

PO Box 145 Kalorama Vic

Phone: 1300 130 975
arcpres@australianconnection.com.au
arced@australianconnection.com.au

ARC INK

Want to find out how you can contribute to the Ink? Contact WendyJoy 03 9791 2564

ARC INK is for the information of ARC Inc members

A word from the president's desk—John Coleman



Greetings ARC Inc. members and welcome to the first ARC INK newsletter for 2006.

Welcome to all new members who have joined our wonderful association since the last newsletter.

I hope your New Year has gotten off to a success and that 2006 will bring your hearts desires. May it be a joyous prosperous and meaningful year for one and all.

For many, 2005 was a year of upheaval and turmoil. I am aware of many friends and clients who are only too glad to see the back of it. For myself there were a number of upsets in 2005.

A good friend of mine, Graham, is now paraplegic as a result of a motorcycle accident, my ex-wife's home was destroyed by fire, and my brother was diagnosed with inoperable lung cancer.

Now while this may not seem the best way to start a report, I use it as an example to show that out of disastrous situations, can come positive and useful results.

To each of them I sent regular distant/absent Reiki and included their names in the ARC Absent Healing Book.

Graham, who is a talented musician and has travelled the world playing his music, thought his life was over after the accident. Now, he is setting up his own recording studio and already has a list of famous people willing to record with him. During the early days in the rehabilitation unit—in Ireland, he would e-mail me saying that he could feel my presence in the room and knowing that I was sending Reiki, reported feelings ranging from calmness to a building of inner strength. The hospital staff was amazed at the speed with which he adapted to his new situation.

My ex-wife Prisca and seventeen year old daughter Maggie also spoke of the energy that gave them the strength to adapt to rented accommodation, and the ability to deal with contractors. They now have a beautifully restored and redecorated home.

My brother, Paul, when first diagnosed, contacted me and asked about this “stuff” I was doing. When explained to him, he asked for me to send distant/absent Reiki.

He has had no major side effects from the Chemo, he has no pain and his energy and positivism is amazing. Today he told me the tumour has reduced to one third in size and the doctors do not understand why he does not have to use the nausea and pain tablets.

I never doubt the power and benefit of Reiki, but it is always good to hear of actual results. With this in mind I encourage all members to use the Absent Healing Book for those in need and to make a commitment to send Reiki to the book each Thursday night at 9pm. Also why not send your Reiki stories to the ARC Ink I am sure others would like to hear of the wonderful results of Reiki.

2006 is looking to be another busy year for Committee of Management. There has already been a two-day meeting in Canberra, with other associations/organizations, in relation to Cert IV in Reiki Treatment Practice. There will be more such meetings. See report on this, elsewhere in the newsletter.

There is preparation for Reiki Awareness Day in May – or if members are willing to assist, Reiki Awareness Week, with a Reiki marathon on May 20th. If you are prepared to participate do contact your State Rep on a member of COM.

It would be a huge help to me as president if there were a VIC member willing to take on the role of State Rep for Victoria. Currently I hold the position. Interested parties can contact me and I will gladly send you details.

I would like to thank those members who have contacted committee with words of encouragement and support for our actions on behalf of members and those who responded to recent survey. Your feedback is important and I hope more members will make the effort in 2006 to be more actively involved for together we can build a greater future for Reiki in Australia.

Love light and lots of laughter

John Coleman

President of ARC Inc.



ARC Inc News

Reiki Awareness WEEK 15th to 20th MAY 2006

Last year ARC Inc. facilitated a highly successful Reiki awareness day throughout Australia.

Feedback from members has encouraged organizers to make this year's event a full week. This would enable Reiki practitioners, to provide Reiki treatment tasters, talk on Reiki or Reiki shares at a time and day that suit them.

These events could be held in your own home, clinic, or treatment room as well as at public areas such as shopping centres, fetes, or local markets.

These events can be provided free of charge, or by donation to a local charity. It has been suggested that ARC members could collect donations for the Brownes Dairy support centre for cancer and leukaemia in WA.

This is a purpose built centre at Sir Charles Gardiner hospital, offering complementary touch therapies, including Reiki, alongside the mainstream medical treatments.

Further information on can be found at www.aph.gov.au/Senate/committee/clac_ctte/cancer/submissions/sub30b.pdf

If members would like to do this they can send any donations to the ARC treasurer who will forward a cheque to the centre.

Please do consider being part of this national event, which will help promote the wonderful gift of Reiki to members of the public who may not be aware of the great benefits to be obtained. It is also a great way to promote your own business or practice.

If you have an event in mind, send all details to francesfoletta@hotmail.com who will pass them on to the subcommittee in charge of this years event, or if you prefer ring in your details to 1300 130 975.

Lets make this year's Reiki Awareness the biggest event in the Reiki calendar.

Question from a member sent in sometime ago, I have emailed people who I thought would comment but to date have no responses—ed

I would be interested in a topic about the relative importance of lineage to Reiki, as well as the value and importance of a 4 part attunement vs. a combined attunement in one. There seems to be differing viewpoints on this and I am interested to get your views and other Masters views on this.

