

August 2008 - October 2008

Volume 11 Issue 3

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 and welcome to your ARC INK Magazine.

Welcome to all the new members who have joined us since our last edition. If any of you have Reiki related questions or are seeking advice do contact your State Representative or a member of the CoM. Thank you for choosing ARC as your professional Reiki association.

Included with this newsletter is notification of the forthcoming 2008 AGM in October, notification of a proposal requiring a vote by the Membership, and a nomination for Committee position form. Do consider offering your time and commitment to being a member of the committee. Committee meetings are held via interstate teleconferencing. If you do not have the time for committee work but would be willing to help in another way, for example, research, PR work etc, do contact me. All help is most welcome.

As our association continues to grow so too the expenses incurred in running it. For this reason the Committee of Management find it necessary to increase membership fees. For new members these increases will take effect immediately. For existing members they will not come into effect until 31<sup>st</sup> August **2009** - The new fees are as follows: Joining fee \$40 - Member category annual fee \$40 - Practitioner category annual fee \$60 - and Master teacher category annual fee \$80.

During May, Reiki awareness events took place across Australia. Feedback confirms that once again

it was a very worthwhile and successful week, with Reiki being provided in locations varying from shopping malls to nursing homes and palliative care units. A huge thank you to all who participated. A selection of the reports received on these events are included with this edition.

Finally for those of you with internet facilities, do remember that there are now member only areas in the discussion board where you can freely raise issues relating to your member category. Please take the time to visit and to join in. I hope you enjoy reading your magazine and if you have an article or Reiki story you would like to have included in the next edition do submit it to the editor who will be happy to receive it.

Enjoy your magazine and I look forward to receiving your comments and feedback.

Love light and lots of laughter  
John

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#### \*\*\*\*\*MEMBERS NOTE\*\*\*\*\*

**ALL MEMBERSHIPS ARE NOW  
DUE FOR RENEWAL**

**Membership Fee to be Paid by  
31st August 2008 - Thank you**

PO Box 145, Kalorama, Victoria, 3766

Telephone: **1300 130 975**

president@australianreikiconnection.com.au

editor@australianreikiconnection.com.au

Website: www.australianreikiconnection.com.au

Website: 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 Editorial team welcomes your comments.

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

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

or by post to PO Box 145 KALORAMA VIC 3766

If we don't have the answer then we'll ask the membership!

## ARC/AARP Complaint Policy and Procedure

ARC Australian Reiki Connection Inc. and AARP Association of Australian Reiki Professionals has in place a **Complaint Management and Reporting Process**.

A copy of this process is available on our website in the resources section and is available to all ARC members. In order for a complaint to be considered, it is necessary for it to be put in writing, and signed and dated by a complainant.

Occasionally the Committee has received **anonymous communication** from members who have concerns about or a complaint against others. Unfortunately Committee cannot act on these. If you or a member of the public has concerns or a complaint against a member of ARC it is imperative that all correspondence is signed and dated. All complaints will be kept as confidential as possible.

Thank you. Committee of Management ARC Inc. August 2008

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**Robert Thuan**

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## LETTERS TO THE EDITOR

Dear Editor, greetings to all at ARC.

We held a "What is Reiki?" talk at the Lyrebird Village for the Aged on the 22<sup>nd</sup> May, for Staff and Management. Thank you John for sending the ARC pamphlets and posters. The accreditation Manageress set up a projector showing pictures of Dr. Usui, pictures of the Symbols and the Chakras. I gave a talk on the subject "What is Reiki?" which lasted about an hour with questions I also did a Tree of Life exercise to ground the staff. This was done with a Crystal, and what a challenge? Some healers gave their time to allow the staff to experience a Reiki healing, mainly shoulders and necks. The staff said that the talk was interesting and informative. Some staff members have booked to learn Reiki some of the others have asked to have a full healing.

On June 5<sup>th</sup> we had a Reiki Awareness day for the Residents. This is my third year to do so at Lyrebird Village. Once a fortnight management allows me to provide Reiki healings to Residents that request it. I have also been asked to note the healings in their medical notes. Reiki is my passion; it inspires and gladdens my heart.

### Book Review

In the book, the Chakra Bible, written by Patricia

Mercier, she talks about the energy field that surrounds the body, the Bio-electromagnetic field. It is a principle of magnetism that one force field interacts with another and this is called induction. This is what happens when a healer focuses on a healing action.

Our hands have a Bio-electromagnetic field surrounding them and measurements of healer's hands have been recorded, showing a strength of 0.002 gauss, which is a thousand times stronger than any other force field, emitted anywhere else on the body. This field pulses out frequencies varying between 0.3 and 30 hertz. This frequency is within the Alpha brain wave level. Interestingly our thalamus centre within the brain controls brain waves, which are known to modulate the field's currents. During stress or disease we experience unstable bio magnetic fields. When a healer transmits energy (usually through their hands) they are able to maintain a stable field for the client. According to present scientific thinking every time healers transmit energy into another person these bio magnetic force fields affect charged particles ever so slightly.

Thanks to all at ARC. I look forward to the ARC INK.

Regards, Love & Light, Annie Richardson. DROUIN

## REIKI *and* RELIGION

Some time ago a priest in Ireland wrote in the National newspapers and went on National Radio to condemn Reiki as being the devil's work and to advise the public not to use it. The Reiki Federation of Ireland [RFI] was invited to rebut the accusation and did so with ease, thankfully the priest's approach backfired and the end result was an increase in the awareness of Reiki and of people receiving Reiki treatments and training. So much so that the largest health fund in Ireland (VHI) now issues rebates for Reiki treatments.

Recently ARC has received two queries on a similar theme and would like to know what members have to say about them.

The first was from a Reiki practitioner who is concerned for her clients who are members of the local church. Apparently they have been coming to her for Reiki and have benefited greatly by an increase in self confidence. When they told their pastor about this he reacted by telling them not to get involved in any "new age medicine" and that only the weak are easily swayed by the devil through those who seek to control the sick person.

The second was from a trainee cleric who has been receiving Reiki treatments on a regular basis and was going to train in Reiki.

She happened to mention to her new religious superior about her proposed Reiki training and was deeply upset by his reaction which was to tell her to repent and to cease immediately with this practice. She was torn as to what to do, she knew what Reiki was and that it did no harm, however she did not want to disobey her superior. She then contacted ARC to find out what she could say to him in order for him to understand what Reiki is.

We as Reiki Practitioners know that while Reiki is not a religion and it is practiced by people of all religious persuasions as well as by those with no religious convictions, the issue of Reiki and Religion is one that many Reiki practitioners have had to deal with from time to time.

Perhaps some readers may have comments to make on this subject, comments and thoughts that they would like to share with other Members. If so then please write to the Editor at PO Box 145 KALORAMA VIC 3766 - editor@australianreikiconnection.com.au

## Inside or Outside - Mrs Takata was Right

By Bronwen & Frans Stiene

Excerpt from Mrs. Takata's diary Dec 10th 1935:

*Meaning of "Reiki" - Energy within oneself, when concentrated and applied to patient, will cure all ailments - it is nature's greatest cure, which requires no drugs.*

*It helps in all respects, human and animal life. In order to concentrate, one must purify one's thoughts in words and to meditate to let the true "energy" come out from within.*

*It lies in the bottom of the stomach about 2 inches below the navel. Sit in a comfortable position, close your eyes, concentrate on your thoughts and relax.*

So what is Mrs Takata saying in her diary? She is actually instructing us in three very important aspects of working with the energy and system of Reiki. These three aspects every Reiki practitioner would do well to remember as they will keep you on the right path of self-practice and growth.

First she explains that Reiki is within us! She then goes on to describe its location - at the bottom of the stomach. Lastly she instructs us on how to perform our personal practice - sit in a comfortable position, close the eyes, concentrate and purify our thoughts.

Which Reiki branch or school still instills these simple but effective teachings into their students?

Nowadays many major Reiki branches claim that Reiki comes from outside of us and that we are the channel for the energy to flow through. But where does that leave the practitioner? From this description practitioners would believe that they need to connect to the energy from outside of themselves. And the more we begin looking for this energy outside of ourselves, the more we become side-tracked. It is similar to if the sky would begin looking for the sky - it wouldn't find it.

People are looking for happiness and that is the reason why many people take up the system of Reiki. In this process of looking for happiness they may spend time searching for things outside of themselves; like a new car, new clothes, a new spiritual practice etc. But looking for happiness outside of ourselves is really just happiness seeking itself, as, in essence, happiness comes from within us. It is always there, waiting for us to recognize it.

