



Autumn Equinox, Sept. 22nd , 2009

Greetings Deer Spirit Friends!

As summer ends and we move into Autumn, it's a good time to reflect on the last 3 months and then look forward into the coming season and set our sights on what we want to create.

The summer was very unusual and transformative. We had the rare and very potent triple eclipse configuration, the centerpiece of which was a total eclipse of the sun in Cancer. Cancer rules the home, security, the mother, nurturing, early childhood imprinting, the subconscious, going deep within and feelings/emotions. The triple eclipse period and, for that matter, the whole summer, was a time when we all did some deep processing on these issues. I personally went through some major healing and transformation and saw virtually everyone in my network do the same. Relationships broke up and new ones formed, my clients grappled with long term issues which were sourced in their childhoods and our country did some deep processing on the issues of health care and housing.

The triple conjunction of Jupiter, Chiron and Neptune in Aquarius, which formed early last spring and is only now beginning to separate, heralded a powerful wave of spiritual (Neptune) mastery, wisdom, expansion (Jupiter) and holistic health and healing (Chiron) which is ushering in the new paradigm of unity consciousness/world peace (Aquarius).

The chart for the Autumn Equinox in NYC (see chart at bottom) tells us that this Fall will be a time of intense healing and transformation in relationships – personal, social and global. It all starts with our personal process of spiritual awakening (Aquarius rising with Neptune in Aquarius conjunct ascendant in the 1st and Uranus in Pisces intercepted in the 1st in close opposition to Saturn in Virgo in the 7th). The 7th house (harmony in relationship) has Saturn, Mercury and Venus in Virgo intercepted, meaning that we are bringing our new sense of self into relationships with more healthy and empowered boundaries and better discernment and communication. The Sun in Libra falls in the 7th house of relationship and exactly squares Pluto in Capricorn in the 11th, meaning that the process of healing long term conflicts which go back many lifetimes is well under way.

The soul group which lives in the Greater NY area is in general, some of the oldest souls on the planet and includes people from virtually every race, culture, religion and nation in the world. This area is therefore the networking capital of the planet and is at the cutting edge of the new age of peace and unity. After all, we've all been working and playing together peacefully for a long time, right? It's just a matter of time before the rest of the planet follows suit. I guarantee that you will be amazed in the coming months at the quickening of consciousness and shifting and healing in relationships, both in your personal life and on the local, national and global scene. Many will exit old relationships and jobs which no longer serve and many will be finding new soulmates and moving into new jobs and careers. Enemies that have been at war will just become sick and tired of the boring dramas they have perpetuated and slowly begin to surrender, compromise

and reconcile. A new level of communication, cooperation and sharing will become more evident in all our affairs and relationships.

The nodes in the Equinox chart fall in Capricorn in the 12th and Cancer in the 6th, and are supported by Uranus opposite the Sun, Saturn and Mercury which trine and sextile the nodes and the Moon in Scorpio in the 9th which trines the south node and forms a grand trine with Uranus and Mars in Cancer in the 5th. This awesome configuration around the nodes signifies the establishment of a firm relationship with the divine as we let go of childish fears and old religious dogma. This enables us to bring a newly empowered sense of spiritual freedom and selfless service into all our relationships. Our new sense of security is not based on clinging to material comforts, but on "letting go and letting God" and unconditional trust in ourselves and the universe.

Jupiter and Chiron fall in Aquarius in the 12th, and are also conjunct the ascendant and Neptune, telling us that our newly healed relationship with the divine is bringing us into a state of collective spiritual mastery. Chiron, Jupiter, Neptune and Uranus have all been retrograde for since last spring and by early December, they will have all gone direct. The 2009 Winter Solstice will mark a time when the foundations for a new leadership based on universal spiritual principles will begin to form. On the Winter Solstice of 2012, we will embark on the next phase of our evolution in the New Age of Peace & Enlightenment! May you all have a wonderful Autumn with many blessings!

Reiki and Health Care

As Reiki practitioners, we are on the cutting edge of the holistic wellness revolution. Reiki can facilitate the healing of any disease and basic Reiki can be easily, quickly and inexpensively learned by anyone. Reiki is gentle, non – invasive, has no bad side effects and works well in conjunction with virtually any modality or medication. Reiki practitioners can now be found in hospitals, wellness centers, rehabs, harm reduction centers, hospices and spas all over the world.

