

February 2009 - April 2009

Volume 12 Issue 1

ARC INK is for the information of ARC Inc members

ARC INK

Magazine



Published quarterly by the Australian Reiki Connection

'Presidential Comment' by John Coleman

Greetings ARC Members and welcome to the first INK Magazine of 2009

On behalf of CoM I extend our sincere condolences to all who have been directly and indirectly affected by the Victorian bushfire tragedy. You are in our thoughts and know that you are being sent Reiki to assist at this terrible time.

ARC members with email addresses have previously received a request - at the suggestion of a member to send Reiki each night at 9pm for a four week period (or any time that suits individuals), to people, animals, trees, forests etc. that is all living and non-living things in the landmass of Victoria that received direct hits from the firestorms. I extend this request to all members.

Another member has suggested that If you know of someone affected you could perhaps contact them with offers of free Reiki treatment, or such, on a personal level.

A recurring problem for the ARC Inc. Committee of Management is that of incorrect lineages submitted with membership applications. This is not necessarily the fault of the applicant or indeed their teacher, for many reasons. However it is something I try to correct as time and information permits.

The most common mistake is through the lineage of Rev. Beth Gray. It is a fact that Beth trained to master teacher level in Australia only TWO teachers Denise Crundall and Barbara McGregor. In the USA she trained to teacher level Colleen Kennard and a Sister Rita Baptista (but only for level I). If Beth is in your Master teacher's lineage showing that she trained someone else to teacher level then it is incorrect. Perhaps you could speak to your master teacher about this and they in turn, to theirs etc in the hope of obtaining the correct lineage. If you are unable to trace correct lineage then contact me and I may be able to assist, but please contact your master teacher first.

2008 was to have been a great year for new beginnings and for me this was the case in many ways. One was purchasing a new home and carrying out major renovations (personally) all in time to welcome my family from Ireland, for Christmas and the New Year. It was a wonderful month of reconnection. This move also meant moving the ARC office which was another major event. I thank you for your patience and understanding for the lack of communication during the transition.

2009 looks set to be a powerful year and a year in which we can make things happen for the highest good. It is a good time to dust down and review what it is that we desire to have in our lives at this time. I wish you well in your manifestation.

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

Love light and lots of laughter
John

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BY Vickie Hingston-Jones

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BY Anthony Turner

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BY Patrice Connelly

PO Box 525, MONBULK, Victoria, 3793

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
The Editor welcomes your comments.

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

Send it to president@australianreikiconnection.com.au

or by post to **PO Box 525 MONBULK VIC 3793**

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

A message from Tony Carroll Editor of the ARC INK Magazine

**UNFORTUNATELY DUE TO CIRCUMSTANCES BEYOND CONTROL
THE ARC INK MAGAZINE FOR NOVEMBER 2008-JANUARY 2009
Volume 11 Issue 4 WAS NOT PRODUCED/PUBLISHED**

Note ARC administration's **NEW POSTAL ADDRESS: PO Box 525 MONBULK VIC 3793**

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. The Committee of Management of ARC Inc. February 2009

The following statement and question has been placed on the ARC Inc. Forum by Kathy from SA. The Committee of Management ask that Practitioners and Master Teachers and Members discuss and/or comment upon the important issue. Your input can either be directly on the Forum OR by post to the President - John Coleman at: ARC Inc. PO Box 525 MONBULK VIC 3793 - Thank You.

I have recently had to try to help people who are obtaining their Reiki 1,11 and Masters Certs from the net, to assimilate their "attunements" and also to help them with the whole Reiki healing way. One particular place is offering Masters, and all levels, for \$49.95 with a phone attunement. These "net" people are left wondering why they are tired from using their own energies, and why they thought they could "heal" after such a "course". Surely there must be a way to protect gullible people, from those who think Reiki is a quick way to earn a dollar, both as Teachers and Practitioners. I am tired of hearing of these people being able to do these things. It brings all of us into disrepute. What do other Practitioners, who have done the hard yards, and spent hard earned dollars, to gain their certificates, think about this situation?

