

# The Light Switch

**Benefits to Children Learning Reiki** By April Ann D'Amato



Promoting HOPE (Healing Our Planet Earth) one person at a time through turning on the Lights.

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As most of you know, Reiki is an ancient Japanese healing technique for promoting relaxation and stress reduction and physical, mental and emotional healing. In addition to receiving Reiki as a healing treatment it can be easily learned through a Reiki Master. However, did you know that it is also something that would be beneficial for your child to learn as well?

We are all made up of energy; and learning Reiki will teach your child about their energy and their connection to every living thing. It will provide your child with a way to give comforting, loving energy to themselves as well as to other living beings such as to their pets and special people in their life. Along with this, learning Reiki will help your child with the following practical and noticeable experiences in their life:

- Provides a greater sense of Self Esteem:
  - Empowers your child to make their own decisions and stand up for what they believe in.
  - Helps your child accept themselves as they are; bringing them more balance and centering in their life.
  - Helps your child discover their inherent intuition and how it can benefit them in their life.

- Raises their Self Awareness:
- Equips your child with an understand-

ing as to how they interact with the environment they are in.

- Enables your child to work with their emotions by identifying and understanding them while learning new ways to channel "negative" emotions.
- Encourages better choices for their well-being such as eating healthier, exercising and understanding how their physical bodies react to stress.
- Fosters an attitude of connection to all living things.



Promotes Relaxation:

- Teaches your child how to handle anxiety in a healthy way.
- Helps your child reach a calmer state and learn how to get there whenever they are feeling pressures.
- Improve your child's sleep patterns.

Improves Focus, Concentration and Discipline:

- Helps your child learn better in schools.
- Helps your child to develop and achieve their goals.

With the knowledge of Reiki, children become empowered and self aware, making

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## Something to ponder...



**Abraham Excerpted from the Esther & Jerry Hicks Workshop in San Antonio, 2002.**

Your child is naturally joyful. Your child is naturally tuned in to Source Energy. And as he is diving through and digging through contrast, it is natural that there would be some things that might disconnect him. Just don't let his disconnection then inflame your disconnection. Many parents have discovered that their children, for the most part, feel good when they do—and the ornerier you are, usually the ornerier your children are. They are a strong reflection of the way you are feeling much of the time.

**Contact Information**

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## Medicine for the soul. ~Inscription over the door of the Library at Thebes, an Ancient Egyptian City

Each month in this section, we highlight a book that has been helpful to us on our journey and may be of interest to you.



On my path, I have read many books that have inspired, touched and motivated me in many ways.

This month's Medicine for the Soul was submitted by me. *Vanessa and the Angel* by Beatrice Rich.

This is a wonderful children's book. It helps children to discover the magic within their thoughts and their power to create with them. It is a journey in love and makes a wonderful bedtime story for your child.

Books are a powerful way of connecting with our spirit. A book is a journey in and of itself. It helps to bring us inward and find the core of who we are.

What books have touched your soul, shed light upon your path or helped to guide you toward your dreams? If you have a read a book that has in-

spired you on your spiritual path, please share the name with us so others may benefit from reading it too!

### SHARE YOUR BOOKS



What do you need to do to share?

Email your book information to [april@soulstarhealing.com](mailto:april@soulstarhealing.com); include: the title of the book, the author and 2-4 sentences about the book and your experience. The book titles will appear in the next newsletter and on my website.

## Children's Corner

Please be sure to share your thoughts and ideas with me to be presented in a future newsletter and my website. Email your suggestions to me at: [april@soulstarhealing.com](mailto:april@soulstarhealing.com)



**Handprint Sunshine:**  
Everyone could use a little sunshine especially with all the rain we have had this summer.

### Materials Needed:

- Paper Plate
- Yellow Construction Paper
- Yellow Acrylic Paint
- Brush, Scissors & Glue
- Googly Eyes (Large)
- Black Magic Marker

### Instructions:

Paint paper plate completely yellow and allow it to dry. While the paint is drying, help your child trace their hand on yellow paper. Use that handprint as a tracing pattern and cut out 8-10 handprints.

On the unpainted side of the plate, glue the handprints so that they are fanned out around the plate. On the painted side, after it is dried, draw a face with black magic marker and put googly eyes on it.

## Going GREEN Tips

This section highlights some ideas on how you can Go Green in your life.

Tips for the outdoor celebrations this summer:

BBQ Anyone?

How can your BBQ be more green? A propane or electric grill burns cleaner than one powered by charcoal.

If you do use charcoal, choose lump brands made from invasive tree species or harvested from sustainably managed forests over briquettes, which may contain coal dust or other additives as binders. And use a chimney starter—a metal cylinder that you fill with charcoal to create a “chimney effect”—rather than lighter fluid.

Buzzzz Buzzzzz. Isn't that a familiar sound of summer?

Unless you're someplace with very high rates of insect-borne disease, you're better off avoiding DEET—did you know it can actually melt plastic among other scary things it can do!

Instead, buy an herb-based product or find a recipe online and make some yourself—the eucalyptus, citronella, lavender and/or tea tree oils they call or are readily available.

