

August to October 2019

Volume 22 Issue 3



Published quarterly by the Australian Reiki Connection Inc.
ARC INK is for the information of USUI System of Reiki Channels

President's Comments - John Coleman

Greetings and welcome to this edition of your ARC INK Magazine

We have come to the end of another membership year. Your membership renewal is due on or before 31st August and your prompt attention to payment of your invoice would be greatly appreciated.

I extend a warm welcome to Slavica Praporski our newest member of committee. As a new member, Reiki practitioner and scientist Slavica will be a great addition to ARC.

A lot has happened for me personally in 2018, including moving home—which also meant moving ARC office as a room in my home is dedicated to the ARC office. I also retired from my own Reiki Healing business and other committees that I was involved in. This has allowed me more time to among other things, focus even more on ARC and together with the other committee of management members I am looking at ways to update and streamline systems and benefits of membership.

I am working my way through the members database and ensuring that members are informed of any issues that relate to their membership. This includes the usual requests for submission of insurance certificates of currency, first aid certificates and professional and personal development booklet. It has also allowed me to ascertain that members are in the correct category of membership. A number of Non-Professional Members who are in professional practice, with insurance cover through their membership have been informed and asked to change to the correct category. I am grateful to all who have done so to date. Sadly others have ignored my emails and they have been informed that their Non Professional Status of Membership of ARC cannot not be renewed.

Please ensure that you are in the correct category of membership for your level of professional practice and if you have any queries please contact me directly

Finally, if you would like to become actively involved in the work of the Association then I would love to hear from you. Your participation and skills would be most welcome. Likewise, if you have any suggestions or requests that you believe could benefit yourself and others, or an article for the ARC INK Magazine please let me know.

I hope you enjoy reading your ARC INK Magazine.

Love Light lots of laughter and wellness -John Coleman - President

MISSION STATEMENT

Australian Reiki Connection Inc. is an Association working with and promoting the spirit of Reiki through teaching, healing, fellowship and research, both within the Reiki community and the wider community

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Welcome to the ARC INK Magazine - Volume 22 Issue 2

This Magazine is published four times per year for the information of **USUI Reiki Channels** and persons interested in Reiki Healing, Reiki Teaching and Complementary Therapies

visit: www.australianreikiconnection.com.au

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ARC welcomes your comments

ARC Committee of Management for 2018/2019

Executive

President John Coleman
Vice president Position Vacant
Treasurer Tony Carroll
Secretary Andonnia Gotsi

Ordinary Committee Members

Anita Kyriazopoulos
Sue Lake Harris
Slavica Praporski

Membership Officer

William Secker

Social Media Co Ordinators

Anita Kyriazopoulos & Sue Lake Harris

The Usui Precepts

Kyo Dake Wa	Today Only
Ikaru Na	Do Not Anger
Shinpai Suna	Do Not Worry
Kansha Shite	Be Grateful
Gyo o Hage Me	Do Your Work Diligently
Hito Ni Shinsetsu Ni	Be Kind (compassionate) to Yourself and Others

Contacting the Australian Reiki Connection Inc.

TELEPHONE: 1300 130 975 / 0439 366 185

Questions relating to:

Global Reiki issues and the activities of Reiki in Australia contact the President -

John Coleman Email: president@australianreikiconnection.com.au

ARC Inc. membership and for general enquiries contact the Treasurer -

Tony Carroll Email: treasurer@australianreikiconnection.com.au

Mail can be posted to: ARC Inc. PO Box 827 SOUTH MELBOURNE VIC 3205

[Allow up to 7 days for post to arrive]

Responsibilities of ARC Members

As stated in previous ARC INK's and emails to members, your committee of management are volunteers who like you run their own business, therefore anything that can help reduce their association workload is greatly appreciated. By providing the following documents and information to ARC ,the time spent chasing up members for them would not be necessary.

All Members are required to:

- to keep their membership record current by informing ARC of all changes (Home/Postal addresses /email/phone) as soon as they occur.
- **Ensure that they are in the correct category of membership.**

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The following criteria are required on a continuous basis in order to maintain Professional category ARC membership:

- Submit a copy of their certificate of currency of insurance. Annually on renewal
- Submit a copy of their First Aid HLTAID003—Every three years on renewal
- Submit a completed professional and personal development document—Annually
Return due date is 31st August
- **Ensure that they are in the correct category of membership.**

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Documenting Client Reiki Stories

ARC would love to hear your stories on the benefits Reiki Treatments have on your clients. These can be anecdotal, anonymous or preferably documented stories compiled with the consent and cooperation of your client. ARC member Marita Lajs has written suggested Case Summary Guidelines for documenting such Reiki Stories.