If both Reiki and happiness are within then it is possible to see that the deeper we go into our own energetic understanding with self-practices such as the system of Reiki, the easier it is to connect with that illusive ideal of happiness.

So when did Reiki practitioners start looking outside of themselves for Reiki and move away from Mrs. Takata's advice? It was way back in 1935 during her Reiki training that this diary entry was made. A classical Japanese way of teaching is to not tell the student about the teachings but rather to let the student discover information through the practice itself. Let's not forget that Mrs. Takata was writing in her diary, a private place for reflection. Perhaps it was something that she discovered for herself in her practice and perhaps it was something she expected her students to discover by themselves in their practice. If this is the case then it cannot be guaranteed that any of her students came to this point of understanding especially as this understanding is not commonly taught in the system of Reiki. Therefore, this leads us to the speculation that many teachers today have not progressed far in their personal practice.

What happens if we practice that Reiki is external? If Reiki is within ourselves and we are Reiki then we have the responsibility to ensure that this energy moves clearly through us. By placing Reiki outside of ourselves we take responsibility away and hand it over to something external. So if things go wrong in our lives we have somewhere to place the blame and it is not on ourselves.

If, as most practitioners agree, Reiki means universal energy then how can we be apart from this energy? We are and always will be universal energy (Reiki). This Reiki is everything; you, me, the trees, the computer - everything we come in contact with. Universal energy is also non-dual in nature which means that if we keep on looking outside of ourselves for Reiki we will never find it as we would be coming from a dual perspective. This corresponds with the Reiki III symbol/mantra which in Japan often represents non-duality.

Continued on page 5 ...

## Inside or Outside - Mrs Takata was Right

By Bronwen & Frans Stiene

Continued from page 4 ...

The kanji of Reiki in Chinese means Ling Chi and Ling Chi is described in China as the most subtlest and most highly refined of all the energies in the human system and the product of the most advanced stages of practice.\*

The second aspect Mrs. Takata wrote of was a place for self-practice that is two inches below the navel. This is called the hara or tanden and is the first of the Japanese energy centres we have called the three diamonds. For your spiritual development within the system of Reiki the hara is the foundation. Without it your practice becomes unstable which may lead you to take a side-path going nowhere. To stay on the main path strength and connection through the hara are a must.

The last of the three aspects written of in Mrs. Takata's diary was that we also need to concentrate. Nowadays many schools teach that you can place hands on yourself and watch TV or place your hands on someone else and keep chatting to them or others around you. In both cases we are losing the required concentration thus scattering our focus and energy work making it less effective for ourselves and others. To support this concentration we purify our thoughts in order to have the right thoughts as we go into a space of non-duality. Once within we are taken in a circle as it there that we realise the interconnectedness of everything. We are Reiki.

Thank you Mrs. Takata!

\*Excerpt from *Chi-gung: Harnessing the Power of the Universe* by Daniel Reid.

### Contributors: Bronwen and Frans Stiene

Bronwen and Frans Stiene are founders of the International House of Reiki. Authors of many books including *The Reiki Sourcebook* and *Your Reiki Treatment*

Call International House of Reiki on 1800 000 992 or visit [www.reiki.net.au](http://www.reiki.net.au)



## 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**

### Absent Healing Book - Monitor Roster

Name	Period	Phone	Email
Christine Sinclair	August 2008 & September 2008	0411 604 753 [Mobile]	motherearth@iprimus.com.au
Inge Schmidt	October 2008 & November 2008	(03) 9434 4228	reiki_inge@yahoo.com.au
Natasha Tay	December 2008 & January 2009	0408 942 567 [Mobile]	ashta.wellbeing@gmail.com
?	February 2009 & March 2009	?	?
?	April 2009 & May 2009	?	?

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\*REMEMBER TO CHECK POSTAGE DETAILS WHEN ORDERING\*

## MEMBER ADVERTISEMENTS IN THE ARC INK MAGAZINE

There are currently advertising spaces available in the  
ARC INK magazine where ARC members may advertise.

An advertising space consists of a TEXT box measuring  
150 mm x 85 mm approximately and an IMAGE box  
measuring 25 mm x 35 mm approximately, both with a  
black surround.

The font type is 'Trebuchet MS' and the font size is  
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There is no charge made for including a .jpg or .gif  
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Your payment should be sent with your advertisement to  
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the 10<sup>th</sup> day of the month prior to publication.

The editorial panel reserves the right to decline any  
advertising that does not reflect the philosophy of ARC.  
The publishing of member advertisements in the ARC INK  
Magazine does not indicate endorsement by Australian  
Reiki Connection Inc. of the products / services offered.

## NOTICE To All MEMBERS

**Annual Membership Renewal Fee due for payment on 31st August**

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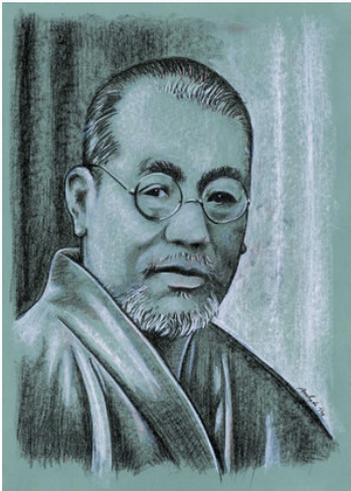
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**Mikao Usui**  
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Are you taking Reiki into Hospitals, GP Surgeries, Prisons, Cancer Support Groups, HIV / AIDS Centres, Hospices, Palliative/Aged Care, etc?

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
- Setting up a network with other pioneers, form local / national support groups, share expertise and brainstorm for new projects
- Facilitate/assist the introduction of Reiki into similar places in the future
- Show others how to benefit from our experiences, the mistakes and the successes
- Combine research with other projects

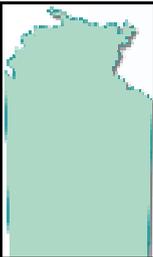
Please send any information you or someone you know may have to

ARC President John Coleman

PO Box 145 Kalorama VIC 3766

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

## 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**

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

\*\*\* \*\*

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In our last edition the different forms of stress were discussed then followed on briefly about right conduct, right people and right food. This time we discuss breaking life drama patterns that we rather unconsciously continue on with even though we don't feel too good about it. If we can become aware of our actions we are seeking right conduct from ourselves for ourselves.

## Breaking the life drama patterns - *chronic negative emotions*

- Develop mindfulness about any problematic behaviour or thought patterns
- Gain insight and understanding about how these life dramas are in the final analysis destructive to self and relationships (past, present and future)
- Endeavour to consciously arrest or stop these patterns of thinking or behaving every day

## Mindfulness

We need to make an effort to replace these patterns with the positive opposite for lasting change. For example:

- If I have been sarcastic, then I will seek to be more affirming
- If I have been self centred then I will seek to be more sensitive to others
- If I have been too judgemental then I seek to become more accepting of others

## Insight - It Needs To Start with Self-Reflection

Before you grab a pen and paper and start listing goals for the year, take some time to reflect on your life.

This not only gives you some perspective on your situation, but it allows you to identify goals that may go beyond your own self-interest.

It's ok if your goals are purely self-centered, but they are unlikely to be very satisfying in the long run. Goals which serve some purpose beyond our own happiness and welfare can create great meaning in our lives.

Seeking and making goals for change can help us feel useful and will give us a sense of worthwhile purpose. For this I often recommend a method of self-reflection called Naikan.

Naikan originated in Japan and was developed by Ishin Yoshimoto. His method asks us to consider three questions:

1. What have I received from \_\_\_\_\_?
2. What have I given to \_\_\_\_\_?
3. What troubles and difficulties have I caused \_\_\_\_\_? \*\*

You can use this framework for reflecting on the behaviours or a specific person that is somehow related to the life drama you experience. For example, you might reflect on behaviours, or your spouse, your best friend, your boss, a colleague at work or your mother. Yoshimoto recommended that we spend 60% of the time reflecting on the third question - the troubles and difficulties we caused the other person.

\*\*This is the most challenging question and one that requires us to put ourselves in the other person's shoes. In essence, we are asking, What is it like for my mother to have me as her daughter? or What is it like for my spouse to cope with my angry outbursts?

You can spend several days reflecting on your life or several hours. During a Naikan retreat you would spend an entire week doing this type of self-reflection -- all in all, over 100 hours. But most of us will be limited to what we can do in our own homes. So do what you can and then move on to identifying some goals. You could make this a meditation practice a couple of times a week for say 30 minutes at a time?

