

February 2010 - April 2010

Volume 13 Issue 1

ARC INK is for the information of ARC Inc members

# ARC INK Magazine



Published quarterly by the Australian Reiki Connection Inc.

## 'Presidential Comment' by John Coleman



Greetings Members and welcome to your first ARC INK Magazine for 2010. Welcome to all the new members who have joined ARC since our last Edition. If you have questions or are seeking advice do contact your State Representative or a member of the CoM.

Thank you for choosing the ARC as your professional Reiki association. I, like many others have been saddened by the effects the recent earthquake has had on the people of Haiti. While the world relief agencies are pouring material aid to those affected, I believe we as individuals and collectively can do our bit from the comfort of our homes. Many of us are already sending absent/distant Reiki to them. I propose that ARC Members and Reiki Friends use Thursday Nights at **9PM** (*the time currently set aside for sending Reiki to the ARC Absent Healing Book*) to send Reiki. This collective channelling of the energy with the positive and strong intent for the highest good can surely have a wonderful outcome. Of course we can all continue to send Reiki to them at any time we choose.

Reiki Awareness Week in 2010 runs from June 6<sup>th</sup> to June 12<sup>th</sup> inclusive. I urge all members and their friends to organize or partake in an event to help raise the awareness and benefit of Reiki. See page 6 for more details.

Work is underway in organizing our first Reiki Conference in Melbourne in October 2010. Updates on this exciting and important event will be sent to you as they come to hand. However do write the dates - **8th/9th/10th October** into your calendar/diary now.

A great deal is happening in Australia and other Countries with regard to Reiki Training and Minimum Standards for Practitioners. Rather than have Government dictate what is right for The System of Reiki, ARC and others believe that Self Regulation is the way forward for our Spiritual Practice Training. However, with regard to Minimum Standards for providing a Reiki Treatment, we as professionals must do what is right and best for the public and our clients. We must work with relevant agencies to agree on what is best for all. Currently NSW has legally binding Codes of Conduct that apply to Reiki Practitioners. Similar codes will be implemented by all States and State Territories in time. ARC believes it is vital that any such codes are not detrimental in any way, to our practice. This is not a time to sit on the fence, there is a great deal involved in this important matter.

I urge you to read the article on Page 13 and ask that you provide your feedback/suggestions/questions/agreement/disagreement to me directly or through your State Rep.

If you have any news or articles do send them to the editor for future editions. I hear of some wonderful Reiki stories from members who phone or email me and it would be great if these could be shared with others.

Enjoy your ARC INK Magazine and I look forward to receiving all comments and feedback.

Love light and lots of laughter, John

[president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au)

### FEATURE ARTICLES:

#### 'Practice builders - 3 of the best ...'

BY Anthony M Turner - Page 3

#### 'Wingman Project - Update'

BY Louise Riley - Pages 4/5

#### 'Reiki Research Review 8'

BY Patrice Connelly - Page 7

#### How Animals Like Their Reiki

BY Sarah Messina - Pages 8/9

#### 'Stress and Trauma in Children'

BY Naomi Drew - Pages 10/11/12

#### 'Minimum Standards for PRTP' Page 13

#### 'Millions watch Dr. Oz on TV' Page 15

BY John M Coleman

#### 'Just Another Year!'

BY Christina Christou Pages 18/19

#### 'Promoting Your Reiki Business?'

BY Kathy Butler Page 21

#### 'The Race To Peace Begins'

BY Naomi Drew - Pages 22/23

PO Box 525, MONBULK, VICTORIA 3793

Telephone: **1300 130 975**

[president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au)

[editor@australianreikiconnection.com.au](mailto:editor@australianreikiconnection.com.au)

[Website: www.australianreikiconnection.com.au](http://www.australianreikiconnection.com.au)

[Website: www.australianreikiprofessionals.com.au](http://www.australianreikiprofessionals.com.au)

**ARC INK** the Magazine of the  
**Australian Reiki Connection Inc.**  
**The Association of Australian Reiki Professionals**

This quarterly publication is for the benefit of all members of ARC. Also available in the Members area of the ARC website. [www.australianreikiconnection.com.au](http://www.australianreikiconnection.com.au)

The Editor welcomes your comments - 1300 130 975

**HAVE YOU GOT A QUESTION ON REIKI THAT YOU WOULD LIKE ANSWERED?**

Send it by email to: president@australianreikiconnection.com.au  
or by post to: ARC Inc. PO Box 525 MONBULK VIC 3793

**To ALL Members from the ARC Inc. Committee of Management**

**'Membership of the ARC Inc. & Membership Category'**

Everyone joining ARC Inc. does so in the standard "**MEMBER CATEGORY**" Membership - making a one-off payment of \$40 Administration/Joining Fee plus the initial (current) \$40 Annual Membership Fee - Members can be Level I / Level II / Master/Teacher and remain in the standard member category for as long as they remain financial members of ARC Inc. [Current Annual Renewal Fee \$40 Due 31st August]

Upgrading Membership is only by application : 1st stage is AARP "**PRACTITIONER CATEGORY**" Membership Cost: \$20 valid until the next 31st August [Current Annual Practitioner Renewal Fee \$60 Due 31st August] Members must be Level II Practitioners or higher. Meet with Business and Insurance requirements - Keep Annual P&PD [Personal & Professional Development] Record. Request entry on the public referral directory

2nd stage is AARP "**TEACHER CATEGORY**" Membership - upgrade is by application - (*see form for criteria*) Cost: \$20 valid until the next 31st August [Current Annual Teacher Renewal Fee \$80 Due 31st August] Members must be Teacher Level and Teaching to request entry on the public referral teaching directory

*Annual Membership Fees are based on the Category of Membership a Member holds and NOT on the Members Reiki Level - EXAMPLE: A Level II Practitioner or Master Teacher in the standard "**MEMBER CATEGORY**" only pays \$40 renewal fee unless they have upgraded to either "**PRACTITIONER/TEACHER CATEGORY**" Membership*



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Over the last few years of talking with, advising and training 100's of health practitioners and small business owners, I have become acutely aware of 3 common - Practice Builders - that 10% use and the struggling 90% don't.

## Practice Builder Number 1 - Get clear about WHAT you intend to achieve

In my experience over 90% of practitioners have NO IDEA why they are in Practice OR what they would like to achieve from being in their Practice. We all know the benefits of having direction so take a moment right now to make some decisions about what your Practice/business is going to look like.

Is it going to be full or part time? How many clients do you INTEND to see each week? How much do you INTEND to charge? What do you have a passion to assist people with? How do you CHOOSE to balance your work and life commitments? Where do you CHOOSE to work from?

Once you have a clear picture for your future, pick a future date that feels appropriate and then write your direction down in the following manner;

*It is now (your date) and I have achieved my aim of creating... (whatever it is for you)*

## Practice Builder Number 2 - make sure you have an understanding of business & marketing

It's simple really - money comes in, plans are made, budgets are set, goods are purchased, services are provided, bills are paid and at the end of the day, week, month or year it's hoped there's a surplus that can be used to better your circumstances.

Many clients dislike (some hate) the idea of becoming a 'business'. So I often compare how a business or practice is the same as yeast in bread – it's the ESSENTIAL ingredient that makes the dough reach its potential. It's ONLY when you give equal importance (not necessarily time) to the 'business' aspect of your Practice do you create a truly 'successful' Practice.

How do you get this experience?

Much information can be gleaned from books - BUT, as with Reiki, it's experience, training, coaching and support that makes the REAL difference between knowing what to do and understanding HOW to do it. This is why we encourage you to read AND find training/support from appropriately skilled people to assist you along the way.

## Practice Builder Number 3 - Share the load

As Practitioners we know HOW we assist others in creating a better life. We also know how much more we can do when clients see us regularly. So why do so many of us ignore this when it comes to our OWN Practice/business?

We highly recommend you follow the lead of successful Practitioners and outsource the parts (like bookkeeping, marketing, websites) that you are NOT good at and concentrate your efforts on what you do best - working with clients. We also suggest you follow the lead of our top athletes and business people by getting ongoing advice from a Coach or Mentor for your business in the same way you would use a health coach to keep you well.

Hopefully you're part of the successful 10% who've got the business part right – if not?????

## Contributor: Anthony M Turner - CEO

*Anthony's passion is helping business owners achieve their best in life and business*

Anthony Turner is a specialist business mentor to the Natural Health Industry.

His business - Transform your Business, provides full marketing and financial services, business advise & coaching plus skills training workshops ALL with a Natural Health bias.  
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# "WINGMAN PROJECT" - Update - By Louise Riley

So as we begin a new year I have spent some time reflecting on how far our Project has come. We have had three visits to Kinglake and another three are planned so far for 2010. During each visit we give our clients 45mins of Reiki, each client usually has 2-3 Reiki channels with "hands on" during their treatment. After their Reiki treatment we give each of our clients a cuppa and something to eat. Amazing how a cup of tea and slice of cake can restore some semblance of order to lives in disarray! This time also allows them to debrief and ask any questions they may have.

We have moved from our original venue at a Wellbeing Centre to the Kinglake West Hall, which is a lovely space and has good facilities for the clients and volunteers alike. We ended up at this venue purely by divine intervention! Two days from our December visit I was informed that the venue that was planned was unavailable, I handed this situation over to our unseen helpers and yes, as always the solution just appeared.

Our first two visits in 2010 will be on the weekends before and after the anniversary of the Black Saturday Bushfires. This will be a very difficult time for these people. Every time the temperature climbs and the hot northerly blows- these people begin to become anxious, fretful and unable to concentrate once again - they are far from healed.

During the last couple of weeks I have spoken to some members of the community and have been delighted with their response and support of our project. The editor of the "Mountain Monthly" has kindly offered to advertise our Wingman Project in the February and March edition free of charge , this will help inform the community of our free Reiki service.

I have also spoken to people involved with the local businesses and the Kinglake Community Hub and they will help to spread knowledge of our Reiki services. There has been some concern within the local community of the impact that 'free services' have had on some local businesses struggling to remain viable after the fires. We wish to work with the local community, if they feel that our free Reiki treatments are adversely affecting local businesses offering similar services we will stop our visits.

Recently I had an interesting conversation with one social worker. This lady is one of many who, although not present during the fires, have become extremely protective of a very damaged and vulnerable community.

I gave her information about the standards we follow and the ways that the public can be reassured of our integrity e.g. Police Checks, consents, referrals if needed etc. Although initially hesitant she seemed enormously reassured that our group is operating with great respect for our clients and that we follow very high standards. After our conversation she was only too pleased to spread the word of our project within the community.