You can download the guidelines from the ARC Members Area of our website *(have you signed up to the members area yet? If not why not do so now)*

Please do consider participating as these stories can help towards the further acceptance of Reiki treatments in the public and healthcare arena. Post or E-mail your stories to ARC president at

president@australianreikiconnection.com.au

My Volunteer Role in Palliative Care

- By ARC Member Corrine Brown

As part of the National Volunteer Week 2019, Palliative Care Victoria put together a section in their website to acknowledge their volunteers by highlighting each of their stories. I am one of these volunteers and here is my short story

“Volunteering provides me with a sense of sharing unconditional love with my brothers and sisters. There is great satisfaction that I am able to share my gifts, knowledge and expertise; and to witness the profound benefits. I have a sense of purpose, a belonging in the wider community, a greater understanding, awareness and appreciation of life.

Volunteering to me is about giving and receiving. There is always balance. As a volunteer, I am the honorary visitor, privileged to hold a safe space for the patients without judgement. The gratification I receive with my giving are beyond words. There are no words. There need not be any words.

Bless”..... Corrine Brown

<https://www.pallcarevic.asn.au/support-our-work/volunteers/national-volunteer-week-2019-stories/#corrine-brown>

I have been providing Palliative Care services as a volunteer at Peter MacCallum Cancer Centre – the Southern Hemisphere's largest, independent specialist oncology centre for 13 years (since 2006). Prior to this, my 3 years in voluntary community services was in the Teens Ward at Princess Margaret Hospital in Western Australia.

Hand on heart, I honestly believe I am the person today shaped by my life experiences from my professional services offered as a volunteer. These environments are my classrooms.

Volunteering is like a gift that keeps on giving. The rewards keep on coming. The lessons never stop.

***I observe, I learn, I listen, I respect, I witness, I honour, I share, I reflect, I hold space
I am respected, I am honoured, I am important, I am loved, I am required***

My stories and experiences are many and amazing, from working with patients in the Chemo Day Unit, in the Wards, in Intensive Care Unit, as well as a unique opportunity with a coma patient. Unconditional and non-judgemental spiritual bonds are made with patients from all walks of life, race, sex and culture. Life sure is a mixed box of chocolates!

I offer my array of Complementary Therapies including Reiki, that support conventional medicine. Many patients are aware of this form of natural pain relief support and look forward to having these treatments. It makes being in a hospital environment and getting through their ordeal more bearable and comfortable.

Some of The Many Miracles I Have Witnessed

- Immediate reduced oedema
- More mobility, strength, circulation and flexibility
- Sensations felt even during sessions when patients experienced peripheral neuropathy or were paralysed from waist down
- Bowel movements opened when patients had been constipated for days
- Sense of calm, peace and rest when patients have not been able to relax or sleep
- Lowered blood pressure during treatment (nursing staff had to do another monitor later on)
- Sense of acceptance and trust when patients were anxious and fearful
- Sense of connection and openness as a bond is established
- More smiles
- Sometimes more tears as patients feel they can just be

..... the list goes on

My Volunteer Role in Palliative Care

- By ARC Member Corrine Brown

So What Is Palliative Care You Might Ask?

The World Health Organisation (WHO) defines Palliative Care as:

“An approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.”

Simply put, Palliative Care is specialised medical care for anyone with life limiting illnesses. The Team delivers effective and compassionate care whilst providing emotional, social, cultural and spiritual support to patients and their family members with the primary focus of bringing relief to patients' pain and symptoms; and ultimately with the goal of improving quality of life whilst meeting their needs.

Whilst patients at the end of life have greater needs for Palliative Care services, patients at other stages of serious illness can also benefit. Palliative Care can be given at the same time as other therapies that are intended to prolong life, such as chemotherapy or radiotherapy.

Palliative Care treatment can be given in the home, hospital, local community health clinics, care facility or hospice.

For detailed information, visit <https://www.pallcarevic.asn.au/families-patients/>

Mainstream Medical Care Vs Palliative Care

- The purpose of traditional mainstream medical care is to find a cure and/or to heal an illness.
- The main goal of Palliative Care is to ease pain and prevent suffering associated with an illness, making them as comfortable as possible. The Team helps patients and families understand the disease and available treatment options. They also facilitate open communication to discuss any practical or emotional concerns that come with a diagnosis of the serious illness.

Corrine Brown:

Founder of Institute of Holistic Therapies <http://www.ihtaustralia.com/>



**Do you or someone you know volunteer in a hospital, hospice, nursing home or other facility, providing complementary therapies like Reiki?
ARC would love to hear from you.
Email: president@australianreikiconnection.com.au**

Selection of hospitals providing Reiki treatments.

"Portuguese hospital providing Reiki



São João Hospital, in Oporto, is using reiki therapy to treat oncology patients on an outpatient basis, in order to limit the effects of chemotherapy treatment. Reiki therapy has been increasingly recommended by physicians and therapists to combat the effects of chemotherapy

in cancer patients in order to help reduce symptoms and promote relaxation in these patients. The positive effects of this technique motivated the Board of Administration of that hospital to authorize its application in outpatients, and the technique is applied by nurses with training in the area.

Source: Lusa—Portuguese Reiki Association

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Patient at the surgery table receiving Reiki before operation, in a hospital in Mexico.