I recently initiated two R.N.'s into Reiki Level 1 & 2. Manna Lu – Wong and Jacqueline Guarracino are both registered nurses who work for a visiting nurse service in Westchester and were very excited about learning Reiki, as the service is going holistic and they will be able to give Reiki to many of their patients. Manna is also a licensed acupuncturist and will be using it with her patients. I just received an email from Manna today in which she forwarded me an article from the [N.Y.Times](#) about a hospital in California which is allowing traditional Southeast Asian shamans to come in and work on the patients.

Last winter I was hired by a young man who wanted me to do distant healing for his father, who had stage 4 lung cancer (80% of patients with stage 4 cancer are terminal). I told him that I would do the distant healing on the condition that I had his father's consent and that I couldn't guarantee that he would go into remission. He got his father's permission and hired me for 2 months of treatments. He found a good naturopath who started his father on a regimen of herbs and supplements. His father was also taking a pharmaceutical cancer remedy called Tarceva, which was prescribed by his regular doctor.

The patient was living in England. I sent distant treatments 3 times a week using a combination of Reiki, Karuna Reiki® and VortexHealing®. Within 6 weeks, the patient was in 65% remission and by the time I finished the 8 weeks of treatments, he was at about 72% remission (I determined this with pendulum dowsing). I was delighted and amazed! It was a great demonstration of how several modalities could be used together successfully ("complementary care") to treat a patient with a critical illness. Recently, the patient was in California visiting his son who took him to see my favorite psychic, [Savina Thompson](#). Savina did a body scan on him and here is a partial transcript of the results –

"A lot of healing energy is still in body. The energy is still strong. Savina was surprised to see the energy and how strong it is. The energy looked like fog that made it difficult for Savina to scan my father's body. Savina took extra care not to pass through the energy and disturb the energy when she performed the body scan, because from her experience, such healing energy may dissipate if disturbed psychically via her body scan. Savina shared that healing energy usually lasts a few days to a month, so she was most impressed by your healing energy and the amount of work you performed on my father."

"Savina noticed a concentration of healing energy in neck. She saw cysts in neck. Inactive multiple cancer cells. These cancer cells are turned off and are not growing.

Throat area - has cancer cells (one did large damage like cigarette burn, but that cancer cell is turned off and not active. That one is near left jaw (between left jaw and left clavicle).

There are other cancer cell clusters that shape like cauliflower clusters in lower right throat. They are not active. However, there are some active cells in only 1 round cyst in the clusters."

I was very pleasantly surprised when my client sent me this transcript in an email. The healing energy that Savina saw was the VortexHealing® structures that I sent him, which I knew were very durable, but was amazed that they were still in place after 10 months! She also confirmed that the few cancer cells that remained were almost all inactive.

It was very gratifying and a great learning experience to work with a team of healers and help this man recover from a disease which nearly killed him.

Doctor Jokes

After my doctor examined me, he told me I would die within a month. "But Doc", I said, "I won't be able to pay the bill by then!" "Ok", he said, "I'll give ya another two months!"

Patient – "Doctor, Doctor, Please help me! My hands won't stop shaking!"

Doctor – "Do you use a lot of cocaine?"

Patient – "Not really, I spill most of it."

A man walks into a psychiatrist's office with a carrot up his nose, uncooked spaghetti sticking out of his ears and a cucumber in his butt. "What's wrong with me, Doc? Please help me! I'm going crazy!" The Dr. replies, "You're not eating properly!"

Chakra 5 - Visuddha - Sound - Embracing the Higher Self

By Holly Troy

Begin by sitting in a simple cross-legged position or in a chair with your feet grounded on the floor.

With your eyes closed, keeping a long spine, gently roll your shoulders forward, allowing an opening across the top of your back, the base of your neck, and between your shoulders. Do this a few times, and then pause, and reverse. Roll your shoulders back, opening across the chest, collarbones, and base of the throat. Feel your muscles lengthening and loosening, creating space between the cells and allowing energy to move there.

Inhaling through the nostrils, allow the breath to massage the back of your vocal cords. Exhaling, let the breath come back over your vocal cords. The breath has the

sound of Hah . . . and as you inhale and exhale the breath can sound very much like the ebb and flow of a gentle tide.