Setting up and coordinating the Wingman Project has assisted me to develop and grow in my understanding in the power of communication, compassion and of course the Reiki - so gentle and so powerful. I have always being aware of the unseen guidance that has carried this project through. I have also learnt from the challenges that have come up along this amazing journey - and a personal thank you to those who have provided much guidance and support in dealing with these challenges.

Continued on page 5



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## IMPORTANT NOTICE for AARP PRACTITIONER & TEACHER MEMBERS

All listings on the ARC-AARP Public Referral Directory are subject to the Member meeting with and maintaining certain criteria, among which is the submission to ARC of;

a completed (annual) P&PD - Personal & Professional Development Booklet and

a valid (annual) Certificate of Currency of Insurance which requires renewal of Membership of ARC. Insurance obtained through membership of ARC Inc. becomes null & void without financial membership

# "WINGMAN PROJECT" - Update - By Louise Riley

It has been very rewarding to see this project journey from its genesis to today, a lot of hard work but very worthwhile. To have so much assistance from so many people willing to give freely of their time, energy and love to our project has been very heart warming. We have received enormous support from many sources, the CoM's of ARC and of AURA - Kildonan Welfare Agency, Australian Centre for Grief and Bereavement, to name a few and of course the wonderful people who have trusted us to provide them with the gift of Reiki, in fact many of our clients have never heard of Reiki.

As for our group of 25 beautiful volunteers, it has been so interesting meeting other "Reiki people". All wonderful people full of laughter, joy and REIKI. We are all learning so much working together, there is no fuss we operate as one and it all just works. I am so aware that a higher force is at work assisting, loving and guiding each and every one of us, it is almost overwhelming at times feeling this beautiful presence.

We have given Reiki to many; adults, toddlers, children, teenagers and even one beloved pet dog. They all love the Reiki and have been generous in their praise of our efforts and so very grateful. Our clients have told us of feeling calm for the first time and of deep rest in people with intractable insomnia. Many tears have flowed and people have shared with us how wonderful it felt to let their tears fall and feel such peace afterwards. They have shared their stories - extraordinary stories - and they seemed relieved to be able to let the sting move out just a little by retelling their story from beginning to end once more. The much loved beautiful pet dog named "Butch" recently passed away, assisted I believe with much grace and love by the Reiki he received (he passed a couple of days after his Reiki treatment). He was extremely ill and had been for some time.

Our clients are booking in again for more Reiki as they feel the benefits and want to return, very humbling for us. Due to the challenges that the local Complementary Therapists are facing we may cease our visits to Kinglake after our March date, but the Wingman Project will remain available to this community if and when we are needed. During the beginning phase of the Wingman Project I was made aware that our group should be designed to be transferable, to be mobilized whenever the need for the grace and love of Reiki is needed within our communities. It will be interesting to see where we will journey! We give deepest gratitude to the people of the Kinglake area who have allowed us to assist within their community - we wish them enormous Love and Peace of mind in the years to come.

*"There is a light in this world ... a healing spirit much stronger than any darkness we may encounter. We sometimes lose sight of this force ... where there is too much suffering, too much pain. And suddenly the spirit will emerge through lives of ordinary people and answer in extraordinary ways." (Mother Teresa)*

## Contributor: Louise Riley

Louise is a Reiki Practitioner and Teacher and inspiration behind the Wingman Project  
If you have any questions or comments please feel free to contact Louise  
Contact: [louise.riley1@gmail.com](mailto:louise.riley1@gmail.com) - Wingman Project Co-ordinator.

## NATIONAL REIKI RETREAT 2010 : 12th-17th June

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**ARC/AARP MEMBERSHIP YEAR is from 1st September to 31st August**

**The ARC Inc. FINANCIAL YEAR is from 1st July to 30th June**

**The ARC COMMITTEE OF MANAGEMENT YEAR  
is from the 2nd Saturday of October to the next AGM**

# ARC Reiki Awareness WEEK 2010

## Reiki Awareness Week 2010

This year's event will run from **Sunday June 6<sup>th</sup> to Saturday June 12<sup>th</sup> inclusive.**

It is envisioned that an emphasis be placed on the benefits of Reiki to all members of the community but especially to those living with a life limiting illness such as Cancer. There is a growing need and request for Reiki practitioners to volunteer their services in Palliative Care facilities.

It is hoped that event organizers will endeavour to raise funds for research into the benefits of REIKI in palliative care and/or other areas of their choosing.

What better way to promote the system of Reiki, yourself and your business, than providing free short Reiki treatments to the public at large nationwide.

Reiki practitioners do not have to be members of ARC Inc. to participate, so ask your friends to join in.

If you and/or your friends would like to organize an event and I urge you to consider doing so, and you require any assistance in organizing one please contact: [president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au) or your **State Representative** or Phone: **1300 130 975**

Submit details, as in dates, contact, venue, time etc. which will be placed on the **ARC Website** and in the **ARC INK**.

## BOOK REVIEW

*Reviewed by Michael J Smith - (January 2010)*

### THE SECRETS OF SPIRITUAL MARKETING

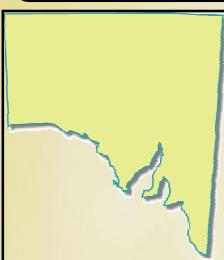
BY LAWRENCE ELLYARD

I found this 167 page book to be packed with useful down to earth advice and information for Reiki and other natural therapy practitioners who are serious about setting up a successful practice. Lawrence covers the entire spectrum/minefield from setting up your business to simple things like how to handle an enquiry, from business cards/flyers, to creating your own website. He shares his wealth of experience and knowledge with the reader. It is a great reference book to have close to hand. Having said that, I personally believe it is always better to attend a face to face training course when possible, however, for those practitioners who cannot easily do this then I recommend that you go out and buy this book.

*Published by O Books  
ISBN 978-1-84694-224-2*

Available online - visit: <http://www.lawrenceellyard.com/bookshop.htm>

## STATE Identity - SOUTH AUSTRALIA



### NEWS & VIEWS from South Australia

*with Christine Sinclair in Adelaide  
and Kathy McKie in Mt. Gambier*

Contact Christine on 0411 604 753  
[sa\\_rep@australianreikiconnection.com.au](mailto:sa_rep@australianreikiconnection.com.au)  
**South Australia  
State Representative**

Contact Kathy on 0406 355 249  
**South East - Regional South Australia State Representative**

SA Members are encouraged to contact Kathy or Christine and to support their efforts to promote Reiki and to engender fellowship within ARC.

**On-The-Spot Calming :** *You have the power to detach from stress and anger. Here's how:*

- ~ Breathe out the stress, breathe in the calm
- ~ Take slow, deep abdominal breaths
- ~ Focus on a calming statement e.g. "This too shall pass"
- ~ Keep things in perspective
- ~ Scan your body and release tense areas. ***This moment of upset really will pass!***

Source: Crawford, S.E.; Leaver, V.W., Mahoney, S.A. (2006) Using Reiki to decrease memory and behaviour problems in mild cognitive impairment and mild Alzheimer's Disease. *Journal of Alternative and Complementary Medicine*. 12(9); 911-913

This paper deals with a quasi-experimental study incorporating a pre-test post-test design using the Annotated Mini Mental State Examination (AMMSE) and the Revised Memory and Behaviour Problem Checklist (RMBPC).

Participants were recruited from the Passamaquoddy Indian Reservation and Perry, Maine. Candidates scoring between 20 and 24 on the AMMSE were selected. The demographic sample for this study had 67% female, 54% white, and 46% American Indian, compared to the local population: 51.2% female, 93.5% white, and 4.4% American Indian.

The age distribution was 11 - between 60 and 69, 9 - between 70 and 79, and 4 - more than 80.

They randomly selected two groups of twelve. One received Reiki for 30 minutes per week over four weeks from one of two Reiki Masters, while the control group received no treatment. After this a statistical analysis was performed.

The AMMSE test is designed to measure the performance of specific memory tasks, while the RMBPC test measures behavioural changes. Both tests are standard and have been proven to be reliable. The post-test AMMSE scores were significantly better for the Reiki group, indicating a beneficial effect in performing a memory-related activity. The RMBPC scores post-test were even more significantly improved for the Reiki group over pre-test and controls. The scores of three of the memory-related questions, four of the eight depression-related, and one of the disruption-related questions were significantly improved.

The authors conclude that Reiki is of definite benefit in cases of mild cognitive impairment and mild Alzheimer's Disease, stating that caregivers can become attuned and increase quality of life for their clients or relatives, and reduce nursing home and medical bills.

## Commentary

This short paper is clear and succinct and does consider confounding issues, such as small sample size, differing clientele from the main population etc. As Alzheimer's Disease is a growing problem around the world, studies such as this should give Reiki volunteers a much greater excuse to work in hospitals and nursing facilities that might not normally include them. It is also the type of paper that could be included in submissions to governments, health administrators and Reiki sceptics.

Patrice Connelly

\*\*\* \*\*\* \*\*\*

## Contributor: Patrice Connelly B. Nat. Therapies, Dip. Nutrition, Reiki Practitioner

Thank you to Patrice for submitting the above article. We look forward to receiving more research/study articles in the future. Q: Do any members/readers have any comments and/or questions on the above study? Do you know of any Reiki related research or studies? If so please send them to the Editor or directly to Patrice.

Patrice can be reached by telephone: (07)5422 0806 or through her website: [www.saraband.com.au](http://www.saraband.com.au)

## STATE Identity - AUSTRALIAN CAPITAL TERRITORY



### NEWS & VIEWS from the ACT *with Vickie Hingston-Jones in Canberra*

Contact Vickie on 0422 008 759  
[act\\_rep@australianreikiconnection.com.au](mailto:act_rep@australianreikiconnection.com.au)  
**Australian Capital Territory  
State Representative**

ACT Members are encouraged to contact Vickie and to support her efforts to promote Reiki and to engender fellowship within ARC.

**AARP Practitioner Category Members & Teacher Category Members  
are reminded that the [P&PD] - Personal & Professional Development Booklet  
should be submitted annually on 31st August**

If you have access to the Internet then please visit the ARC Inc. Forum on:  
[www.australianreikiconnection.com.au](http://www.australianreikiconnection.com.au)

Have you ever tried offering reiki to your pets, wildlife or other living beings? Most animals love it! And while every animal accepts reiki energy differently, there are some trends in the species preferences that we can utilize to get started. The first and most important point to remember is to always ask for permission first. Animals are intelligent beings, with their own unique preferences and needs. Be respectful of this when you first approach an animal, and allow the reiki to be on their terms.