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Perth's biggest hospital Fiona Stanley Hospital is changing the way it treats cancer. Health professionals say it's a win for patients who no longer have to seek out alternative therapies when they're at their sickest. Reiki is one of the therapies used for the patients.

Click on 7 News Perth link below to watch 1min 45 second video
<https://www.facebook.com/7NEWSPerth/videos/1080295818833936/?t=0>

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Other hospitals and healthcare facilities in Australia: providing complementary therapies incl. Reiki.
J.W.Whittle palliative Care Unit—Tasmania

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Solaris Care Foundation provide complementary therapies incl. Reiki in a number of facilities in WA
Cottesloe, Subiaco, Nedlands, see list of their programmes here
<https://solariscancercare.org.au/page/programs>

.....

Cancer Council in New South Wales have produced a booklet about complementary therapies including Reiki. Click on link to download.
https://cancercouncil.com.au/wp-content/uploads/2018/04/UC-pub_Complementary-Therapies_CAN1141_lo-res_April-2018.pdf

Laughter is the best medicine

By David DiSalvo

Intuitively we know that laughter is one of the best tools we have for dealing with stress, and science backs that up. In fact, research into laughter goes even further, revealing that it's a potent drug with the contagious power of a virus that conveys a slew of benefits for the mind and body. Below are six findings that should keep us wanting to laugh it up.

1. Laughter is a potent endorphin releaser.

One of the most recent studies shows that laughing with others releases endorphins in the brain — our homegrown feel-good chemicals — via opioid receptors. The more opioid receptors a given person has in their brain, the more powerful the effect. Highly addictive opioid drugs, like heroin, also bind to those receptors, suggesting that laughter induces euphoria not unlike a narcotic (minus the obvious drawbacks).

2. Contagious laughter forms social bonds.

The endorphin effect described above also explains why social laughter is so contagious. Spreading endorphin release through groups promotes a sense of togetherness and safety. Each brain in a social unit is a transmitter of those feelings, which triggers the feel-goods in other brains via laughter. It's like a game of endorphin dominoes. That's why when someone starts laughing, others will likely laugh as well, even if they're not sure what everyone is laughing about.

3. Laughter fosters brain connectivity.

Not all laughter is the same, and it turns out that decoding a laugh is more challenging than it seems. One study found differences in how we perceive, for example, joyous laughter versus taunting laughter versus tickling laughter, each of which activates connections between different brain regions. What this all amounts to is that laughter fosters rigorous brain region connectivity that kicks in when we hear a laugh, as our brains work to decipher what sort of communication is coming through.

4. Laughter is central to relationships.

A study showed that women laughed about 126 percent more than their male counterparts, while men seem to instigate laughter the most — and there's an interesting application of those results to how relationships form and are maintained. Women typically rate a sense of humour as a top-three trait for a potential mate. Men tend to rate women who laugh a lot (i.e. laugh at their jokes) higher than those who don't. It's no surprise, then, that couples that laugh together report having higher-quality relationships. Laughter is a nonnegotiable for all involved.

5. Laughter has an effect similar to antidepressants.

Laughing activates the release of the neurotransmitter serotonin, the same brain chemical affected by the most common types of antidepressants, SSRIS. It's not clear from the research how long this effect sticks around, but the burst of brain activity laughing triggers is undoubtedly potent, at least for short periods of time.

6. Laughter protects your heart. Research has shown that laughter has an anti-inflammatory effect that protects blood vessels and heart muscles from the damaging impacts of cardiovascular disease. How this happens isn't entirely understood, but it seems related to lessening the body's stress response, which is directly linked to increased inflammation. Regular, hearty laughter should probably be part of every heart disease prevention program.

You can find David DiSalvo on [Twitter](#), [Facebook](#), [Google Plus](#) and at his website, daviddisalvo.org.

Honouring the Path of Change

By ARC Member Alexandra Browne-Hill

Awareness and reflection is power

Things sometimes feel stuck. It can seem that going forward is not happening and the same slow issues keep returning in haphazard frequency. Many of us have been experiencing similar issues. The last few months I have noticed this of many people and situations. All of them based on being unable to complete chores or ideas and move to the next item on their lists. Each of them have felt these frustrating pressures to be their own individual yet resulting in a trail of lowered confidence, unmanaged time stresses and confusion. It can feel uncomfortable being stuck.

The Universe commands change and we are growing with it. We dream, we wish, we hope and try hard to implement the steps that will support these ideals. We want to show the world our successes and our joys. These are exciting and unprecedented times. However our human selves find that they are also challenging times. Being caught in a long and frustrating stuckness can feel as though there is no growth or support. This doubt can lead us to challenge our own deep faith in manifestation of fabulous outcomes with Universal Support. For me the length of time required to sit and patiently believe that the things I had instigated would gradually appear began to feel absurd. Not for the first time, I lingered in the thought that I had got it all wrong.