Continued from page 8...

## Conscious Change - Write down your goals

Writing is a wonderful process for helping to crystallise your thoughts. So write down some goals and use the pages of notes from your self-reflection time as a resource.

One idea that I have found useful is to identify key people who have been supportive and, after I have done Naikan on those individuals, to identify something I would like to do or give to each of those people.

For example: I told my neighbour in anger to make his dog stop barking

*My neighbour went out of his way to drive me to and from work the week my car was being repaired. He also let me use his tools to fix a shelf and gave me a dozen tomato plants for our garden. Schedule a weekend to have his daughter stay with us so he and his wife can go out for dinner. Offer Reiki to them or send to their tomato plants for a great harvest.*

I try to limit my list to no more than three people to make this a realistic goal. Once I have completed my list and have an idea for each person I have my first goal:

*To give to each person what I have listed next to their name.*

Some of the people on my list were helpful in important ways this past year. Others provided support many years ago. When we're facing a challenge or dilemma and someone helps us, there is a moment when we are very aware of how important their actions were.

We realize how challenging our situation would have been had they not stepped forward and supported us -- with time, money, advice or practical help doing what needed to be done.

But that awareness fades rather quickly as our life moves forward and we no longer remember the impact of their help. Sometimes, it's just a matter of our memory fading. In other cases, there may be some tension or difficulty with that person, so we no longer see the earlier acts of support as very important.

Taking time to reflect and building a series of goals/gifts around that reflection reminds us of the support and care we have received from others and gives us an opportunity to reciprocate, at least in some small way, and show our gratitude.

It also assists us to break the life drama pattern of behaviour that leads away from right conduct. Sometimes it's not just doing the right thing, it's being the right person - or identifying the way we want to be and being it!

Right Conduct is feeling good about yourself just by being mindfully you!

### **Contributor:** WendyJoy Smith

**WendyJoy** is an experienced and professional Reiki Master with a background in community development, community health and she is a marriage celebrant.

**WendyJoy** can be reached by telephone: (03)97924653 or through her website: [www.wellsprings.com.au](http://www.wellsprings.com.au)



## **GOLD COAST - QLD : REIKI MEET-UP GROUP**

**Contact:** Lida Parker **Website:** [www.meetup.com/cities/au](http://www.meetup.com/cities/au)

I have just started a Gold Coast Reiki Meet-up Group which will be held monthly (next: September 2nd) It will provide opportunities for Reiki practitioners to not only discuss relevant matters but also to support the Reiki journey. You can setup your own 'Meet-up Group' by visiting: [www.meetup.com](http://www.meetup.com)

About ten years ago, I had the good fortune of being introduced to this subtle, yet powerful meditation technique. At a recent ARC meeting, it was my pleasure to share the technique with those present - the essence of which has been recorded below for everyone to enjoy:

The five elemental transformations of Taoism are Fire, Earth, Metal, Water, and Wood. Each of these elements is associated with a different colour (red, yellow, white, black, and green, respectively). According to traditional Chinese medicine, each of these elements is also associated with a different internal organ (heart, stomach, lungs, kidneys/bladder, and liver).

The purpose of the Five Energies Meditation is to rebalance the energy within the body, get each of the organs interacting with one-other to their optimal capacity, and restore internal harmony.

Take your time with this meditation. It is very important to follow the correct order, but remember that you may meditate for as long on each area as you wish...

Begin by sitting comfortably or lying down. Once you are feeling relaxed, imagine your heart transforming into a cloud of red energy. Observe the cloud for a few minutes, and then allow it to gently flow down into the area of the stomach where it turns a golden yellow... Observe the cloud in the stomach area and, after a few more minutes, draw the cloud up into the lungs, where it turns a pure white... Allow it to reside in the lungs for a few minutes and, afterwards, to flow down into the kidneys and bladder, where it turns dark blue or black... A few minutes later the cloud moves up to the liver, where it turns a brilliant green. Observe for a few minutes... This completes one cycle...

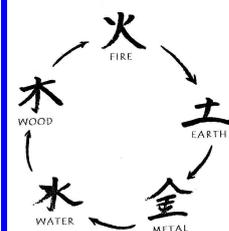
Continue going through as many cycles as you would like (ideally a minimum of two or three), and allow yourself to finish the meditation very gently... Take note of how you feel during and after the technique.

May peace be with you, Tadashi.

### Contributor: Tadashi Shugyo

Tadashi is the founder of the Inner Sanctum School of Meditation and the main instructor at the Shizen martial arts dojo in Fairfield, Melbourne.

Tadashi can be reached by telephone: 0418 562 931 or through his website: <http://tadashishugyo.googlepages.com> or email: [tadashishugyo@gmail.com](mailto:tadashishugyo@gmail.com)



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Allumer Therapies and Iridescence Wellbeing

Present

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Mandeni Resort, MERIMBULA, NSW

30 and 31 August 2008

**Are you a Reiki person?**

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This study was conducted in Texas in 2000 to look at the effects of a single Reiki treatment on stress. A group of 23 English-speaking people were recruited by means of flyer distribution. 29 applied, but certain pre-existing diseases were screened for, and eventually a group of 18F & 5M were selected. One 30 minute session of Reiki with a Reiki master was scheduled, and none of the participants had previously experienced Reiki.

A number of measurements were taken before, during and after the treatment. Blood pressure, salivary cortisol levels, EMG and GSR, SIgA (a measure of immunity which is depressed during stress), patient perception of stress using the State-Trait Anxiety Inventory. Consent forms were signed by all participants. Members of the research team were present in the room during treatments. Participants wore a BP cuff, plus electrodes which were attached to the forehead and sternocleidomastoid muscle. The Reiki practitioner placed a tissue over the client's eyes, and proceeded to perform Reiki for 15 minutes over the eyes, and 15 minutes on the abdomen.

The results showed that salivary cortisol levels reduced in 15 clients, but increased in 7, however, SIgA levels showed a significant rise across the board, which was promising. Systolic blood pressure also dropped, but some other measurements did not show a significant change. Perceived anxiety levels dropped. The authors concluded that Reiki treatment showed both biochemical and physiological changes towards relaxation in clients, and that the increase in SIgA levels warranted further research. The authors also acknowledged some shortcomings in the study, such as the lack of a control group, and just a single session of Reiki being assessed. However, the number participating was above the level of 14 which was judged critical to achieving any significant result.

Source: Wardell, D.W. & Engebretson, J. (2001) Biological correlates of Reiki Touch healing. *Journal of Advanced Nursing*, 33(4), 439-445.

\*\*\* \*\*

**Commentary:**

While this study doesn't tell us anything we didn't already know, it is a very useful one for us to know about. Serious studies of Reiki aren't very common, and a finding of a significant increase of SIgA levels was a very good result. Stress and its effects on lowering immunity is a big problem today, along with elevated blood pressure. More studies which duplicate these findings would be good, and this particular article would be a good one to show doctors, nurses and other medical practitioners. I would have liked more discussion in the article about the implications of the changes in salivary cortisol levels. While the general trend was for reduction, 7 showed elevation. Whether this was due to such variables as shift work, random events outside the trial, or some other issue was not mentioned. A repeated study on a larger group over several sessions, with a control group that simply sat in a chair for 30 minutes each time would be a step up.

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)

**EMAIL ADDRESSES YOU CAN USE TO CONTACT YOUR ARC STATE REPRESENTATIVE!**

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

**NSW GOVERNMENT REGULATIONS FOR UNREGISTERED HEALTH PRACTITIONERS**

*On 1st August 2008 the Public Health (General) Amendment Regulation 2008 and the Health Care Complaints Commission Complaint Process come into effect in New South Wales.*

On the 1st of August 2008 the New South Wales Government's new regulations/codes of conduct and complaints reporting procedures for all unregistered health care providers including Professional Reiki practitioners, came into effect.

These regulations apply to New South Wales only. However Health Services Commissioner Beth Wilson has urged the Victorian Government to implement a system of "negative licensing" for alternative and complementary practitioners. Under the system, practitioners would be governed by a code of practice and could be banned from practising if they breached the code, similar to the NSW codes. No doubt other States and Territories will be looking closely at these codes.