REIKI SHARE GROUPS

Here's a list of locations and contact details where Reiki events are held on a regular basis. ARC members are most welcome to participate. However, you will need to contact the convenor for more details as to the frequency, times, days, cost, etc. Further inclusions cheerfully accepted.
If you are listed and should not be OR if you should be listed and are not PLEASE contact the editor today

Location	Convenor / Details	Location	Convenor / Details
ACT - Chapman Email: alison_mclean12@hotmail.com	Alison McLean Phone: 0428 873 262	VIC - Bacchus Marsh	Shirleyrose Rowe Phone: 03 5367 1680
ACT - Kambah Email: vickie@confidentbirth.com.au	Vickie Hingston-Jones Phone: 0422 008 759	VIC - Carrum / Chelsea Email: deidre_rae56@hotmail.com	Deidre James Phone: 0407 558 183
NSW - Bundanoon Email: mival@waterfront.net.au	Valerie Bartley Phone: 02 4883 7557	VIC - Caulfield Email: sharontal@iprimus.com.au	Sharon Tal Phone: 0402 117 701
NSW - Coffs Harbour Email: mylrea@giant.net.au	Tess Mylrea Phone: 02 6652 7402	VIC - Clayton Email: lia_mills@bigpond.com	Lia Mills Phone: 03 9543 4980
NSW - Cranebrook Email: squazzi30@hotmail.com	Amanda Squassoni Phone: 02 4729 3563	VIC - Craigieburn Email: sunzmoonz@hotmail.com	Doreen van Boxtel Phone: 03 9745 2376
NSW - Engadine Email: sue88@aapt.net.au	Sue Khalloof Phone: 02 9520 0464	VIC - Creswick Email: tjt@cbl.com.au	Hendrika Thomas Phone: 03 5345 2358
NSW - Engadine	Melanie Hofsteters Phone: 02 9527 0995	VIC - Delacombe Email: wendyrattray@hotmail.com	Wendy Rattray Phone: 03 5336 2349
NSW - Heathcote Email: pama8@bigpond.net.au	Pamela Allen Phone: 02 9520 2501	VIC - Eaglehawk Email: isleofavalon@aapt.net.au	Janet Sporton Phone: 03 5446 1996
NSW - Hornsby Email: jord55@optusnet.com.au	Jannine Ord Phone: 02 9940 3481	VIC - Eltham Email: reiki_inge@yahoo.com.au	Inge Schmidt Phone: 03 9434 4228
NSW - Killarney Vale Email: mdoppler@bigpond.net.au	Veronica Doppler Phone: 0408 494 807	VIC - Emerald/Upper Beaconsfield	Simon Lee Phone: 0432 567 904
NSW - Narrabeen Email: pauline.segundo@hotmail.com	Pauline Segundo Phone: 0433 121 190	VIC - Fitzroy Email: info@om-reiki.com.au	Jeremy O'Carroll Phone: 0417 328 457
NSW - Newtown E: southerncrossreiki@optus.com.au	Laurance Burgess Phone: 02 9550 5385	VIC - Frankston Email: dhovenga@westnet.com.au	Nicole Hovenga Phone: 03 9781 0109
NSW - North Sydney Email: erica@thealignmentgroup.com	Erica Bagshaw Phone: 02 9923 1852	VIC - Lilydale	Lorraine Mitchell Phone: 03 9735 0642
NSW - Saratoga Email: pam.northcote@gmail.com	Pamela Northcote Phone: 0419 432 344	VIC - Maidstone	Bernadette Polleggioli Phone: 03 9318 2408
NSW - Shellharbour Email: JennysHS@bigpond.net.au	Jennifer Blake Phone: 02 4295 1184	VIC - Narre Warren South Email: kezzakek@bigpond.net.au	Kerrie Glynn Phone: 03 8790 3328
NSW - South Curl Curl Email: sarah@merlinsoracle.net	Sarah Christie Phone: 02 9939 3778	VIC - Oakleigh Email: firebird@corplink.com.au	Robert Thuan Phone: 03 9568 1777
NSW - Wadalba Email: atlantis@reiki-seichem.com	Leonie Entwistle Phone: 02 4353 3441	VIC - Oakleigh South Email: lieslm2@bigpond.net.au	Liesl Meuris Phone: 03 9563 8077
QLD - Arana Hills Email: cathzo30@yahoo.com.au	Catherine Aitken Phone: 0416 257 770	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
QLD - Robina Email: alidagp@bigpond.com	Lida Parker Phone: 0403 861 638	WA - Woodvale Email: miriamatimms@hotmail.com	Miriama Timms Phone: 0432 281 836
TAS - Lindisfarne Email: joynicholson@aapt.net.au	Joy Nicholson Phone: 0415 416 168		