Until I understood that those around me were struggling with the same thing. I began to see a pattern around me. The same pattern that reoccurs every few months actually and cautions us to take time to absorb the changes as they occur. To believe in ourselves and what our destinies are becoming. We expect quick resolution and immediate answers yet I have learnt that things take time to evolve. If like me, you keep a long list of jobs to do and your daily aim is to gallop through them with a sunny smile on your lovely face, achieving mammoth tasks in the blink of a golden eye like Eirene the Goddess of Peace, then it might be more useful to slow down, regroup, realign and release the expectation of our own perceptions.

We are all in this cosmic change together and can benefit from the opportunity the Universe supplies us to rest and utilise any delays to review, with improvement upon our existing plans. There is magic in the air and many of us feel the birth of a better future in its earliest stages. It sits deep in the gut stirring up our passions and encouraging us to move into our authentic pathways. Listening to my own wisdom, I know that I have thought, planned and activated my future. Now it is time to wait. To review. To believe and trust. As absurd as it seems to have one's life tripped up by Unfortunate Misadventures that are doing me a favour, I must confess that it is rather peaceful taking a breather while I wait!

Make space to dream, activate, review and finally with beautiful satisfaction, enjoy. One step at a time.

Foundations, perseverance, courage, patience and enjoyment together with synchronicity, love and acceptance will get you there. Trust and believe. What a wild but fabulous ride to your dreams!!

<http://www.alexandrabrownehill.com.au/>

Reiki's Use in Dementia Patients and For Their Caregivers

By Deborah Bier, PhD

Memory problems. Stress. Confusion. Bizarre behavior. Depression, Anxiety, Caregiver burnout. These challenges all too often occur in the territory of Alzheimer's Disease and related dementias (ADRD). But what if a gentle "laying on of hands" could give some real help to patients and caregivers alike? And what if this help were scientifically verified in well-conducted research, and published in peer-reviewed journals? Seems like a wild fantasy, doesn't it?

It's not. Research has shown that Reiki healing can be effective in addressing a number of the challenges dementia patients and their caregivers face every day. Scientific validation of Reiki's effectiveness comes from numerous studies examining a variety of types of people, problems and settings. This type of solid research has helped bring Reiki into the mainstream.

Reiki, Mild Alzheimer's and Cognitive Impairment

Reiki and other touch and energy therapies significantly aid dementia patients and their caregivers in several areas. One is an indication from published, peer-reviewed research that Reiki can help people with mild cognitive impairment or mild Alzheimer's.

In one experiment, one group of patients received four weeks of Reiki treatments; a control group received none. The Reiki recipients showed statistically significant increases in mental functioning, memory and behavior after Reiki treatment. (*Crawford, Leaver and Mahoney, 2006*). Caregivers can administer Reiki at little or no cost, potentially reducing the need for medication and hospitalization (*Crawford, Leaver, and Mahoney, 2006*).

Reiki May Reduce Stress, Depression and Anxiety

"Stress" most often is mentioned by those seeking Reiki treatments (Potter). Dementia is extremely stressful, and anxiety and depression often coincide. Several studies have found Reiki provides biological indications of significant stress reduction, as well as a relaxation response (*Baldwin, Wagers and Schwartz, 2008; Baldwin and Schwartz, 2006; Friedman et al., 2011, others*).

Research shows that Reiki also can help reduce depression and anxiety among people with chronic illnesses (*Dressin and Singg, 1998*). Both hands-on and distance Reiki (the latter performed nonlocally, without touch) were found to reduce depression significantly. Effects lasted up to a year post-treatment (*Shore, 2004*).

Chronic or periodic pain-inducing illnesses can co-occur in dementia patients. As their dementia progresses, it can become impossible for the patient to verbalize their pain. Instead, they may become agitated, withdrawn, aggressive, depressed, anxious, or show some sort of "difficult behavior." Caregivers must figure out that the behavioral change results from untreated physical pain, and then find the painful site and address it. Since Reiki has been shown to reduce pain, dementia patients with pain who undergo treatment might have both disorders addressed simultaneously. (*Dressin and Singg, 1998; Birocco, et al., 2011; Richeson, Spross, Lutz and Peng, 2010; others*).

Reiki's Use in Dementia Patients and For Their Caregivers

By Deborah Bier, PhD

Reiki treatment often results in a state of calm relaxation (*Richeson, Spross, Lutz and Peng, 2010; others*). Whether pain or some other issue caused their agitation, Reiki can help calm down dementia patients and make dealing with them easier for all involved in their care.

Reiki Also Helps Caregiver Burnout

The Reiki studies reviewed above apply to caregivers as well as patients. The Family Caregiver Alliance reports in general that "...20% of family caregivers suffer from depression, twice the rate of the general population." When it comes specifically to dementia caregivers, "...41% of former caregivers of a spouse with Alzheimer's disease or another form of dementia experienced mild to severe depression up to three years after their spouse had died. In general, women caregivers experience depression at a higher rate than men." (*Covinsky, et al. 2003*) report the number with depression to be one-third of primary caregivers during the period while they are caring for their loved ones with dementia.

