

ARC INK MAGAZINE

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PRESIDENT'S COMMENTS

John Coleman

Greetings and welcome to the February edition of your ARC INK. This is the first issue for 2022.

Sadly, it is our third year living with the effect of COVID. For many it is still a struggle to cope, both personally and in business.



Every day we are faced with media reports of COVID related case numbers, hospital rates and sadly, deaths. However, what stands out for me listening to these reports, is the amazing work our nurses, doctors, and other healthcare workers, who under enormous pressure, continue to work in the service to others.

I wish there were as many good news stories out there to provide a sense of balance, stories showing the support, compassion and love, being provided by ordinary people to others, including to complete strangers. Stories relating to the great sense of community happening everyday.

One example of this community spirit, is the Adopt a Healthcare Worker(HCW) project. Founded in WA by Christopher Doohan BA. A simple idea - using existing technology to connect everyday people with healthcare workers so that they can provide them with support through simple acts of kindness. You can read more about this worthy project on Page 5 of this issue, where ARC member Marita Lajs shares her story and her role in placing Reiki practitioners with a HCW.

One of my wishes for 2022 is for everyone to spend less time looking at a screen or through a lens. To be mindful of our surroundings and live in the moment. To make some time to switch off from emails, text messages and social media (*apart from the Adopt a Healthcare Worker Facebook Page*).

To make a pact to connect with the earth, with our friends, our loved ones and with ourselves.

Love Light Lots of Laughter and Wellness.



ARC EVENTS

KEEP REIKI SPIRITUAL, SIMPLE AND TRUE

ARC Gathering with Hyakuten Inamoto, Founder of Komyo ReikiDo

ARC members who attended the two hour ARC Gathering in November 2021 were offered delightfully simple and tantalisingly deep insights on the nature and practice of Reiki.

Hyakuten Inamoto, the founder of Komyo ReikiDo is a

Japanese Buddhist monk who has been teaching and researching the origins of Reiki for many decades. His home is on Kurama Yama, the mountain where Usui Sensei had the experience that allowed him to bring Reiki to the world.



Hyakuten Sensei started by drawing attention to the meaning of the word Reiki. Even in Japan, he said, the word Reiki is commonly used to refer to both the energy and the practice. Reiki, the energy, he explained, is the energy of the universe. And Reiki is short for 'Ten Rei Chi Ki', the energy of the heaven and the earth, or in other words, of the universe. Reiki RyoHo on the other hand refers to the healing art of Reiki.

So how do you practice the art of Reiki? One of the mottoes of Komyo ReikiDo highlights simplicity: 'Place your hands, surrender and smile'. 'But because of the simplicity', says Hyakuten Sensei, 'we find it so difficult to practise'. As he says, 'Placing your hands may be simple, but surrender is difficult for human adults'. The block is our ego. And while ego is 'not an enemy but a good friend and companion in our daily life, when it comes to spiritual practice and training, we have to put our ego aside'.

Inamoto Sensei urges a focus on Reiki in its essential form without the enhancements of chakras, auras, crystals and angels. These things may be good to know, but they shouldn't be confused with Reiki. 'Reiki is simple and perfect' says Inamoto. Simplicity contains all things. 'That means we do not need other things.'

But within the simplicity of hands on healing there is also a deeper dimension. ReiHo is a two-fold practice, Hyakuten Inamoto points out. One is therapeutic practice and the other is spiritual practice. ReiHo is like a *Gassho*, the traditional Japanese gesture of greeting and respect – the two hands coming together. The official name Usui used was 'Shin Shin Kaizen Usui Reiki RyoHo', meaning his method for both mind and body improvement. The goal is awakening to the True Self. 'Who I am truly. That is our destination.'

Want to hear more? Members can access a recording of the Gathering in the ARC Members area www.australianreikiconnection.com.au/members-area-cucm

Online ARC gatherings are a great way to connect with members in other States and Territories.



Hyakuten Inamoto

Founder, Komyo Reiki Do

Komyo ReikiDo International www.komyoreikido-international.net

Komyo ReikiDo Japan komyoreikido.jp/english/e_index.html

Online ARC gatherings are a great way to connect with members in other States and Territories.

ARC EVENTS

UPCOMING ONLINE GATHERINGS

For Professional Category Members.

Join us on Sunday March 13th, 2022, at 3 PM AEDT for a very special talk with Dorothea Randazzo, a long time Reiki practitioner from Perth (Western Australia).