If you've never given reiki to an animal before, you may be surprised to know that most animals favour reiki offered from a distance. It's not that strange when you think about it. I bet you don't allow complete strangers to come up and touch your face! Hands-on reiki needn't be our first choice. My rule is to always offer at a distance first, and then you can ease into hands-on reiki if the animal prefers.

As an animal communicator, I've had the privilege of chatting with animals and I've been able to document their preferences for receiving reiki. I asked a few voices from different species to explain to us human healers what they like. I asked about approach, techniques, length of treatment and frequency. Here's what they had to say:

CATS - *"I like to receive my reiki in a lap, and only when I approach for it. Do not ever offer cats reiki if we say no. We prefer it in short bursts to long sessions, and can get aggravated if humans don't understand this. I like to be able to come and go freely during a reiki session, but my preference is that reiki ceases in between the sittings. So I may sit on your lap four times in one hour, but I only want the reiki when I'm actually seated, perhaps a total of 30-40 minutes."*

DOGS - *"I like to be able to move around when I receive reiki, and I definitely like the opportunity to lie down and rest. I'm likely to fall asleep once there, but I don't want the reiki to stop. I like long, continuous sessions and I like them regularly. Reiki is a form of affection between me and my human, a way of bonding and sharing space together. You can never have too much reiki! I like to be present when my person gives herself reiki, you'll often find me nearby or poised at her feet soaking it up."*

Continued on page 9



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*"...it made me laugh, smile and cry. I am so grateful for a means to have a closer bond and understanding of my animal family..." Sophie D., Mornington Peninsula*

*"I wish I had Sarah around all the time to communicate with all of my animals"*  
*Lauren Whitehead, Roxburgh Park*

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## STATE Identity - NEW SOUTH WALES



### NEWS & VIEWS from NSW

*with Veronica Doppler  
in Killarney Vale*

Contact Veronica on 0408 494 807  
[nsw\\_rep@australianreikiconnection.com.au](mailto:nsw_rep@australianreikiconnection.com.au)

New South Wales  
State Representative

HORSES - "I love to receive reiki from young people, they have a different energy. Their hands can be directly on my skin and I'm not bothered by it in the slightest. I like my reiki to be inclusive of stroking, gentle moving touch. Reiki from still hands is good too, but my preference is for a combined loving caress/reiki technique. People need to use their intuition more when working with animals, we have very distinct preferences, and they may not follow all the rules in the book. Just because it's not strictly reiki doesn't mean it's not enjoyable."

LIZARDS - "Lizards are extremely sensitive to vibrations and vibrational energy. I like to be forewarned for my reiki treatments, preferably a few hours before hand. This gives me time to dampen my sensitive reactions so that I can get the most benefit from the reiki. Even so, my preferred method of receiving reiki is through the person's body. So I prefer when I am nearby to a person who is giving themselves reiki, with the intention that any 'residual' energy flow my way. It's hard to explain, but this is what works best for me. The other option for me is to receive reiki early at night when I am asleep. This way I have the whole night to assimilate it into my body."

MICE - "Most humans don't know that reiki works wonders on mice. We like to receive reiki as a group (spirit group) and as individuals. Reiki is very calming to a usually adrenalin-pumped mouse. It allows us to open up to communication and compromise with humans. We are not the dreaded pest that we are made out to be. In fact, it's possible for us to live harmoniously with people, there's not much that we desire. I would rather a small offering of food far away from your house than to come inside and risk so much danger! Maybe reiki is the path to helping humans understand how we can live together."

I've included the opinions of just a few of the many individuals I've worked with. It's enough of a guideline to get started, but don't treat these opinions as "law". Each animal is different, and it's important to honour their unique, personal preferences. Trust your intuition on this one. If you have any trouble figuring out what the animals need, or just want to say hi, email me at [info@wildinsights.com.au](mailto:info@wildinsights.com.au)

Let's get all ARC members passionate and proficient in animal reiki!



## Contributor: Sarah Messina

Sarah Messina is an animal communicator and Reiki practitioner for Wild Insights Australia. She works remotely with all animal species worldwide. If you would like to know more about animal communication visit: [www.wildinsights.com.au](http://www.wildinsights.com.au)

## Animal Communication & Healing Newsletter

Wild Insights offers a free monthly newsletter for pet lovers and animal communication fans. Whether you are a pet owner, reiki healer or amateur animal communicator, you'll find plenty of interesting features including:

- heart-warming animal stories
- pet care & training tips
- special animal communication offers
- health & nutrition advice
- articles by animal communicator Sarah Messina
- news on animal communication courses & events
- ... and much more

Subscribe to the Wild Insights newsletter at  
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Have your say! 1300 130 975 - email: [editor@australianreikiconnection.com.au](mailto:editor@australianreikiconnection.com.au)

As reported in a recent TV news item, the Victorian State Government is considering sending Mentors into homes to assist and show parents how to cope with the stresses & problems of raising their children. This article may be of use to parents and counsellors.

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## Stress and Trauma in Children

Don't think that just because your children aren't talking about their fears they don't have any. Even children who have been shielded from the news can't help but pick up things on the playground or even passing a newsstand. Sometimes between children's TV shows there are news flashes that sound terrifying: "Shopping mall bombed in Israel," "Chances of another attack in the United States," "Can we survive bioterrorism?" All of these ideas have seeped into the national consciousness, and our children are absorbing them. Listen to some of their words:

*"Sometimes I'm scared," confided 13 year-old Frank. "My dad was going to go to France. I didn't want him to go on the plane. I was so relieved when he cancelled the trip."*

*Five year-old Hannah expressed feelings of fear also. "When you do a war, what if the other side wins? What would happen to us?"*

*Eight year old Ben said, "It's not a very good time. There's war in Afghanistan and there's war in the world. I don't like the bombings."*

*Fifteen year -old Amy said: "I feel unsafe to know that people are dying all over the place. Its frightening to think about."*

*Nine year-old Tess gets upset every time she sees reports of war on television." It feels like it will never be peaceful again. I'm worried the world may come to an end."*

Young people of all ages are more vulnerable than ever to the effects of stress. If you think your child might be suffering from reactions to stress or trauma of any kind, here are some signs to be aware of:

### Ages 3 - 5

- physical complaints like stomach aches and headaches
- fearfulness and feelings of not being safe
- stranger or separation anxiety
- compulsively "playing out" the source of trauma; e.g. building towers with blocks and crashing them down.
- avoidance of situations that may or may not be related to the trauma
- sleep disturbances
- loss of acquired developmental skills (like dressing oneself)
- frequent crying

### Ages 6 - 10

- physical complaints and concerns about their health
- anxiety and fearfulness
- compulsive re-enactment of the trauma through play or drawing
- "omen formation" - believing that warning signs predicted the trauma, and a tendency to be hyper-alert in order to recognize new warning signs.
- preoccupation with how the crisis could have been solved or averted
- sleep problems

### Pre-adolescence and Adolescence

- nightmares and flashbacks, difficulty sleeping, and feeling detached or estranged
- impulsive and aggressive behaviours.
- over-preoccupation with other concerns unrelated to the trauma
- rebelliousness and anti-social behaviours
- risk-taking behaviours

Teens can normally be rebellious, even a little aggressive, but if this becomes excessive, it's time to seek professional intervention. If your teen starts engaging in promiscuous behaviour, starts dabbling in drugs, or using alcohol, all these are danger signals. Also, any extreme changes in behaviour -- eating, sleeping , recreation, homework, or activities with friends. There are lots of things you can do in your own home to help your child calm, cope, and heal. Now let's take a look at what they are.

Continued on page 11

## Keeping ARC records up to date .... William Secker - Membership Officer

Dear Members, every so often we make changes to our personal information, such as our Email addresses or Postal addresses or Telephone numbers. Keeping ARC advised of these changes is **vital** so that ARC can keep in touch with you! Most changes can be done online in the members area - so login and keep up to date. If you have any questions please telephone 1300 130 975 - Thank You.

## Helping Children Cope With Stress

Here's a general break-down of age-related strategies for helping children cope.

### Ages 3 - 5

- Children of this age need plenty of reassurance that they are safe, but make sure it's authentic. Avoid statements like, "We will never have another terrorist attack again," but you can say, "I am here for you and I'll always protect you in every way I can. And when you're at school (or day-care) your teachers are keeping you safe." Taking your children to visit the local police and fire department so they can talk directly with the people who work there can be very reassuring too.

For young children, Dr. Perri Klass, paediatrician and author of Love and Modern Medicine says, "It's alright to make the promise you can't keep for sure: 'I'll be here to take care of you tomorrow and every day'." She says, "Even 5 year-olds understand that everyone dies sometime and will be comforted if you simply say, 'I have every intention of being here until you're old. I'm going to be very careful about what I do'." (Parenting, Dec./Jan. 2002)

- Let your children know it's okay to feel afraid or sad if that's how they are feeling. Soothe them during these times rather than trying to talk them out of their feelings. Validating how your child feels is essential. Initiate discussion, but don't push. Open the door gently and encourage your child without being intrusive.

Try sitting down on the edge of your child's bed at night before she goes to sleep. Cuddle up together and then say something like, "I'm just wondering how you've been feeling about all the stuff that's been going on in the world lately." Or, "I'm just checking in. Anything you'd like to talk about?" Let your child take the lead from there.

- Encourage play that allows your child to act out some of the things he's afraid of. Playing fireman or police officer is a healthy way to do this. This is how young children try to make sense of what we've lived through. As long as this type of play doesn't become obsessive, it's a good outlet.

- Like we talked about earlier, encouraging your child to draw or paint whatever is on his mind is very healing. You can find ways to help her do this later in this article.

- Listen and reflect back whatever your child has to say. Sometimes this can be hard, because, as parents, we often want to fix the problem. But by listening and empathizing we allow our child a safe space to reveal what he really feels. When 5 year-old Tad told his mom he was afraid to fly, she encouraged him to talk about it. Here's their conversation:

Tad: *I don't want to go to Disney World for vacation.*

Mom: *Why not?*

Tad: *I'm afraid bad people will come on the plane and hurt us.*

Mom: *So you're afraid that we'll get hurt if we fly.*

Tad: *Look what happened to all those people who were on the planes the hijackers took!*

Mom: *You're afraid hijackers might come on our plane?*

Tad: *Yes. I don't want us to die.*

By just plain listening Mom allowed Tad to get his fears out on the table. Then she was able to give reassurances like, "I know how scary it is to fly right now. I was a little nervous too. But then I thought about all the planes that fly safely every day, and all the people travelling on them. In fact our neighbour Tom flies several times a month for his job, and he's gotten home safely every time. I know the airlines are taking extra measures to keep all their passengers safe." Mom didn't try to talk Tad out of his feelings. Instead, she listened, reflected back, and offered assurances that were authentic. After that, Tad wasn't as nervous about their trip.