Nurses are an excellent group to study when it comes to caregiver burnout and Reiki. Many nurses have added Reiki to their skills, and they are a population prone to burnout and compassion fatigue. Studies involving nurses' self-care have demonstrated that Reiki can help prevent and heal caregiver stress and overwhelm. Nurses who practiced Reiki on themselves reported that they choose to do so for daily stress management and self-healing, among other reasons (*Vitale, 2009*). Perceived stress was also significantly reduced among nurses learning Reiki, though less so if they did not practice self-help Reiki during the study (*Cuneo, 2011*). In a study of nurses with "burnout syndrome," Reiki was found to provide a significant relaxation response (*Diaz-Rodriguez, et al., 2011*).

It can be challenging to return to warm, caring feelings following caregiver burnout. (*Brathovde 2006*) and *Whelan and Wishnia 2003*) reported increased self-satisfaction with nurses' work, and a returned ability to feel caring toward others after the nurses had received Reiki training and used it on both themselves and others.

Alzheimer's Disease and related dementias cannot be cured. People live for many years with the disease, which takes a huge toll both on them and their caregivers. As many effective tools as possible are needed to help manage ADRD and improve quality of life for everyone involved.

Empowering family and professional dementia caregivers with Reiki skills can help meet many needs. For both patients and caregivers alike, calmness, improved moods, increased memory capability, reduced pain, and healing from caregiver burnout can be the help so many have been waiting for.

Distant Healing Intention Therapies:

An Overview of the Scientific Evidence

Level 11 Reiki Practitioners have provided Distant Healing to loved ones and friends overseas and elsewhere to great effect. The feedback from recipients of Distant Reiki through the ARC Absent / Distant Healing Book are testament to this. Trying to explain or prove how it works can be difficult at the best of times. Recently on the TV program *Medicine or Myth*, acclaimed brain surgeon Charlie Teo pointed out to his sceptical colleagues that he is a recipient of and a believer in Reiki, had discussed Distant Reiki with a Quantum Physicist friend, who convinced him that it is possible.

Research into Reiki is ongoing and while there is ample proof of the benefits of Reiki treatments (see Research articles page on the ARC Website—<https://www.australianreikiconnection.com.au/research-into-benefits-of-reiki> there is little known about the research into Distant Healing which includes Reiki

The link below is an insight into the explanation and results of research into Distant Healing Intention Therapies. by Dean Radin, PhD, Marilyn Schlitz, PhD, and Christopher Baur

The article provides a broad overview of "distant healing intention" (DHI) therapies, i.e., intentional healing modalities claimed to transcend the usual constraints of distance through space or time. The authors provide a summary of previous reviews and meta-analyses that have explored a diverse array of DHI modalities, outcome measures, and experimental protocols. While some significant experimental effects have been observed, the evidence to date does not yet provide confidence in its clinical efficacy. The purported "nonlocal" nature of DHI raises significant methodological and theoretical challenges. We recommend several avenues for improving future research.

It is a long read but well worth it and while as with all research into Reiki, it says more research needed, however there are several positive results that baffle some scientists...

In a separate study Radin and Schlitz stated the following which I have abstracted :..” ***Previous laboratory research in this domain suggests that DHI effects warrant serious study, but most scientists and funding agencies are unaware of the evidence or the relevant literature. By following evolving guidelines, researchers' designs and their ultimate publications will conform more closely to the quality standards expected by scientific journals, and such publications will in turn attract the attention of a broader range of scientists. This seems especially important for alternative healing research in general and for distant healing in particular; both realms enjoy broad public support but have largely eluded serious attention by mainstream science***”

Here is the link:

<https://www.australianreikiconnection.com.au/distant-healing-research-overview>

[Read an interesting article on Distant Healing on Page 16](#)

NEW HOW MUCH DO YOU VALUE YOURSELF

By Marie Duggan

'A person's worth in this world is estimated according to the value they put on themselves' Jean de la Bruyere (1645-1696)

How many of us really question the value of our individual physical and personal growth? In today's world which is increasingly faster and busier than ever before, there is a market value on everything, including our time. We are all out there trying to carve our way through life hoping to gain financial reward, security, happiness and fulfillment.

Some will throw themselves willingly into the fast track of life and careers, while there are others desperately trying to get off the track because the pressure is too much.

At what point does our way of life and our paths become too costly to our physical, personal and spiritual growth?

Well of course this varies dramatically from one person to another. Many years ago, I trained in Craniosacral Therapy and found the course and therapy itself truly amazing. What was profoundly changing for me was the fact that as part of the training I had to keep a diary detailing where within my week I made time for my own spiritual and physical well-being. This made enlightening reading for me. Although I had been a complementary therapist for over a decade and understood the whole 'mind, body, spirit' cycle vital to our health and vitality, I still fell into the same trap as a lot of people and became so busy I forgot to make time for my own health and well-being. I started a weekly Pilates class, arranged a fortnightly therapy treatment and gave myself daily Reiki treatments.

