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Volume 10 Issue 6

ARC INK is for the information of ARC Inc members

ARC INK



HAPPY 10th BIRTHDAY, ARC



Welcome to the ARC Inc. 10th Anniversary special edition newsletter. To ALL Members of the Australian Reiki Connection, former & current, a most sincere thank you for being part of ARC and for making it Australia's leading independent Reiki association.

For a building to survive it is necessary to have solid foundations under it. I am proud to be President of an association with such solid foundations as those prepared and laid down, by ARC's founder and former President WendyJoy Smith.

The research and preparation undertaken by WendyJoy prior to formation ensured the continued growth and success of ARC.

While reading through some early editions of the ARC newsletter I was so encouraged in reading just how enlightened and visionary WendyJoy and the then members of Committee were and to see the support they received from the membership of the day.

It was also encouraging to see that many of those early members continue to remain members of ARC.

Over the ten years ARC has quietly achieved a great deal for the benefit of the members and the larger Australian Reiki

community. Many changes have taken place and ARC has been able to work with and at times influence these changes. Today we are much closer to having Reiki accepted openly into mainstream healthcare and hopefully, we will soon have paid Reiki practitioners in these facilities.

A great deal of work needs to be done but I have no doubt that with the continued support of members it will be achieved.

I thank current and past committee members, State Representatives and members for your dedication and support and for the continuation of same.

Whereas this is a time for celebration in ARC, it is also a time tinged with sadness for WendyJoy, whose mother, Nancy Dunne passed away at the end of August. Unfortunately I did not hear the sad news in time for inclusion in the October newsletter. I extend to WendyJoy and her family on behalf of CoM and of members, our sincere and deepest condolences.

Enjoy your souvenir newsletter
Love light and lots of laughter
John Coleman - President ARC Inc.

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ARC Inc. Birthday Greetings from WendyJoy Smith - December 2007



Hello fellow ARC members, WendyJoy Smith - Proud Victorian ARC member

This is my happy tenth birthday ARC Inc message. I can't believe it has been ten years since I sat with Reiki people in a Camberwell meeting room to tell them the association had begun: we had been incorporated as of the 19th December 1997 and it was such an exciting moment. Everyone cheered and what a celebration we had! Today I offer the background of what led to the search for and the formation of our association.

Prior to working in Reiki I was a community development worker in a health centre and was working on participation and health information - I was ready for change - and change was afoot!

I became a Reiki master in 1996 and my master was a bit of a loner and a traveller so after such close times together I needed to find the support of others new to their calling. It didn't take long to find a small group in the local area, but it was so laid back, without a Reiki master taking care of it, that I could find myself sitting on a Sunday afternoon waiting for someone to work with - no-one ever called to say whether they were coming or not. My community development mind started ticking over with ideas!

On one of those days I sat there in the freezing cold (community rooms were often cold) and thought to myself,

- That many others are probably feeling the same way as I, (wanting to meet other Reiki channels to chat and share Reiki)
- That Reiki people come and go without a trace sometimes; (Reiki guides people away from where they thought or knew they were going) and
- That Reiki people talk a lot about love and light but didn't always show it to fellow Reiki people - they are guarded with those who were trained by other masters, and they wouldn't dream of going to 'other' Reiki support groups, and didn't take too kindly to strangers at their groups.

To be a Reiki master was but a pipe dream for many back in the early 90s. Training and lineage were discussed a lot because that was an assumed indicator of quality - but all that was starting to change, by masters who were willing to open up their training to the many who were hungry for more of what they felt was a calling in their lives.

I was one of those who had dared ask my Reiki two master for more and was promptly put back in my place. I felt so shamed somehow but later happened upon a woman at a Reiki group who asked me my thoughts on Reiki; I told her what had happened and she offered on the spot to train me! I couldn't believe my luck - when the student is ready the master appears so the saying goes. I trained and became a Reiki master then began a search for Reiki community development!