Best Wishes Erica Bagshaw NSW ARC member



Vale Jacqui Fitzgerald
ARC Inc was sad to hear the news in November 2005 that Jacqui Fitzgerald, ARC member, and teacher from Nature Care College passed away from throat cancer
She was a great supporter of ARC Inc and we are sorry to hear of this loss to our community. Condolences to the family and friends—she will be sadly missed
Bronwen Stiene
For and on behalf of ARC Inc Committee of Management and members



ARC Inc Committee of Management Report(s)

Nov/Dec 2005

The new 2006 committee of management was welcomed officially on the 8th November 2005 at their first meeting. Then it was immediately down to business with discussions taking place on the subjects of:

Creating a sub-committee to deal with approaching the health funds to gain rebates for Reiki treatments and courses. Committee of management request volunteers to come forward to join a health funds sub-committee.

- * Finding ways to support the ARC INK and the editor as it evolves each year.
- * The committee continues to support creating high standards for its referred practitioners and teachers. A member of the committee was requested to write up an information sheet explaining in detail the Personal & Professional Development Booklet which will be handed in for the first time this coming year. The completion of this booklet is a requirement for all ARC referred practitioners. This information sheet will go out to all referred members. Committee members are now looking at the booklet requirements for referred teachers.
- * The new State Representatives liaison is Genine Hill and there was a discussion how she could further support the State Representatives.
- * The t-shirts from the 2005 Reiki day were a great hit with members and ARC will be creating and selling ARC Reiki shirts in the future. The logistics of this were discussed.
- * The further development of packs for ARC referred practitioners and teachers was discussed. Members are requested to send in their responses as to what they believe might be supportive in an ARC professional pack for both practitioners and teachers.
- * The updating of the ARC booklet, website and general information has been an ongoing task by the President (John Coleman) and Secretary (Tony Carroll).
- * Ideas for Reiki Day in 2006, referral schemes, member benefits and so much more.
- * The ARC President John Colman and ARC INK Editor WendyJoy Smith attended a meeting held by the Skills Council on the 19th October concerning the Draft 1 for professional Reiki practice in Australia. The ARC President John Coleman and Vice-President Bronwen Stiene attended a follow-up meeting to this on the 12th of November. More meetings are to be held over the next few months. ARC is committed to supporting all of its members at these meetings.

Dec/Jan 2006

Normally the Christmas period is a quiet one for the ARC Inc. committee of management. However this Christmas was a busy one. Committee spent many hours trawling through the Draft qualifications for Reiki Treatment Practice.

On January the 7th/8th ARC Inc. had two representatives at the National Reiki Reference Group (NRRG) meeting in Canberra: President John Coleman and Treasure/Secretary Tony Carroll. Work was begun on making changes to Draft 2. This Draft will be out at the end of February. However there is still much more work to be done and this may not make it into Draft 2 in time. Therefore further changes to the Draft will most likely be included into Draft 3 rather than Draft 2.

At the January NRRG meeting there was consensus that an umbrella group be formed in Australia as a self-regulatory body. A steering committee from within NRRG volunteered it's time to begin researching that. It will be looking at models of umbrella groups created for the regulation of other complementary therapies in - and outside of Australia.

Committee has been receiving feedback from ARC members on the Personal and Professional Development Booklet. Thank you for spending your time thinking about the logistics of this new process and how it relates to you. As you know ARC is run by members for members and therefore all feedback is listened to and acted upon to the best of the committee's ability.

Certificate IV in Reiki Treatment Practice

You can find information on this subject in this ARC INK. Further details including the specifics of the National Reiki Reference Group membership will be continually updated on the ARC website www.australianreikiconnection.com.au on the page heading "Certificate IV in Reiki? UPDATE" or just call ARC on 1300 130 975.

ARC Inc Committee of Management 2006

ACT Rep Report [see more reports on page 10-11](#)

State: ACT

Rep: Dallys Baker

Regular Events: (TBA)

Special Activities: With Reiki Awareness Day coming up fast, a meeting of ACT members will be called shortly to collect and develop ideas, and put planning into motion.

ACT members were treated to a visit from ARC Committee members John Coleman, Tony Carroll and Bronwen Stiene, who were in Canberra to attend a meeting of the National Reiki Reference Group (NRRG).

On Sunday evening, 8 January, about ten locals got to-

gether with the Committee members for an update on the NRRG meeting. We were delighted with the turnout, as there are only about 15 ACT members in total. Whilst the subject matter of the meeting was serious, involving the Reiki qualifications in the Health Training Package, all had a most enjoyable time.

John reported that the NRRG meeting had been challenging for all concerned, but a number of important agreements were made. It was acknowledged that there needs to be a

unified, overarching body to act on behalf of all the Reiki groups in areas such as high level lobbying and engagement in the political process.

The NRRG was also able to reach agreement on a name change for the proposed Certificate IV qualification. This name change *Certificate IV in Reiki Treatment Practice in Community Services and Health Care Settings*, has been submitted to ISC and hopefully can be included in draft 2. The new title is much more specific about the intended purpose of the qualification, and clarifies the target audience.

There is no intent for anyone to be forced to upgrade their existing qualifications, however, one ACT member pointed out the many Reiki practitioners would be able to receive substantial- Recognition of Prior - Learning for study or experience they already have.