Dorothea did Levels I and II with Beth Gray in the very early days of (Australian) Reiki in Perth and commenced professional practice soon after completing Reiki II.

Dorothea is not a Reiki teacher, rather, she has chosen to focus on working one-to-one on the healing journey of others.

Her long years of working as a practitioner have exposed her to many different healing experiences, and of course, people are often curious about her experiences in learning Reiki so long ago which Dorothea will share. Another focus of her presentation will be based on answering questions from ARC professional members in relation to professional practice.

Anticipate some wonderful anecdotes to illustrate her responses.

We look forward to your joining us on the day.

A registration link will be emailed to professional members closer to the event.

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Online gathering - For ALL Membership Categories.

Sunday July 10th at 3pm AEDT

The guest presenter will be Frans Stiene is an international Reiki teachers and author More information will be available in the May issue of the ARC INK Magazine.

As with all ARC Online Gatherings, members will be emailed a registration link prior to the event.

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While every effort is made to present our online presentations as advertised, there can be occasions when unforeseen situations may result in dates and speakers being subject to change.

Should this occur, members will be advised by email.

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REIKI STORIES

SETTING UP A REIKI CLINIC WITHIN A NHS MENTAL HEALTH SERVICE

My name is Jenny, and I have been a qualified mental health nurse for 15 years. I work within an older person's day hospital setting, which was closed when the COVID epidemic began in 2020 but is now reopen once again.



Jennifer Gordon

I was both humbled and delighted to win the Complementary Health Professionals Therapist of the Year Award 2021, and I was subsequently asked to submit a brief article describing my journey as a therapist and the reason for my selection and success. My hope is that it may help other complementary therapists who are thinking of working within the NHS.

I qualified as a Reiki practitioner after experiencing the healing benefits myself during my recovery from a critical illness a few years ago. I love the ethos of Reiki; it is a way of life that supports self-development and not just a healing modality.

About the day hospital: Patients at the day hospital are referred by their GP or via community mental health teams. Typically, people are experiencing significant mental health issues, and the day hospital prevents people from deteriorating further and from being admitted to a psychiatric hospital.

After gaining my original Reiki qualification, I went on to successfully complete a Reiki bridging course via CHP. This learning ensured that my Reiki skills and knowledge are in line with National Occupational Standards and the Reiki Council's requirements and on completion of this, I was able to register with the Complementary & Natural Healthcare Council (CNHC). Complementary Health professionals as my professional association, uphold the highest standards and all members can be proud of their constant work to ensure that our profession is respected within a wider healthcare setting.

I have a special interest in the integration of complementary therapies alongside conventional healthcare and treatment and I was very keen to explore how my Reiki qualification could offer benefits to our NHS day hospital patients.

Beginning phase – why do I want to do it, and how am I going to do it?

I knew there was evidence to suggest Reiki may be useful to help manage mental health conditions, particularly anxiety, stress, and depression. Based on this research, I proposed that the day hospital pilot a reiki clinic. Approval for the Reiki pilot was agreed at management and consultant level, which was essential in order to take the proposal forward.

In order to measure the effects of Reiki and patient satisfaction it was agreed that the following information would be gathered as part of the Reiki pilot: qualitative feedback from patients; a rating scale of mood and anxiety (to be taken before and after a course of Reiki sessions) and a patient satisfaction rating scale.

ARC has endorsed a Professional Course which will build up your Reiki practice to the highest possible standards of Reiki care within the Healthcare System!

View details on the dedicated page on the [ARC website](#)

REIKI STORIES

SETTING UP A REIKI CLINIC WITHIN A NHS MENTAL HEALTH SERVICE (CONTINUED)

As part of the risk assessment for the Reiki clinic I consulted with the CHP Reiki officer, Dan Stephens FCHP regarding known Reiki cautions and contraindications. This information was used to develop protocols for the Reiki service. Patients are monitored very closely on the day hospital and it is staffed by a team of qualified medical and nursing professionals. Furthermore, arrangements for additional support and follow up can be made if required, i.e., in the event that a patient experiences an emotional release or other healing response that may require attention. Specific protocols and bespoke documentation for the Reiki clinic were subsequently devised, such as Reiki consent forms, risk assessments, infection control protocol, all in line with existing NHS policies.