Allow yourself to be transported to a tropical paradise. You are walking along a path, among lush foliage and trees, taking in your surroundings, enjoying the scenery. You can hear the surf of the ocean ahead of you. The air is rich, nourishing, fresh. You come to the end of the path and it opens up to reveal a tranquil beach. The ocean is a clear Caribbean blue. Walk to the edge of the water.

Breathe. The clear blue ocean, the warm breeze, and the gentle tide melt away any stress, tension, or worry. You let go and find yourself peaceful in the present moment.

Blue is everywhere. The sea and the sky is most of your view. Breathe that blue into your consciousness, focusing the energy of blue around your throat, neck and shoulders.

As you are looking out along the surf, you hear a sweet voice calling your name. Turn toward the sound of the voice and see a lovely figure walking toward you. Love, compassion, and bliss are emanating from this figure. Finally you are standing face-to-face with the most exquisitely beautiful being you have ever seen. Reach out and touch the being. It touches you back.

You are gazing into the eyes of your Higher Self. Know that it holds infinite wisdom, infinite love, and infinite compassion all for you.

Your Higher Self has come to give you guidance. Use this time to ask your Higher Self about anything in your life that you may need help with. Or you may ask, "What is my truth?" Or, just ask your Higher Self what you need to know right now.

You may receive an answer immediately. If you don't receive an answer immediately, trust that you will over the next few days. Pay attention to "aha" moments, of synchronicity, of messages in dreams, conversations, or of something you read in a book. You will know when the answer comes.

When you are ready, thank your Higher Self. Know that you may contact your Higher Self at anytime, no matter what you are doing or where you are.

Bring yourself back to the room by reaching your arms overhead, inhaling deeply, and on your exhale, saying "ah".



Holly Troy
Deer Spirit Reiki Master Teacher
Certified Yoga Instructor
Writer / Singer / Artist
sacredfolly.com
hollytroy.blogspot.com
redholly.amazonherb.net

Holly just released a CD - Journey Through the Chakras - Guided Meditations With Holly Troy, which can be ordered on her website.

Good News From Diana Batki

I just received this email from Diana, who took Reiki 1 & 2 and Reiki Master Teacher with me. She is now living in Budapest, Hungary.

Dear Geordie,

Congratulations on your ADS certificate. So good! I have heard about this method from one of my Reiki circle members. I hope you can use the technique beneficially.

I also have good news. I initiated my first Reiki Master 2 weeks ago and the 2nd one at the last weekend.

You were right. I had to do it. It was so great. My tears were running when the first one did the Reiki 2 attunement on me. It was a real present for me that I could teach them and hopefully they will pass Reiki to many, many students too.

I will deliver my baby soon. We expect her around October 23rd. My fiancé is a Virgo, I am a Scorpio and the kid may be a Libra...???) Will see... And she is a little girl. We will name her Enikő. And I was so surprised when I looked up the meaning of her name. It means: DEER! :-)

Wishing you everything good!

Hugs,

Diana

Deer Spirit Reiki Classes and Events

Karuna Reiki® Master Teacher - Oct. 3rd, 4th & 10th

Reiki 1 & 2 - Oct. 24th, Level 1 & Oct. 25th Level 2 – Dec. 12th Level 1, Dec. 13th, Level 2

A.R.T. / Reiki Master Teacher – Nov. 28th, 29th & Dec. 5th

All scheduled classes are held on Saturdays and Sundays at Madison Wellness Center, 171 Madison Ave. @ 33rd St., Suite 908, 9am – 5:30pm with a 90 min. lunch break. The last 2 hrs of every class is devoted to treatment practice. Students who cannot attend scheduled weekend classes may arrange for classes that fit your needs. For details of class curriculum and fees, see [my site](#).

Deer Spirit Reiki Circle – every Monday night @ Madison Wellness Center, 7pm – 9:30pm, \$10. All are welcome including Reiki practitioners, all levels and lineages. Guided meditation followed by ½ hr Reiki treatments.

NYC Reiki Meetup Practitioners Exchange – on the 1st Wednesday of every month at Madison Wellness Center, 7pm – 9:30, \$10, Reiki practitioners only. RSVP on [Reiki Meetup site](#) or just show up.