I know that John will be updating the ARC membership in more detail, so I'll leave it there for the NRRG.

The remainder of the Canberra meeting was spent discussing a range of topics, including marketing to potential members, promotion of ARC generally, communication via an electronic forum and Reiki Awareness Day. The latter is the next major event in Canberra.

Once again, I thank John, Tony and Bronwen for finding the time to meet with us. Many of us now have faces to attach to voices or email, which makes ARC feel much more personal.

Dallys Baker ACT State Representative

BR: John Coleman ~ Lynnette Munchenberg ~ Murray Parker ~ Nira Tyler ~ Tony Carroll ~ Anton Pemmer
FR: Bronwen Stiene ~ Janette Scifleet ~ Dallys Baker



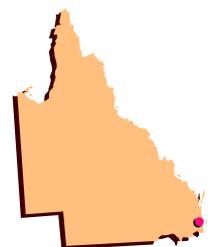
Hot climate
Western Australia

Western Australian & Queensland Representatives Reports

No WA report available at present

Qld rep has been moving house.

If you are from Qld and would like to order CDs from New World Music please contact 1300 130 975 as we have one member waiting to order



Sunny Queensland

South Australia Representative Report



In the month of January 2006 I have been just connecting with ARC members, by an e-mail introduction and hello note and getting ready for our INTRODUCTION TO REIKI. This will be held on 15th January 2006 at 2pm, Sunday in Adelaide MEHC 675 Grange Road Adelaide 5022 we are going to hold an afternoon tea, chat and demonstration afternoon with myself and my Clan of Reiki Masters. Introducing Reiki, The ARC and myself as State Rep. Another afternoon will be held in Mount Gambier at MEHC 40 Gray Street Mount Gambier 5290 as well, 19th February 2006, at 2pm. These should be fun afternoons.

For more information Phone: Adelaide: 08 83552781 or MT Gambier: 08 87257479

Through 2006 we will be regularly hold Practice/Healing Nights, in both cities.

In Mount Gambier these nights will be held on the 1st Thursday of every month & the last Friday of every month in Adelaide. These are open to all Modalities and Lineages, to connect with like minded souls, practice and receive a treatment if you so like.

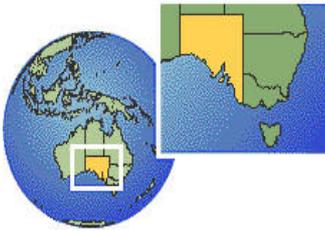
Giving & Receiving is out theme.

Have set up a Bare facts sheet on Reiki for the Introduction afternoon and I forward this to you. Still have not received brochures for ARC, but may print them from ARC web page.

Other than that just, trying to fit in to my new role and see how I can support the association.

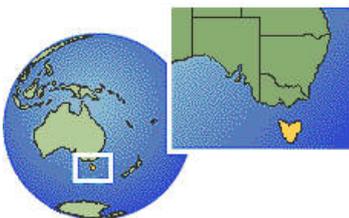
One thing with enrolment into ARC you request that certificates and insurance be forwarded to be accepted, but they need to be a Member of ARC to receive your suggested Insurance company. Could this wording be changes, as it is a little confusing.

Till we meet again Christine



State Reps—are ARC Inc members helping members

Tasmania Representative Report



Cool climate Tassie

State: Tasmania

Representative: Jenni Ashford

Regular Events: No regular events at present

Special Activities:

Reps Report on past State Activities:

Greetings to all. I hope your festive season was happy and healthy, and that this year brings much joy and many valuable

lessons to further our development.

I have just finished a mail out to everyone I was able to find who practices Reiki, informing them of the ARC, with an invitation to phone or email me for further information.

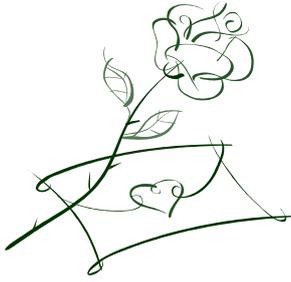
My hope is that there will be enough interest for me to organise an informal get together during



February/March ARC event, I hold a monthly Reiki share. If anyone is interested in coming along, please phone me on 6425 7177.

Jenni Ashworth

Absent Healing Book & Monitors Details for Dec to March '05



Send Reiki to those in need at 9pm Thursday evenings. It is always appreciated See page 1 on John's experiences

To have your friends name place on the book call the monitor, see below.

Many people do take time to send daily, but Thursday nights at 9pm for sure, Reiki will be on the way to them

The ARC healing book is kept private - it is never for public view and names and any details are always kept private and confidential - but of course there is a trust factor here for sure.

The names are put in according to the month, but some say please ask for continuous heal-

ing and so it is written in the book that way.

I send Reiki to the 'ARC AH book' and request all members to do so too - on Thursday nights and indeed at other times—you can just feel the energy coming towards the book - no-one who has had it is unmoved by it.

I would love to put your name on the roster - just say the word! WendyJoy, editor.

The roster for 2006 is February/March Merry Pearson
Work: 02 99137799 or

Fax: 02 99137799

April/May Jenny Glover

08 90916498 or email steve-jenny@westnet.com.au

June/July

Helen Archer 03 97898310

If calling interstate is a problem call the office on 1300130975 to have your name placed in the book.