Those of you who have read the news section on the ARC website recently will already be aware of this. A copy of the codes are available on the website - <http://www.australianreikiconnection.com.au/News/> ARC has always maintained that codes of ethics and professional practice as well as complaints policy procedures are necessary and has since its foundation provided such codes for members to adhere to. Visit the resources page on our website - <http://www.australianreikiconnection.com.au/Resources/>

What is important to note in the new regulations is that it shall be mandatory to openly display a copy of these Government codes and the complaints procedure in your premises.

Also important is the First Aid requirement which state *..a health practitioner must ensure that appropriate first aid is available to deal with any misadventure during a client consultation*, for those practitioners who do not have first aid qualifications or the on site services of someone with qualifications, they will have to undertake first aid training

With regard to the New Complaints Policy document ARC Committee of Management had made submissions to the Health Care Complaints Commission (HCCC), particularly with regard to the inclusion of Professional Associations like ARC in all processes.

As part of the preliminary process the HCCC's own Committee as part of it's review of the previous Committee's 1998 Report into 'Unregistered Health Practitioners made several recommendations the majority of which were implemented. Below are some of the recommendations that were made in the Final Report which appear not to have been implemented.

**RECOMMENDATION 11:** That the Health Care Complaints Commission develop a formal referral procedure to facilitate complaints referrals between health professional associations and the Commission

**RECOMMENDATION 12:** That the Health Care Complaints Commission undertake a campaign to ensure widespread awareness and knowledge of the implications of the Code of Conduct and other associated reforms, utilising existing networks such as health professional associations

**RECOMMENDATION 13:** That the Health Care Complaints Commission establish relationships with the professional associations representing unregistered health professions, focusing initially on the peak representative bodies

**RECOMMENDATION 14:** That the Health Care Complaints Commission host an annual meeting of regulatory bodies for the unregistered professions with representation from each of the major modalities

It is disappointing to see that these recommendations are not included in the current process document and that complainants are not advised to lodge complaints with relevant professional associations, rather go directly to the HCCC. ARC as well as being a Reiki association is by the very nature of the modality a health professional association.

As president of ARC I have recently written to the relevant department requesting that Professional associations like ARC, play a role in the complaints process and for the above recommendations be taken on board.

A positive response has been received and ARC's concerns have been noted. The relevant minister is to be informed and it appears that based on my discussion with the executive officer of the HCCC they will now be holding meetings with relevant professional associations to discuss the matter further. I am currently awaiting the written response to the submission and telephone conversation. John Coleman

News Continued from page 12 ...

## IT'S TIME TO TALK!

Part of the process of integrating Reiki into mainstream healthcare is to openly discuss the use of complementary and alternative medicine (CAM) with YOUR health care provider. When patients tell their providers about their CAM use, they can more effectively manage their health. When providers ask their patients about CAM use, they can ensure that they are fully informed and can help patients make wise health care decisions. Simply put—**it's time to talk!**

In the United States the National Center for Complementary and Alternative Medicine (NCCAM) at the National Institutes of Health has launched an educational campaign—*Time to Talk*—to encourage the discussion of CAM use.

### Why Talk?

To ensure safe, coordinated care among all conventional and CAM therapies, it's time to talk. Talking not only allows fully integrated care, but it also minimizes risks of interactions with a patient's conventional treatments. When patients tell their providers about their CAM use, they can better stay in control and more effectively manage their health. When providers ask their patients about CAM use, they can ensure that they are fully informed and can help patients make wise health care decisions.

In a nationwide U.S. Government survey, nearly 50 percent of all adults age 18 or older reported using some form of CAM (excluding prayer) during their lifetime, and 36 percent of adults reported CAM use in the past year; people age 50 to 59 were among the most likely to report using CAM. However, in a survey of people age 50 or older, less than one-third of those who reported using CAM have discussed it with their physicians. A telephone survey to measure and understand communication practices between patients age 50 or older and their physicians confirmed that patients and physicians often do not discuss the use of CAM. The primary reasons are that **patients do not know** that they should tell their providers about their CAM use, and **physicians do not ask their patients** about CAM use.

### What Else Did the NCCAM/AARP Survey Find?

#### CAM Use

Nearly two-thirds of the respondents (63%) have used one or more CAM therapy, including REIKI

#### Communication With Providers About CAM Use

Of those age 50 or older who use CAM, more than two-thirds (69%) did not talk to their physicians about it. The most common reasons cited by respondents who had seen physicians but had not discussed CAM with them were that the physician never asked (42%), they did not know they should (30%), and there was not enough time during the office visit (19%). More than one-half of respondents (56%) who had talked about CAM with their physician said they—not their physician—had initiated the CAM discussion.

#### Topics Discussed With Providers

For respondents who talked with their providers about CAM, the topics most frequently discussed were the effectiveness of a CAM therapy (67%), what to use (64%), how a CAM therapy might interact with other medications or treatments they receive (60%), advice on whether or not to pursue a CAM therapy (60%), and the safety of a CAM therapy (57%).

#### Reasons for Using CAM

Of those who have used CAM, two-thirds did so to treat a specific condition (66%) and for overall wellness (65%).

#### Use of Conventional Medicine

Nearly three-fourths of respondents (74%) said they take one or more prescription medicines, and more than one-half (59%) said they take one or more over-the-counter medicines. Twenty percent of respondents reported currently taking more than five prescription medicines.

#### Demographic Differences

Women were more likely than men to discuss “what to use” with their physicians (26% vs. 16%).

Men were more likely than women not to have discussed CAM because their physician never asked (46% vs. 38%). Non-Hispanic white respondents were more likely to say their physician never asked (44%) compared with non-Hispanic black respondents (25%). Respondents in younger age groups (50-54 and 55-64) were more likely to say they had not discussed CAM with their physician because their physician never asked (50% and 44%, respectively) compared with those 65 and older (36%)

Reiki Practitioners can actively support this process by asking clients “*Have you informed your health care provider that you receive Reiki treatments? If not why not do so on your next visit.*”

## Would you like to know how to beat the 3 biggest killers of a successful health Practice? By Anthony Turner

For those of you who have read my previous articles or heard me speak, you'll know my passion is helping people in Natural Health create success at whatever level they chose that to be.

Over the last 3 years of talking with 100's of practitioners in individual consulting and at workshops, I have become acutely aware of 3 common reasons why over 95% of Natural Health Practitioners fail to achieve their dreams of having a successful Practice.

**Number 1** - 98% have NO IDEA what they would like to achieve from being in Practice.

As energy workers we know energy requires focus and direction for it to have the most effect. And we also know that when there is NO direction, energy stagnates.

So, if we know and accept the truth of this - why is it any different for your Practice?

Obviously it's not - therefore it's critically important for EVERY Practitioner to create an energetic direction for their Practice so they can take advantage of the natural energy force that's available to help push their Practice in their chosen direction.

So if you would like to be successful as a Practitioner, take a moment right now and make some decisions about what your Practice is going to be. Is it going to be full time or part time, how many clients do you INTEND to see each week, how much do you INTEND to charge, what types of issues do you have a passion and intention to assist people with, how do you CHOSE to balance you work and life commitments, where do you CHOSE to work from.

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

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

You will be pleasantly surprised at how quickly you manifest your desired outcome if you focus your energy on achieving it.

**Number 2** - 85% admitted to having NO training or understanding of basic business skills

I found this statistic to be both sad and understandable in that most people I spoke with have a very clear intention about 'helping others with their spiritual gifts' and dislike (some hate) the idea of such gifts becoming a 'business'.

I often discuss with these people how 'business' is just a term used to cover the non-healing aspects of their work in the same way their family household can also be described as a business.

If you think about family life, it has ALL the hallmarks of a 'business' even though it is rarely considered as one - money comes in, plans are made, budgets are set, goods are purchased, 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 the circumstances of the family.

Your Practice (business) has exactly the same requirements and it is ONLY when you give equal importance (not necessarily time) to this 'business' aspect of your Practice do you create a truly 'spiritual business'.

So what if you're like many other Practitioners I have spoken to who worry because they recognize they don't have the knowledge or skills to do this 'business' aspect well?

The answer is the same as if you're sick and looking for healing - you either learn the skills or see a Practitioner who HAS the skills and pay them to do the work for you.

Continued on page 15 ...

### Have your say!

Have you a story to tell or an opinion to air? Can we have your feedback?

Is the magazine fulfilling a role? Contact the Editorial team at:

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

PHONE: 1300 130 975

## Would you like to know how to beat the 3 biggest killers of a successful health Practice? By Anthony Turner

Continued from page 14 ...