Love & Gratitude,

Geordie Numata

I.C.R.T Certified Reiki & Karuna Reiki® Master Teacher

VortexHealing® Practitioner

Counseling Astrologer

Acupuncture Detox Specialist

Assistant Organizer, NYC Reiki Meetup

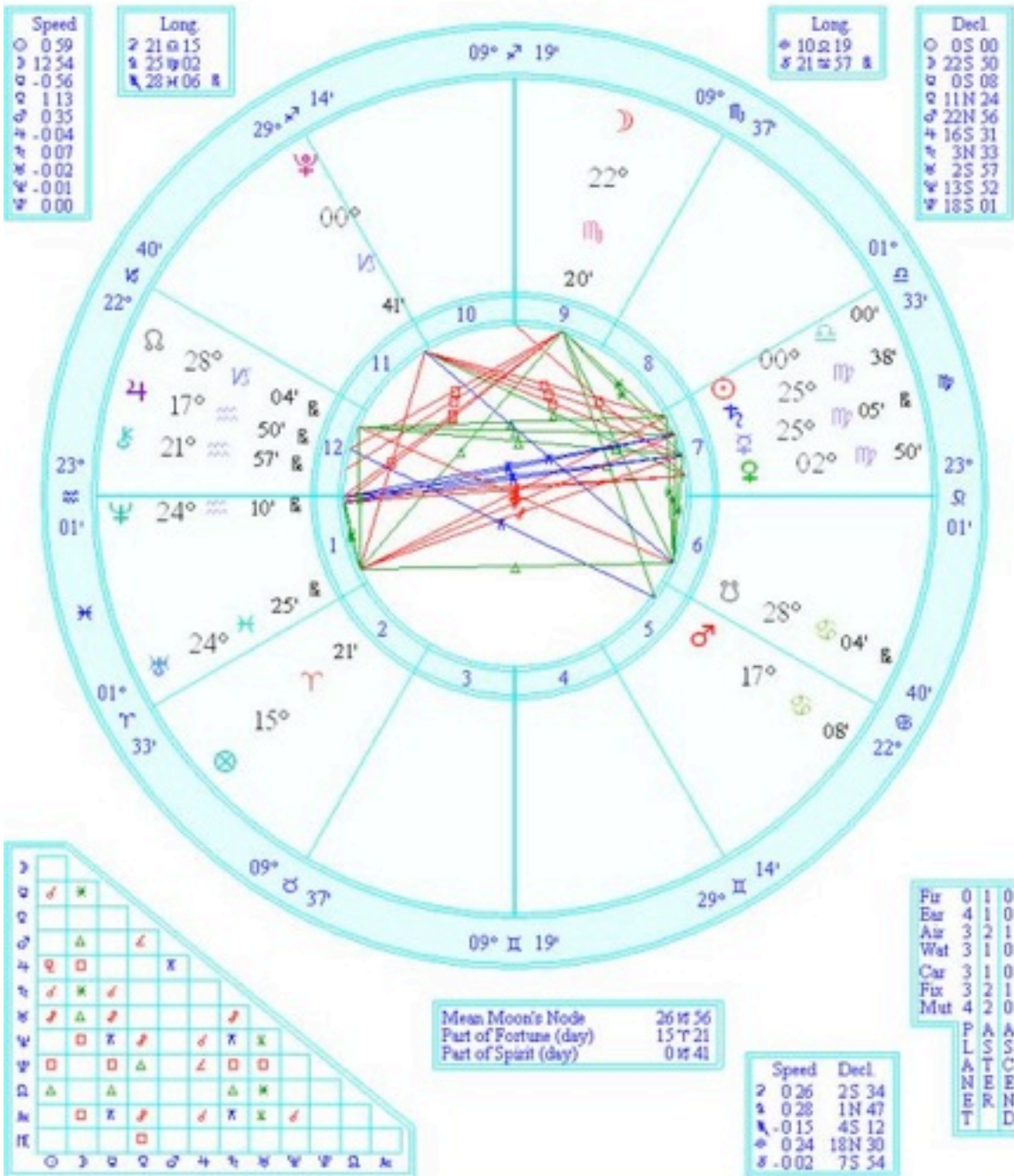
Level 9 Certified Foolish Rascal



Autumn Equinox 2009
 Manhattan, New York
 Time Zone: 5 hours West

September 22, 2009
 40°N 46° 73'W 59
 Tropical Koch
 NATAL CHART

5:19 PM
 Daylight Saving Time
 Geocentric



Geodie Numata
 gdn@myway.com 646 505 9798