ARC Inc 2005-2006 Committee of management, subcommittees and representatives

Committee	Name	Position	Work Phone	Home Phone	Fax Phone
ARC Inc Com of Mgt	Tony Carroll	Treasurer	1300130975	1300130975	
ARC Inc Com of Mgt	Genine Hill	Rep Liaison	0299880105	0299880105	
ARC Inc Com of Mgt	Bronwen Stiene	Vice Pres	0245672059	0245672059	
ARC Inc Com of Mgt	John Coleman	President	1300130975	1300130975	
ARC Inc Com of Mgt	Nandita Jackson	Hon Sec	0409505696	0396865050	
ARC Inc Com of Mgt	Frances Foletta	General Com	0397281621	0397281621	
ARC Inc Mem Off	William Secker	Memberships	1300 130975		
ARC Inc Regional	Shirleyrose Rowe	Vic Regional	0353671680	0353671680	
ARC Inc State Rep	Christine Sinclair	SA State Rep	0883552781	0411604753	
ARC Inc State Rep	Tania Hooke	QLD State Rep	0733111871	0733111871	
ARC Inc State Rep	Ronald De Waal	WA State Rep	0894937479	0894937479	
ARC Inc State Rep	Jennifer Ashford	TAS State R	0364257177	0364233375	0364233375
ARC Inc State Rep	Jan Hordern	NT State R	0889450501	0889450501	
Editor ARC INK	WendyJoy Smith	Arc Ink Editor	0397924653	0397912564	0397934515

There is always room for more hands on deck at ARC Inc—if you can be of service to the committee and to members then do put your hand up—it will gladly be taken.

ARC Inc Member Benefits

For all members to enjoy

Salt Lamps for your Reiki Rooms 50% off retail price list. A 2-3kg normally \$88.00 now \$44.00 including gst to ARC Inc members. Discount is off our entire range! Lamps come with a cord globe and warranty! No limit on buying! These prices are only for ARC Inc members. Members must state their membership number when ordering. Interstate and International members please check postage details when ordering.

The Linen Co Australia
(613) 9899 9800
fax: (613) 9898 9755
300 Middleborough Road
Blackburn South, Victoria
131, Australia

New World Music

Not many take advantage of this benefit - is it not something members are interested in?

33% off the recommended retail price!

The editor has received an update flyer from NWM that outlines current specials:

CD of the Month- You by Bliss see review rrp:\$31.95

Music for Reiki - MBS CD **Reiki Healing Touch**; MBS **Reiki**; MBS DVD **What is Reiki**; **Reiki Healing Journey** CD & DVD; **Reiki Brightness and Healing** CD

New Releases: MBS **Music for Pets**, Perry Wood rrp: \$26.95 & **Animal Communication** rrp:\$29.95

Many many more, & remember your State rep may be able to arrange a meeting with a NWM rep in your state!

For more November specials contact - ARC Ink editor

The Reiki Sourcebook

ARC Inc has negotiated with The International House of Reiki to offer a 10% discount to ARC members wishing to buy the research book, The Reiki Sourcebook. Normally \$39.95, for members it is just \$35.95 (postage not included). Educate yourselves, your clients and/or students with this compendium about the System of Reiki; invaluable for all Reiki practitioners.

Includes: Reiki Lineage Charts, Reiki History Timeline, Research (into the origins of Reiju, Attunements, Precepts, Mantras, Symbols, Meditations, Hand Positions and Japanese and Western forms of Reiki), over 70 Illustrated Japanese and Western techniques including the levels and Reiki branches they are practiced in, lists Major Branches of Reiki, Scientific Research, and an extensive Glossary of People, Places and Facts. Valued by Reiki people across the globe. Ring 1800 000 992 with your member number to receive your discount.

Ultra Style Massage tables

"All our tables are hand made with care and pride to achieve the ultimate in quality and versatility." Sheets and gas lift stools and much much more - can be sent to all States in Australia.

Phone: 03 9470 2123, Fax: 03 9470 2133 or Website: www.ultrastyle.com.au Talk to Angelo Parisi and mention that you are an ARC Inc member.

For Practitioners and Masters who are registered for referral on the ARC Inc data base

Insight Magazine

Insight magazine would like to offer ARC members a discount on advertising in their Healing Hands Guide. Insight is sold in newsagencies throughout Australia and New Zealand and comes out every month. For only \$300 a year, less than \$1 a day you can be listed under your state in the Healing Hands Guide for all 12 issues! This normally costs \$350. Interested? then contact the ARC secretary today!



New World Music

Not many take advantage of this benefit - is it something members are interested in?

Qld members see Qld report Note

What other benefits would you like ARC Inc to be investigating for you?



CD Review - You by Bliss

rrp: \$31.95

This best selling British duo's eagerly awaited new album You is a beautiful album enhanced by the full sounds of a 40 piece string section...

There are also joyous rhythmic numbers that borrow from the beats of Africa and the jigs of Ireland. Like all their other CDs You is already flying out of the door and is set to be a best seller.

Review by New World

Do You Support Reiki— by Peter Chapman

Do You Support Reiki?