The Second phase – rolling the clinic out and the challenge of demystifying Reiki

Once protocols had been agreed, the next step in the process of introducing Reiki to the service was to offer staff Reiki taster sessions and offer presentations of the proposed clinic. My strong intention was to demystify and destigmatise Reiki to others. The taster sessions provided staff with an opportunity to understand Reiki and its benefits through experience. This way staff members gained improved understanding in preparation for discussing Reiki with patients. The taster sessions were initially met with some scepticism, but I kept chipping away at people, and eventually they proved extremely popular. I also delivered presentations to wider services to explain what was happening so staff were informed. Topics covered were a broad introduction of the history and practice of Reiki and how Reiki could fit into the day hospital's treatment pathways.

What's on the horizon for the Reiki clinic?

Feedback from patient experience is incredibly positive with Reiki becoming a valued part of the day hospital service. Reiki is now available to our patients alongside conventional interventions such as medication, psychology work and other input. As part of service improvement, consideration is already being given ways to the Reiki Service could develop and grow. I'm extremely grateful for the support I received; it's essential for anyone setting up a Reiki clinic to have the full support of their manager. A program of Reiki-based practices is to be developed and offered to patients alongside Reiki sessions. Invitations to link in with other services have been received and I'm very excited and honoured to be recognised for this work. It has been a lot of work, but it is something I am extremely proud of and determined to see through. I always put the principles of Reiki at the heart of what I plan for the future as it is personally very important for me to be aligned to the philosophy within Reiki.

Are you providing Reiki in a Hospital setting?

Why not share your story?

Contact [ARC President](#)



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REIKI IN THE AGE OF THE PANDEMIC

ADOPT A HEALTH CARE WORKER... WITH DISTANT REIKI

By Marita Lajs



No doubt you have been touched in some way by the COVID pandemic. Loss of income. Knowing someone who's contracted it. Contracted it yourself. Trying to keep up with all the changes. Knowing someone who is working on the frontline in some way...

That's where I am most impacted. As well as being a Reiki practitioner, I am a nurse. I'm not working in a hospital anymore – but I know many nurses (and other health professionals) who are. Who work in public and private hospitals, GP clinics, and aged care facilities And I have had contact with many nurses and other health care workers through the 'Adopt A Healthcare Worker Victoria' Facebook page.

I've been reading heartbreaking stories of staff who are exhausted and broken after two years of this pandemic. And incredibly touching stories of generosity and kindness. People 'adopting' health care workers (HCW's) by bringing them meals, walking their dogs, mowing their lawns. And it got me thinking.

I realised that I could offer something really supportive, beneficial and safe. On two separate occasions I added to the page a post offering Distant Reiki to any HCW who was interested. Needless to say, the response was positive. I received plenty of interest. But all I could offer was a one-off session to individuals. It didn't seem enough. A drop in the ocean of need after two years of unimaginable stress.

Recently I sought help from Reiki practitioners via the ARC members Facebook page. My intention was to have Reiki practitioners 'adopt' healthcare workers and offer support via three or four Distant Healing sessions. I am pleased to say that the response has been fantastic, and I have been able to pair 24 HCW's with Reiki practitioners so far. And the feedback has been very moving. The HCW's are so grateful to be cared for and supported in this way...

Although the number of cases and hospitalisations may seem to be lessening somewhat, the level of stress, exhaustion and distress remains high amongst the workers. The need remains high.

If you are able to help, I would love to hear from you. I can put you in contact with a HCW. You would then organise a video or phone chat or exchange some messages with them via Messenger, and then set up the three or four sessions of Distant Reiki. Simple as that ...

If you live somewhere other than Victoria, you could even consider organising a similar initiative via your state's 'Adopt A Healthcare Worker' page.

You can contact me on Facebook or Messenger: [Marita Lajs](#). Or via the ARC members Facebook page: www.facebook.com/groups/858078677989412/about.



Marita Lajs

Reiki Practitioner and Teacher

Marita Lajs Reiki

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SHARING STORIES

THE LIE ABOUT POSITIVE THINKING

by Chris Cade

You've heard it all before...

"Think more positively and you'll get what you want. Visualize, affirm, and manifestation will happen effortlessly. Oh and be sure to overcome those pesky limiting beliefs! Affirmations, gratitude, and positive thinking will cover that one for you. Life is easy if you just think positively enough!"

I have one word to say about that kind of positive thinking...

LIE/ Delusional / Misleading / Uninformed / Detrimental.

