

Jewelry By Heart2Heart



September 2009 Newsletter

www.jewelrybyheart2heart.com



The forget-me-not special continues

Each month, Jewelry By Heart2Heart features a different collection for its monthly special. This month, however, we've decided to continue last month's special.

The August special was the Forget-Me-Not Collection and due to the overwhelming support from our customers, we've elected to hold the Forget-Me-Not line over for another month.

The Forget-Me-Not Collection is a special line of delicate pure silver flowers set with precious stones.

In the lore of flower symbolism, forget-me-nots mean "remember me forever." Because of this, the forget-me-not is used as the symbol of the Alzheimer's Association.

This month and every month, 10 percent of every forget-me-not sold will be donated to the Richmond Chapter of the Alzheimer's Association.

Throughout September, Jewelry By Heart2Heart will continue to offer an additional 20 percent off each forget-me-not.

To reach the national chapter of the Alzheimer's Association, call 1-800-272-3900. To make a donation directly to the Greater Richmond Chapter, visit www.alz.org/grva or send a check to Alzheimer's Association, Greater Richmond Chapter, 4600 Cox Road, Suite 130, Glen Allen, VA 23060.

Jewelry By Heart2Heart owner earns crystal reiki certification

Earlier this month, Jewelry By Heart2Heart owner and artist Linda Allard traveled to the Adirondacks in New York to continue her spiritual training in reiki.

Linda is already a master in the art of reiki, the Japanese technique for stress reduction and relaxation. With the completion of her most recent classes, she became a certified crystal reiki practitioner as well.

In traditional reiki, the practitioner channels life force energy through his or her hands to promote healing.

For crystal reiki, the practitioner uses healing crystals instead of the laying on of hands.

Eastern spirituality

teaches that crystals can act like tuning forks that resonate with the vibrations of the human energy field. Each crystal has different healing qualities and are used on different parts of the body.

Amethyst, hematite and rose quartz are particularly effective for healing.

For crystal reiki, the client lies on the floor and the practitioner places stones around the body in a specific pattern. Each pattern has a different purpose.

The practitioner then sits nearby, sending reiki energy and light through the crystal field and into the client.

Because crystals and

precious stones absorb the energy of the people they come into contact with, the practitioner will always cleanse the stones between sessions so as not to transfer energy accidentally.

Linda is currently offering reiki crystal and traditional reiki sessions in the Jewelry By Heart2Heart studio at Artworks in Richmond. To schedule a reiki session, call 804-405-5317.



Looking ahead

Start planning now – next month's special will be the Kanji Collection.

Jewelry By Heart2Heart uses these ancient Chinese symbols to convey words like "peace," "fire," and "love."

For the month of October, all of our kanji pieces will be 20 percent off.