**Number 3** - 92% admitted to being fearful and therefore avoided marketing and promotion activity

First, the biggest fear about marketing Practitioners have is that they do not want to be seen to be 'selling' themselves - a position I whole heartedly support. We all dislike being SOLD something (what we feel when the seller has only THEIR interests in mind) yet we all like and appreciate an offer of assistance in times of need.

So I invite you to reframe your thinking about selling...

Most likely you see many people around you who can benefit from your healing gifts. So instead of going into a 'sales pitch' about your Practice - what if you simply said, I have a skill that might be able to help you with your issue - would you be willing to let me help you?

Is this selling or offering assistance? In truth it IS selling - you've seen a 'need' and offered a solution. The difference is that YOUR communication comes from the heart and is based in service rather than self interest or personal gain.

Second, we all know word of mouth referrals are the very BEST form of advertising, marketing or promotion any business can have. The issue is HOW to get mouths talking about our business?

The answer is simple - to get mouths talking about your Practice/business it's important to recognize and accept that the FIRST mouth to get talking has to be YOURS.

There are many ways in which you can achieve this - speak to groups (I can almost hear many of you saying "I can't do that") and I acknowledge public speaking is very daunting for many people - but you probably could manage a chat over coffee with a small group or be reasonably comfortable networking in local community and interest groups.

Of course there are many other aspects of marketing and promotion to consider when growing a Practice - all of which can be learnt or purchased as required. The key is to overcome any fears you hold about doing this activity. If you don't, you're likely to be the healer that nobody knows about - and what a waste that would be.

### Contributor: Anthony Turner

**Anthony Turner** is a specialist business mentor to the Natural Health Industry. His business - Heal your Healing Business, provides full marketing and financial services, business advise and coaching plus skills training workshops ALL with a Natural Health bias.

Call **Anthony** on **1300 856 303** or visit [www.HealYourHealingBusiness.com.au](http://www.HealYourHealingBusiness.com.au) for a FREE ½ hour telephone consultation & get some ideas for your Practice



## A Warm Welcome To The New Members of ARC

Justine Aldridge	QUINNS ROCKS	Master Teacher	Vicky Kapo	NORTH FITZROY	Level II
Amanda Beckett	WINMALEE	Level II	Christina Keynes	NIGHTCLIFF	Master
Christine Berry	BELMORE	Level II	Heather Lamberton	ELDERSLIE	Master
Jennie Brennan	BALLARAT	Level II	Georgina Leverink	NAILSWORTH	Level II
Kathy Butler	HOPPERS CROSSING	Master	Edith Missingham-Austin	MURWILLUMBAH	Level II
Amy Cunliffe	ROZELLE	Level II	Denise Poynter	KYNETON	Master Teacher
William Daniel	GREYSTANES	Level II	Jenny Prior	CONCORD WEST	Master
Christine Devlin	MONTROSE	Level II	Keli Sponner	DIAMOND CREEK	Level II
Jennifer Dixon	FAIRLIGHT	Master	Leigh Surland	WARRIEWOOD	Master
Sandra Ennis	CHIPPING NORTON	Master Teacher	Miss Natasha Tay	RICHMOND	Level II
Theresa Gregory	MT PLEASANT	Level II	Mrs Lynne Thompson	NORAH HEAD	Master
Silvana Haddad	NUNAWADING	Master	Ms Gladys Torena	GUILDFORD	Master
Janene Hourigan	BAULKHAM HILLS	Master	Mrs Suzanne Tyssen	ELTHAM	Level II
Jasmine Kan	UPWEY	Level II			

We may not come into this world with an instruction manual, but the riding rules are pretty clear. We are told, in many traditions, in many tongues, to be nice to each other. The Bible enjoins us to do unto others as we would have them do unto us; the Emperor of Japan promulgated what we know as the Reiki Precepts or Ideals, including the injunction to be kind to every living thing; one of my favourites comes from the Desiderata: *“As far as possible, without surrender, be on good terms with all persons.”*

We intend to be nice. We try quite hard, but it doesn't always quite go the way we want. In fact, it quite often turns into a flaming disaster. Think about it. Something like 60% of the marriages go to divorce. We abuse our kids, bash our grannies, and merrily discriminate against practically everyone on the basis of age, sex, gender preference, race, language, skin colour, size, shape, disability, wealth, religious affiliation, computer literacy and choice of tie. Nice, huh!

Even worse (it does get worse!) we routinely beat ourselves up, put ourselves down and discriminate against ourselves, blocking us from achieving even a fraction of our potential, keeping us stuck in circumstances that we don't like, can't stand and which - inevitably - are the fault of someone else (or the Universe), and therefore entirely unfixable. Does this strike a familiar chord?

So, what's the problem? Why do we make messes of our relationships and our lives? We don't want to. It makes us unhappy, frustrated, unfulfilled and disappointed. It seems that the whole thing is a waste of time and we are just hanging on until the next incarnation, when we might possibly get a better deal.

When we get to the point of thinking about this, of defining it as a problem to be analysed and maybe even solved, rather than going on reacting, making excuses and repeating the same weary path over and over, some answers start to emerge. In fact, one particular answer shows up in different terms in many different contexts.

Let's call it NEGATIVE SELF TALK. It's the voice in our mind that goes on and on talking and talking and never shuts up. It's the chatter that we try to still when we meditate. All too often we listen to it, all too often we believe what it has to say.

In some contexts it is perceived to be the voice of the ego, trying to survive at any cost. Others describe it as a shadow self, a saboteur that undermines our confidence and self-respect. And it is perceived by other experts as evidence of toxic thinking, a dwelling upon deficits and faults and problems that has the effect of magnifying them out of all proportion. Our thoughts have the ability to take us over and terrify us.

Once we understand this, we can start to discern the mechanics of the process. If we are pre-disposed (hard-wired) to think about problems, to mull over the past, to brood upon the real and imagined injuries we have suffered at the hands of others, then our real world responses may very well not be nice. If we harbour and nurture feelings of anger, fear, hatred, resentment, then these may become the basis for our actions and words. In this way, we betray our intention to be nice and contribute our share to life in the jungle.

Continued on page 17 ...

## BETH KATHELIN GRAY 1918 - 2008

### A TRIBUTE TO REV. BETH GRAY REIKI MASTER USUI SHIKI RYOHO SYSTEM

“We will always feel gratitude towards you Beth  
Your beautiful knowing eyes, your smile, your wonderful  
knowledge and experience, which you passed onto us  
especially in your Reiki 2 classes  
We can now finally give you gratitude for all that you have  
given us, forever you are with us in our hands and hearts”

Love Jan Pritchard Reiki Master



Continued from page 16 ...

It is intensely liberating to understand that at least one element of what goes wrong in our lives is within us, as we then have a real chance to do something about it. We can take responsibility for what we choose to listen to. We can learn to make a distinction between FACTS and our EMOTIONAL REACTIONS. We can tell our saboteur to GO AWAY, stop undermining us, stop telling us only the bad bits. We can LISTEN to ourselves, monitor what we think and what comes out of our mouths and learn to deal realistically with the present moment, not in terms of "You always put me down . . ." "I never have a chance . . ." "It's in my genes . . ." "I was doomed from birth . . .".

We do have choices. We can choose to create the next moment of reality by making a positive contribution, by speaking well of ourselves and each other, by focusing on a balanced description of positives as well as negatives, by sticking to the facts rather than making our emotions the basis of the debate, by constructing the future rather than dwelling on the past, by taking the heat out of negative self talk, and releasing retained negative energy, rather than adding to the load. In short, by not putting petrol on the fire.

Finally, we can learn stillness. When we stop the chatter, we create a space for deeper understandings, for a more profound connection with the Divine or the Universe or our Higher Selves, whatever terminology we choose to use. The lone sailors who spend months away from land, the astronauts, hermits in high caves, find themselves in conversation with God, and with a very different view of their place in the world, and the place of the world in the universe.

None of this is new, it's old wisdom. We just need to keep on learning it over and over. Once again, I like the way it's phrased in the Desiderata:

*"Go placidly amid the noise and haste and remember what peace there may be in silence."*

Elizabeth Thuan MA, Reiki Master - © 2008 Elizabeth Thuan

References:

Desiderata. Found in old Saint Paul's church, Baltimore; dated 1692.

Warren Berland Ph.D. 1999. Out of the box for life: being free is just a choice. New York, Harper Collins.

Daniel Goleman Ph.D. 1995. Emotional intelligence. Bantam Books.