### Ages 6 - 10

- Children this age may avoid discussing painful feelings. Be open and encourage them to open up to you. Dr. Janine S. Shelby of UCLA Medical Centre developed this wonderful activity to help children express feelings-- make a personalized book with your child's name on the cover. On each of four pages write the following:

~ Page 1 - This is Sara. Something happened that was very scary. (Sara draws her picture on this page.)

~ Page 2 - Sara doesn't want to talk about it. Here's what would happen if she did.

(Here the child writes or draws a related picture.)

~ Page 3 - If Sara starts talking about how she feels, this could happen too:

  - She would feel worse.

  - Mom and Dad wouldn't like hearing how she's really feeling.

  - Something else might happen.

(Help your child check off the appropriate choice and write about it further.)

~ Page 4 - If Sara decides to talk about what's on her mind, I wonder how she might end up feeling?

(Here draw a happy face and a sad face. Have your child circle one.)

Then she can explain why she feels the way she does.)

Other things that help children of this age are:

- Deep breathing and visualization
- Positive self-statements like, "I am safe and well and so is my family."
- Altruism, reaching out to help others. Guidance counsellor Jane Mangino says: "After kids have expressed their feelings, the thing that helps them the most is taking action." When children help others it removes their own feelings of helplessness.

I have used each of these for years with children of all ages and they are extremely effective. Take the time to teach your child these techniques and you will be giving them a life-long tool for calming and de-stressing. The younger you start the better. You can actually start doing this as part of a bedtime ritual with children as young as four.

## Pre-adolescents and Adolescents

- Discussing fears openly with an empathetic listener
- Deep breathing
- Visualization and relaxation techniques
- Positive self-statements like, "I am safe and well."
- Altruism, reaching out to help others. This is particularly helpful for kids of this age. Allowing them to translate fears into positive action gives them a healthy vehicle for healing. There's some wonderful websites you can go to for ideas on how your teen can help.

Here your teen can access a wide range of helping activities from homelessness to saving the rainforest. If your child expresses feelings of hopelessness about the world, have him look here. It will show him that people really can make a difference, especially people his age.

Sometimes just being there with your teen in a safe and loving setting, is enough to help him open up. Or by gently asking questions about other parts of his life and listening without judgment. Our intent listening is the best way to get our teens to talk more. When we show authentic interest, and validate what they say, they usually end up sharing more.

Physical affection also opens channels to communication. Many kids in their teens still like to be cuddled when they're alone with us. The kind of closeness that cuddling brings out can help a teen feel safe to open up.

For kids of all ages, know that your loving presence is the most soothing thing of all. Make more time to listen. It will be the best investment of time you've ever made.

## Contributor: Naomi Drew

Contact: [Naomi@LearningPeace.com](mailto:Naomi@LearningPeace.com)

Naomi Drew is recognized around the world as an expert on conflict resolution and peacemaking in schools and homes. Hailed as visionary, her work has enabled educators, parents, and people of all ages to live together more cooperatively.

Author of [Hope and Healing: Peaceful Parenting in an Uncertain World](#)



## ARC Absent Healing Book

To have the name of the person (who has asked to have their name) placed in the ARC Absent Healing Book just call or email the member who is the monitor for the period. The ARC Absent Healing Book is kept private, it is never for public view, names and any details are always kept confidential, there are of course 'trust factors' involved. Names are put in for the period and some ask for continuous healing, so it is written in the book in the way asked. Many people do take time to send Reiki daily but together on Thursday nights at 9 pm send Reiki to those in need. It is always appreciated.

If you encounter problems contacting the monitor please phone 1300 130 975 and a message will be passed on for you. Requests can also be made online through the ARC website: <http://www.australianreikiconnection.com.au> - Absent Healing

## \*Volunteer to monitor the AHB\*

### Absent Healing Book - Monitor Roster -

Kathy McKie	February 2010 & March 2010	0406 355 249 [Mobile]	kathym7@bigpond.com.au
Shona Brooks-Goth	April 2010 & May 2010	0411 343 309 [Mobile]	shonnagh1@hotmail.com
Merry Pearson	June 2010 & July 2010	02 9913 7799 [BH/AH]	pearsonps@optusnet.com.au
Suzanne Tyssen	August 2010 & September 2010	03 9439 0147 [BH/AH]	tyssensuzanne@hotmail.com
Christine Sinclair	October 2010 & November 2010	0411 604 753 [Mobile]	motherearth@iprimus.com.au

# Minimum Standards for Professional Reiki Treatment Practitioners

ARC is currently engaged in discussions with other Reiki Organisations to hopefully reach agreement on this important issue for ALL Professional Reiki Treatment Practitioners.

Currently the discussion format is through teleconferencing. For practical and time constraint reasons a maximum of six people take part in the actual teleconference. However, some of these participants are representing several other Reiki Organisations/Associations. After each teleconference participants report back to and receive input from all involved, including members of relevant organisations. This information is then brought to the next appropriate teleconference.

At our first teleconference it was proposed that the current legally binding **NSW Codes of Conduct** for Unregistered Healthcare Practitioners document be used as a template for ALL Reiki Treatment Practitioners in Australia. Copies of the codes will be distributed to all professional Practitioners of Reiki organisations involved in the discussions.

All ARC members have previously been issued with hard copies of these codes. If you do not have a copy please contact ARC President who will arrange to get one to you. Alternatively you can download a PDF copy from  
[http://www.health.nsw.gov.au/resources/aboutus/legal/code\\_poster\\_pdf.asp](http://www.health.nsw.gov.au/resources/aboutus/legal/code_poster_pdf.asp)

Currently relevant departments of the South Australian and Victorian Governments are working on similar codes for their States which are to be implemented this year. It is expected that all other States and Territories will follow suit in due course.

The discussion group believe it is important, that any issues relating to, or clarification required for, Reiki Practitioners be highlighted and the relevant departments notified.

Clarification was sought from the HCCC in NSW on item 11 of the Codes which state:

## **11. Health Practitioners required to have clinical basis for treatments**

*A health practitioner must not diagnose or treat an illness without adequate clinical basis*

Previously some ARC members expressed concern about this item and believed that they would be required to have some form of medical training in order to comply. This is the reply received from the HCCC representative:

*"In relation to the issue of what constitutes an "adequate clinical basis" for a health service - there will inevitably be some practical difficulty in applying this terminology to various "alternative" health services. However, in practice, the relevant clause of the Code seems to be directed at health practitioners who purport to cure or treat serious medical conditions where there is no or minimal scientific/clinical evidence to support their claims"*

(The representative was subsequently notified that Reiki is a Complementary therapy)

It is important to highlight from the Codes, Item 3 (i) *a health practitioner must ensure that appropriate first aid is available to deal with any misadventure during a client consultation.*

Up until now training in first aid for Reiki Treatment Practitioners has been optional/voluntary. It is now legally binding in NSW. If you work in a clinic or multiple practice venue, as long as there is one person available with First Aid training it is not necessary for all practitioners in that workplace to have this training.

Practitioners are encouraged to look into First Aid training before it becomes law in other states. Training is usually provided over two days. Knowledge of first aid is a very useful tool to have. It is also in the interest of client safety for practitioners to be skilled in identifying and dealing with possible emergencies. If you would like information on First Aid training providers please contact ARC President.

I urge all ARC members to read through the NSW Codes and if you have any queries/input to send them as soon as possible to [president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au) or by phone to **1300 130 975**

## **Reiki Organisations participating and being represented include:**

Australian Reiki Connection, Association of Australian Reiki Professionals, Usui Rei-Ki Network, Reiki Australia, Reiki Association WA, International Institute of Reiki Training WA, Gendai Reiki Network, International House of Reiki, Shibumi (Australian Members), Australian Reiki Association, Australasian regional group of the Reiki Alliance, Australian College of Vibrational Healing, International Reiki Jin Kei Do and Buddho/EnerSense Training Institute, Australasian Usui Reiki Association, Asia Pacific Reiki Institute, Wellspring Clinic.

Other organisations may become involved at a later stage. I shall keep you notified of all stages of the discussions.

John Coleman - President of ARC Inc.

If you have access to the Internet then please visit the ARC Forum on:

**[www.australianreikiconnection.com.au](http://www.australianreikiconnection.com.au)**

## REIKI SHARE GROUPS

Here's a list of locations and contact details 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 the frequency, times, days, cost, etc. Further inclusions cheerfully accepted.  
If you are listed and should not be OR if you should be listed and are not PLEASE contact the editor today