In reality this really was not much time out of my week and after a few weeks the changes within me were amazing. I felt calmer, more in control, I had more vitality and very notably I noticed an enormous difference whilst giving treatments to clients.

As I was connecting more with my inner self, I found that I was achieving a sense of stillness sooner and more deeply, allowing me to give much more effective treatments to others.

Take time to truly look at your week, take the time to think about what you would like to do. Instead of coming up with reasons why you can't do exercise, have a holistic treatment, meditate or relax, make a list of what you want to do, where you can do it and how.

Value yourself.

'Argue for your limitations, and sure enough, they're yours!' Richard Bach (b. 1936)



Marie Duggan ATL, IHHHT, ICHT, CST & REIKI MASTER/PRACTITIONER

<https://butterflytouchtherapiestraining.com/>

Annual Personal & Professional Development (P&PD) Return For Professional Category Members

As a Professional Category Member of the Australian Reiki Connection, you are required to make a P&PD return by the 31st August each year in order to maintain your professional status on the ARC directory of referred Professional Reiki Practitioners & Reiki Teachers.

The Australian Reiki Connection has set a minimum of 20 P&PD points as an annual requirement per Membership year.

P&PD is also known as either - CPD continuing professional development or - CPE continuing professional education. It is a requirement in all professional associations and allows you to maintain and build on your skills and knowledge beyond your initial Level of your Reiki training.

It is a process of tracking and documenting the skills, knowledge and experience that you gain both formally and informally as you work. It's a record of what you experience, learn and then apply in your practice and in your personal journey.

Teaching and attuning others to Reiki does not attract P&PD points.

Personal and Professional Development points obtained in other modalities you may practice and/or from other professional associations you may be a member of, can be included in your ARC P&PD return.

The P&PD Form/booklet contains examples of Reiki related activities that can be used however it also allows space for Non-Reiki activities and for PERSONAL development which many of us do on our journey eg Do you read books relating to Healing/Reiki or other modalities, do you watch online Videos relating to your modalities or other modalities, do you care for a family member, volunteer at a nursing home etc. All these can be claimed. That is what the blanks are for on the form. Just note them down and ARC will award the points for them.

If you have any concerns or require assistance contact ARC and we will be happy to help. Many members who think they cannot meet the points are pleasantly surprised when discussing their concerns that they actually do and in some cases exceed the 20 points.

The P&PD Form/Booklet can be downloaded from the members area of the ARC Website. Have you signed up to the Members Area?

Non Professional Members do not need to complete the P&PD annual return

Tuesday Night Sharing Reiki and Coming Together By. ARC Member Liesl Meuris

So many teachers with their lineages are trying to find the background and truth of Reiki.

For me, Reiki is the energy that is everywhere. It is the glue of the Universe giving every soul and matter the opportunity to evolve.

I have practiced Reiki since 1991 and learned directly and experienced the energy from four different teachers; Denise Crundall in Melbourne, levels 1 and 2. Allan Sweeney in England, all levels of Reiki and Karuna, Frans Stiene, now in the Netherlands, all three levels and Shinpiden and Hyakuten Inamoto from Japan, all four levels and Shinpiden.

When Reiki called me in 1991, and I had my first 'treatment' with three sets of hands I felt I was being put back together after a very eventful life. I knew at a deep level that Reiki was going to be a part of my life's work. Being a teacher in a high school the students benefitted straight away. I dived in with blind faith because I wanted everyone to be healed and feel the unconditional love that was available.

I was a pest because everyone needed to have my hands on them. Oh boy if I think back now I wonder how I survived my friendships. I used it in the classroom, in the yard during breaks, in the gym and on the sport fields. I used it at accidents and in hospitals, with my family and friends. I felt so empowered and loving.

In 1996 I organised for Allan Sweeney to come from England and teach in Adelaide where I lived at the time. He came and trained 27 of us. He and his then partner stayed with me.

When he left, I felt responsible for staying in touch with the new Reiki students and organised to meet with them in a hall once a month for a contribution. I had my Shinpiden level and was able to teach. It became clear that there was a need to come together - once a fortnight. When numbers dwindled we choose to meet at my home at first and then rotational in different people's homes every week on a Tuesday night. This became my routine during which I taught Okuden and Shinpiden to some of the original students, who went on to be part of Tuesday night's till I left for Melbourne in 2006. We even formed a group to promote Reiki at the Adelaide Mind-Body Festival for seven years running.

Arriving in Melbourne in 2006, I felt I wanted to connect with Reiki people, so I joined the Australian Reiki Connection Inc. I was welcomed with open arms by Tony and John. It took a while to attract my first Reiki students, three friends. My suggestion to them was to come together and practise every Tuesday evening to which they agreed. This was the beginning of a Tuesday night sharing Reiki group in Melbourne, which still exists. I had the opportunity to convert a bedroom into a healing room. More people came to study with me and learned all three levels of Reiki.