I really wanted the fellowship of others but wasn't having any joy with the current set up. I just couldn't accept that one Reiki was better than another and felt something needed to be done about it. I set about challenging those notions. We needed to be brought together somehow to discuss and look to the future, so I looked for an edge. The one thing that many disagreed on was training and I thought that maybe people would like to meet to discuss this, so I researched models of training and association.

Times were very different to now, there were no Reiki practitioners back then although Reiki was often given for a donation. But Reiki training was paid for and was around \$250 for level one and \$500 for level 2, you can pay that for training now!

Reiki Masters were guarded about their practice and one had to be asked to become a master. Some had large groups of followers and others did not; training for Reiki one was a whole weekend and for many masters, students had to prove they were ready to learn Reiki two - you would have been to regular support groups and pestered the master to be considered. I am not saying any of this is wrong, just pointing out how different Reiki training has become today.

I wrote to all the Reiki people I could find in the Living Now late 1996 and spoke to any I had heard about on the grapevine to join with me at a meeting in Melbourne to discuss fellowship, standards for Reiki training and the beginning an association. There was such resistance and acrimony at first from those masters who did not share the vision and it could be very upsetting to me. I thank my family for supporting me though these times as on reflection it must have been hard for them - ARC became a family project and was such a lot of work. The rest is history you could say and is well documented, people **did** want community in Reiki.



WendyJoy Smith
Founder & First
ARC Inc President

Australian Reiki Connection Inc began it's days with many wonderful and committed Reiki people who felt as I did, that we needed to bring about a sense of community, Reiki in Australia needed agreed standards of training and development and any association had to be based upon the spirit of members for members.

ARC Inc today is a model community that any member could and should be proud of - it works for the benefit of all members and is known and respected for it's integrity and standards. I am very proud to have been a founding member and thank all those who were there in the beginning (I believe they are listed elsewhere in this newsletter - and rightly so, they deserve recognition!)

Life has led me to others places now, as it does, and I work most weekends. I have not been to an ARC gathering for some time now, but that doesn't mean I don't think of all the lovely people I met along the path, because I do, you are often in my thoughts.

I am comforted by the fact that ARC is growing without me, and this is something that all community development workers strive for - to set up a group and have it work without you! We hear about Reiki on the telly, read about it in magazines and so many of you are welcome and able to work in the community as Reiki practitioners because of the codes and standards of practice that ARC members have. ARC and Reiki are even discussed in the pub!

My son at a St Kilda local, recently met a group of (30 something) people who were talking about Reiki. One mentioned ARC and he piped up and said, "I know of ARC, that's my mum." Don't you just love a proud son? Turns out it was a student of mine from many years ago and shows me that the Reiki world is really a small world - nowadays anyway.

My only birthday wish for ARC is that the next 10 years will see more hands to make the work of running such a successful association lighter. This is serious business that requires a lot of time and energy - something that members must grapple with by either dedicated avenues of ARC volunteering or by paying more for their fees to pay for a management team.

But that is another story and one that I am no longer involved with - so - I wish you all a very happy association with Reiki and ARC Inc! The following poem is how I feel about my work with the building of ARC - I am happy that others mount the stairs that I helped to build.

Happy 10th Birthday Australian Reiki Connection Inc!

THE STORY OF AN AFRICAN FARM (*Olive Schreiner, in The Story of an African Farm*)

When I lie down, worn out, other men will stand young and fresh.

By the steps that I have cut they will climb; by the stairs I have built, they will mount.

They will never know the name of the man who made them.

At the clumsy work they will laugh; when the stones roll, they will curse me.

But they will mount, and on my work: they will climb, and by my stair!

And no man liveth to himself, and no man dieth to himself.

Anonymous 1998

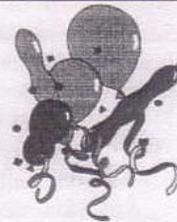
Rules for being Human

- 1 You will receive a body.
- 2 You will learn lessons.
- 3 There are no mistakes, only lessons.
- 4 A lesson is repeated until it is learned.
- 5 Learning lessons does not end.
- 6 "There" is no better than "here"
- 7 Others are merely mirrors of you.
- 8 What you make of life is up to you.
- 9 The answers lie inside you.
- 10 You will forget all this.

anonymous

ARC 1998 1st Birthday Celebration invite

IT'S OUR BIRTHDAY!!
WE ARE ONE!!!



