What is “A Higher Energy”?  

Rick and Linda are excited to be introducing our new business name – “A Higher Energy” - and the first full calendar of events that we’ve offered in awhile. On October 1, we will be opening our new office in Naperville (details to come). Life has been very full during the past two years, and all of the experiences have brought us through an amazing journey that has had significant influence on our teachings and healing practices.

So - what is ‘A Higher Energy’?

A naming is a momentous event, in actuality and energetically. After giving thought to all the implications, we chose to name our business ‘A Higher Energy’. We’d like to share what this means to us, because it encompasses our goal of serving you, the community around us, the Earth, and the Heavens.

There are many modalities and pathways to a spiritual existence. We see this process as like a wheel, with many hundreds of spokes. It doesn’t matter which spoke you walk along, as long as you are moving toward the center. As the Hawaiians say, “A’ohe pau ka ‘ike i ka halau ho’okahi.” (All knowledge is not taught in one school.)

With all that is going on in this complex world of ours, many of us have tried to find guidance in different places, different cultures, different teachings. Such a process can be confusing, to say the least. You’ve done the preliminaries. You’ve created your spiritual foundation. Now, you are ready for a Higher Energy... A Higher Wisdom...

To get you there, you want an experienced guide who can help you navigate your journey with clarity and grace. We can be that partner for you. All life is learning, and wisdom comes with experience and time.

A teacher is one who has walked the path and done the work before you, and can therefore act as a consistent and reliable guide. A healing practitioner is one who has first worked on him or herself, so that he or she can offer techniques and energies with clarity and purity.

Focusing on your spiritual pathway, your challenges, your innate skills, and your way of being and moving in the world,
What is “A Higher Energy”? Continued from Page 1

our goal is to empower you with the tools and resources that will accelerate your journey toward real results, help you create the inner knowing to face challenge and struggle, and help you recognize and embrace your own spiritual core and natural gifts.

With “A Higher Energy”, we offer you an anchor, a foundation, a place of refuge. We teach you to look above the current conditions and situations and obstacles in your life, to hear without question, and to search for the place of true information. We have refined the teachings that we offer to include only those proven to help you in this way. Yet we offer variety within our teachings, so that we can connect with people of many different interests and skill levels.

Above all, we are committed to continuing our own spiritual path and practices, so that we can continue to inspire others. We are constantly aiming for A Higher Energy, to purify and strengthen our bodies, minds and spirits, and we want to help you do the same.

We keep in our hearts two maxims from the Hawaiian teachings that we share with you now:

Aloha i kekahi i kekahi: Love one another
Nana i ke kumu: Look to the Source

Our New Office!

On October 1, 2012, A Higher Energy will officially have a new home in the Naperville Executive Center. Our address will be...

A Higher Energy
1555 Naperville/Wheaton Road, Suite 112
Naperville, IL 60563

We will be offering Hawaiian Elemental and Spiritual Healing, Ho’oponopono spiritual and emotional cleansings, Reiki, Craniosacral Therapy, Integrative Lomilomi massage, and classes.

Until then, you can contact us at RickVrenios.com, PO Box 4086, Wheaton, IL 60189 or by phone at 630-926-5891. We look forward to seeing you in Naperville!
We’d like to help you to understand how the elements are relevant to your own life and path. The elements of fire, water, air and earth are the building blocks of the universe – everything, including you, is composed of some mix of these creative forces. Let’s talk about the element of fire, for example.

Fire has many qualities – often we think mainly of burning and destruction - however, the element of fire manifests within our bodies in many wondrous ways. Fire is the underlying element of our vision, providing clarity by burning away what is untrue: our ability to “see” on all levels. With its electrical, sparking aspect, fire plays a major role in the function of our brain and nervous system, and the beating of our hearts. It fuels our courage.

Fire is our energy of motivation, that pulsing warmth deep within our bellies that propels us to take action, and to have a strong knowledge of what is right and wrong for us. Our inspiration from Spirit, that way of communicating that can cause a ‘gasp’ of awe and recognition, is carried by the fire element. Fire expresses in our legs, too, helping us to take that creative, risky step into the future – the unknown. And of course, there is fire in the genital area, providing the impetus for creating new life for the species, and for experiencing joy in the process.

