I have.



I am not saying I was "cured" in one day; however, I can tell you that I look at things in a totally different way now.

For three weeks after my course, I experienced a

roller coaster ride of emotions, some good, and some not so good. In fact it didn't really hit home with me until the third

week of the transformation that Reiki is "self" healing. We live in a world where, if we allow ourselves, we go on high speed all of the time. I personally did not take

time for myself and Reiki has helped me, help myself.

Brad also provides support to all of his students during the twenty-one day transformation, as everyone experiences something different I am told. He was available to answer any question, concern, or just genuinely interested in the experience.

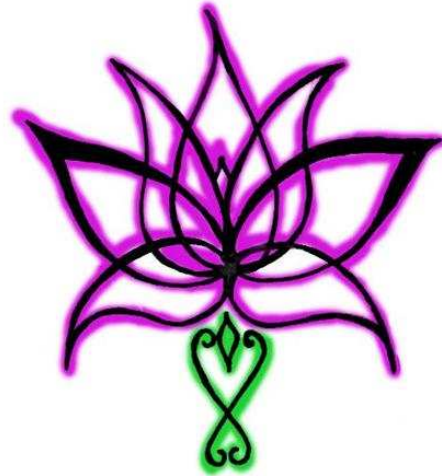
I can not encourage anyone enough to try a Reiki session with Brad Surette. I guarantee you will not be disappointed. I am looking forward to being ready to take my Level II certification. Thanks Brad! - Carolyn Perry

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Thank you to the following contributors:

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Reiki Practitioner Training by Brad Surette, BA, RMT

Reiki is an ancient Japanese non-invasive healing technique which involves the channeling of Universal Life Force energy into the body. In this type of treatment the body is able to relieve itself of physical, emotional, mental, and spiritual blocks.

Since Reiki assists the natural healing process of the body and enhances its ability to rebalance to a healthier state, Reiki can prove effective and beneficial on anything created from life force energy including humans, plants and animals.

The Reiki Level I attunement enables you to become a practitioner and share the gift of Reiki with your family, friends, pets,

etc. while also clearing blockages you may have in your own body. Clearing these blockages allows the Universal Life Force energy (often referred to as ki, chi, or prana) to flow freely which can be very healing in its own right.

Aside from assisting others in their healing process another great thing about being a Reiki Practitioner is that every time you are giving a treatment, you are also receiving a treatment. This is one of the reasons why I absolutely love teaching Reiki.

As a Certified Reiki Master Teacher I would be honored to pass along the gift of giving and receiving Reiki to you.

The one day course is \$125 and includes a Reiki user manual, a Reiki Level I attunement, and a Reiki Level I certificate of completion. The attunement process is an amazing experience and one I'm sure you will enjoy.



For additional information and upcoming training dates please inquire at the reception desk or contact Brad Surette:

email: bradsurette@live.com