

# View From Within



NEXT STEP STRATEGIES, LLC  
A Holistic Approach to Health & Vitality



## IMPORTANT CLASS UPDATES

### SAVE THE DATES

**-This Thursday, June 9th –FREE**

**Spring Walk** at GCU  
9AM Casino Ballroom  
See page 3 for more info.

**-June 25th, 10AM-5PM**

**The Guide of T'ai Chi Chih, Sr. Antonia Cooper, Workshop** in New Egypt– **SAVE THE DATE must RSVP by June 10th**

### JUST ANNOUNCED:

**Eden Energy Study Group-7/25** in New Egypt, 6:30-8PM for \$15/class.

**-August 13-17 T'ai Chi Chih Retreat w/ Sr. Antonia Cooper** in Aston, PA

**-September 24th (new date) Holistic Health Day/Expo** In New Egypt

**REIKI I & II**– Pls. let us know yr. interest. Classes are forming for Spring!!! **June 18 - Reiki I, July 10– Reiki II**  
Contact me for more information

**See Page 9 for FREE Sample Offer!**



Photo Courtesy of ABMP  
**Relaxing Reiki**  
See article pp. 4-5

### Locations for classes:

- New Egypt
- Brick
- Kingston
- Hazlet
- Langhorne, PA

*We are always open to coming to YOU!*

*For classes and 1-on-1 Sessions In Reiki & Reiki/Energy*

NEXT STEP STRATEGIES, LLC  
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Holistic Health Practitioner  
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### Special Points of Interest

- *Exciting insights*
- *Interesting news*
- *Class updates*

### Inside this issue:

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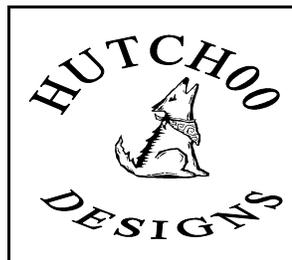
## Visit our Website

Come visit our Website to find out more about the practices and natural techniques to good health:

[www.NextStepStrategiesLLC.com](http://www.NextStepStrategiesLLC.com)

609-752-1048

See Pages 3 & 9 for Free Activity & Sample



# The *POWER* of *LETTING GO!*

In T'ai Chi Chih®, we talk a lot about “letting go.” In other spiritual practices, I believe, people use the phrase “surrendering” and I am sure the connotations for both phrases differ from person to person.

What exactly is “letting go” and why would it matter to you? In the realm of the physical practice of T'ai Chi Chih, it may refer to loosening up and having less tension in the body during practice. But, to get to that step (no pun intended!), one has to know the step in order to surrender. Like a gourmet cook in training, one has to know how to make the recipe before one can create an even better one. In the world of the spiritual, it is the allowing of what “is.” **It is the surrender to what “is,” rather than the expectation of what you want.**

In the last few weeks, this theme has risen up for me time and time again. A friend who is facing challenges in finding a new job and keeping their home, said to me that they are now fine with whatever will happen. They have found comfort in believing that all is for the best and treat each day with gratitude for what is. For them, it is the knowledge that they have survived trials before and that they are open to change. Their positive outlook will not only keep them afloat, but will allow them to see opportunities when they arise and go after them with gusto.

At the Taiji Quan (martial arts form of T'ai Chi) Festival, I had the opportunity to ask a few people how spirit showed up for them in their practice. One, thought long and hard, and finally shared that every so many years their practice falls apart. This is a great sign for transformation, both in their practice and a reflection of their life. When this happens to this individual, they see that their perception of both what their practice is and what they believe to be true in their life is not so. **From the disintegration of untruths, they rebuild “what is”** for them at the moment. It just keeps changing and transforming.

I have often said that these spiritual practices are for the courageous. You have to be open to change, to do these practices. And, if you are like me, you may undoubtedly face yourself, fuss about it (okay, I wail), grieve the loss of part of you, and then go on stronger than before. It is like the wisteria. My husband learned quickly, the more he pruned it, the stronger and healthier it became. It sounds sort of sadomasochistic, but staying in a rut may cause even more harm. Whether you like it or not, you cannot control your world. It constantly changes, nothing remains the same. The power lies in the ability to adapt, accept, and continue to transform, while your true essence remains the same. You shed what you do not need.