We are each very capable of connecting with the fire element within our bodies and bringing it to the forefront to work with it. As we practice connecting with fire, we establish our own unique relationship to it. We are then able to influence the processes and qualities of fire within our bodies AND for others, for healing purposes. We are able to recognize when an element is out of balance - too weak, too dominant. (Ever experience that powerful build-up of anger just before you explode? How about that intense burning pain immediately following an injury? Occasional bouts of
The Fire Element Continued...

lethargy and apathy? Yes, a fire imbalance!) We can work masterfully to re-balance that force and influence the way that it is expressing.

If you stop for a moment right NOW, close your eyes, and tune in to your body, you can see this for yourself. Where do you feel a burning sensation? A feeling of apprehension, anxiety, anticipation? The twitches and twinges of the nervous system? A relaxing warmth of contentment? Any strong urge that is ready to explode? This recognition gives you the beginnings of understanding who and what you truly are. Imagine being consciously in control of these forces...

Because everything is composed of the elements, we – our bodies and our actions – are direct reflections of nature here on earth, and the cosmos above. One of the most obvious parallels to the fire within us is the volcano. On the Big Island of Hawai‘i we find one of the most active volcanoes on earth. It is a powerful expression of the many forces and qualities of fire. Watching and paying attention, one will connect with the fact that fire arises from deep within… it has a rising quality. That left uncontrolled, it will intensify until the constriction is released, when it will display explosive power. That it can transform rock and the earth itself into a molten form that will flow into, over and around all obstacles. (Think about THAT reflection, and consider what mastery of your internal fire could do for you!)

Fire is an element of destruction, but also of creation. Out of the ashes, new life will emerge. This is reflective of all of our life processes and relationships. At the volcano, one can watch as the element of fire interacts with the other elements: air is changed by the addition of volcanic gas and particles, water becomes vapor, earth becomes molten lava. Fire is transformational on this earth, as it is within you...

In Hawaii, the qualities of fire at the volcano are so apparent, so universal, so authoritative, that they have been envisaged as the goddess Pele. Hula is danced to honor Pele, oli are chanted, teaching stories and legends are passed on through generations. When we visit this island for our Advanced trainings, we always present ourselves at the crater’s edge to show our respect for this major life force.

We have shared here a glimpse of the foundational understanding of our Hawaiian lineage teachings. These teachings are centered around healing oneself and others with the elements. The teachings are enhanced by the Hawaiian culture and its awareness of the sacred relationship of ourselves/humanity to this earth (nature) and to the heavens (spirit), and how each of these three aspects of being are necessary to nurture the others.

We hope this provides some clarity for those of you who are interested in the upcoming Hawaiian classes and how they apply to you personally! A hui hou, and malama pono! (See you soon, take good care!)

We are offering three trainings in working with the elements in the Traditions of Hawaii:

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<td>Living the Four Elements – Initial Level</td>
<td>Oct 11-14, 2012</td>
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<td>Living the Four Elements – Intermediate Level</td>
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For complete details, please visit our web site at www.rickvrenios.com or www.kealakahiko.com
Upcoming Classes
December 2012

Reaching through the Veils
Angel Communication Workshop
December 11, 2012
Tues: 6:30pm-p:30pm
in Naperville, IL
or ONLINE via WEBINAR!
No CE Hours

Traditional Reiki 2 (Okuden) Workshop
December 15-16, 2012
Sat-Sun: 9:30am-5:30pm
in Naperville, IL
14 CE Hours

Activating the Light Workshop
Meditation Gathering
December 21, 2012
Fri: 7:00pm-9:30pm
in Naperville, IL
No CE Hours

To Register for Classes, visit www.rickvrenios.com or call 630-926-5891

Making the Chakras a Living Energy

We live as a spirit expressing as a physical being. To make that happen, our energy system serves in part as the mediator and the bridge allowing communication to flow back and forth between the spirit and the physical.

The seven Major Chakras are located in your energy body in locations that correlate to the bottom of your pelvis, just below your navel, the top of your abdomen, your heart, your throat, your forehead, and the top of your head. Each Chakra has a specific set of jobs that it performs to facilitate life and growth.