Come and help us Celebrate our 1st Birthday at the next General Meeting 10am Saturday 14th November 1998 at Ross House Flinders Lane, Melbourne.

As it is also the last meeting of the year we will also be having a Kris Kringle so please bring along a present to the value of \$5.00 and a plate to share.

All welcome. See you there.



The next four pages contain reproductions of articles from the ARC Newsletter archives, we hope you enjoy reading them. Your comments will be most welcome

Reiki & Palliative Care - ARC INK 2001

Reiki and palliative care

by Molly Carlile

RN. B.Ed. Dip.Prof.Couns, Grad Dip.Pall.Care, Grad.Dip Grief/Bereav, Grad Cert.M'ment. MAIPC. MACA (Clinical), Reiki Master.

I have been very aware that many of the requests for absent healing sent via the email have been in regard to patients, family members or friends living with a life threatening illness and having seemingly difficult symptom management issues. In addition to being an enthusiastic member of ARC, committed to the promotion of Reiki (with its immeasurable benefits), I am also a Palliative Care practitioner who deals with clients and their families, on a daily basis, who find themselves in similar circumstances.

I have become aware, via regularly reading the emails, that many members of not only the Reiki community, but the community at large have a number of misconceptions regarding the philosophy of Palliative Care, symptoms associated with life threatening illness and subsequent treatments utilized to control symptoms and improve quality of life. With this in mind, I have included a brief overview of what Palliative Care practice is about in order to provide members with information they may not have otherwise accessed. I hope that, space permitting, I may be able to address a variety of topics relating to the subject as a regular feature of the ARC Newsletter (if the membership is interested in me doing so). I know there are general misconceptions held regarding such issues as Morphine therapy and its effects, invasive surgery and chemotherapy, the dying process, grief management and the incorporation of Complementary modalities (including Reiki) in the traditional Medical model, to name a few.

I hope you find the brief synopsis above informative and would be most receptive to you passing on any other topics you would like explored in future editions to me via the editor.

May Reiki bring you happiness,

Molly Carlile

Palliative Care Program Coordinator/ Nurse Consultant

Accredited Grief and Bereavement Counsellor, Educator and Group Facilitator, National Association for Loss and Grief.

We look forward to hearing more from Molly in the next issue. If you have any questions you would like Molly to answer please direct them to the editor, Eliza Milne, c/o ARC Inc, 40 Jarvis Crescent, North Dandenong, Victoria or via email to azraels_print@bigpond.com.

From the ARC INK report on the USUI Birthday Gathering - Bacchus Marsh August 12th 2000 - A premonition perhaps on future events the Council of Australian Reiki Organisations (CARO) founded in 2006

- Bob Thuan spoke of Reiki and the future with Govt regulations that may come into effect over the next couple of years. ARC may one day link with other associations, it is hoped that ARC Inc will be the peak body that represents Reiki in Aust.

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Three old men

A woman came out of her house and saw three old men with long white beards sitting in her front yard. She did not recognise them. She said "I don't think I know you, but you must be hungry. Please come in and have something to eat."

"Is the man of the house home?" they asked.

"No," she said. "He's out."

"Then we cannot come in," they replied.

In the evening when her husband came home, she told him what had happened. "Go tell them I am home and invite them in." The woman went out and invited the men in.

"We don't go into a house together," they replied.

"Why is that?" she wanted to know.

One of the old men explained: "His name is Wealth," he said pointing to one of his friends and said pointing to another one, "He is Success and I am Love." Then he added, "Now go in and discuss with your husband which one of us you want in your home."