### Contributor: Elizabeth Thuan

Elizabeth is a Usui Reiki Master Teacher and Registered Karuna Reiki® Master Teacher. She practices and teaches Reiki through her Firebird Connection in Oakley and is also a founding director of CARO - the Council of Australian Reiki Organisations Ltd.

Elizabeth can be reached by telephone on: (03)9568 1777 or by email at: [firebird@corplink.com.au](mailto:firebird@corplink.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.

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## 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

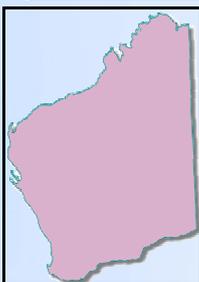
#### A WARM WELCOME TO THE NEW SOUTH EAST REGIONAL REP.

Kathy McKie has joined Christine in representing ARC in South Australia. Members are encouraged to contact both Kathy & Christine in their efforts to promote Reiki and to engender fellowship within ARC.

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Kathy is a Reiki Master/Practitioner and Teacher and is based in Mt. Gambier and is very dedicated both to Reiki and to the wellbeing of others. Thank you Kathy for stepping forward.

## STATE Identity - WESTERN AUSTRALIA



### NEWS & VIEWS from Western Australia

*with Vicki Marshall in Mullaloo*

Contact Vicki on 0438 700 122  
[wa\\_rep@australianreikiconnection.com.au](mailto:wa_rep@australianreikiconnection.com.au)

**Western Australia  
State Representative**

Western Australia Members are encouraged to contact Vicki and to support her efforts to promote Reiki and to engender fellowship within ARC.

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*Achieving Mastership is a quantum leap in your healing journey.*

PLEASE CONTACT ROBERT & ELIZABETH THUAN TO APPLY TO JOIN THE USUI REIKI MASTER PROGRAM

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# 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. **ARC Secretary** - Email: [secretary@australianreikiconnection.com.au](mailto:secretary@australianreikiconnection.com.au)  
Post: PO Box 145 KALORAMA VIC 3766

## 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**

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

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## Member Advertisement

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### YOUR REIKI TREATMENT By Bronwen and Frans Stiene

Finally, a book that looks at Reiki from the client's perspective. Whether you are searching for relaxation, healing, or spiritual growth, a Reiki treatment can be a revelation. Find out how to make the most of your Reiki experience. Learn how to prepare for your treatment, what to expect during the session, and how to continue furthering your personal growth after the treatment is finished.

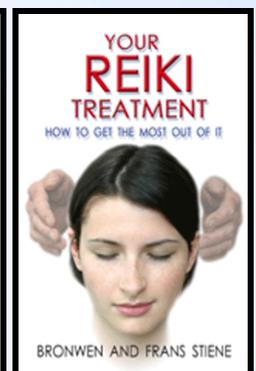
Divided into three parts: Pre-Treatment, The Treatment, and Post-Treatment, each part contains approximately 25 chapters that span two pages each. Chapters also include an information box with either a case study, Reiki research, experiment, or hint for the client.

Your Reiki Treatment is an excellent guide to everything about Reiki treatments for both clients and professional practitioners.

*This book will aid the therapist to work effectively and most importantly help safeguard the all important patient.* Angie Buxton-King, author of *The NHS Healer*

*Your Reiki Treatment is a "must have" for any professional Reiki practitioner.*  
Kathleen Prasad, author of *Animal Reiki*

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Freecall 1800 000 992 or [www.reiki.net.au](http://www.reiki.net.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 - Kambah Email: vickie@confidentbirth.com.au	Vickie Hingston-Jones Phone: 0422 008 759	VIC - Bacchus Marsh	Shirleyrose Rowe Phone: 03 5367 1680
NSW - Bundanoon Email: mival@waterfront.net.au	Valerie Bartley Phone: 02 4883 7557	VIC - Box Hill South Email: michelle_mayur@yahoo.com.au	Michelle Mayur Phone: 03 9888 0138
NSW - Coffs Harbour Email: mylrea@giant.net.au	Tess Mylrea Phone: 02 6652 7402	VIC - Carrum / Chelsea Email: deidre_rae56@hotmail.com	Deidre James Phone: 0407 558 183
NSW - Cranebrook Email: squazzi30@hotmail.com	Amanda Squassoni Phone: 02 4729 3563	VIC - Caulfield Email: sharontal@iprimus.com.au	Sharon Tal Phone: 0402 117 701
NSW - Engadine Email: sue88@aapt.net.au	Sue Khallouf Phone: 02 9520 0464	VIC - Clayton Email: lia_mills@bigpond.com	Lia Mills Phone: 03 9543 4980
NSW - Engadine	Melanie Hofsteters Phone: 02 9527 0995	VIC - Craigieburn Email: sunzmoonz@hotmail.com	Doreen van Boxtel Phone: 03 9745 2376
NSW - Heathcote Email: pama8@bigpond.net.au	Pamela Allen Phone: 02 9520 2501	VIC - Creswick Email: tjt@cbl.com.au	Hendrika Thomas Phone: 03 5345 2358
NSW - Hornsby Email: jord55@optusnet.com.au	Jannine Ord Phone: 02 9940 3481	VIC - Croydon	Lorraine Mitchell Phone: 03 9723 1133
NSW - Killarney Vale Email: mdoppler@bigpond.net.au	Veronica Doppler Phone: 0408 494 807	VIC - Delacombe Email: wendyratray@hotmail.com	Wendy Rattray Phone: 03 5336 2349
NSW - Narrabeen Email: pauline.segundo@hotmail.com	Pauline Segundo Phone: 0433 121 190	VIC - Eaglehawk Email: isleofavalon@aapt.net.au	Janet Sporton Phone: 03 5446 1996
NSW - Newtown E: southerncrossreiki@optus.com.au	Laurence Burgess Phone: 02 9550 5385	VIC - Eltham Email: reiki_inge@yahoo.com.au	Inge Schmidt Phone: 03 9434 4228
NSW - North Sydney Email: erica@thealignmentgroup.com	Erica Bagshaw Phone: 02 9923 1852	VIC - Emerald/Upper Beaconsfield	Simon Lee Phone: 0432 567 904
NSW - Saratoga Email: pam.northcote@gmail.com	Pamela Northcote Phone: 0419 432 344	VIC - Fitzroy Email: info@om-reiki.com.au	Jeremy O'Carroll Phone: 0417 328 457
NSW - Shellharbour Email: JennysHS@bigpond.net.au	Jennifer Blake Phone: 02 4295 1184	VIC - Frankston Email: dhovenga@westnet.com.au	Nicole Hovenga Phone: 03 9781 0109
NSW - South Curl Curl Email: sarah@merlinsoracle.net	Sarah Christie Phone: 02 9939 3778	VIC - Maidstone	Bernadette Polleggioni Phone: 03 9318 2408
NSW - Wadalba Email: atlantis@reiki-seichem.com	Leonie Entwistle Phone: 02 4353 3441	VIC - Oakleigh Email: firebird@corplink.com.au	Robert Thuan Phone: 03 9568 1777
QLD - Arana Hills Email: cathzoo30@yahoo.com.au	Catherine Aitken Phone: 0416 257 770	VIC - Oakleigh South Email: lieslm2@bigpond.net.au	Liesl Meuris Phone: 03 9563 8077
QLD - Broadbeach Waters Email: alidagp@bigpond.com	Lida Parker Phone: 0403 861 638	VIC - Pascoe Vale South	Veronica Ulicni Phone: 03 9386 3853
QLD - Hervey Bay	Carolyn Packer Phone: 0421 658 385	VIC - Preston Email: reikicottage@optusnet.com.au	Helen O'Connor Phone: 03 9484 7276
QLD - Reedy Creek - GOLD COAST Email: peterholmes@gmail.com	Rachel Holmes Phone: 07 5593 6284	WA - Mullaloo vickimarshall@kahunabodyworks.com	Vicki Marshall Phone: 08 9307 8878
TAS - Lindisfarne Email: joynicholson@aapt.net.au	Joy Nicholson Phone: 0415 416 168	WA - Woodvale Email: miriamatimms@hotmail.com	Miriama Timms Phone: 0432 281 836

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

Dear Members, every so often we make changes to our personal information, such as 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 log on and keep up to date. If you have any questions please telephone 1300 130 975

**The ARC Inc. MEMBERSHIP YEAR is from 1st September to 31st August**

My name is Perri Hillier, I have been practicing Reiki since 2001 and teaching since 2004. In 2007 I was inspired by volunteering Reiki treatments at two conferences, and decided to put together a database of Reiki Practitioners and Master / Teachers who could donate/volunteer some of their time to offer Reiki. This was the beginning of the *Melbourne Reiki Volunteer's Network*.