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

act_rep@australianreikiconnection.com.au
nt_rep@australianreikiconnection.com.au
qld_rep@australianreikiconnection.com.au
tas_rep@australianreikiconnection.com.au



sa_rep@australianreikiconnection.com.au
wa_rep@australianreikiconnection.com.au
nsw_rep@australianreikiconnection.com.au
vic_rep@australianreikiconnection.com.au

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

For a number of years, there have been moves to have reiki brought under the National Qualifications Framework umbrella. It's easy to see why governments at both state and federal level would like this to be the case, after all, massage, kinesiology, and other "hands-on" modalities are regulated these days. Governments don't see why reiki practitioners should be any different.

So a process was commenced for national consultation on reiki, with a view to drafting a Certificate IV, and possibly a Diploma, in Reiki. There were difficulties from the beginning - the nature of reiki in terms of the training at all levels (I, II, and Teacher) - has a strong spiritual component and this doesn't lend itself to being regulated or taught via a Certificate IV.

On this basis, the various reiki groups determined that the draft should only cover treatment delivery and associated professional practice skills, and not include the initial training in levels I and II.

This sounds reasonable on the surface, but then the differences in "styles" or "forms" of reiki came to the fore, and things became very user-unfriendly! Just think about it - there are many things out there labelled reiki that have emerged over the years. These include types that actually are not reiki, but are energy bodywork systems that were inspired by reiki, or indeed, independently discovered and completely different from reiki, but where the term "reiki" was applied as this was the word the general populace was familiar with in terms of energy bodywork.

This has led to a great deal of confusion amongst practitioners and clients alike. It also meant there was little common ground between these variations upon which to build a Certificate IV.

The Council of Australian Reiki Organisations was born out of this confusion. The member organisations of CARO determined that there are clear areas of common ground between groups that teach and practise what it has chosen to call the Usui System of Reiki. Using these areas of common ground as the basis for coming together, meant that for these organisations, determining minimum standards for professional practice was relatively straight forward.

The Council therefore determined that to improve the standing of the Usui System of Reiki in the general populace, to reduce misunderstandings around what reiki practitioners include in their treatments, to have common standards applied for self-regulation within CARO member organisations, and to provide professional practitioners with appropriate training, a course specifically addressing the issues of treatment delivery and business skills should be commissioned.

As a course writer and facilitator of many years experience, and with the benefit of formal tertiary qualifications in education, as well as many years in reiki, I was selected to author the course. I did this by consulting closely with a number of experienced practitioners, and with the CARO Board members, to determine what content was needed and appropriate, based on the criteria that identify the Usui System of Reiki.

I also examined the practice components that were common to other modalities that utilise the same basic equipment and room set up as a reiki practitioner might - the treatment table, the room itself, hygiene considerations etc - in order for the information provided in the course to correspond to current appropriate standards.

Continued on page 5 ...

The business skills section I drafted from my personal experience in small business over the last 10 years or so, and then had small business experts look over the content to ensure accuracy of information, and ease of understanding. This included simple business administration, promotion options, basic book/record keeping, tax and general business legislative compliance. This information is enough for people to get started, but doesn't replace the need to do the related unit from the Health Training Package 07 *Administer a Practice*, which deals with the requirements and skills in greater depth.

In fact, the CARO Board believes quite a number of units from the Health Training Package are essential for a high quality professional practice, and these form part of the on-going development options for those practitioners who successfully complete the professional practice training module, and who wish to gain and retain, their CARO professional practitioner status.

While it sounds like a simple process, it took many months and many hours of work to get the training module to its current state of readiness, and a first run will take place at the end of February.

