

Reiki and the Heart-Field

Enhancing Perception and Communication

Learn how to give and receive Reiki energy and to develop a more acute sensory awareness of people's energy fields; see how Reiki and positive emotions influence your heart-field and discover what cutting edge scientific research has revealed about the importance of the heart-field in creating fulfilling relationships

Ann Linda Baldwin, PhD, Reiki Master

Many different healthcare cultures embody the concept that living beings are infused with a subtle form of energy. This vital energy or life force is believed to flow throughout the material body, but it has not been unequivocally measured by means of conventional instrumentation. Nonetheless, therapists claim that they can work with this subtle energy and use it to effect changes in the physical body and influence health. Other studies suggest that energy fields from one person can overlap and interact. The electrical energy of the heart is a major source of the energy fields surrounding humans and large mammals, such as horses. Heart rate rhythm patterns strongly affect the extent and the quality of the energy fields.

This workshop will start with an evening seminar on Reiki, a Japanese term meaning spiritually guided life energy. Receiving and giving Reiki is a very relaxing and soothing experience that reduces the debilitating effects of stress and anxiety. You will learn about studies on animals and humans (published in scientific journals and magazines and also televised) that clearly demonstrate the beneficial effects of Reiki scientifically.

The first full day will be devoted to learning how to give and receive Reiki and to experience the sensation of feeling your own energy field and those of other group members. In the afternoon you will receive a Reiki 1 attunement. An attunement is a special ceremony to awaken the inner healing power of a person by connecting them to the unlimited source of Universal Energy so that the energy can flow through them unimpeded. This starts the process of healing within the person and also enables the person to give direct healing to the self, other people, animals, plants and issues. Biofeedback equipment will be available to see how Reiki affects your heart-rhythm.

On the second day you will experience how your heart rhythms reflect your emotions. Positive and negative emotions can be easily distinguished in your heart rhythm patterns. Sensors attached to your fingers will show you that your heartbeat acquires a balanced oscillation when you focus on breathing and on positive emotions. This oscillation is a signal that your heart field is pulsing at a certain frequency that indicates balance. Hand-held devices that indicate when your heart-field is balanced will be available for purchase. To culminate this work you will learn about cutting edge research showing how the heart rate rhythms of paired humans and of humans paired with horses reflect the bonds that exist between them.

This workshop will give you the ability to control your heart rhythms so that you optimize your own energy field for enhanced physical and emotional health and interpersonal communication. You will also learn how to use an external energy, Reiki, to help balance your field and those of others.

7 pm Friday February 24 – 12noon Sunday February 26, 2012

\$300 includes Reiki attunement, certificate and manual

Workshop will be held at Floating Stone Inn and Aqua Spa, Tubac, AZ

Breakfasts and box lunches available for purchase on site

www.thefloatingstoneinn.com

To register or for more information **Call Ann Baldwin @ 520-795-4048 or email:**

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Ann Linda Baldwin, PhD, is a Research Professor of Physiology and Psychology at the University of Arizona and is Director of “Mind-Body-Science”. She is also a Reiki Master, a Level I/II Reconnective Healer and a one-on-one HeartMath Practitioner, Dr. Baldwin has practiced Reiki on people and animals for the last seven years. She received her PhD in Physiology from Imperial College, University of London and her MSc in Radiation Physics from the University of London. In her research she is currently developing methods to evaluate the capabilities of energy healing practitioners and is using biofeedback techniques to help people with Parkinson’s disease improve their memory and fine motor skills. She is also using heart rate variability as a tool to measure the psycho-physiological linkages that occur between the human and the horse. Dr. Baldwin has published over 100 articles in peer-reviewed scientific journals and has been a member of several review panels for National Institutes of Health. With her Reiki training and extensive scientific background, Ann Baldwin hopes to bridge the gap between energy healing and quantitative scientific enquiry. Among her most significant achievements, she received a grant from NIH in 2003 to study the effects of energy healing on animals, and achieved statistically significant results, which were published in 2006 and 2008. In her spare time Ann likes to ride her horse and she also volunteers as a horse handler for Therapeutic Riding of Tucson.