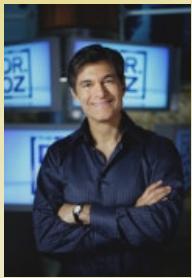
Location	Convenor / Details	Location	Convenor / Details
ACT - Chapman E: alison_mclean12@hotmail.com	Alison McLean Phone: 0428 873 262	VIC - Caulfield E: sharontal@iprimus.com.au	Sharon Tal Phone: 0402 117 701
ACT - Kambah E: vickie@confidentbirth.com.au	Vickie Hingston-Jones Phone: 0422 008 759	VIC - Clayton E: lia_mills@bigpond.com	Lia Mills Phone: 03 9543 4980
NSW - Bundanoon E: mival@waterfront.net.au	Valerie Bartley Phone: 02 4883 7557	VIC - Craigieburn E: sunzmoonz@hotmail.com	Doreen van Boxtel Phone: 03 9308 1847
NSW - Coffs Harbour E: mylrea@netspace.net.au	Tess Mylrea Phone: 02 6652 7402	VIC - Creswick E: tjt@cbl.com.au	Hendrika Thomas Phone: 03 5345 2358
NSW - Engadine E: sue88@aapt.net.au	Sue Khalouf Phone: 02 9520 0464	VIC - Delacombe E: wendyatratty@hotmail.com	Wendy Rattray Phone: 03 5336 2349
NSW - Heathcote E: pama8@bigpond.net.au	Pamela Allen Phone: 02 9520 2501	VIC - Eaglehawk E: isleofavalon@aapt.net.au	Janet Sporton Phone: 03 5446 1996
NSW - Killarney Vale angelheart444@optusnet.com.au	Veronica Doppler Phone: 0408 494 807	VIC - Eltham E: reiki.inge@yahoo.com.au	Inge Schmidt Phone: 03 9434 4228
NSW - North Sydney E: erica@thealignmentgroup.com	Erica Bagshaw Phone: 02 9923 1852	VIC - Emerald / Beaconsfield E: info@om-reiki.com.au	Simon Lee Phone: 0432 567 904
NSW - Saratoga E: pam.northcote@gmail.com	Pamela Northcote Phone: 0419 432 344	VIC - Fitzroy E: info@om-reiki.com.au	Jeremy O'Carroll Phone: 0417 328 457
NSW - Shellharbour E: JennysHS@bigpond.net.au	Jennifer Blake Phone: 02 4295 1184	VIC - Lilydale E: info@om-reiki.com.au	Lorraine Mitchell Phone: 03 9735 0642
QLD - Capella / Emerald E: naomi5@bordernet.com.au	Naomi Sampson Phone: 07 4984 9727	VIC - Maidstone E: info@om-reiki.com.au	Bernadette Pollegioni Phone: 03 9318 2408
QLD - Reedy Creek - GOLDCOAST newbeginningsclinic@gmail.com	Rachel Holmes Phone: 07 5593 6284	VIC - Oakleigh E: firebird@corplink.com.au	Robert Thuan Phone: 03 9568 1777
QLD - Miami E: alidagp@bigpond.com	Lida Parker Phone: 0403 861 638	VIC - Oakleigh South E: lieslm2@bigpond.net.au	Liesl Meuris Phone: 03 9563 8077
SA - Mount Gambier E: kathym7@bigpond.com.au	Kathy McKie Phone: 0406 355 249	VIC - Pascoe Vale South E: info@om-reiki.com.au	Veronica Ulicni Phone: 03 9386 3853
TAS - Lindisfarne E: joynicholson@aapt.net.au	Joy Nicholson Phone: 0415 416 168	VIC - Preston E: reikicottage@optusnet.com.au	Helen O'Connor Phone: 03 9484 7276
VIC - Airport West E: ozangel@iinet.net.au	Hilary McPhee Phone: 0438 561 124	VIC - St Albans E: mwscharhag	Waltraud Scharhag Phone: 03 9366 6550
VIC - Bacchus Marsh	Shirleyrose Rowe Phone: 03 5367 1680	WA - Joondalup E: jazreiki1@bigpond.com	Judith Sims Phone: 08 9300 0914
VIC - Beaumaris E: louise.riley@gmail.com	Louise Riley Phone: 0418 391 809	WA - Mullaloo E: vickimarshall@kahunabodyworks.com	Vicki Marshall Phone: 08 9307 8878

## A Warm Welcome To The New Members of ARC

Manfred Abraham	BEROWRA	Master Teacher	Vijaya Patil	ENDEAVOUR HILLS	Master Teacher
Julie Abrahams	ASQUITH	Level II	Leonie Reilly	HAMPTON PARK	Level II
Diane Albrecht	FRANKSTON	Master Teacher	Donna Roberts	SALISBURY DOWNS	Level II
Loretta Brook	ULLADULLA	Master Teacher	Dina Sayers	TARNEIT	Level II
Florian Cavollo	BALMAIN	Master Teacher	Susan Silva	CHARNWOOD	Master
Bernadette Douglas	ARUNDEL	Level I	Suzanne Thomas	BAYSWATER	Master
Lolla Farkas	NARRAWEEENA	Level II	Rodney Thompson	MOLENDINAR	Level II
Roma Filippow	SANTA BARBARA	Master Teacher	Angela Treloar	LANGWARRIN	Level II
Susan Hallawi	BENSVILLE	Master	Eugenia Twomey	MCKINNON	Level II
Janice Hunneybell	UPWEY	Master	Michelle Underwood	MACKAY	Master
Kasi Kaye Iliopoulos	BURWOOD	Level II	James Wickham	MAWSON	Master
Ross Moorhouse	ERINA	Level I			

IMPORTANT NOTICE - ALL MEMBERS OF ARC JOIN IN THE STANDARD MEMBER CATEGORY  
TO UPGRADE A MEMBERSHIP TO BOTH PRACTITIONER CATEGORY AND TEACHER CATEGORY  
ADDITIONAL CRITERIA MUST BE MET please email: [membership@australianreikiconnection.com.au](mailto:membership@australianreikiconnection.com.au)

## MILLIONS of TV Viewers told to try Reiki !! .....



Dr. Mehmet Oz, a renowned cardiovascular surgeon and host of one of the most popular syndicated television shows in America, recently introduced millions of viewers to the natural healing practice of Reiki as part of a program on alternative and natural remedies. The Dr. Oz show not only included a segment featuring a demonstration by Reiki Teacher and world renowned author **Pamela Miles**, he emphatically recommended viewers to “try Reiki”, which he described as “*my favourite treatment ... that could change the future of medicine forever*”.

Dr. Oz said of Reiki, “*If we put cupping in the hybrid category between bio-manipulation and energy, it provides me with a good segue to what I think may be ultimately the most important alternative medicine treatment of all. And as we are embarking on this whole new vista of opportunities, it broadens dramatically the spectrum of where we might be able to go in our bodies, and this is the area of energy medicine*”.

When introducing Pamela he informed the audience and viewers that “*Pamela has actually been to the operating room with me where we have done Reiki*”. He pointed out that, like Pamela, “*my wife Lisa is a Reiki master, so when the kids get sick, or when I'm out of sorts, she actually comes by, I can't even tell when she's treating me, sometimes she secretly treats me, if she thinks I'm in a bad mood and I see hands moving around, but I actually feel the heat*”.

Pamela explained that, “*Reiki is a balancing practice, and so rather than addressing the headache or whatever else is the problem, what it does is it influences the person's overall system toward balance, and then as her system becomes more balanced, symptoms tend to fall away. Then over time, for example, if you get headaches, you may find that you get them less frequently*”.

During the demonstration Dr. Oz asked the volunteer recipient, if she felt anything to which she replied, “*Yes, my headache's going away*”.

By way of explaining energy and its importance he said

“*Let me show you why I think energy has been overlooked*” Oz continued, turning to reveal a large microscopic image. “*This is an image of a cell and it's beautiful, isn't it? - You see that cell there, and it looks colourful, and look at the blue pattern on the outside. That's the membrane of the cell. That blue area on the outside differentiates life, because it separates no energy on the outside from energy that's present on the inside. So if you think about it in that way, if the membrane of a cell keeps an energy balance between inside and outside, which is what defines life, if we put those cells together, into an organ, shouldn't the organ have energy? And if you put those organs into a body, shouldn't our bodies have energy? And so, many of the ailments that we suffer from can be treated through energy therapies, which will become much more prevalent over the next few years*”.

At the show's conclusion, Oz did his usual “Oz's Orders” segment: “*Here are the three things I want you to remember from today's show. First off TRY REIKI. This alternative medicine treatment can manipulate your energy and cure what ails you*”. And he recommended in relation to the other segments of his show, that viewers boost their metabolisms and check their blood pressure. “*Those are my doctor's orders*”.

Whereas Reiki practitioners know that Reiki is a complementary and not an alternative treatment and that the energy is not manipulated but rather it goes where it is needed and that Reiki is not a cure, I believe that this exposure of Reiki to millions of viewers will lead to an increase in interest in this wonderful healing modality. Hopefully it will also encourage more of our Australian Medics and Surgeons to take a look at Reiki.

The Reiki segment of the show is available to view on You Tube; <http://www.youtube.com/watch?v=CPj2uuiReds>, why not view it for yourself? John Coleman - President of ARC Inc.

**Contributor:** Dr. Mehmet Oz - Renowned Cardiovascular Surgeon [USA] - <http://www.doctoroz.com/>

### Cupping

In traditional Chinese medicine stimulating acupuncture points is commonly used to restore balance to the flow of energy along invisible meridians of Qi, the vital life force. The cupping technique combines this energy fine-tuning with body manipulation. When heated glass cups are strategically placed on top of the skin, suction pulls in skin inside the cup to increase of circulation and stimulate the flow of energy in that area. It produces temporary mild bruise-like marks from the suction cups.

### Reiki

Reiki is another popular energy healing therapy, which is typically performed by a trained Reiki master. Here the practitioner's light touch on, or slightly above, specific areas of the body is used to balance the flow of energy throughout the body. The laying on of hands on the head, face, neck, chest, abdomen and back delivers varying degrees of natural vibrational “heated” energy as needed, to strengthen the body to heal itself. Reiki can also be self-administered.

## STATE Identity - VICTORIA



### NEWS & VIEWS from VICTORIA

with Helen O'Connor, Elizabeth Secker,  
Helen Archer and Hilary McPhee in Melbourne

Contact Hilary on 0438 561 124  
[vic\\_rep@australianreikiconnection.com.au](mailto:vic_rep@australianreikiconnection.com.au)  
Victoria State Representative

Contact Shirleyrose on (03) 5367 1680  
Bacchus Marsh - Regional Victoria State Representative

Victorian ARC Gatherings  
(2nd Saturday of the 2nd month)

Waverley Community

Learning Centre

5 Fleet Street

Mt Waverley

Mel. Ref: 61 G12

10 - 2 pm Please bring a  
healthy lunch to share

\*\*\*FEBRUARY 13th 2010\*\*\*

\*\*\*APRIL 10th 2010\*\*\*

\*\*\*\* JUNE 12th 2010\*\*\*\*

I hope everyone had a brilliant Christmas and that 2010 has begun in a fabulous fashion! My Christmas was spent quietly with family but alas I was ill over New Year and missed a wonderful Reiki retreat in the blue Mountains. Fortunately I recovered and was able to spend a relaxing Reiki weekend at Manyung with the lovely Betty and Bob Thuan amongst others! Go me!

National Reiki Awareness Week is in June [Sunday 6th to Saturday 12th Inclusive] and it is never too early to get organized to celebrate this event. I will be hosting an open day at Reiki Shine and looking for opportunities to volunteer and share Reiki with the general public. If anyone needs help getting organized and planning events, I am here to help!