- Do you believe in Reiki and its potential benefit to humanity?
- Would you like Reiki's popularity, acceptance and application within society to grow?
- Would you like to see an increase in the number of people in the world being touched by Reiki and thus receiving the benefits of personal healing and spiritual growth?

Supporting Reiki is a small and easy way to play a part in helping to raise the consciousness on the planet. You can support and promote Reiki yourself by telling others about it, giving treatments, holding share groups or teaching Reiki. This is on an individual level. Reiki can also be supported and promoted on a collective level, by organisations such as ARC. With organisation and focus, a collective voice and collective effort can achieve results that cannot be achieved by individuals working alone. As well as supporting its members, one of ARC's most important roles, and most important abilities, is to support and promote the growth of Reiki's popularity, acceptance and application within our society.

ARC can only achieve these things with the support of its members. The system and the vehicle are already in place, and the hard work is already being done by some very dedicated people. We have people such as John Coleman and WendyJoy who, on behalf of ARC, on behalf of us, and on behalf of Reiki, put in a huge amount of voluntary time and effort to support, promote and protect Reiki in our society. We may not be able to put in the same amount of time and effort but at least we can provide support in various forms. ARC needs your support and it needs more of it!

There are several ways you can give support, and most of them are easy. I urge you to do one or more of the following:

1. Come to ARC gatherings. They are held in most states - contact your rep for details. If you don't currently have a state rep, could you organise a gathering yourself?
2. Write an article for the newsletter. Or send in information about things happening in your state that others may not be aware of - things that could help others to learn, grow or share on their personal or professional journey with Reiki.
3. Encourage like-minded Reiki friends to join ARC. The more members we have, the more power and resources we have to employ for the good of Reiki and the good of All.
4. Give feedback (via email or phone) to the President, The Committee, the Editor etc., regarding what you think about things that are going on in relation to Reiki, and things ARC is doing.
5. Volunteer your assistance in some capacity. Do you have any expertise that could be of assistance to the Committee if needed, for example, in an area such as law, public relations or copywriting?
6. If you have any good ideas to help ARC or Reiki, send them in.
7. Anything else you can think of that may help.

By putting some of your own energy into ARC, you will be supporting Reiki, contributing to the evolution of the planet, and giving something back to Reiki. In the words of a famous leader, "Ask not what my association can do for me - ask what can I do for my association?"

Together we can achieve great things.

Peter Chapman

Passionate Vic ARC Inc member



“Together we can achieve great things. “

Connecting with Energy Blockages by Peter Chapman

Connecting with an energy blockage ...

It is important to realise that a blockage held in the body is *trapped energy*. We experience it as emotion and memories but it is actually **energy trapped in the body**. We want to release that **energy**.

To connect with a blockage...

Close eyes. Connect with your breath.

Concentrate on the feeling or problem. When your attention and awareness is focused, ask yourself, "If the cause of the problem was in my body, what part would it be in?"

If you feel tension or uneasiness in an area of the body when you think about the problem, that's probably where the blocked energy is.

Alternatively, if you are doing this exercise but you aren't aware of any particular problem, just relax and scan the body from head to toe and look for an area of tension or uneasiness.

The next step is to connect with the blocked energy you have found. Go into that area and the feeling there. Take a moment to feel how it feels.

Now ask yourself the following:

If the problem (or blockage) had a shape, what shape would it be?

- What colour would it be?
- What texture would it have?
- How heavy would it be?
- Does it have a sound?
- How old is it?
- Is it connected with another person?
- Does it want to say anything?

After answering these questions, the blockage has an "identity" you can work with. You are more able to connect with it.

Now relax and concentrate on this object.

Ask the following:

What do I need to learn from this object?

What useful purpose has it served in the past?

Do I want this object inside me? (If not, am I really sure I don't want it?)

What do I need to do to release this object?

Usually we release this energy through our voice. The energy comes into the throat and we release it. Maybe by making a noise. Maybe by imagining a certain person related to the problem is standing in front of us and saying to them what you (or the energy blockage) wants to tell them.

Always keep in the present tense ... go to that time and be there now ...

eg. "I feel like this ...", "You make me feel like this ...", "I feel like this towards you ..." etc.

Peter Chapman Vic member of ARC Inc



Northern Territory & Queensland Representative Report

Jan Hordern

State: Northern Territory

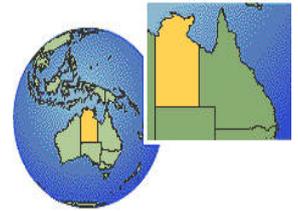
Representative: Jan Hordern

Our group is still tiny, but we get together regularly for Reiki share and Meditation each month. A few of us are meeting for a longer meditation and have found this to be quite different. We feel that it is all part of our learning and moving forward. We will resume our usual program on the last Wednesday of January, 2006.

I am still talking to people about the idea of a Spiritual Connection. A coming together of everybody interested in the spiritual journey and from any modality. I hope that groups will form from this, whatever is needed at the time, and the initial coming together could remain as purely social and connecting. Darwin and the nearby areas are alive with many types of Healers and Philosophers - so coming together at times or as a regular event seems a wonderful way to go.