The module is a weekend intensive that will run for approximately 16 hours. Some work is required pre-attendance, and students will be assessed for competency - no one receives a certificate just for paying their money and showing up.

When I facilitate this course, I'll also be analysing how well it works... What are the students getting out of it? Are the practical activities sufficient for demonstrating competence? Is there enough variation between activities to sustain interest and enhance learning?

I'll use the answers to those questions (and more), to refine the course materials and delivery methods. This ensures that the module itself is subject to evaluation and improvement. Participants will be invited to provide immediate feedback, and to do so again approximately 5 weeks later when they've had a chance to trial their skills and the material.

This is an exciting time for CARO and the member organisations. We're ushering in a new era for professional practice for the Usui System of Reiki.

Sue Lake-Harris

CARO Ltd Board Member

Council of Australian Reiki Organisations Ltd
ACN 119 232 487 ABN 67 119 232 487

Contributor: Sue Lake-Harris

Sue Lake-Harris is a professional educator, facilitator and course designer, with over 20 years experience in education. She's also a professional Reiki practitioner with over 10 years experience in running small business.

Sue's Tertiary Qualifications are a Diploma of Teaching, Bachelor of Education and Post-graduate Studies are a Certificate IV Workplace Training and Assessment, Counselling and Feedback, Management.

Sue believes it is entirely possible for the Usui System of Reiki to be successfully self-regulated AND credible to the wider community as a standalone, effective treatment modality.

Sue can be contacted through: www.caro.org.au OR info@caro.org.au



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
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

Questions relating to matters of ARC Inc. finances contact the Treasurer.
Tony Carroll - Email: 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

Mail for the President, the Treasurer, the Secretary should be posted to:
ARC Inc. PO Box 525 MONBULK VIC 3793

TEACHING REIKI

By John Coleman

ARC Inc. receives a growing number of phone calls each day from the general public wanting to know more about Reiki and where they can learn it.

This is a good thing and it is great to be able to explain Reiki and the System of Reiki to them. It is also great to refer them to the Directory of Master Teachers in order that they may find a Reiki teacher close to them.

Unfortunately it is not always possible to find a local teacher from the directory, even though there are ARC members in those areas. This is because some Practitioners and Master Teachers who have joined ARC in the member category and do not upgrade their membership category, are therefore not eligible for referral. If you are practicing and providing Reiki in a professional capacity to the public, meet ARC business and insurance criteria, why not consider upgrading your member status to Practitioner Category Membership or Master Teacher Category Membership.

Another regular query, relates to what they can expect at a Reiki class. This should be a simple straight forward answer based on ARC's performance criteria guidelines for Masters who teach Reiki (as written in your member booklet). Sadly I hear of many and varied differences, from the distant attunements, reading a book on Reiki and then coming along for the attunement to using drums and other accessories as part of the attunement.

All Reiki students should have been taught the basic techniques passed down from Usui. Over time other techniques may have been added, but the basics must remain. These form part of the commonalities in Reiki.

ARC guidelines clearly state that where additional material is introduced, it is to be clearly distinguished from the Usui System of Reiki Teachings.

The discussion forum on the new ARC website has a Master Teacher only area. I urge Master Teacher members to open discussions on these and other teaching related matters and to share their journey. I know, based on questions and feedback from members that this would be of great benefit to many. It is one of the reasons why this discussion area was introduced.

John Coleman

FOR THE INFORMATION OF ARC INC. MEMBERS

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

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

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

MEMBER BENEFITS

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

The MBS Internet Store of **Books Music & Movies**
contact **Judy, Michael, Derek** for **10% discount***
Phone: (02) 9440 7828

www.holisticpage.com.au

The Linen Co. Australia **Salt lamps**

Wholesale prices on the entire product range*

Phone: (03) 9899 9800

www.linenco.com.au

Massage Tables / Health & Lifestyle Equipment

Additional 10 % off 'our prices' - contact Jenny *

Phone: (03) 9558 0008

Free call: 1800 333 505 (excl Melb)

[Price list available from ARC INK Editor]

www.primealternatives.com.au

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 '10' - 'lowercase / bold / italics' - Font colours can be applied for the online colour edition. The total number of words per advertisement is currently restricted to 200 maximum.