In a very simplistic understanding, the chakras are like wheels spinning and moving energy through the meridian channels. While that is true, what if the chakras are much bigger than simply "pumps" to move the energy of life?

Because of the “pump” perspective, chakras have been given a mechanical interpretation. Like a pump, we believe that our chakras get clogged up when life isn’t working out well or we become ill.

So, brace yourself. I’m going to offer a radical statement! Chakras don’t get blocked! They don’t fail. They don’t shut down. Your chakras are functioning perfectly. Bear with me for a minute while I explain.

The powerful energy centers have been called “organs of perception”, because ultimately, that is what they do… they create our perception of reality. Yes, you can sense their influence as heat, movement, and tingling sensations in the space in and around your body, but how much else of their influence do we miss?

As was stated before, a primary role of the chakras is communication, and that means quite literally that each chakra has a voice. The spirit wants to communicate its direction and guidance to us, and spirit uses the chakras as a gateway to transmit its messages through to the physical consciousness. There are seven unique voices because there is a hierarchy of urgency within the types of information that is shared between the spirit and the physical. The more urgently the message must be conveyed, the louder and more persistent the choice of voice.

There is an old joke about an aging minister who gave the same sermon two weeks in a row. The congregation was forgiving. Then he gave the

Continued on Next Page...
same sermon a third week, and people started talking, wondering if the minister was finally “losing it”. When he repeated the sermon again on the fourth week, the congregation decided they had to say something.

“Father,” they began. “That certainly is a wonderful sermon. It has a lot of meaning, but you have repeated it now four weeks in a row.” “Yes,” the minister replied. “And I will continue to repeat it until you people finally learn what it is trying to teach you and you start living it!”

That, my friends, is your chakra system. The chakras are the voices of the spirit guiding us and giving us that sermon. The chakras don’t malfunction. They don’t get clogged up. They don’t shut down. Those repeating patterns of stress and challenge that are often interpreted as blockages or shut down energies are simply the chakras presenting the same sermon over and over until we human-types “get the message” and do something about it!

Repeating patterns in your life, whether successes or failures, states of health and vibrancy or disease and frailty, are reflections of your inner reality. They are projections of your chakra system. The easy thought of “something is broken and needs to be fixed”, is common, but won’t resolve the issue. If you listen inside, you already know what you should be doing. You already know what you have to face, what you have to resolve, what you have to change, what you have to forgive. You already know where you are “stuck”, where you are spiraling, where you are out of control. That’s not a judgment. It’s fact. We all have stuff to work on.

As long as you look to fix a mechanical thing or to plunge out a clog, you won’t get to the root. If you look to actions… if you look to results… if you listen inside… if you look with honest eyes outside, you will know. Your chakra system is telling you what is working and what must change every minute. It screams it through every relationship, through your job, through your emotions, through your health, and so much more. With that insight, you will be empowered to transform through the most direct path available into the freedom you want for yourself.

If you want some help learning to see more clearly, or learning to hear the voices speaking truth inside of you, we recommend two workshops. One is even available as a webinar simulcast so you can attend from anywhere and you can even watch the recordings if you can’t attend the live events.

**Voices of the Chakras – A Sacred Journey of Enlightenment through the Seven Voices of Wisdom**  
8 Tuesday Evenings -- Begins Oct 2, 2012 7pm-9pm (Simulcast via Internet)  
Learn to hear the voice of each Chakra and let your Spirit show you the most direct path to real healing, lasting forgiveness, and inner transformation.

**Living Chakras – Part 1: The Lower Chakras** -- Nov 3 – 9:30am-4:30pm  
**Living Chakras – Part 2: The Upper Chakras** -- Nov 10 – 9:30am-4:30pm  
Bringing the concept of the chakras and energy out of the mind and intellect and into every day life applications, this interactive, self-exploring workshop will help you take direct control of repeating patterns of restriction or failure, emotional issues of anger, fear, anxiety, or depression that arise and weaken you, or other limiting events. By creating foundations of clarity and certainty, we find freedom in the truest sense.