I also plan to attempt to contact as many Reiki Practitioners as possible, in order to let them be aware of the Industry Validation and the Certificate 4/ Diploma with related issues going on at the moment. I will also be telling them that we now have a branch of A.R.C. in the N.T.

Regards and Love & Light,
Jan Hordern.



Hot and humid

Northern Territory

New South Wales Representatives Report

Genine Hill

State: NSW

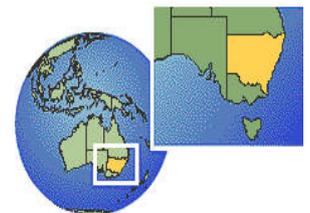
Representative: Genine Hill

Reiki Gatherings around NSW

If there are members in NSW interested in getting together with other members in your area, please contact ARC and we will be happy to help to coordinate events/gatherings with you.

Calling all NSW Members who passionate about serving Reiki

I hope that's all of you!! I am seeking a very special person who is utterly committed to Reiki and willing to offer some of their precious time to serve as the Rep for NSW. As I am now the State Rep Liaison Officer, I need to be highly focused upon my new role and want to see a member from NSW step forward to accept the role as state representative. Please contact me on 9907-9816 to discuss this opportunity further. I understand some people have shied away due to the idea of how much time this role will impact their lives. I urge all of you who may have a flicker of interest to contact me before deciding against this and to actually find out how much time and what the level of commitment truly is. I look forward to your phone calls and messages.



Annual Reiki Awareness Day, 2006

This year's Reiki Awareness Day celebrations were a step forward for our Reiki Community. We are hoping to expand and develop the celebrations further for 2006. I would like to see a few members in NSW to offer their time and fabulous ideas/motivation to be a part of the Awareness Day Planning Committee to help the NSW state rep organize and create an incredible event. Call me on 9988-0105 to help get the Reiki energy rolling.

Call me on 9988-0105 to help get the Reiki energy rolling.

Love, Light and Service,

Genine Hill

Rep Reports continued

Victoria Acting Representatives Report

John Coleman + Shirleyrose Rowe regional rep for south west vic

There was a good turnout for the December ARC gathering. Thank you to all who attended and to those who sent apologies.

Elizabeth Secker, Helen Archer and Helen O'Connor had prepared a day of Reiki related activities and fun.

The morning started with a beautiful guided meditation followed by a short Reiki treatment enjoyed by all.

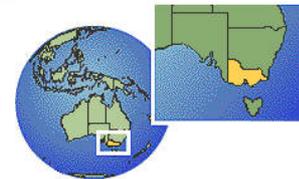
There was a Christmas related quiz, with the prize going to ARC member Alex Heyes. (I refuse to say how many I got right) Other activities included a candle ceremony to manifest good things for the new year and letting go of no longer needed issues, a general discussion on Reiki matters and Reiki stories.

All this was followed by a scrumptious lunch.

The next ARC VIC gathering will be held on Feb. 11th. If you can, do come along and bring a lunch to share.

John Coleman

VIC. Temporary State Rep.



Victorian Regional Meeting in Bacchus Marsh

Calling all Reiki Channels to the ARC Inc Regional Gathering

Seahorse Cottage 22 Graham Street Bacchus Marsh

Sunday 5th March 2006 10am till 13 noon

Ring 5367 1991—leave a message to indicate your attendance as well as if you wish to participate in a group reiki session after the BYO lunch (some people have diet issues)

Shirleyrose Rowe

Simple Mathematics

What Makes 100%? What does it mean to give MORE than 100%? Ever wonder about those people who say they are giving more than 100%? We have all been to those

meetings where someone wants you to give over 100%. How about achieving 103%? What makes up 100% in life?

Here's a little mathematical formula that might help you answer these questions:
If:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

is represented as:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26.

Then:

H-A-R-D-W-O-R-K $8+1+18+4+23+15+18+11 = 98\%$ and

K-N-O-W-L-E-D-G-E $11+14+15+23+12+5+4+7+5 = 96\%$ but,

A-T-T-I-T-U-D-E

$1+20+20+9+20+21+4+5 = 100\%$

Let's assume we all have Reiki knowledge and work hard, now we can put more into our Reiki attitude for even greater benefit to selves and all there is.

ARC INK Advertisements pages



Shi Zen

Peter Chapman

Shi Zen is a system and technique that uses the Universal life-force energy to channel the healing vibrations available in nature. It has been developed for Reiki channels and is used to enhance treatments.

If you like working with aromatherapy or crystals, you can bring through the vibrations of appropriate essential oils or crystals as part of a Reiki treatment. You can do the same with Bach Flower Remedies and other flower essences. If you like working with Native American Indian Medicine, you can bring through the healing vibrations of animals. Other elements of nature can also be applied in healing, for example, sunlight and moonlight.

You don't need any expertise in aromatherapy, crystal healing etc. to use Shi Zen. The system contains many predefined sets of healing vibrations to choose from, each designed for a specific healing purpose. You can also make up your own. Once a set has been selected and invoked, vibrations from that set are automatically drawn through during the treatment, as needed for the receiver's Highest Good at the time.

Shi Zen (pronounced "Shee Zen") is a Japanese phrase meaning "Nature" or "100% natural". A treatment leaves you feeling connected with nature.