Okay, so by the time my subconscious was done ranting I discovered I had more than just one word. :)

That's not to say positive thinking is bad. It's fundamentally important to living a happy, fulfilled, engaged life. However, the lie and myth is that positive thinking is all that's needed.

The reality is that we have difficult and painful emotions for a reason. They arise out of a self-protective compassionate need to SERVE our selves more effectively. Like physical pain, emotional pain is a compass that helps us see when things aren't quite working right inside ourselves.

When we ignore physical pain or mask it over with overmedication, our body degenerates and ultimately finds more pain (not less).

The same is true when we use Positive Thinking as a form of "overmedication" for our spirit & emotions.

By not honoring and owning our emotional pain, then our soul... our heart... our spirit... call it what you will... ultimately will degenerate. Our psyche isn't designed to repress and suppress pain indefinitely.

That's a big reason why some highly successful people have emotional breakdowns. They just kept overmedicating (or ignoring) until finally they couldn't do it anymore.

The flip-side is equally as dangerous. When we completely identify with the negative painful thoughts, when we allow them to run our lives, to make us forget how magnificent we inherently are, then we also breakdown. We aren't designed that way either.

Instead, I suggest accepting and acknowledging painful emotions as a compass - like a thermometer - to help you more effectively focus your attention and energy. Notice the "warning signs" that negative thinking presents to you. It's not like I never have negative thoughts. I have them every day!

The thing is, I don't take them so seriously. I strive to see them for what they are: helpful information that can point me TOWARDS living a happier and more positive life. They show me where more attention and self-care is needed in my life.

By using negative thoughts and painful emotions in that way, then the positive thinking is no longer a crutch - it's no longer an addictive medicine that silently degenerates us until it's too late.

Instead, positive thinking becomes a support to help you through the negative thoughts and ultimately take your happiness to the next level.



Chris Cade considers himself a voracious seeker of Truth. He is a second-degree black belt and martial arts Champion who has swum with wild dolphins and tested software to find the bugs. His journey – leaving a six-figure income and corporate life with Hitachi and Adobe for a spiritual one – has rewarded this visionary with a network of spirituality and personal development websites. A graduate of The Monroe Institute's Gateway Voyage program, and a student of the Diamond Approach, Chris is a spiritual teacher, lecturer, and grateful father.

You can read a personal message from Chris [here](#)

'The only time I like to be negative is after a COVID test'
John Coleman

ARC Snippets

Reiki Snippets

Massachusetts Bills to regulate Reiki defeated.

The proposed Massachusetts legislation S.221 & H.350 – An Act Regulating Alternative Healing Therapies—formerly S.168, would have required a wide array of Holistic Therapies including Reiki to obtain a licence to practice. The bill would have restricted the teaching of the holistic modalities to schools licenced by the State at an approximate cost of \$8,000 US per application.

Thanks to the advocacy of Pamela Miles and others who led a movement against the proposed bill, approximately 1,500 emails were received by the first day of testimony. MA legislators moved the bills to a further investigation and study order.

This is good news for all Reiki Practitioners and Teachers, and an indication that such a move to regulate Reiki could happen in Australia.

Zen Golf using Reiki.

In the ABC TV series *Miriam and Alan: Lost in Scotland*, - two international stars of



stage and screen, Miriam Margolyes and Alan Cumming roll back the decades and return to their Scottish roots. In the final episode of the series they visited the Highland town of Monifieth for a round of golf with a difference – Alan’s old schoolfriend Scott gives him a session of ‘Zen

Golf’, combining the healing powers of a Reiki treatment, with a lesson in the national sport. Alan said he regularly receives Reiki treatments and to quote Scott, "some play gold to relax, however Reiki relaxes them before they start to play".

Do you have any interesting snippets of other stars of Stage, Television or Screen who are receiving Reiki Treatments, or are themselves Reiki Practitioners?.

If so do send details to [ARC President](#)

I have provided Reiki treatments to a friend of mine Sue Ann Pien, when she visited me in Australia some years ago. Sue Ann is now widely acclaimed by the press and magazines for her portrayal as Violet in the hit series ‘As We See It’ which is now streaming on Amazon Prime Video. The series is about a group of Autistic Twentysomethings Navigating Life, Love & Everything In Between. And yes, Sue Ann loved Reiki, felt the benefits of her Reiki Treatments and receives regular Reiki treatments in Los Angeles where she lives.