Bookmark October for the ARC National Reiki Conference in Melbourne and this may be a great opportunity for you to get your friends interested in Reiki through attending. It's going to be fabulous with great food, great ambience, lots of interesting speakers and lots to learn! I am looking forward to catching up with many of you who are unable to travel to Waverly for the gatherings. Love and Reiki, Hilary - Victorian State Representative

#### Message from the State Representative Liaison Officer - To All ARC State Representatives.

It has been very quiet on this front, with the holiday season, school holidays etc but we will be catching up in the near future with a teleconference. The State Representative Manual is in the final stages of proofing before being distributed and I am sure it will be a welcome resource for all our State Reps. I know every one of our State Reps is now busy encouraging their State Members to think of ways to celebrate National Reiki Awareness Week in June as well as encouraging Members to attend the ARC National Reiki Conference in October and I so look forward to hearing all their news at our next State Reps meeting/teleconference. Love and Reiki, Hilary - State Representative Liaison Officer

## STATE Identity - TASMANIA



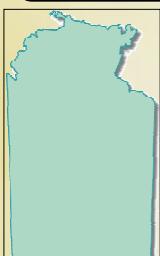
### NEWS & VIEWS from TASMANIA

with Joy Nicholson in Lindisfarne

Contact Joy on 0415 416 168  
[tas\\_rep@australianreikiconnection.com.au](mailto:tas_rep@australianreikiconnection.com.au)  
Tasmania  
State Representative

TAS Members are encouraged to contact Joy and to support her efforts to promote Reiki and to engender fellowship within ARC.

## STATE Identity - NORTHERN TERRITORY



### NEWS & VIEWS from the NORTHERN TERRITORY

with Jan Hordern in Darwin

Contact Jan on 0419 356 862  
[nt\\_rep@australianreikiconnection.com.au](mailto:nt_rep@australianreikiconnection.com.au)  
Northern Territory  
State Representative

NT Members are encouraged to contact Jan and to support her efforts to promote Reiki and to engender fellowship within ARC.

## STATE Identity - QUEENSLAND



### NEWS & VIEWS from QUEENSLAND

*with Jan Lay in Runcorn*

Contact Jan on (07) 3219 5989  
[qld\\_rep@australianreikiconnection.com.au](mailto:qld_rep@australianreikiconnection.com.au)

**QUEENSLAND  
State Representative**

Hi to all ARC QLD Members and Happy 2010

With our share group at Runaway Bay - Gold coast area, we finished last year with Roy taking us to coffee and that was really special. We are starting up again this year with one fortnight running at Runaway Bay and the other further down the coast most probably around Burleigh. When we have dates and venues organised I will let you know. You will be made most welcome if you would like to come along. Those who attended enjoyed the share times immensely and we are hoping for a larger gathering this year.

If there is anyone else who would like help in starting a share group please contact me and I will do my best to assist in whatever way I can. From what I hear Mt Isa's group is going along strongly with Paul and Kathy - they are wonderfully enthusiastic and have done a great deal to promote Reiki in their area.

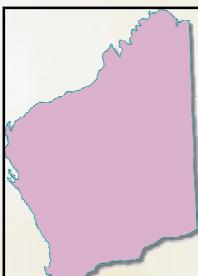
For me personally I have had a great start to the New Year, my son and his children came and spent 6 days with us and it was such a wonderful time all together - my daughter is in Qld, so to have the family together - words just cannot describe - fantastic.

Of those people that I have been able to catch up with during 2009 - like me they have had a challenging period of time, but out of it there has been so much good and very worthwhile outcomes. Challenges allow us to find the strength and courage within - to face our demons and overcome.

May 2010 bring amazing experiences to all. Much love, light and blessings Jan.

**QLD Members are encouraged to contact Jan and to support her efforts  
to promote Reiki and to engender fellowship within ARC.**

## STATE Identity - WESTERN AUSTRALIA



### NEWS & VIEWS from Western Australia

*with Vicki Marshall in Mullaloo  
And Judith Sims in Joondalup*

Contact Vicki on 0438 700 122  
[wa\\_rep@australianreikiconnection.com.au](mailto:wa_rep@australianreikiconnection.com.au)  
**Western Australia  
State Co-Representative**

**Contact Judith on 0422 198 273 / (08) 9300 0914  
Western Australia State Co-Representative**

In line with ARC's policy of co-operation with other Reiki Organisations in the interest and promotion of the Usui System of Reiki - ARC President John Coleman is currently involved in discussions with other leading Organisations/Associations on issues such as Minimum Standards for Professional Reiki Treatment Practitioners (see report elsewhere in this edition of ARC INK).

Here in WA, ARC State Representatives Vicki Marshall and Judith Sims are co-operating with other WA Reiki Organisations to promote the commonalities of our various practices and to raise awareness of the need for agreed minimum standards and ongoing professional development (a requirement for all practitioner members of any professional Reiki Association).

We are attending a meeting of relevant representatives on February 14<sup>th</sup> to discuss these and other matters. It is intended to hold an open meeting in March, at which all Reiki Practitioners will be presented with the outcome and given the opportunity provide input and feedback.

**WA Members are encouraged to contact Judith or Vicki and to support their efforts  
to promote Reiki and to engender fellowship within ARC.**

## So a new year just ahead! ..... What is your wish for the New Year?

Lately time seems to be escaping all of us. I realised that time is truly speeding up when I heard a 17 year old commenting on it recently. I remember when I was 17 time went very slowly.

Now is the time to reflect on last year, look at the lessons that it has brought and let go of the emotions that have blocked you. It's a time for you to take a step back and breathe. Instead of rushing around chasing your tail, stop and reflect on what it is you seek because it is time for us to rise above our pettiness. You do have a choice in the reality you live in. I would like to pass on to you some teachings that were shared with me which transformed the way I perceive things.

Over nine years ago I had an experience that finally started to merge the pieces of the puzzle together for me. At last, I was able to see the bigger picture. As I share this with you, please know that ultimately you have to go out and find what works for *you*. The greatest gift given to us is our free will. My adventure began to transform for me at the start of the new millennium. I didn't for one moment anticipate that it would be a rollercoaster ride on all levels of consciousness.

As fate would have it, I was invited to stay with a group of medicine women living in the outback of New Mexico, three hours out of El Paso. My world turned upside down as one after another, things fell apart prior to arriving in New Mexico. It almost seemed as if all these things were happening to stop me from reaching these medicine women, but I was determined to go. I had nothing left to lose. It was as if I had no choice, regardless of what was thrown at me. I needed to understand this world.

I started my adventure in July 2000, first stop Amsterdam. I travelled to various parts of Europe as well as to Cyprus, the place of my birth. From there I flew to New York to visit family. Staying at my uncle's house in New Jersey was a culture shock like no other. The only sanctuary I had was escaping to New York, a place where your senses go on overload from the sheer intensity, the overwhelming number of people, constant traffic jams, the concrete jungle that has no end. As I wandered around the city I was transported into various movie scenes that I grew up watching. In little Italy I couldn't get away from the 'Lavern and Shirley Show' or 'Happy Days' song. Yes, showing my age!

It was very difficult living at my uncles' house with his family. He fascinated me. He is a good man who has spent his whole life working hard to create the all-American dream and he has had no time to enjoy it. Today he still works seven days a week running a diner. His day starts at 4am and finishes at 9pm. There is no time left over for himself or his family. He had no time to teach his children values for he spent all his time making money to provide them with all material things he missed out on growing up. Like most people he is unaware that the greatest gift you can give to a child is your time.

What amazed me about their house was the number of televisions they had. This was common in most American homes I visited and I found it bizarre. My uncle had one in each room, even the basement. This did not prevent my cousins from fighting over the TV in the living room. I found my cousins to be very angry young adults who believed that the world owed them. Enough was never enough for them. At the time I was almost grateful to them for creating a diversion from my own problems. It was like watching a full-on soap opera which, somehow, you are in, but have no clue how you got there. I was meant to stay with my uncle and cousins for six weeks but in the end their intensity became too much for me to handle so four weeks into my stay I called Jo, the medicine woman who had invited me to spend time with her. I asked if we could meet earlier. As fate would have it she was driving to El Paso to visit with a native Indian woman. She said she would be staying with her for a week and would love for me to meet her. Happy days! At last there was some light! The next day I was packed and gone.

Three days on a greyhound bus spent travelling from New York to El Paso was an education. It was a great way to see the country on a budget but it felt like Ground Hog Day. I really got to see things that challenged my mind. The experience was a book in and of itself. When Jo picked me up from the bus stop, I felt like I was coming home. Space at last! I could breathe!

I have a strong connection to the Native American Indian but at the time, I did not understand why I had such a strong pull to meet them. The truth, as I see it now, is that this connection was the sole reason for my travelling to America. We arrived at our destination to find the house full of family who had come over for dinner. There to welcome me was my first teacher, Linda – my first real experience in learning from somebody who was not in a place of ego. It was like I was being reunited with an old friend.

She had a beautiful home with cats, dogs, birds, ducks, fish. We spent hours sitting under the stars with our Indian blanket as I listened to her share her stories. In the traditions of the native Indian all teachings were done aurally, no pen and paper to write things and that is why their culture has withstood the test of time. You can imagine the challenge it brought to this left brain westerner, not to be able to take notes. This is when my healing began.

Continued on page 19

To all Members - [Have you a story to tell?](#) - ARC INK is delighted to receive contributions from Members - "Your Story" - 1300 130 975 - email: [editor@australianreikiconnection.com.au](mailto:editor@australianreikiconnection.com.au)

I went from one extreme to the other. I was on a see-saw and there was no getting off. It was strange to me that I was shown more love and unconditional acceptance by these people than by my own blood family in New York.

After a week had passed, Jo, her young children and I travelled back to where I would be spending six weeks living in and learning from, the traditions of the Native Indian. We were at the edge of the desert so there was some green but you could see the desert forming and white sands on the horizon. We were surrounded by cactus. The property had a creek running through it with trees lining either side. It was a place to escape.

It was here that medicine women first told me that the earth is starting to spin faster on its axis. They spoke of a time many years ago when the sun rose and set in the same direction. They told of how we are coming to the end of one cycle of the earth mother and the birth of another. They also said that for the first time in humanity's history we have a choice as to which reality we choose to exist in.

The most simple, powerful teaching they shared with me was how to look at things laterally. To see the whole forest and not just the tree. To take responsibility for my thoughts; to question and not just believe what I have been told.

I remember once when I had asked a question and been given an answer I was then asked 'Why do you believe me? How do you know I am speaking the truth? Go find it for yourself.' I was baffled. But I began to search. The bookshelves, rich with text on religions, beliefs, philosophies, history and secret societies, became my haunt.

Once I had found an answer, my teacher then proceeded to ask me how I knew this particular author who had given me my answer was speaking the truth? Had I examined his agenda and taken it into account? It really got me thinking. Finally, it dawned on me that I had found the correct answer only when the same teachings (different versions) were shown to me through different authors. My teacher was trying to prepare me for life in the most elemental way.