The woman went in and told her husband what was said. Her husband was overjoyed. "How nice," he said. "Since that is the case, let us invite Wealth. Let him come and fill our home with wealth." His wife disagreed. "My dear, why don't we invite Success?" Their daughter-in-law was listening from the other corner of the house. She jumped in with her own suggestion. "Would it not be better to invite Love? Our home will be filled with love."

"Let us heed our daughter-in-law's advice," said the husband to his wife. "Go out and invite Love to be our guest." The woman went out and asked the three old men, "Which one of you is Love? Please come in and be our guest." Love got up and started walking toward the house. The other two also got up and followed him. Surprised, the lady asked Wealth and Success, "I only invited Love, why are you coming in?" The old men replied together "If you had invited Wealth or Success the other two of us would've stayed out. But since you invited Love, wherever he goes we go with him. Wherever there is Love there is also wealth and success!"

- Complements Kaz Thorpe

THE EVOLUTION OF THE AUSTRALIAN REIKI CONNECTION

AUSTRALIAN REIKI CONNECTION INC—AS IT HAS HAPPENED IN AUSTRALIA OVER THE LAST FOUR YEARS:

Prior to the initial public meeting in May 1997 WendyJoy Smith, now ARC president, researched Australian National Training Authority and Australian Qualifications Framework to present to the meeting.

A list of achievements over the last four years are detailed below.

1997 – 2001

- First public gathering in Australia of Reiki Channels from all/any lineages
- Presented standards of ANTA and AQA suggestions for Reiki & models for associations at the meeting
- Members created the standards of practice of Reiki and standards for the teaching of Reiki; ratified by all members.
- Codes of Ethics developed
- Codes of Practice developed
- All the above led to the development of the member booklet presented to the members at the AGM 2000.
- ARC Inc successfully lobbied the Yellow Pages for Reiki sub heading
- ARC Inc will be in the Yellow Pages Australia wide in 2002
- ARC Inc lobbied for provider numbers for Reiki channels and was successful in obtaining them for masters teaching level one Reiki.
- We have members in SA, Vic, NSW, QLD and have had recent enquiries from the NT and TAS.
- Representatives are available in NSW and QLD to relay ARC queries from members to the relevant committees, or to respond to public enquiries regarding Reiki
- We are a National Association with links to National Reiki associations including the Canadian Reiki Association (CRA, ARC in reverse) and the UK Reiki Federation.
- Personal and Professional Seminars and write ups are offered to members via meetings and newsletters
- Accreditation Programme for Masters and soon to be for practitioners. Providing an avenue of professional development for Reiki Masters in Australia.
- ARC Inc Website up and running. It is a basic website as far as they go, but we have had offers to assist us to give it that wow factor soon.

Please consider dedicating some time to Reiki on August 15 in memory of Usui Sensei's birthday.

Happy Birthday Usui

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Extract from a Richard R Rivard article published in ARC INK in February 2001 - ©R.Rivard

As a final word on this topic, let me share with you Sensei's own words. Section two of the Usui Reiki Hikkei begins:

Explanation Of Instruction For The Public By Founder of Usui Reiki Ryoho, Mikao Usui

"It is an old custom to teach a method to only my descendants, for keeping a wealth within a family. However, the modern societies we live in wish to share happiness of coexistence and co-prosperity. So I don't allow my family to keep this method to ourselves.

"My Usui Reiki Ryoho is original; there is nothing like this in the world. So I would like to release this method to the public for everyone's benefit and hope for everyone's happiness. My Reiki Ryoho is an original method based on intuitive power in the universe. By this power, the body gets healthy and enhances happiness of life and peace of mind.

"Nowadays people need improvement and reconstruction inside and outside of life, so the reason for releasing my method to the public is to help people with illness of body and mind."

=====

It is said "good things come to those who wait" - this article was written back in 2003 - Today, ARC and other Reiki organisations are working together to self regulate. A first step to the official integration of professional Reiki practitioners into mainstream healthcare.

CREEPING CREDENTIALISM

By WendyJoy Smith

Usui Reiki Ryoho or Usui Shiki Ryoho or however you know the System of Reiki to be called has been around since the early 1900s, and was a simple way for people to bring good health and happiness to their body mind and Spirit, brought to us by Mikao Usui.