Tuesday Night Sharing Reiki and Coming Together By. ARC Member Liesl Meuris

There is no donation expected on Tuesday nights. People from any teaching back ground are welcome and the numbers still vary from two to twelve. Our Tuesday evenings have developed over time to start at 7p.m. After a brief chat we will be writing 'people in need of healing' on a card, then Kenyoku Ho (dry bathe) and setting our own intent followed by chanting the Precepts in Japanese for about 5 minutes, breathing the Joshin Kokyu Ho (belly breathing) for 10 minutes, placing the card between our hands and chant the Healing Budda for 5 minutes followed by Seishin Toitsu (hand breathing) for 10 minutes then chanting the mother vowels A,O,U,E,I , or the jumon/mantras of the symbols, and closing with a Reiju.

We then go in the healing room and do 'hands on' for 10/15 minutes each depending on numbers. It requires two tables, if there are five or more of us. I have them next to each other and people on the tables hold hands while others are around them with their hands on or above them. This takes us to 9.30/10.00 approximately. This routine seems to have settled as a guide, however, at times people may introduce something they may have learned and like to practise and share it with others.

Then we will have a cup of Budda Tears tea and a bite of anything people have brought with them. This can be anything from fruit to dips to chips to biscuits as long as it is gluten free.

The most amazing discussions can evolve. People may leave at any time, but some stay till 11.00 or even midnight.

There is a core group, but others come for a while and then move on and return later.

It is always a happy surprise for me who turns up, and I feel incredibly blessed for the amazing love that is shared.

Ring or e-mail me if you want to know more or are curious. I would be happy to support anyone who is ready to have a go at starting a share group. Like me you might find you enjoy the sense of likeminded people coming together.

Lieslm2@bigpond.net.au 0421 490 983

Do you hold a Reiki Share event? You can add it to your ARC Directory of Practitioners and Teachers Listing. Or share your experiences in the ARC INK Magazine.

Would you like to organize a Reiki Share event? Why not contact Liesl

Distance Healing? Look in the mirror for a client

By ARC Member Stephen Welsh

Typically absent or distant healing is described as practitioners sending healing to someone who has expressed some discomfort and finds themselves unable to access a practitioner for a hands on treatment. There is much more that distance healing can be used for though.

Experiences in our past have caused us pain or trauma. Some experiences can have a long lasting effects, both the cryptic and the starkly obvious, keeping us with one foot, and sometimes both feet, firmly planted in the past. We may not be aware of it. We can be reliving the old wound through new experiences or *yearning* for what we believe and *know* should have happened instead. As such we are stuck, paralysed, unable to see and release what holds us back. We cannot move forward and enjoy the lives we would wish ourselves. These painful memories and traumas can also manifest in physical ways as illness or *dis-ease*. Yes, we are ill at ease with some past experiences in either this or a previous lifetime. In our lives we manifest repeating patterns without realising it and these patterns allow us to relive old hurts. These hurts become a significant part of our story without ever appearing in the credits because their effects are so pervasive, they become the norm – the background on which we paint our lives.

For example, think about people who always seem to end up with a certain partner type. What role has the child's observation of their parent's relationship played in those choices of partner?

Identifying those patterns (choices) and traumas provides us with an opportunity to perform healing work and break them. The result is often a completely different outlook on life that impacts our own lives and the lives of those close to us. Some of the tell-tale signs to help you identify issues and patterns:

- An emotion seems to repeatedly reappear relating to an old issue.
- Wishful thinking in that something could have "turned out better if only..."
- Feeling piqued to mildly annoyed, through to vengeful wrath at the way a past experience unfolded.

Experiences of intense anxiety, fear or anger over seemingly innocuous incidents (i.e. not dangerous) in your daily activities.

"There is little joy in a journey repeated over and over. A different path offers new vistas, different horizons, and novel challenges each with unforeseen reward." – Our friends in high places.

Distance healing techniques can assist in these situations for practitioner and client alike. Although Reiki is my practice these techniques are not Reiki specific. I *know* the technique outlined can be used with other energetic healing modalities or even by those who have had no energetic healing training at all. If *intent* is there, then the rest follows.

The more observant of you will have noticed that we are referring to healing past experiences, in effect sending healing to the past. Actually, if you think about it and accept that whatever ails us – our illness, sense of disconnection, disease, lack of balance, emotional disregulation – whatever the issue – it is the result of past experience(s). In fact, healing sent to the future (yes you can do that too) is to the past.

Distance Healing? Look in the mirror for a client

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Let that sink in. All healing is to the past. Sending healing to the future is based on experience of the past. For example, from experience you know you will be anxious about a scheduled encounter with a work colleague and so you send love and light to the **situation** prior to it occurring. In effect you are sending healing to an anticipated reaction to a past experience that is similar to one that is yet to happen.

Situational Support

For our first example of distance or absent healing we'll use a person you know – you. We chose you because you are probably self-aware enough to recognise a stress inducing event that looms in your not too distant future.