We have been raised in a society where we are not allowed to question. After a while we become complacent and often stop thinking for ourselves believing what is fed to us. We get fixated on our experience and, unable to see beyond the emotions our experiences generate in us, we lose sight of the lessons inherent in them. What I have learned is that no one can give you your truth. It is something that lies within and only you can find it. It is about taking responsibility.

After six weeks I left the place where I felt so accepted and made my way back to El Paso where I spent some time with Linda. I think of her often and how blessed I was to be sent to her. Before leaving she told me I would be doing alternative medicine. I remember thinking, *how?* I was leaving the next day. She said to me that first I must learn to live in grace. Oddly enough, from that day to this, I have known whenever I have not been walking in grace. It's a work in progress...

And sure enough, three months later I found myself in Guatemala living in a village where I spent five months studying alternative medicine with three shamans six days a week. I had not even considered visiting Guatemala. Now, nearly ten years on since I last spent time with them, many of their teachings have expanded and been proven through other people and I am doing everything that Linda said I would.

At a time when it felt as if my soul had been ripped apart, when all I knew was pain, these women lifted me up and showed me the power that lies in the feminine energy and the simple, profoundly powerful tool of questioning and finding my own truth. They brought immense healing into my world and taught me how to trust again.

I have learned through my own experiences and lessons, through my own search for truth, that life is too short to hold onto hate. Hate cannot serve you. Our world is proof of that.

It is interesting to me that around years end we can become consumed with materialism and the many expectations we place on our families and loved ones. Seasonal celebrations can often devolve into family arguments as we hold on to past memories of hurt and use it as ammunition against each other. The teachings of this sacred time have been lost.

Instead of letting irritation, resentment and anger get the better of us during this festive season, use the time to reflect on what blessings you have and what it is you wish to create in your world. Be grateful for all the things you take for granted. Be compassionate towards yourself and then it will become easy to be compassionate to others. It has to start from within first.

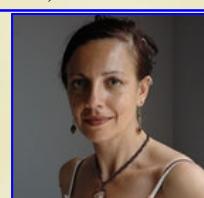
The Dalai Lama says that "*too much energy is spent on developing the mind instead of the heart*". It is time for us to spend some of our energy developing our hearts. Use this time to let go of the past and create space in your life for what you seek. The time is now. It is only when we open our hearts that we will be able to find peace.

Reflecting back on how the past ten years have flown and how many changes have occurred in my life, I am aware that there is still so much more for me to learn. But I have never forgotten, nor will forget the teachings of those medicine women and the simple truth they lived by. "**Be in balance - Live in harmony - Walk in beauty**" I wish you all a joyous New Year, Christina.

## Contributor: Christina Christou

Christina has journeyed the world and has been taught by many teachers on her travels through the Americas. Christina practices the art of healing through Reiki, Shamanism, Universal Law.

Contact: [alkehela@ymail.com](mailto:alkehela@ymail.com) or Visit: [www.alkehela.com](http://www.alkehela.com)



**Members - Payment of your Annual Membership Renewal Fee is due on or before the 31st August every year. Paying 'on time' is most appreciated and helpful - ARC Inc. CoM**

## UK - National Health Service Healer

As we continue our process to have Reiki more widely integrated into mainstream Heath Care in Australia, I thought it would be uplifting to read about positive progress in the UK - ARC President.

\* \* \*

Ten years ago Angie Buxton-King became the National Health Service's (NHS) only paid healer. She now runs a complementary therapy team on the cancer wards of University College Hospital. She's also clinical lead for the Foundation of Integrated Health's (FIH) complementary therapy network.

University College Hospital (UCH) is a rapidly modernising hospital, where patients are treated in small bays or single rooms instead of large wards. Teenage cancer sufferers have a special ward provided by the Teenage Cancer Trust, complete with brightly decorated walls and a snooker table.

They've also been innovators in complementary therapies for patients. Angie Buxton-King was known to the hospital when she first approached them about offering spiritual healing or Reiki in 1999 - her son Sam had been treated there briefly during his three-year battle with leukaemia until his death aged 10. The hospital pragmatically allowed her to practice for one day a week - with such impressive results that within a couple of months she became a paid part time member of staff. Now she runs the hospital's complementary therapy unit which includes reflexologists, massage and aromatherapy as well as healers, and the service has gradually widened from haematology to cover all cancer sufferers.

UCH has invested £100 million in a new state of the art Cancer centre which opens in 2012 to bring the best of international cancer care to the NHS. This centre will provide more opportunities to develop complementary therapy services for cancer patients alongside other forms of physical and emotional support. Buxton-King says that a fixed appointment system is impossible in a hospital setting; therapists have to be ready to treat patients on the spot in short periods of 30 minutes. The results are obvious, '*you can see people calming down and their patterns of breathing changing*'. Patients often find they need less medication or are simply more psychologically able to deal with hospital treatment and bad news. Most people access complementary therapies when they are walking well, whereas the UCLH team see people at the coalface. '*I'm not saying that we're the best, but it makes a huge difference that we're ward-based – we see people when they are very, very poorly and know how to reach them in that situation*'. Some patients are deeply sceptical of the term 'healing' or 'spiritual healing' but as Buxton-King points out, faith is irrelevant to treatment - the heart of the work is the relationship between therapist and client. Healing sessions are the most popular of the hospital's complementary therapy offerings, a snapshot survey in April of this year showed over 70% of cancer patients asking for sessions.

Now the unit is running a research programme to try to quantify results. To make a service of this kind work in the NHS where it's still an anomaly, takes tough political sense as well as compassion. But the integrated approach is at the heart of UCH's new building work. Buxton-King doesn't expect sudden transformations in the NHS attitude, but runs courses for therapists who want to understand what it takes to work within the system. FIH hopes to be providing a training session early next year. [For more information on Angie visit http://www.cancertherapies.org.uk/](http://www.cancertherapies.org.uk/)

## Are you taking Reiki into Hospitals?

### Are you taking Reiki into Hospitals, GP Surgeries, Prisons, Cancer Support Groups, HIV / AIDS Centres, Hospices, Palliative/Aged Care, etc?

If so I would like to hear from you with a view to:

- Compiling a National database on the use of Reiki in the Mainstream/Orthodox Health system
- Mapping current initiatives in Australia
- Hopefully setting up a network with other pioneers, form local / national support groups, share expertise and brainstorm for new projects
- Facilitate/assist making it easier to introduce Reiki into similar places in the future
- Show how others can benefit from our experiences, the mistakes and the successes
- Can we combine research with other projects?

Please send any information you or someone you know may have to:

ARC President - John Coleman  
PO Box 525 MONBULK VIC 3793  
email: [president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au)

Thank you to all who have already supplied information.

## How are YOU Promoting Reiki and Your Reiki Business?

As this New Year opens I have spent time contemplating my journey as a Reiki Master. In 2007 I walked away from my corporate career as I felt the need to concentrate on my natural healing abilities and chose to formalize my gifts by studying Reiki and I achieved the level of Reiki Master in 2008.

This decision became a “watershed” moment in my life. Choosing to help people by healing, rather than chase the “almighty” dollar for corporations, it also made me look in the mirror and evaluate myself, my weaknesses and strengths. As I have journeyed through the world of complementary modalities and alternative medicines, such as reflexologists, kinesiologist, naturopaths, iridologists, EFT practitioners, bowen therapy therapists and even psychics, tarot readers, just to name a few, I have had the honour to meet some pretty amazing people doing some impressive things, all with the same aim to empower people.

As time went on over the past few years, recurring thoughts resounded within my mind:

How can people best promote their businesses to the public?

How to spread the word/give credibility to practitioners?

During this period of time, I have set up voluntary healing at a local Aged Care Centre. I also held two seminars nights, with the aim of spreading the word of Reiki, and the importance of practitioners to be selected from the Australian Reiki Connection. Whilst my talks did not reach a vast number of the public on these nights, the journey along the way, helped me reach people who had never considered/or had taken Reiki into consideration as a complementary medicine. Those whose paths I crossed and “enlightened” were people such as “venue” managers, receptionists, secretaries, directors and even traditional western doctors. As well as having to “market” Reiki to them in order to have permission to exhibit in their centre’s, or work with their patients, I found I needed to help them overcome their own fears and understand that Reiki is Real.

I have a marketing background in corporate, primarily I have been involved in research, sales, project management and group facilitation, given this background I have on occasion been accused of having “more front than Myers”, and I have the willingness to push boundaries when necessary to determine what will work and why.

Fourteen months ago, I received a brochure promoting a “relaxation” afternoon from a company which offered various pamper treatments to their clientele. I approached the company and offered my services as a Reiki practitioner and in doing so, asked a dear friend and colleague of mine, Madalen Ross to help.

This led to a “seed of thought” being planted in both Madalen’s and my mind about promoting Reiki and other healing modalities to potential clients and how to achieve this aim....

Twelve months later from the inception of the concept, months of research, developing marketing material, sleepless nights, chasing universities, organizations, checking accreditations, developing codes of ethics and contracts, we started our partnership, Indulgence Afloat.

On the 20th December 2009, we “launched” Indulgence Afloat. Indulgence Afloat offers its clients the experience of a selection of complementary and alternative modalities on a 3 hour cruise. I won’t go into the spiel of Indulgence Afloat, if you wish to know more look up: [www.indulgenceafloat.com.au](http://www.indulgenceafloat.com.au)

On our journey in locating practitioners, we found for a practitioner to have “credibility” for us to utilize their services, they would need to be a member of a governing body associated with their modality, such as in my case, the Australian Reiki Connection.

Whilst our focus and our passion is Reiki, (Madalen is also a qualified Reiki master) we felt other modalities were equally important, and in our experience not all qualified practitioners had our knowledge of marketing and promotion, so we developed Indulgence Afloat to help small businesses promote themselves, as well as promote the modality, giving people options, which they may not have previously been aware they had. In addition to this, our team who came on board to give healings, have formed their own support groups within their own individual modalities, exchanging ideas, experiences, discussing what works for them/and or doesn’t. All in all a very positive outcome.

Whilst we are in our now official “formative” stage, both Madalen and I look forward to spreading the word, how complementary and also alternative modalities can enrich, empower people’s lives.

As a member of the Australian Reiki Connection, I would like to offer you a 10% discount off our prices on any cruise (not to be used in conjunction with any other offer) and I look forward to seeing you “on board”.