My main reasons for starting the *Melbourne Reiki Volunteer's Network* are:

- Wanting to reach people/introduce Reiki to the wider community through volunteering. (Particularly at conferences like the *Foster Carer's Conference*)
- Wanting to give back to the community.
- Wanting to focus on reaching and offering Reiki to low income/disenfranchised members of our community.
- Once established, using some situations as case studies to further the understanding and acceptance of Reiki as a complimentary therapy, within the wider community.

The plan is to gather a list of willing Reiki volunteers in Melbourne, with a view to connecting volunteers with their local community house/health group to offer LOW/NO cost Reiki to the underprivileged. My role, as Coordinator is to manage the database of volunteers, seek out volunteer opportunities, establish a relationship with various community health spaces and keep the lines of communication open between us, introduce volunteers to opportunities in their local area. Additionally, I will pass on details of any volunteer opportunities that I hear of.

I have some basic guidelines that I encourage all members to use, to ensure your own safety and a professional level of conduct at all times. The ARC has been kind enough to let me base my guidelines on their Code of Conduct. Where applicable this will be combined with any further guidelines each individual Community House/Centre has.

My long term aim is to have enough members to be able to put together small groups of Reiki volunteers in touch with their local community house/health centre. I would love to have these groups volunteering regularly from their local spaces, all over Melbourne.

Once the groups of volunteers have been running for a while I would also like to work with the ARC in using these as possible studies/supporting evidence of Reiki working in the community, to help strengthen cases for Reiki in Hospital situations in the future. I would also like to work towards having some regular volunteers at places like: *The Peter Mac Foundation, Olivia Newton-John Cancer Centre*, and various Palliative Care centres.

But one step at a time!

At the moment, the *Melbourne Reiki Volunteer's Network* is putting individual volunteers in touch with their local community houses/health centres. We are also embracing opportunities as they come along, such as volunteering at the *Melbourne Foster Carer's Conference*.

The *Melbourne Reiki Volunteer's Network* welcomes ALL Reiki volunteers, no matter how much or little time you can offer. We are a volunteer service, run by volunteers. There is no joining fee.

To join... email your details (see below) and you will be kept informed of all MRVN developments.

- Name; Contact number /s; Email; Postal Address/Suburb business is based in; Additional areas you can/will service; Website; Insured; Days/Times you can volunteer; ARC Member; Reiki Level
- If you are a Reiki Master /Teacher - Would you be interested in offering low cost /discounted Reiki Workshops to low income earners at a community house, once/twice a year?
- If you work from a centre/space and can offer that space
- If you've a car and a table and are happy to travel

*NOTE: The above information will be handled and respected as personal, and will not be sold or given out for any marketing purposes.*

*If you choose to stop volunteering at any time your details will only be kept on record for any tax or legal purposes, related to the network as an organisation*

If you would like to set something similar up in your town, feel free to get in touch with me. I am more than happy to pass on any helpful information I have collected.

### **Contributor: Perri Hillier**

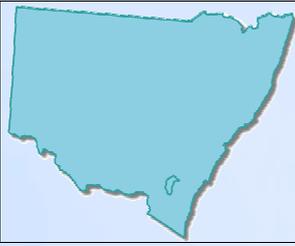
Perri is a Usui Ryoho Reiki Master Teacher with a background in writing, theatre and arts industries.

Perri can be reached by email: [irrep@hotmail.com](mailto:irrep@hotmail.com) or through her website:

<http://www.resonateyoga.com.au/reiki/>



## 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**

Hello to all ARC members! I pray that you are all well, happy and staying warm!

Thank you to NSW members who provided feedback regarding Reiki Awareness Week events held in NSW.

On a personal note, the last 5 months have been quite challenging and rewarding for me. It has been a passion of mine for as long as I can remember to study Reflexology. I have finally fulfilled that dream and by the time you read this I will have completed my formal studies and have qualified to start practicing this wonderful modality.

Reflexology works so beautifully with Reiki, the wonderful volunteers that lent me their feet, hands and sometimes ears to practice on over the last few months have all given very positive feedback especially mentioning the loving, gentle, positive energy flow and deep relaxation (not all volunteers were aware of Reiki) they felt during a session. I am really looking forward to building on my knowledge of reflexology as it compliments all of the healing modalities that I work with.

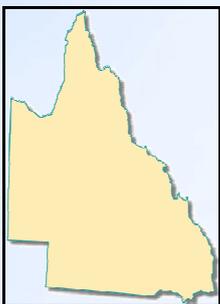
And I say this because.....

Having a piece of paper that says we qualify to work with a particular modality should be used as a solid foundation on which to expand our knowledge through continued learning and life experience. There is always so much more to learn and this can be done by sharing our experiences with each other.

This is why it is so important to attend regular Reiki gatherings / shares or to channel self- healing. It is way too easy to lose ourselves in our daily dramas (yes I am speaking from personal experience). So dear friends, if you are aware of a Reiki share / gathering in your area please do your best to attend and give each other the love and support that you deserve. Also, if you are planning a Reiki gathering at anytime please let me know about it at the beginning of each month and I will email details to all NSW members.

Even if you cannot be present physically through family or work commitments, perhaps you could make the time to tune in on the day and send Reiki to these gatherings or ask to receive Reiki for yourselves. We are unlimited in our ability to give, receive and share. Joy & Blessings to each and every One, Veronica Doppler

## 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**

There seem to be a great number of people who are being afflicted with life threatening illnesses or substance abuse issues at this present time, in my personal experience Reiki has been of wonderful assistance to these people, helping to empower them to follow the journey that is right for them. There is so much that we are able to do at this time using the wonderful essence that is Reiki.

A dream has been to be able to get Reiki into hospitals, nursing homes, mental institutions and prisons in Queensland - I have been contacted by ARC members here who have the same dream and we shall be getting together to start the ball rolling. I feel strongly that we shall be able to achieve quite a deal in this area. If there are any members who are working in these areas or would like to add their expertise that would be so great. My Love, Light & Blessing to you, Jan.



## NEWS & VIEWS from VICTORIA

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

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

**\*\*\*AUGUST 9th 2008\*\*\***

**\*\*\*OCTOBER 11th 2008\*\*\***

Contact Hilary on 0438 561 124  
vic\_rep@australianreikiconnection.com.au  
Victoria State Representative

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

### MELBOURNE REIKI VOLUNTEERS NETWORK

As members of the Melbourne Reiki Volunteers Network, Nikki and myself offered free mini Reiki treatments to the participants at the Foster Carers Convention at Darebin Arts & Entertainment Centre on May 10<sup>th</sup>. We were kept very busy during morning tea and lunchtime and it was very well received. At one stage it was almost like a Reiki conveyer belt. As soon as a chair was vacated, another person took the opportunity to receive some Reiki. Next year we are planning on having some better signage and Reiki T shirts would be even better. Thanks to Nikki for helping me and to Perri Hillier for organizing the opportunity. Hilary McPhee

\*\*\* \*\*

### MELBOURNE WESTERN REGION ARC GATHERING 29TH JUNE 2008

What a great turnout on June 29<sup>th</sup>. It was a lovely day and attendees included Shirleyrose Rowe, Paul Harris and Rosemary Federle along with other Reiki enthusiasts; Leah, Craig and Agatha. We had a lively discussion, shared Reiki and a delicious afternoon tea! The next gathering will be at 1pm on Sunday August 24<sup>th</sup> at Reiki Shine, 40 Hart Street Airport West.