What you need

For this technique all you need is a quiet space (at least initially), self-belief, your hands, an intention, a notepad and pen.

Setup

Prepare your space as you would prepare for meditation. Mobile devices are best turned off of course – at least until you are practised. You may lose your connection, as well as sounding and feeling like a space cadet if you do answer the phone, so it is best to leave the outside world to muddle along on its own for a while. It won't go away. Probably.

Doing

Write down the **situation** on a piece of paper. If it were a meeting with your manager that stresses you, write something like:

"I wish the situation surrounding my meeting with my manager, Gnit Piquer on Thursday at 3pm to appear in this energy field for healing for the higher good of all concerned."

This is your intention. Once again, with **practice** you will be able to rattle them off without writing them down. Note the specific role, name, time and date to specify the event. Omitting the time and date may send healing to last week's meeting – a good thing* but not what's intended in this.

(*I almost invariably send healing back to stressful encounters for the higher good of all concerned)

Once the intent is down, calm and centre yourself and form an energy ball in the manner that best suits you.

When the energy ball is formed and stable call in the situation by reciting the intention three times.

Distance Healing? Look in the mirror for a client By ARC Member Stephen Welsh

Seek permission as you do not wish to force healing on anyone or anything: state something like “this is a healing – if you wish to do so leave now”. You will most likely feel someone or something get the hell out of dodge but you won’t know who or what although an educated guess may occur to you. Let that go. It is the situation that is important – not any specific membership and especially any particular outcome. For example, don’t intend that you have no stress at the meeting as the manager may interpret the lack of stress as you not giving a rat’s patootie about the meeting.

You may also set a time limit: 5-10 minutes is good for these types of healings.

Send love and light in the manner of your practice to the situation between your hands until the time is up or the energy flow changes or stops.

Bless, release and dismiss the situation according to your training and practice.

The process above is the basis for the half dozen or so in hands distance healing methods I practice and teach. It can be adapted to suit situations past and future, as well as for loved ones and clients. My favourite though is using a proxy and writing written feedback for the recipient. It is a most humbling experience to sense the thought form of another being in your hands. I say ‘being’ because the recipient may well be an animal with the feedback being for the animal’s human.

It would be interesting to hear how your situational supports pan out.

Love-n-light

Stephen Welsh



<https://light-n-soul.com.au/about/>

Do you have an article that you would like to share with others?

Send to : president@australianreikiconnection.com.au

ARC GATHERINGS

In Melbourne ARC members organise a bi-monthly gathering of Reiki friends and colleagues. at Waverley Community Learning Centre - 5 Fleet Street, MT WAVERLEY
Mel. Ref: 61 G12

At some gatherings there is a guest speaker, who will give a talk on their chosen topic which does not have to be Reiki specific. Attendees bring along a healthy lunch to share, after which they share Reiki treatments. This is a great way to network with other Reiki people in your area. The gatherings always take place on the second Saturday of every second month February— April— June—August—October and December

Would You like to organize an ARC Gathering or Reiki Share Group for members and Reiki friends in your area? Contact ARC President for Information and support by Phone 1300 130 975 or e-mail president@australianreikiconnection.com.au

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National Reiki Awareness Week (NRAW)

Under the auspices of the Australian Reiki Connection NRAW is held every year from the Second Friday to Third Sunday (inclusive) in November.

This year that is from 8th to 17th November. 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. NOTE: You can organise your event for the entire period or only for one week or day, depending on your circumstances. The important thing is to make the effort and help promote Reiki and yourself and business to the community.

In the Members Area of the ARC Website you can download sample templates and other useful information that can assist you in organising a successful NRAW event. Including *Sample Event Flyer* ,*Sample Appointment Schedule* , *Mini Banner/ Poster* , *Sample Press Release Event Set Up Information* , *Motivation sheet for setting up an event and 60 Ways to promote your event*

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 or Phone: **0439 366 185**

ARC WEBSITE INFORMATION

Please add no-reply@parastorage.com to your safe email list

When someone contacts you via the ARC directory of Practitioners and Teachers the email comes into your inbox with the heading: no- Reply@parastorage.com

Subject line New message via your website

Followed by who it is from.: Example president@australianreikiconnection.com.au

Why not visit the directory, look up your listing and send a test message to yourself. Your email address cannot be accessed or seen by others.

Have you signed up to the Members Area of the new website. ?

If not why not do so now.

Remember your old password will not work.

Click on the **ARC MEMBERS AREA** button on the top right of the home page and follow the instructions.

www.australianreikiconnection.com.au

Are you a Professional Reiki Treatment Practitioner and / or Reiki Teacher member of the Australian Reiki Connection?

Are you listed in the ARC Directory of Practitioners and Teachers on the Website?

Can you please check that your current details are correctly listed on the directory. If not, please contact president@australianreikiconnection.com.au or phone 1300130975 to have your details updated.

<https://www.australianreikiconnection.com.au/directory-of-practitioners>