**Contributor:** Kathy Butler - ARC Member

[www.indulgenceafloat.com.au](http://www.indulgenceafloat.com.au)

Ph: (03) 9017 8115

Mob: 0418 489 480 (Kathy) Mob: 0412 682 407 (Madalen)

PO BOX 4003

Deer Park East Vic 3022

ABN: 92294322864



Committed individuals working toward a common goal do have the power to re-shape the world. This has happened over and over again throughout history - the abolition of slavery, women's suffrage, the dismantling of Apartheid, the fall of the Berlin Wall, the civil rights movement -- all of these massive changes came from people, not governments, and now is the time for the biggest change ever: moving beyond war toward a culture of peace.

For this reason we must embark on a new race -- one far more important than the race to space, and far more impactful than anything our species has ever before accomplished -- **the Race to Peace**.

And why does this have to be a race? Because time is running out. According to the United Nations, 36 wars are being waged in our world as I write these words. The weapons of mass destruction are just a hair-trigger away from being used. In our schools and neighbourhoods children are killing each other -- remember this statistic from Children's' Defence Fund, "Every Day in America 10 children and youths under 20 die from firearms," the highest number in the industrialized world. And as you read these words, new wars are being planned, and the production of nuclear weapons increasing. But we have the ability to turn this tide. Read on to find out how.

## Feeding the Vision

There is a story that goes like this: A Native American grandfather was talking to his grandson. He said, "I feel as if I have two wolves fighting in my heart. One wolf is the vengeful, angry, violent one. The other wolf is the loving, compassionate one." The grandson asked him "Which wolf will win the fight in your heart?" And the grandfather answered, "The one I feed."

In the past hundred years we have been feeding the wolf of war. The wolf of peace has gone hungry, and now is our time to feed it. The place to begin is with our will. Consider the possibility that with the combined power of parents all over the world we could accomplish this . . . . That people will look back and say, "and then, families everywhere, no longer willing to accept the violence their children were growing up with, decided they'd had enough.

One by one, mothers, fathers, grandparents, and children of all ages and colours made a huge decision -- they started working to create peace . The idea started to catch. Friends told friends, cousins told cousins, e-mails started flying from one coast to the other, across oceans, and beyond all conceivable boundaries. Suddenly people all over the world caught the bug. And the Race to Peace began. United in a common theme, individuals and organizations started chipping away the roots of war - poverty, homelessness, and hunger. They joined voices and called for an end to nuclear weapons and the availability of street weapons.

Before long their efforts took on the momentum of a tidal wave. Voices of nay-sayers were drowned out by its strength, and politicians started listening - after all, they wanted to get re-elected. In time, new laws were passed and treaties signed. A change in peoples' consciousness began to take shape -- they started seeing war as unthinkable and barbaric as cannibalism. And they realized it was in the power of their collective power to stop wars from continuing .

Continued on page 23

## Volunteers

### **Have you always wanted to help your community by becoming a volunteer?**

SolarisCare Foundation is a cancer care organisation with a vision to improve the lives of cancer patients and their families

With increasing demand for our services **YOU** maybe able to assist us in continuing to support the community of Western Australia.

**We need people to be 'meet & greet' volunteers and volunteer 'complementary therapists'  
at St John Of God Hospital Subiaco & Sir Charles Gairdner Hospital Shenton Park**

Volunteering is fun, rewarding and training is provided

Your time spent with SolarisCare will be appreciated by the people you serve

For details on how you can assist please contact **Lorraine: 9381 3097** or go to [www.solariscare.com.au](http://www.solariscare.com.au)



**Member  
Advertisement**

The Australian Reiki Connection does not endorse the products and/or services described in any advertisements

**If you have access to the Internet then please visit the ARC Inc. Forum on:**

**[www.australianreikiconnection.com.au](http://www.australianreikiconnection.com.au)**

Ultimately they created the most massive social change in human history -- the beginning of peace. We began empowering our United Nations to intervene in global conflicts, a halt was put to the development of nuclear weapons, and every person who served in governments around the world was taught the skills of negotiation and mediation. Over time democratic schools were set up throughout the world, and the skills of peacemaking were taught to children everywhere, thereby grooming a generation schooled in the tools and methods of peace. Crimes of international significance were dealt with in the World Court, and nations started sharing resources. A collaborative world order began to take shape, and we were a part of its initial inception.

## What is the Race to Peace?

It's a common theme, the purpose of which is to unite organizations and people all over the world committed to making this vision a reality. It's also a way of connecting to each other through the internet. You might be working on root causes of violence like poverty, hunger, homelessness, and intolerance, or more direct issues like gun control, nuclear arms reduction, or conflict resolution. In any event, the Race to Peace website will help you find each other, communicate, collaborate, and empower each other.

What we need more than ever is a sense of cohesion. Many wonderful groups are already doing important work in creating peace nationally, locally or globally, but everyone is working separately. The Race to Peace can potentially be the glue that pulls us all together resulting in a social epidemic where massive numbers of people take action to make peace happen.

This type of phenomenon is elegantly described in Malcom Gladwell's book, The Tipping Point, where he shows how trends can actually spread like viruses. He examines social phenomenon from Sesame Street to New York City's precipitous drop in crime, and shows how, when ideas "catch" among enough people, they can reach a tipping point where they spill over into the mass consciousness. That's when trends become significant social forces.

The most powerful force is word of mouth. By communicating, networking, and reaching out, you have the potential to make the Race to Peace a trend that spreads like a healthy virus, catching the attention of others, and igniting like fire.

## Contributor: Naomi Drew

Contact: [Naomi@LearningPeace.com](mailto:Naomi@LearningPeace.com)

Naomi Drew is recognized around the world as an expert on conflict resolution and peacemaking in schools and homes. Hailed as visionary, her work has enabled educators, parents, and people of all ages to live together more cooperatively.

**Author of [Hope and Healing: Peaceful Parenting in an Uncertain World](#)**



## Some Wise Teachings! ..... from a wise ol'sage

Always remember you're unique - just like everyone else.

Never test the depth of the water with both feet.

If you think nobody cares whether you're alive or dead, try missing a couple of mortgage payments.

Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them,  
you're a mile away and you have their shoes.

If at first you don't succeed, skydiving is not for you.

Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.

If you lend someone \$20 and never see that person again, it was probably well worth it.

If you always tell the truth, you don't have to remember anything.

Some days you are the bug; some days you are the windshield.

Don't worry; it seems kinky only the first time.

Good judgment comes from bad experience ... and most of that comes from bad judgment.

A closed mouth gathers no foot.

There are two excellent theories for arguing with women. Neither one works.

Generally speaking, you aren't learning anything when your lips are moving.

Experience is something you don't get until just after you need it..

We are born naked, wet, and hungry, and get slapped on our ass ... then things just keep getting worse.

Never, under any circumstances, take a sleeping pill and a laxative on the same night.

# The Lines of Communication for Members

ARC Inc. has in place lines of communication that benefit members when they are seeking advice, knowledge or assistance regarding membership issues or questions in general. It helps when all enquiries are not directed at only one person. The following guide may assist you when contacting your committee.

Questions relating to membership applications, renewals, category upgrades, contact the membership officer. **William Secker** - Email: [membership@australianreikiconnection.com.au](mailto:membership@australianreikiconnection.com.au)  
Post: PO Box 113 HOLMESGLEN VIC 3148

Questions relating to global Reiki issues and the activities of Reiki in Australia contact the President; **John Coleman** [the public officer of ARC Inc.]  
Email: [president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au)

Questions relating to matters of ARC Inc. finances contact the Treasurer.  
**Tony Carroll** - Email: [treasurer@australianreikiconnection.com.au](mailto:treasurer@australianreikiconnection.com.au)

Questions relating to ARC Inc. association business records and membership records, contact the Secretary. **Rodney Swart** - Email: [secretary@australianreikiconnection.com.au](mailto:secretary@australianreikiconnection.com.au)

Questions relating to ARC Inc. State & Territory Representatives contact the State Representative Liaison Officer.

**Hilary McPhee** - Email: [liaison@australianreikiconnection.com.au](mailto:liaison@australianreikiconnection.com.au)

Mail for the President, the Treasurer, the Secretary should be posted to:

ARC Inc. PO Box 525 MONBULK VIC 3793

## Members Notices

### MEMBER BENEFITS

Discounts are available from the following businesses  
Offered at the sole discretion of the business concerned  
Subject to alterations and withdrawal without notice  
(Remember to always quote your membership number)

The MBS Internet Store of **Books Music & Movies**  
contact Judy, Michael, Derek for **10% discount\***  
Phone: (02) 9440 7828  
[www.holisticpage.com.au](http://www.holisticpage.com.au)

The Linen Co. Australia **Salt lamps**  
**Wholesale** prices on the [entire](#) product range\*  
Phone: (03) 9899 9800 - Mobile: 0410 528 886  
[NEW Wholesale Catalogue NOW available](#)  
[www.linenco.com.au](http://www.linenco.com.au)

**Massage Tables / Health & Lifestyle Equipment**  
**Additional 10 % off** 'our prices' - contact Jenny \*  
Phone: (03) 9558 0008  
Free call: 1800 333 505 (excl Melb)  
[www.primealternatives.com.au](http://www.primealternatives.com.au)

[\\*REMEMBER TO CHECK POSTAGE DETAILS WHEN ORDERING\\*](#)

### EMAIL ADDRESSES YOU CAN USE TO CONTACT YOUR STATE REPRESENTATIVE / SRLO / R&DO

[act\\_rep@australianreikiconnection.com.au](mailto:act_rep@australianreikiconnection.com.au)  
[nt\\_rep@australianreikiconnection.com.au](mailto:nt_rep@australianreikiconnection.com.au)  
[qld\\_rep@australianreikiconnection.com.au](mailto:qld_rep@australianreikiconnection.com.au)  
[tas\\_rep@australianreikiconnection.com.au](mailto:tas_rep@australianreikiconnection.com.au)



[sa\\_rep@australianreikiconnection.com.au](mailto:sa_rep@australianreikiconnection.com.au)  
[wa\\_rep@australianreikiconnection.com.au](mailto:wa_rep@australianreikiconnection.com.au)  
[nsw\\_rep@australianreikiconnection.com.au](mailto:nsw_rep@australianreikiconnection.com.au)  
[vic\\_rep@australianreikiconnection.com.au](mailto:vic_rep@australianreikiconnection.com.au)

**State Representatives Liaison Officer** - **Hilary McPhee** : [liaison@australianreikiconnection.com.au](mailto:liaison@australianreikiconnection.com.au)  
**Reiki Research & Development Officer / VP** - **Ingrid D'Andrea** : [research@australianreikiprofessionals.com.au](mailto:research@australianreikiprofessionals.com.au)