This system was developed with simplicity in mind, and has grown to include practitioners, as was experienced by Takata in Hayashi's clinic. We just need to practice daily to bring about positive changes, peace; how simple is that? We were given a system for the teaching of Reiki, which over time has been developed in the 'West' to include a simple understanding of human energy systems via the Chakras. In Japan and perhaps other areas the energy of the body would be explained in other terms, such as Meridians or Hara areas.

Basically, the system of Reiki involves:

- Attunements
- Mantras/symbols
- Meditations/techniques
- Mental connection through techniques and affirmations
- Physical connection of hands on self and others Ref 1

It can be established now that Usui wanted many people to have Reiki and attuned many to a basic level in his lifetime.

Over time the practitioners in Reiki have grown in number and obviously it is a valuable modality that greatly assists as a healing or stress management technique and brings feelings of well being to the ill and the dying. Many practitioners and Masters are multi skilled and are a valuable asset to any clinic, hospital or hospice.

Along with this acceptance comes a push for credentials! Reiki is a complete system, we need to hold that thought and not forget it. But, to own a business and/or to work in clinics we may require extra skills, but not additions to the Reiki. We may require business skills to handle the modern tax requirements, listening skills to assist the client, knowledge of first aid. These things can only improve our professional abilities, but not our Reiki, that requires simple ongoing practice. ARC Inc has been gently encouraging members to develop their business skills and to keep abreast of the new and exciting information that comes to light to us as more and more people go to Japan and Japanese Masters come to us to teach us.

Many in the community have a belief that in order to teach any modality you require more than just the basics; to teach in a community setting you may require a certificate IV in workplace training for example. I do believe that some Reiki Masters are better able to teach than others, and maybe some masters could benefit from the certificate, but does that have to translate to all? It is up to the teachers of Reiki to teach well, and I don't think there would be any argument that over the last 5 to 6 years many Masters have been taught that don't know how to teach. Is it any wonder others believe we need a Cert IV? It is not just in Reiki though; so many are finding that they require more today than was required of them to practice only a few years ago. One of our members was to finish a grad dip in women's studies only to be told by the head of department that it wasn't enough, they had to do one more year to pass! I heard recently that in the USA a PhD was now required to practice as a psychologist, requiring many more years of study than was the accepted practice not so long ago.

ARC Inc from inception has adopted the view that to help ourselves we need to create minimum standards for the teaching and practice of Reiki, so that the general public looking for a Reiki Master can be assured that those who are referred do teach accordingly, *as a minimum*. Creeping credentialism has come to us over the last couple of years as push has been made to regulate the complementary health industry.

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This has been in the belief that this will improve the service and the service delivery, but will it? The push has also come from some in the Reiki community seeking to gain respectability of Reiki, but does it need that? Reiki doesn't need more than what it is, a simple method of healing that will bring happiness and good health to body, mind and Spirit. The practice brings the benefits not the regulation.

ARC Inc committee of management doesn't want regulation imposed on it's members, it would rather members regulate themselves, by taking stock of where they personally could benefit from new skills or polishing up on old ones that enhance their Reiki practice and teaching methods. It does not want to impose on you regulation such as a Cert 1V in order to teach Reiki, it makes the assumption that if you are registered for referral you are working according to standards, teaching according to the standards and are continuing your personal and professional development in Reiki. In that way we can all be assured that every ARC Inc referral is presented as best practice.

So that we can continue on referring, the committee of management will be looking at ways of ensuring that we are all maintaining best practice. This may be in the form of a personal/professional development record book that would be filled in over two years, every time you participate in an activity that enhances your Reiki practice/teaching. In that way we can avoid wherever possible the need for others to impose further, maybe un-necessary requirements upon us; we avoid the creeping credentialism that is sweeping over us, we regulate ourselves. We can do it!