Hilary McPhee

\*\*\* \*\*

## 2008 : Phyllis Furumoto Events - A unique opportunity

Phyllis Lei Furumoto - 2008 Tour, her final teaching trip to Australia

**WA**

VENUE: SWANBOURNE SURF LIFE SAVING CLUB, MARINE PARADE - SWANBOURNE

SAT 13 SEPTEMBER : "A Historical Perspective of Mikao Usui"

SUN 14 SEPTEMBER : "Folk Art and Public Practice - Two Expressions of Reiki Practice"

Contact Roger Weston at: roger@reikiwa.com or (08) 9384 2344

**VIC**

VENUE: BANYULE ARTS SPACE, 14 IVANHOE PARADE - IVANHOE (MEL: 31 F7)

WED 17 SEPTEMBER : "The Role of Lineage Bearer in Today's Reiki World"

Contact Dianne Lacroix at: dllac@bigpond.net.au or (03) 9457 5052

**QLD**

VENUE: JOONDOBURRI CONFERENCE CENTRE - BRIBIE ISLAND

SAT 25 OCTOBER & SUN 26 OCTOBER : "Practice, Practice, Practice"

MON 27 OCTOBER to SUN 2 NOVEMBER : "Usui Shiki Ryoho: The Form and Practice for Masters"

Contact Annabel Muis at: annabel.muis@internode.on.net

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# Some ARC Family Photographs



Every 'Body' Loves Reiki

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Post Office Box 145 KALORAMA VIC 3766

# NATIONAL REIKI AWARENESS WEEK 2008 EVENTS

## Tasmania - Hobart

Greetings from Tas:

What a lovely Reiki Awareness Week we have had. On Sat 17th May we had a public day for anyone who choose to come along and experience Reiki. Seven people booked in but unfortunately 3 of those had to cancel due to several circumstance. Four people came along and had a half hour session of Reiki. Each of these looked and said they felt very relaxed after the session - what a joy it is to see people look so much lighter after receiving the wonderful loving modality of Reiki. Donations were accepted for the Red Cross throughout the day.

On Tuesday 20th and Thursday 22nd May between 7pm and 9pm on both evenings, a couple of practitioners visited a local nursing home (with permission from the management and the residents). Eight residents received Reiki all of whom benefited. Some of the comments were "I can feel the warmth", "it feels like something is moving inside me" "it felt very comforting" "I don't understand the science of it but when you were at my feet I could feel warmth in my neck" "my back pain had gone" "I haven't slept so well for ages". We wish to sincerely thank the nursing home management and the residents for giving us the privilege of sharing the love that Reiki is.

Love and blessing to you all

Joy

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## Darwin - Northern Territory

Hello from Jan,

We are happy to say that our Reiki Awareness Day was a great success. We arrived early to set up at the local market in Parap. It was quite cold for Darwin - we could tell the locals from the Tourists by their clothes. Tourists wore singlet tops while the locals had jackets on!

Steve Moller, Derek Chin, Penny, Caynen, Chrissie and myself all gave Reiki treatments to 38 people. We talked to many more and so feel we did wonderfully well promoting Reiki and ARC on that day.

We were 'on duty' from 8am to 1pm, taking breaks to eat when we were able. It is a lovely setting in a tropical market, with its festive atmosphere. People here are so relaxed and open to trying new things. We all felt good at the end and we will be happy to do the same next year.

It is indeed a pleasure to promote Reiki as we are all passionate supporters!

Love, Light and lots of Sunshine, Jan Hordern.

## Regional Victoria - BACCHUS MARSH

Hello John,

During the Reiki awareness week, I held a morning at Our Seahorse in Bacchus Marsh to give free Reiki Energy transference along with information on Reiki and ARC flyers, Some of my Students attended and we shared Reiki as well, We had nine people altogether, but I do not know how many of them pursued it further as I do not 'run' the well being business. Then, one of my Reiki Students who was aware of the Reiki we give to the staff at the Bacchus Marsh Hospital, and is a nurse at the Ballan Hospital, asked if we could do the same at the Ballan Hospital - she has not set a date yet.

Love Shirleyrose

\*\*\* \*\*

## South Australia - Christine Sinclair

Hello from SA,

Our Reiki Awareness Week went well. Setting up at a popular market place we did receive mixed looks, but all in all we had fun, felt interest and touched many people. Thank you to Jeanette & Angi for their support. This year we supported the Starlight Foundation for Kids with Cancer.

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## Melbourne - VIC

Dear John,

The ARC INK magazine is great. It looks very professional and is very readable. Thank you for the hard work and thank you to all others who have helped.

My contribution to Reiki awareness happened Saturday 2 weeks ago. A room in the primary school across the road was made available for Reiki only. We had 2 tables and 4 practitioners.

21 people had a 'session'. From this number 15 had never tried it before. All were parents of children at the school. Who knows what may happen next?

My students were enthralled with the changes in the faces of their 'clients'. The school benefited by \$190 Love and Laughter, Liesl

\*\*\* \*\*

## Queensland - Burleigh Heads - Jan Lay

The day I was involved with at Burleigh Heads Qld was quiet, not a lot of people but it was still a great time - had the opportunity to speak to quite a few people, we only did one Reiki, but it is interesting that the ladies shop we did it at, is now having a lot more requests for Reiki than previously - must have put the energy out and now the people are coming in which is great.

Take care and much love and light, Jan

# NATIONAL REIKI AWARENESS WEEK 2008 EVENTS

## Central Coast of New South Wales

Picture This:

Sunshine, a gentle breeze, beautifully manicured Zen gardens, colourful koi fish leaping about a small glistening lake, the cascading sounds of a waterfall, pebbles, rock formations and glorious autumn hues. A perfect day on the Central Coast of New South Wales on Saturday 24th May - the last day of Reiki Awareness Week. We were fortunate to be able to use The Teahouse at the Japanese Gardens (our local attraction at East Gosford) for giving Reiki taster treatments.

A group of my student practitioners + 1 and I gave over 30 people Reiki healing during the day and we think that the koi took advantage of the Reiki energy too. Never have we seen them leap so high with such frequency! Some of the people who enjoyed Reiki in the morning rang friends and family to come down for a session. We had people with various health issues - of note was a person with Bipolar Type II (Type II does not typically have hallucinations). None the less as a precaution we did not do any hands on around her head and spent lots of time giving grounding healing. She seemed to really enjoy it. One lovely elderly lady was at first too scared to try it but after a time noticed that others survived the experience and had a go. Needless to say, she loved it.

Many people had heard of Reiki but not many had tried it. We managed to raise \$123 in gold coin donations for Central Coast Palliative Care.

I would like to formally acknowledge and thank the practitioners who kindly gave their time and hands throughout the day - Eva, Nerida, Bessie, Katherine and Sue. Thanks also to Jim, a Reiki Master who just appeared with his table and stayed.

Such a heartwarming and magical day - what day isn't with Reiki in our lives?

Pam Northcote

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## Melbourne West - Hilary McPhee

National Reiki Awareness week was celebrated at Reiki Shine in Airport West with an Open Day on Wednesday 21<sup>st</sup> May with many people dropping in and experiencing Reiki for the first time. We had three ladies from South America arrive and one of these lovely ladies was very wary at first. After her friend had experienced Reiki, she decided to try it as well. She was relieved to find it wasn't scary at all! I believe open days and information sessions are a very important tool for raising awareness, demystifying Reiki and educating the community to the benefits of Reiki. I plan to hold more open days in the future. Everyone had a great time!

## Delacombe VICTORIA

Reiki Awareness

Saturday May 25 2008

We again offered our services at a shopping centre - Stockland Wendouree. Our site was beautifully displayed and we offered 10 minutes free Reiki treatments in the chair. We completed 44 treatments for the day and talking with people both aware of Reiki and some who never encountered it before. We thoroughly enjoyed the day and had good feedback from both the community and management at Stockland. They were greatly impressed by our professional look and approach. We have shirts printed with our names and Reiki Symbols which we also use for our Reiki Healing Days once a month. I could not have done this on my own and I would like to thank Kerrie Clack, Susan Carroll, Ross Ferguson, Jennie Brennan, Glen Dowler, Vicki Ryan and Anna Morton

Wendy Rattray

Delacombe Victoria

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## Wollongong - New South Wales

I would like report to all members of the Australian Reiki Connection about this year's Reiki Awareness Week which was held during May this year. Jenny's Healing School ran an awareness day on Saturday 24<sup>th</sup> May 2008 at a church associated with spiritual healing at Wollongong, NSW. The church also held a fete day outside the hall on the property, which contributed to the many passers-by coming in to discover Reiki.

We were so pleased about the weather this year as it was a perfect day with sunshine and many people were out and about. We had 25 people who received Reiki healing which made the whole day a success. Fortunately three fully trained Reiki Masters and three Reiki Practitioners volunteered their time and skills for the day.

We asked for donations in exchange for the treatments and therefore raised \$205 to send off to "The Australian Red Cross". Many pamphlets for the Australian Reiki Connection were available and handed out on the day.

I would personally like to thank the Australian Reiki Connection Inc. for their continued support of its members and dedication to service to humanity with great professionalism and grace.

Reiki Blessings, Jenny Blake

Jenny's Healing School

*A BIG THANK YOU to all our contributors for sharing their stories on their Reiki Awareness Week events.*