I struggle with change. I despise breaking or losing something. Recently, it occurred to me that holding on to all my little possessions in the world is more challenging than letting them go. For instance, I broke a favorite bowl. It was not expensive, but it was familiar. Let it go, there is now room for a better one. My new cotton pants shrunk in the dryer. Let it go, face the fact that it probably shrunk even by getting wet, and buy larger sizes in future. My favorite cup with my name on it (impossible to find in America) that I acquired in Ireland, first had a small crack, now noticeable leaks! I can't protect everything and be on guard all the time. It is too taxing and draining of energy.

We have a family member that is stuck. They cannot move forward. Once I let go of my expectations of them (for them to get better), I was better able to meet them where they were. It is sad to see and to be a witness to their struggle, but my expectations of them was not allowing us to have a good relationship. I try my best now, to just accept and know my limitations.

And, we have had some sadness with the passing of friends. But, we witnessed how one family was able to celebrate the life of their loved one and let go (but not forget). They found peace in the example of joy their loved one always carried with them. What an amazing life this person had and all the happiness they carried with them for others to share. They did not cling to what they wanted, but rejoiced in what rose up for them each day. What a beautiful example of living life to its fullest.

The clinging to what we expect, not what we have, is an example of **“habit energies.”** T'ai Chi Chih and Seijaku (the advanced form of T'ai Chi Chih) help allow us to let go. There are other ways of energetically releasing habit energies. Space does not allow for an in depth discussion here of these other methods. Please contact me, if you are interested. © 2011- Siobhan Hutchinson

**Siobhan@NextStepStrategiesLLC.com or 609-752-1048**



*You are cordially invited to attend...*  
**Our First Spring Walk at Georgian Court**

Join us on Thursday, June 9, in the Casino Auditorium.  
Schedule of Events

9:00–9:30 AM ..... Welcome and Registration

9:30 AM.....Campus Walk (1/4 Mile)

**OR**

Tai Chi Session for non-walkers, led by Siobhan Hutchinson '09

**FREE** giveaways & prizes!

Members: remember to bring a friend, when you sign up one new member, your renewal is **FREE!**

**AND DON'T FORGET TO SIGN UP FOR OUR SUMMER CLASSES!**

**Call** today to reserve your spot for the spring walk at, 732.987.2263. To register for a course or for more information, please contact us at 732.987.2263 or **specialevents@georgian.edu**

**Register *NOW* for *SUMMER* classes!**  
**McAuley Institute for Lifelong Learning**

# Reiki - What it is. What it can do.

Frank Huebner, Ph.D.  
Certified Reiki Master & Teacher

Several ancient cultures believed that energy flows through our bodies, affecting our well-being on many levels. Scientific research studies have shown that imbalances, disruptions or blockages of these energy flows may lead to physical, emotional or mental illnesses. The healing modality **Reiki attempts to balance and heal these energy flow deficiencies, leading to improved health and well-being.**

## What is Reiki?

“Rei” means “Universal” and “ki” (“chi” in Chinese) means “Life Force Energy”. Reiki is the name given to a system of relaxation and natural healing for body and mind by Dr. Mikao Usui, who lived in Japan from 1865 to 1926.

Reiki is a system of subtle energy healing using either laying on of hands or distance healing techniques. The Reiki practitioner received a series of “attunements” (by one or more Reiki Masters) which enable the practitioner to pass subtle energies through the hands.

Reiki is a healing modality that balances the recipient’s bio field and strengthens the body’s ability to heal itself. Reiki can be used to support and complement conventional medical interventions. Please note that Reiki is not a replacement for any prescribed medical interventions or medications.

## What is a Reiki treatment like?

In general, there are three types of Reiki treatments: table Reiki, chair Reiki and distance Reiki.

For a Reiki table treatment, the recipient lies fully clothed on a Reiki table (which is similar to a massage table) and the recipient’s front and back are both treated using light touch, or no touch at all. The Reiki practitioner usually follows a series of hand positions that focus on the major energy centers of the recipient. Please note that the breasts and genital areas are never touched. Each hand position is held for about 1 - 2 minutes and a full Reiki table treatment generally lasts 45 - 60 minutes.

For a chair Reiki treatment, the recipient sits fully clothed on a chair. The recipient’s front and back are treated simultaneously. A chair Reiki treatment can last from a few minutes to 30 minutes.

For a distance Reiki treatment, the Reiki practitioner and the recipient do not have to be in the same room. A distance Reiki treatment can last as long as a table Reiki treatment.