Ref 1 B. Stiene, Future Directions For Accredited Practitioner

This paper is referring to those who are working in professional Reiki practice and who are referred from the ARC Inc data base, not those in general membership be they levels one two or three/Master.

First Elected ARC Committee - ARC NEWS 1998

ARC INK 2002

Election Results

The ARC Annual General Meeting was held on 12 September 1998 and the first ARC committee was elected.

President	WendyJoy Smith
Vice President	Betty Thuan
Secretary	Betty Thuan
Treasurer	Robert Thuan
General Committee	Sheila Neville Elizabeth Secker Bruce Calder
Events Committee	Berrie Cameron-Allen Annie Slaughter Brigitte Kay
Research Committee	Annie Slaughter Raymonde Leeumans Eliza Milne Sandra Boersch Robert Thuan Betty Thuan

Reiki, My Friend

By
Ailee Chin (ARC Member)

Weak battery, scalded hand **
I've sent Reiki and watched them mend.
Mental cobwebs?
Bring in Reiki and watch them shred!
It gives me courage in times of fear.
It brings me comfort in times of tears.
It calms me down and gives me strength.
There's peace in my heart,
clarity in my mind
and a smile on my face.
Thank you, Reiki, my friend.

**Not intended to replace medical attention where required!!



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ARK INK 2008

2008 will herald a number of changes to the style and content of your ARC INK Newsletter and will see it published quarterly with editions in February, May, August and November of each year

It is not intended to alter in any way the purpose or character of ARC INK. From the earliest days when known as ARC NEWS *Official newsletter of the Australian Reiki Connection Incorporated* to becoming ARC INK, the newsletter has always been and will remain for the benefit of all the Members of ARC Inc.

We intend to reintroduce both the book reviews section and the popular 'meet a member' / 'member profile' section - also to feature more Reiki related articles and some non Reiki but natural healing therapy articles. Reiki healing stories, letters/comments section, Members Questions Time and any other items which may be suggested/requested by you as members.

The Committee of Management of ARC would like to recognise and say thank you to the following wonderful ARC Members who took responsibility for the production of ARC NEWS / ARC INK for different periods over the last ten years.

Barbara Horn - Sandra Boersch - Eliza Milne - Barbara Ireland - WendyJoy Smith - Bronwen Stiene - Frans Stiene - Robert Thuan - Tony Carroll.

THANK YOU ALL

The current Committee of Management of ARC would like to recognise and say thank you to the following wonderful ARC Members as the founding Members of this great association:

Damyanti Bilimoria, Emma Chadwick, S Pri, Bruce Calder, Des Geddes, WendyJoy Smith, Robyn Stewart, Eva Backlund, Cheryl Fletcher, Edward Kelly, Linda Lorenzen, Laine Allen, Elizabeth Secker, Carl Hartung, Valda Ritchings, Janet Adcock, Christina Attrill, William Secker, Moira McCafferty, Deirdre Jakstas, Coralie Carew, Barry Neville, Sheila Neville, Annie Richardson, Berrie Cameron-Allen, Shirleyrose Rowe, Lynette Forrest, Annie Slaughter, Brigitte Kny, David Floyd, Raymonde Leeumans, Leonard Parker, Vito Damore, Jenny Folino, Elizabeth Thuan, Mavis Hicks, Patricia Dorsett, Barbara Ireland, Stephen Ellis, Carol Ireland, Robert Thuan, Ann Maher, Valena Moffitt, Helen O'Connor, Nandita Shari Jackson, Janis McKay, Lemmie Cover, Esther Parris, Eliza Milne, Coralee Asker, Dianne van Vliet, Joy Brennan, Sally Herbertson, Jay Mant, Carol Triat, Laurence Joyce, James Paul, Sam Maglitto, Sandra Boersh, Catherine Coghlan, Kathleen Purves, Kaz Thorpe, Ingrid Grzegorzek, Anita Leyden, Donald Clarke, Angela Hass, Kathleen March, Peter Campbell, John Moore, Stephanie Moore, Edward Roberts.

THANK YOU ALL

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