

Hello,

**If you have received this newsletter then I have you on my mailing list. If you would prefer to not be then please just drop me a line with “Unsubscribe” in the subject header and I will take you off the list. Conversely, if you know of anybody who would be interested in receiving the newsletter, please forward it to them and perhaps copy me in so that I can put them on to my list.**

I have decided to keep the format simple – as just a straight e-mail for this newsletter because i thought that it would perhaps be easier on your in-box.

All of this will change before long as I am redesigning the Ki-Ways website. I am thinking of including blogs, Facebook links and all of that sort of good stuff. If anybody has any nice ideas for it, please send them to me. If you come up with an idea that I implement, I am sure that we can sort out a complimentary treatment or something similar as a thank you. My website is [www.ki-ways.com](http://www.ki-ways.com). If you would like linking to the new website, please let me know.

Since the last newsletter there have been some interesting new developments and I have run some good courses. Here are some of the details:-

- **The Tai Chi Upgrade Course.** We ran this course in Devon with my friend Frank Adam. The content was a mixture of pushing hands and training drills in the morning and then in the afternoon we expanded what we were doing to go deep into the realms of Energy and meditation. Everybody – including myself - enjoyed the course immensely and got a lot from it. Frank told me that when he met up with the group afterwards on their normal Wednesday night training session, a common comment was that the participants felt “energised” after the course. There will be another Tai Chi upgrade course in Lincolnshire soon or if you have a Tai Chi school and would like to chat about running it at your school, please contact me.
- **Microcosmic Orbit.** Another success! All participants have quite quickly grasped the theory of the technique and managed to move Energy up the channel in the back and down the channel in the front. Participants who have completed the full course have been pleased with being able to apply the technique to their daily lives. Part one of the course is running again on Monday 24th October in the morning and there are places left. There are more dates for part one and the full course to come. Please contact me if you are interested. Whilst we are on the subject of Taoist meditation, grandmaster Mantak Chia is coming to London in November. I will not be able to attend this session owing to other commitments but, having trained with him before, would anticipate a fantastic learning experience.
- **Other Courses.** The Ki-Ways offering is constantly expanding with Tai Chi courses, Energy courses, Taoist courses etc. If you have a requirement or interest, please contact me and let’s see if we can do something together.
- **Because of Annie.** OK, this is a bit of shameless plugging for Tracy, my girlfriend here. She has started her own business, called Because of Annie, creating beautiful handcrafted jewellery, beaded bookmarks and other accessories. Here is a link to her website - <http://www.becauseofannie.co.uk>. She is particularly talented at

designing jewellery pieces for special occasions to suit the occasion, the person and what they like to wear so it is ideal for the ladies who want to treat themselves or for any gentlemen out there who know that they want jewellery for their loved ones but struggle to work out which piece. All of her work uses Swarovski crystals and pearls and is incredibly pretty. Buy direct through the website, or contact her through the website and she will design something special for you.

- **Jimi.** This is a call for help from all of you people who do Waveform Energetics, Reiki or any other sort of distant healing. Even if you do not have these skills, positive thoughts create positive vibrations that are never wasted! Our little dog Jimi, on the photo below has had an operation to shift his knee cap and deepen the groove that it lies in because he was having problems with it. He is doing well but is miserable because his knee hurts and he does not understand why. His leg is sore and his stitches pull whenever he moves and make him miserable. Jimi will be ever so happy with any healing help you can give. There is a picture of Jimi that was taken today at the bottom of this e-mail. If anybody else out there is looking for this sort of help, please let me know and we will put the request out.
- The Feelgood Show. On October 15th, I will be at the Feelgood Show at Ayscough hall in Spalding, Lincs. It looks like being a really good event and I am really looking forward to it. It would be great to see you there. Tracy will be sharing a stand with me so you will get to see her "Because of Annie" jewellery there. the web site is <http://us2.campaign-archive1.com/?u=3838bdd6c8900b3e944d7b9d7&id=a644b787ca>
- Other activities from Ki-Ways include Tai Chi classes on Tuesday evenings at 7:15 in Wake House Bourne, Shiatsu treatments and courses in the daytime. Please contact me if you are interested.

Many thanks for your valuable time taken reading my newsletter. Please contact me if you want to know more

## Ray



## Jimi

[VIEW SLIDE SHOW](#) [DOWNLOAD ALL](#)

This album has 1 photo and will be available on SkyDrive until 05/01/2012.