Different people experience receiving Reiki in many different ways. Most people report feeling warmth coming from the hands of the Reiki practitioner. Often the recipients report feelings of relaxation, inner peace, harmony and well-being. Some people feel a tingling in various parts of their body (mostly in the hands and legs). Some people feel a soothing energy flowing from the hands of the practitioner into the recipient.

## How does Reiki work?

Reiki is a vibrational, spiritually guided life force energy which is very healing in nature. Reiki is drawn by intent (both conscious and unconscious) through the Reiki practitioner according to the recipient's needs. Reiki supports balancing the recipient's energy field, alleviates energy blocks, promotes relaxation and releasing of tension, increases systemic resistance to stress and strengthens the body's natural ability to heal itself. Reiki treats the cause(s) of discomfort more so than the symptoms. Reiki is holistic in the sense that it works on all levels - physical, emotional, mental and spiritual. The practitioner and recipient are healed simultaneously and neither is compromised by the condition of the other. Reiki is unique in that the practitioner is never drained by the healing experience.

## What can Reiki heal?

Reiki can be used for healing of a wide variety of conditions, discomforts and ailments. Reiki has reduced stress and pain, and led to lower use of pain medications. Reiki lowers anxiety and depression levels, promotes restful sleep and often leads to improved immune and nervous system functions. Recipients have experienced accelerated healing when combining Reiki with traditional medical procedures. Chemotherapy and radiation patients who have received Reiki have noticed a marked decrease in side effects from the treatment. Reiki often speeds up recovery from surgeries.

## What is Reiki not?

Reiki is not a religion. Reiki is not a form of massage or hypnosis. Reiki is never used for diagnosing illness. Reiki is not in itself a healing, but rather it assists the body's natural ability to heal itself. The Reiki Practitioner is not a healer; he or she merely channels the energy.

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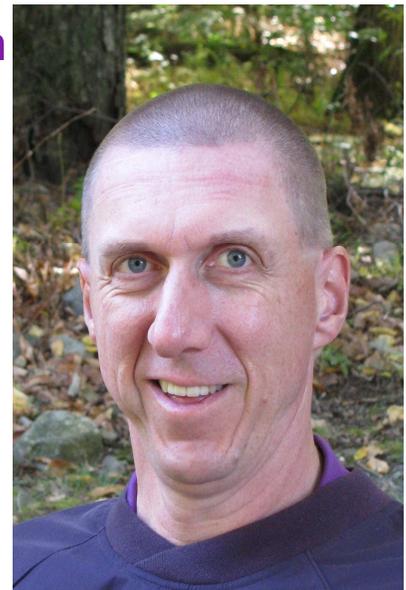
[www.reikifrank.abmp.com](http://www.reikifrank.abmp.com)

## Meet Reiki Frank and Siobhan at Reiki I Class:

**Saturday, June 18th** at Dorbrook Park, Monmouth County, learn Reiki I.

8-4 PM. Cost is \$115 + \$10 for materials. Course # is AAB13A.

<http://www.monmouthcountyparks.com/program1/index.aspx>



# Your best life is in your hands with the LIV!

For those who dread the monthly breast exam, here is an option!

By Kathy Ullmann- Managing Director of LivGeiger  
Lewiston, ME

The LIV is an **aid for performing monthly breast self-exams** to aid in the **early detection of breast cancer** using the power of the most perceptive receptors in your body – your fingers.

## Early Detection

Until there is a cure, early detection is the best defense against breast cancer. When found in its earliest stages, there is 95% cure rate. Knowing this startling statistic should serve as a wakeup call to each of us to do all we can to catch breast cancer in its earliest stages. It is up to us. Breast self-exams are one of the most effective tools available in detecting changes in the breast tissue, yet so few of us perform them. Many of us go on the assumption that what we don't know can't hurt us, but now we know just how untrue that thought truly is!

## Who's at risk?

Anyone, male or female can develop breast cancer. Simply being a woman significantly increases the risk of breast cancer.

- 1 in 7 women are expected to develop breast cancer in their lifetime
- Currently, a new case of breast cancer is diagnosed every two minutes!
- 1,907 men were diagnosed with breast cancer in 2010
- There are 2.5 million women living with breast cancer in the United States
- The leading cause of death in women age 20-59

## Breast Self-Exam using the LIV®

**Love yourself enough, to check once a month beginning at age 20.**

**FREE GUIDE & VIDEOS:** Knowledge is power. Visit [www.liv.com](http://www.liv.com) for a free guide to performing breast self-exams using the LIV. While you are there please take advantage of the numerous resources available to you on a wide range of topics related to breast health including an animated instructional video on using the LIV.