The system is easy to learn for existing Reiki channels. For information on training, or to experience Shi Zen, please contact Peter Chapman – ph: 03 9544 1604, email: shizenergy@yahoo.com.au

Visit the Shi Zen website at: <http://au.geocities.com/shizenergy>

See also:

Reiki Tao, a system that combines traditional Reiki with a form of channelled Chi Gong spiritual healing energy from China, at: <http://au.geocities.com/shizenergy/reikitao>

Ka Shen, a system based on ancient Egyptian healing energy, at: <http://au.geocities.com/shizenergy/kashen>

It's easy to advertise in
the Ink contact

WendyJoy on 03 9791
2564 or

[arcad@australianreikico
nnection.com.au](mailto:arcad@australianreikico
nnection.com.au)



Rod's Pots

Rod Swart

This new Reiki Collection is providing Reiki practitioners and teachers with a set consisting of a jug, two tumblers, an oil burner and an incense tray painted in the chakra colour of your choice and embossed with the Reiki kanji. Colours available are lavender, blue, green, orange, yellow and red.

They can also be purchased as individual items.

Complete Set	\$55.00
Jug	\$25.00
Tumblers	\$7.50ea
Oil Burner	\$15.00
Incense Tray	\$5.00

Prices do not include post and packaging.

To order, please call Rodney on 03 9728 1703 or email rodspots@siz.com.au

**A special thank you to all those who have contributed to the Ink this issue, committee of management, letter writer, survey respondents, absent healing monitors, members and advertisers.
May you continue to support ARC Inc and the Ink. Ed**



The editor has been promising to keep up the business ideas section of the Ink, and in particular finalise the feature on history taking note taking etc, but ahs been unable to fulfill such promises due to life and work commitments.

So I call to all our members who may be able to assist the editor somewhat.

- Are you able to write an article or two on helpful business ideas?
- Do you have ideas for future articles or stories you would like to see featured?
- Have you been working through a health problem that hasn't gone away through Reiki, but is substantially better than could otherwise be expected? Love to hear about it by email or letter that could be discussed and published.

It would be great to offer all members not just those in a Reiki business, features—stories that shape our Reiki lives just like the ones John Coleman referred to on page one.

If you are considering taking up the role of editor after the next AGM this is your chance to put yourself to the test! Please address all correspondence for the Ink to *(not ARC Inc head office)*

WendyJoy Smith
Editor of the ARC INK
40 Jarvis Crescent
North Dandenong Vic 3175
03 9791 2564 (leave message/ press star 2)
arced@australianreikiconnection.com.au

Want to reach out to the Reiki Community? **Advertise in the ARC INK—you will reach every ARC member!**

ARC INK—potential to reach many in the Reiki community—advertise your event, your product, yourself! It's so easy.....

If you'd like to advertise in ArcInk then all you have to do is write an advertisement that conforms to one of the three points below. The basic cost of advertising is \$20 (extra is charged for more than the standard words as explained below).

There are 3 formats to choose from:

- 1)- 150 words (15 cents per extra word). This will be written in landscape with the ability to italicize and bold words only.
- 2)- 100 words plus a picture that must be 75 pixels high x 115 pixels wide (15 cents per extra word). This will be written in landscape with the ability to italicize and bold words only.
- 3)- display ad in jpg format - landscape format only - 320 pixels wide x 250 pixels high.

1300 130 975 for further details or arced 03 9791 2564 arced@australianreikiconnection.com.au

An Important Message to the Referred Members of ARC Inc regarding insurance

Do you have Reiki specified on your policy?

If you don't you are strongly advised to have it specified as in the unlikely event that you are sued by a Reiki client then the insurance company could avoid paying out, as it was not included/specified on your policy.

Not that an insurance company would do such a thing !!! *John Coleman*

Did you know you can update a lot of your membership information on line?

Have you changed address or want to do some promotion by filling in the section that will tell members what you do in Reiki and other interesting things about yourself? If you are a referred member this info will appear online too, but each and every member can advertise and reach out to members this way—take a look on line via the members section, log in and update!

Check out what other members have to offer by clicking on search arc members.

If you have queries then go to change details and the membership officer will be able to direct or assist you. The membership officer will be able to load info about your share group too,
arcmemb@australianreikiconnection.com.au

The library is a great place to go to if you don't have internet at home, and the librarians are most kind to internet novices and it's a free service. Usually the time should be prebooked and you would have an hour to play around—www.australianreikiconnection.com.au

Certificate IV in Reiki Treatment Practice

A great deal of work has gone into reviewing the units in this qualification. ARC made a substantial submission to the ISC which contained suggested changes. It is pleasing to see that the majority of these have been taken on board for inclusion in draft 2.

There is now a good line of communication and understanding between all parties involved in the NRRG The work is ongoing and it is hoped that together we can further develop specialization units specific to Reiki which will be fair and equitable to the entire Reiki community.

One of the important agreement to date, has been to change the actual name of the qualification. The new name is Cert IV in Reiki Treatment Practice in Community Services and Healthcare Settings.

Further details including the specifics of the National Reiki Reference Group membership will be continually updated on the ARC website
www.australianreikiconnection.com.au on the page heading Certificate IV in Reiki? UPDATE" or just call ARC on 1300 130 975.