See our web site for complete details and to register.
Hello everyone,

The beauty and the challenge of life is that everything changes. As I sought to find my new place in the time following my years at the Reiki Council, I realized how lucky I have been. I have been able to start anew and to reassess everything that is important to me, deciding what I still need to learn and what I want to focus on in my teaching and healing practice. I have taken much-needed time from my previous hectic schedule of teachings to expand my knowledge, refine what I will be offering, and to work on my books.

My heart is and always has been given to the spiritual traditions of my Hawaiian lineages. Linda and I have been spending an extensive amount of time in Hawaii, connecting with new teachings and visiting sacred places to deepen our own understandings. Much of this time has been with our beloved Kumu (teacher) Ed Kaleolani Spencer. One of the most wonderful events of this past year is that he has asked me to be his successor in the lineage, and I am now fully apprenticed to him as I learn the deeper mysteries, rites and rituals of the Hawaiian work.

Linda continues with Kaleolani as a master student, and it is a great blessing that we are able to share this work between us as well as with others. I will continue to teach the Initial and Intermediate levels of the Hawaiian tradition, offering to those who are called a magical, compelling introduction to working with the forces of nature to achieve healing and empowerment.

Linda and I have been given the great privilege of learning the traditional art of ho'oponopono (a Hawaiian way of “making things right” – counseling others in forgiveness of the self and others) from Kumu Pa'a Lawrence Kalainia Kamani Aki of Halawa Valley on Molokai. He has given us both his blessing as ho’oponopono practitioners and teachers, so watch for these sessions coming up on our calendar soon.

I also want to honor my Hawaiian Kumu and adoptive father, Lanakila Brandt. With my maturing in experience and wisdom, I will be offering more of the teachings that he entrusted me with. These involve the Triune Nature of the human being, the healing work called La’au Kahea, unique focused meditation techniques, and Lanakila’s view of the True Hawaiian Religion.

My work with the chakras continues to expand and intensify. Interestingly, I have found many ways to bridge this knowledge with the Hawaiian teachings, and this will develop my teachings. I firmly believe that understanding one’s chakra system and having the ability to hear its messages of wisdom is a major aid to removing one’s spiritual, emotional and physical obstacles to well-being. In addition to teaching classes, I’m continuing to re-write my book called “Soul’s Design” to incorporate my new understandings.

Last but not least, we will be offering more free and low-cost webinars as part of our “giving back”. And now we are working with new live video streaming technology that will allow us simulcast “live-in-the-classroom” events as a video webinar that you can watch live and ask questions, or watch recordings later at your convenience. This way, you can attend even if you can’t get to our Naperville office!

I look forward to seeing many of you again soon!

Sincerely,
Rick Pono Vrenios
Hello everyone,

Rick and I feel so blessed to set our shared spiritual and professional lives in motion. We will have the delightful ability to work closely together in some cases, and to do our separate work at other times. Much has been crystallizing as far as our goals and our particular skill sets, and it’s exciting to take this step together.

As Rick mentioned, my Hawaiian work and studies are of great importance in my life, and I will be involved in all Hawaiian workshops that Rick offers, as well as continuing my studies with Kaleolani. In fact we are heading back to Hawaii for and Advanced/Master training during the month of September, which is why our calendar begins in October!

Both of us are also committed to our reiki lineage and studies. Reiki the way we teach it is a Japanese spiritual practice that encourages healing and personal progress on our path to enlightenment. Reiki is a wonderful way to work with self-healing through deep meditation and jumon (mantra), as well as to help others through hands-on healing. Rick and I are both experienced teachers of the three reiki levels called Shoden (Level 1), Okuden (Level 2), and Shinpiden (Level 3). We have plans to offer a foundation of support for our students at all levels to help them practice and grow. Watch soon for a wonderful product we have designed to benefit all reiki practitioners!

In addition, I am involved in deep studies through the Temple of Kriya Yoga. I am completing a Meditation Teacher Training Course, and am working through an Astrology Course. I’ll be teaching a beginning meditation class coming up in November, and other classes, workshops and activities will be coming up.

Rick and I have plans to further develop the website and to offer more blogs and membership benefits. So please stay tuned – I look forward to meeting you as we walk this path together!

Sincerely,

Linda Ha’awilanikealoha Arigi