If you do get bitten, a drop of peppermint oil should help soothe the spot.





## Empower Your Child's Intuitive Nature by April Ann D'Amato

Archangel Michael always reminds me to trust what I know to be true in my heart. It is often a very difficult thing for us to do when what we know in our heart conflicts with what we may experience outside of ourselves. Trusting their inner guidance is a natural instinct for our children, but the problem comes from the messages they receive about what they think, feel and say. Many times people do not believe children because of their inability to understand what is happening or because they themselves are not experiencing



the same thing. These messages often teach children to doubt themselves and even more to ignore that inner guidance. The message is that children do not feel fully heard so they begin to ignore their own intuitive nature.

In today's world with so many hats to wear, I wonder how much time a parent has available to listen to their child? Real listening means just that—no interruptions as your child speaks their thoughts and feelings. We often want to fix their problems, finish their sentences or worst yet; we speak for our children not allowing them to express themselves. Parents can be great teachers of intuition for their children by listening to them. Parents are often overwhelmed and have little time to give their undivided attention to their child. This is something that can hinder a child's intuitive development. Learning to listen to your heart begins with learning to listen and feeling heard.

How can we teach our children to listen to their intuition? To empower your child's intuitive nature, it is important to let them know that what they feel inside is what matters most; here are some ways you can practice listening to your child:

Practice giving your child your full attention each time they have something to say. The key is to be fully present as they speak.

Allow your child to express themselves fully without interrupting them even if you don't agree with what they have to say. The key is to set parameters around how they speak to you; such as calmly.

Set up a "date" with your child for them to speak with you. This will alleviate the times that life may get in the way. Perhaps before dinner or before bed. The key here is honor their spirit by making sure you keep the date.

Teach your child to listen to their heart even if people disagree with them. The key is that what they feel, think or know is more important than someone else's opinion.

Lead by example for your children. The key here is to make sure you too are getting fully heard as well.

One of the greatest gifts we can give our children is to listen to them and let them know they are being heard. I noticed recently that when I am talking with my friends we have gotten to be way too comfortable with one another that we fail to give each other our undivided attention. I have been making a point over the last several years to be more present in my life which includes giving my undivided attention when being the listener in the conversation. I have even gone as far as telling the person that I am speaking with to call me back when they have a more convenient time to speak. Think about a time in your life when you have not been listened to; even as an adult it doesn't feel good to not be heard. Start listening today!

**The Case for Crystals:** Crystals are magical and can be partners in our healing. With their energy fields matching our human energy fields, crystals are wonderful tools for rebalancing our energy and promoting healing for us. We are just beginning to understand the healing power of crystals, but they are something we should work harder to understand because they can be a beneficial partner in our healing and growth. Each month in this section, I will highlight a different crystal for you to learn about its healing properties.

**Crystal Name:** Carnelian. "A self-esteem crystal" for children.  
**Appearance:** It ranges in colors of deep orange to pinker shades.

**Healing Properties:** It is used to help restore feelings of inadequacy and low self-esteem. The deep orange relates to strengthening and blending the first three chakras, promoting self-security and self-love. The pinker shade relates to enhancing love between child and parent, through self-acceptance. This crystal is also used for dermatological ailments such as acne, by holding the stone over the skin and moving it in circles for several minutes, several times a day.

**Position:** Let your child carry the crystal in his or her pocket, or place 1 or 2 in a small medicine bag around the neck as a necklace. Let your child even sleep with his or her special crystal. Crystals often get lost or misplaced by children, so you might want to have a few extras on hand.



Benefits to Children Learning Reiki (cont.)  
 their world a better place and effectively changing our world as well. Some practical benefits for the community are:

- Less aggressive and violent behavior at home and in schools; ie bullying, etc.
- Builds stronger resistance to peer pressure regarding destructive behaviors.
- Increases interest in establishing peace in and around their community.
- Knowledge of a greater connection to all living things: people, plants, animals and places (earth).

Our children are the future of our world; why not provide them with a tool that will make their experience of growing up more magnificent? Reiki will provide them with the

right forum for manifesting a life of love, peace and harmony.

If this is something you want to offer your child and/or bring as an afterschool program to your community, please feel free to contact me at the 860-985-0211 or email: [april@soulstarhealing.com](mailto:april@soulstarhealing.com).

**GOT SPIRITUAL BOOKS?** Are they collecting dust? Why not donate them to my office so that I could build my library; one used by you: my clients and students. Stop by to borrow a book from the library. A great way to recycle!

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## Newsletter & Mailing List

If you are interested in receiving The Light Switch and/or would like to be placed on the mailing list, please fill out the form below and mail it to the address below. Or if you prefer to receive only emailed information, simply email [april@soulstarhealing.com](mailto:april@soulstarhealing.com). Thank you for your interest!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

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Check the following boxes:

- I am interested in receiving your newsletter.
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- I am interested in more information about your classes and workshops.



*We have a choice: to plow new ground or let the weeds grow. -Jonathan Westover*