John Coleman

"I know that inner wisdom is more precious than wealth. The more you spend it, the more you gain".
Oprah Winfrey

"Perhaps it is good to have a beautiful mind, but even greater gift is to discover a beautiful heart".
John Forbes Nash.

WISDOM CORNER

Sometimes I just want it all to stop. The talk of COVID, the Protests, Looting and brutality. I lose my way. I become convinced that this "new normal" is real life.

But then I meet an 87 year old who talks of living through Polio, Diphtheria, Vietnam protests, and yet, is still enchanted with life.

He seemed surprised when I said that 2020 must have been especially challenging for him.

"No" he said slowly looking me straight in the eyes. "I learned long ago not to see the world through printed headlines I see the world through the people that surround me. I see the world with the realization that we love big". Therefore, I just choose to write my own headlines. "Husband loves wife today". "Family drops everything to come to Grandma's bedside". He patted my hand. "Old man makes new friend".

His words collide with my worries, freeing them from the tether I had been holding tight. They float away. I am left with a renewed spirit. My headline now reads "woman overwhelmed by the spirit of kindness and the reminder that our capacity to love is never ending".

Author Unknown.

THE ART OF DEVELOPING A BEAUTIFUL MIND

The world is not simply there. Everything and everyone we see, we view through the lenses of our thoughts. Your mind is where your thoughts arise and form. It is not simply with your eyes but with your mind that you see the world. So much depends on your mind: How you see yourself, who you think you are, how you see others, what you think the meaning of life is, how you see death, belief, God, darkness. Beauty is all determined by the style of mind you have.

Your mind is your greatest treasure. We become so taken up with the world, with having and doing more and more, we come to ignore who we are and forget what we see the world with. The most powerful way to change your life is to change your mind.

When you beautify your mind, you beautify your world. You learn to see differently. In what seemed like dead situations, secret possibilities and invitations begin to open before you. In old suffering that held you long paralyzed, you find new keys. When your mind awakens, your life comes alive and the creative adventure of your soul takes off. Passion and compassion become your new companions.

Excerpt from the unpublished collection of John O'Donohue. The title and description were written in late 2007 for an anticipated public event in 2008.

<https://johnodohue.com/>

County Mayo, Ireland

“Reiki is the best vibration for helping someone to relax well and deeply. Relaxation is key to human health and recovery because it initiates our natural and innate healing abilities. It is when we are truly relaxed that true healing can take place”.

Chyna Honey

REIKI Research

REIKI PRACTITIONERS' PERCEPTIONS OF THE IMPACT OF THE COVID-19 PANDEMIC ON THE EXPERIENCE, PRACTICE AND FUTURE OF REIKI

Authors: Fatma Abdurahman, Nicola Payne

Free PMC article

Abstract

Objectives: This study examined the impact of the COVID-19 pandemic on the experience, practice and future of Reiki in the UK, including the personal impact of the pandemic on practitioners and their work, practitioner perceptions of the future of the profession and Reiki delivery, and practitioner experiences and views of distant Reiki in comparison to hands on or near the body treatments.

Method: A qualitative study using semi-structured interviews was carried out with 10 Reiki practitioners. Interviews were recorded, transcribed verbatim and analysed using thematic analysis.

Results: Three themes were identified: adapting and growing with the challenges of COVID-19, Reiki for individual and community resilience, and moving from the mainstream hands on to lesser known distant Reiki.

Conclusion: While the COVID-19 pandemic personally impacted Reiki practitioners, they focused on turning adversity into opportunity, to overcome a sense of disconnectedness and social isolation, by providing social support and promoting individual and community resilience. Practitioners focused on self-care, personal development and reaching out to the community. Personal Protective Equipment was perceived as necessary for infection control but a potential barrier to the client's experience of Reiki. They saw value in adapting their practice as part of the future of the profession by utilising new technology and distant Reiki healing, but were clear this could not replace in person contact.

SOURCE: *PubMed which is a free resource supporting the search and retrieval of peer-reviewed biomedical and life sciences literature with the aim of improving health—both globally and personally. The PubMed database contains more than 30 million citations and abstracts of peer-reviewed biomedical literature. [PubMed \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/)*

MISSION STATEMENT

THE AUSTRALIAN REIKI CONNECTION INC.

To work with and promote the spirit of Reiki
through teaching, healing, fellowship and research,
both within the Reiki community and the wider community.

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and persons interested in Reiki Healing, Reiki Teaching and Complementary Therapies.
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