The LIV is **not a replacement for a mammogram or clinical breast exam** by your doctor. It is very important that you have regular clinical exams and mammograms as advised by your doctor. Report any changes found either with your bare hand or the LIV aid exam to your doctor for proper evaluation. If you discover a lump, puckering or discharge during either a bare-handed breast exam or a LIV aid exam, it is important that you see your doctor as soon as possible.

## How the LIV® Uses Your Sense of Touch

The design of the LIV clarifies the messages that are sent to your brain during a breast self-exam:

- The bottom layer of the device stays stationary on the breast tissue as the top layer moves via the liquid inside reducing the friction between the two skin surfaces.
- The LIV uses the most sensitive receptors in the body to collect the information regarding the breast tissue.
- The liquid inside enhances the sensitivity of the finger tips to aid in detecting changes that may not be noticed with a bare hand.
- There is a learning curve to Liv. Using the Liv consistently you will begin to see how well the LIV works as you develop a memory that will assist you with detecting any changes in your breast tissue.

See below for the findings of a **study conducted at MIT – Boston, MA:**

**Motor skills are best learned when given a 4-hour window to process.** Therefore, if you perform your breast exams in the evening before going to sleep- your brain will have a better chance of taking snapshots and storing the information allowing you to become familiar with YOUR breast tissue. Furthermore, it will allow you to detect changes because of this stored information.

**It's been studied that the skin and fingertips are the two most sensitive receptors in the human body.** Therefore, when performing your BSE, you are stimulating your brain to an extent of overload- blocking it from processing key information and decreasing the ability to store/detect breast changes.

**Friction further confuses the information gathering process of the brain.**

By placing a layer of some type between the breast tissue and your fingertips it frees up the brain from receiving two batches of receptor info and can focus/process/store one packet of information rather than two. The changes in your breast tissue will be stored if the above is considered as well as doing it repeatedly so the brain "cache" has something to build off of, month to month.

## We can change the course of breast cancer.

- Make a commitment to yourself to do breast self-exams once a month, every month.
- See your doctor for annual clinical exams and mammography.
- Spread the word on the importance of early detection. Through sharing our knowledge, we can change the way breast cancer is viewed and treated. Let our goal be to enable more people to catch breast cancer in the earliest stages.





My name is Lori Ann Spinelli, I am an Area Manager with **Arbonne International**. I want to share my story on how this product has **truly changed my life** and the lives of so many I have introduced it to.

A little over a year ago I was introduced to the **Arbonne Re9** Advanced Anti-Aging daily regimen. I was amazed at the results I saw on my skin **in 24 hours**. My skin had a **beautiful glow** and a noticeable **younger appearance**. The most noticeable difference was around the eye area. It reduced the puffiness and dark circles under my eyes and minimized the appearance of fine lines and wrinkles.

Even my **11 year old son** said,

**“Mommy that new stuff is working, you look YOUNGER!”**

I was immediately sold on the product and decided I wanted to join the business and signed on as a consultant. Since then, this has **truly been a life changing and rewarding experience for me**. It is the best feeling to have been able to help so many people with **skin care and health and wellness products**.

We are a Health and Wellness & Nutrition company. We Feature Amazing Anti-Aging Products and Skincare for Men & Women of all ages and Baby products along with Weight Loss and daily essential supplements, including Vitamin Packs, Protein Shakes, Detox Cleanse plus much more. Our products formulated with Essential Oils that heal and soften dry skin patches leaving unbelievable

results. **All products are free of Mineral Oil** known as a cheap filler which clogs the pores and actually attributes to premature aging of the skin. Our Moto has always been **PURE SAFE BENEFICIAL**

**Arbonne International** is a 31 year old company. Our Products are formulated in Switzerland then **Manufactured in the United States**. We are **vegan, green and 90% Gluten Free**. The Products are:

- 31 year old Company with Botanically-Based Swiss Formulations
- Entire line is pH Correct, Hypoallergenic, Dermatologist, Ophthalmologists, and Pediatrician tested
- Never tested on animals
- Formulated without animal products or by-products and Vegan Approved
- Formulated without mineral oil and Petroleum based ingredients
- Formulated without Formaldehyde donating preservatives and PABA's
- Using Recyclable Packaging & Non-toxic Vegetable Inks

We would love for you to visit our website at **[www.arbonne.com](http://www.arbonne.com)** or feel free to contact us for more information.

**Mention this Article and receive a  
free sample product.**

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