Free Ad in the Ink

Thanks goes to Annie Slaughter of Melbourne for your response to the editor's survey.

Annie was the only one to be received by the editor, with one other being redirected & received by the president.

Annie plans to have her ad in the next edition of the Ink

**AUSTRALIAN REIKI CONNECTION
INC
AUSTRALIA'S LARGEST
INDEPENDENT REIKI ASSOCIATION**

Phone: 1300 130 975

arcpres@australianconnection.com.au

arced@australianconnection.com.au



Share Groups

Here's a list of areas where Reiki events are held on a regular basis. ARC members are most welcome to participate. However, you will need to contact the convenor for more details as to frequency, times, days, cost, etc. Further inclusions cheerfully accepted!!

Location	Convenor	Contact	Details
ACT - Kambah	Lynnette Munchenberg	Phone: (02)62310134	Email: allumer@a1.com.au
NSW - Drumoyne	Angela Meyer	Phone: 0291812888	Email: angela@wellandtruly.com.au
NSW - Hamilton South	Kaz Thorpe	Phone: 0249562263	Email: kaz@healinghub.com
NSW - Heathcote	John Barnard	Phone: 0295204417	Email: barnardjr@bigpond.com
NSW - Manly Jill	McAlister	Phone: 0413221297	Email: jill@higherawareness.com.au
NSW - Mittagong	Inga Baskova	Phone: 0248723383	Email: lifenrg@mail.com
NSW - Newtown	Frans Stiene	Phone: 1800000992	Email: info@reiki.net.au
NSW - South Curl Curl	Avril Norman	Phone: 0299393778	Email: avril@perfectunison.com
NSW - Wadalba	Leonie Entwistle	Phone: 0243533441	Email: atlantis@reiki-seichem.com
QLD - Caboolture	June Chippendale	Phone: 0754954714	Email: theferngarden@bigpond.com
QLD - Capalaba	Carolynn Milne	Phone: 0732063509	Email: carol.milne@optusnet.com.au
QLD - Molendinar	Carol Hogarth	Phone: 0755648761	Email: benaura@hotmail.com
VIC - Bacchus Marsh	Shirleyrose Rowe	Phone: 0353671680	
VIC - Box Hill South	Michelle Mayur	Phone: 0398880138	Email: michelle_mayur@yahoo.com.au
VIC - Brunswick East	Raymonde Leeumans	Phone: 0393842864	Email: aocollege@optusnet.com.au
VIC - Carrum / Chelsea	Deidre James	Phone: 0407558183	Email: deidre_rae56@hotmail.com
VIC - Caulfield	Sharon Tal	Phone: 0402117701	Email: sharantal@iprimus.com.au
VIC - Creswick	Hendrika Thomas	Phone: 0353452358	Email: tjt@cbl.com.au
VIC - Croydon	Lorraine Mitchell	Phone: 0397231133	
VIC - Eaglehawk	Janet Sporton	Phone: 0354461996	Email: isleofavalon@aapt.net.au
VIC - Hampton Park	Janet Adcock	Phone: 0397980821	Email: janetadcock@bizmail.com.au
VIC - Knoxfield	Roslyn Wilson	Phone: 0397630772	Email: robandros@optushome.com.au
VIC - Melton	Judy Fox	Phone: 0397430047	Email: mabushii@bigpond.net.au
VIC - Mickleham	Doreen van Boxtel	Phone: 03 9745 2376	Email: sunzmoonz@hotmail.com
VIC - Mount Eliza	Gregory Doyle	Phone: (03)97088170	
VIC - Mount Waverley	Elizabeth Secker	Phone: (03)9888 3466	Email: w.e.secker@bigpond.com
VIC - Oakleigh	Robert Thuan	Phone: 0395681777	Email: firebird@corplink.com.au
VIC - Preston	Helen O'Connor	Phone: 0394847276	Email: reikicottage@optusnet.com.au
VIC - St Kilda	Annie Slaughter	Phone: 0414742728	Email: annieforliving@yahoo.com.au
VIC - SthMorang	Chelle Fitzpatrick	Phone: 0394041280	Email: fitzpm2@anz
VIC - Werribee	Christine Scott	Phone: 0397426311	Email: christine@echosthroughtime.com.au
WA - Bedfordale	Ronald De Waal	Phone: 0894937479	Email: universallifeforce@bigpond.com
WA - Wattle Grove	Catherine Wood	Phone: 0893592946	Email: rkmw@iprimus.com.au





New Members

Name	Number(s)	Location	Reiki Level
Tanya Bowman	0427332316	Millicent	Level 2
Jeanette Cochran	0419003097	Warradale	Level 2
James Fergusson	0295206929	Engadine	Level 2
Heidi Isaksen-Loxton	0299497957	Fairlight	Level 2
Donna James	0293693380	Bronte	Level 3
Lesley Levy	0412993371	Monash	Master
Karin Lindgaard	0266809928	Byron Bay	Level 2
Virginia McGrath	0738432616	Carindale	Level 2
Doreen van Boxtel	0397452376	Mickleham	Master
Sharon Whitewood	0732693420	Brighton	Master