There is no charge made for including a .jpg or .gif format image. The cost of the text box advertising space is currently \$30 per each advertisement.

Your payment should be sent with your advertisement to the ARC INK editor at PO Box 525 MONBULK VIC 3793 by the 10th 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.

WHAT DO YOU THINK?

By Helen Archer

Although this message is written primarily for Victorian members of ARC, it does have relevance for everyone. I don't know if it has always been so, but definitely in this century, ARC member gatherings have been held in Melbourne from 10.00 a.m. - 2.00 p.m. on the second Saturday of the even-numbered months. This has been constant regardless of public holidays, etc. The venue's, to date, have been in the South Eastern suburbs; currently Mt Waverley, which has been recognized as the geographical centre of Melbourne. On different dates, gatherings are also held in Bacchus Marsh (Regional) and Airport West (Western Region).

The Events Committee tries very hard to organize activities for the Melbourne dates, which are entertaining and informative. In recent times, these have included such diverse presentations as:

The Big 10th Birthday celebration of ARC; Healthy eating for the Seasons the Japanese Way; Reiki Master training by Apprenticeship; De-mystification of Hypnosis; Shiatsu Massage; Therapeutic Sea Minerals and Bentonite Clay; Business/Practice Management; Annual celebration of Usui's birth; Ethics and the Law.

There is also plenty of time for discussion, sharing and hearing the latest news on the Reiki front. It's also just a chance to catch up with Reiki friends and happenings or make new acquaintances.

Remember, these gatherings and activities do attract points for Personal and Professional Development.

It is particularly disappointing when only a small number attend to hear a presenter who has given up his/her weekend time to attend and may also have come a distance.

So, is it time to re-think? Are we providing what members want? This is where we need *your* help. Some questions to ponder might be:

Do you want any kind of gathering and would you be likely to attend regularly? We'd really appreciate a response, whether yes or no. You don't have to give a reason unless you want to!

If your answer was yes, do you have any suggestions on activities, date, time, or frequency of gathering?

Do you have access to the Internet/ARC website or know another ARC member who could inform you about gatherings?

Would you like to attend/convene a small group in your area? (Maybe one member of the group could receive email or other information.)

There are no doubt further suggestions or responses, so feel free to add your own.

We would love to hear from *every member*. If you are in a different region, state or territory, then please let your ARC representative know your thoughts. Don't leave it too long or you'll forget - email, snail-mail, phone, whatever. Thank you in advance. Helen Archer - For the Events Committee

When I first decided to write on the benefits of Reiki during pregnancy and birth, my mind was initially full of all the wonderful happy and joyous births I had witnessed during my work as a Doula (professional birth attendant). And yes, those births have been special; confident calm mothers birthing beautiful calm babies. But let's leave that for another time.

The birth that comes foremost to my mind when thinking of the extraordinary healing power of Reiki is the recent birth of extremely premature twins born 'still'. These tiny babies had massive health problems and one had already lost her life a few days before their induced birth.

I had been asked at the last minute to support the mother through labour, so did not know her well. She was sad and distant, as could be expected. She did not want to connect in any way with the babies. She had already grieved enough; all she wanted now was for the suffering to be over and done with, . It was difficult to know how to help her through the ordeal ahead. The usual support and comfort tools I use seemed inappropriate for such a heartrending time.

The room seemed hard and lifeless, so I put on some soft music and got the aromatherapy going. We talked quietly for a while then I tentatively asked if she was familiar with Reiki, her face brightened, yes, yes, she said, are you a practitioner? We had a connection; and so our journey began. I gave her Reiki to help her prepare and remain calm. She said she immediately felt that something had been given to hold on to, she could not quite explain what it was but she felt better able to face what lay ahead. As labour progressed I continued giving her Reiki to help deal with the pain. She was brave and courageous and calm the whole time.

The tiny babies were born late at night, and we marvelled together at their perfect features and lovely faces. The midwife attending treated them with dignity and respect, cooing softly and calling them 'little possums'. Their mother held and named them. I gave the babies Reiki and then realized that instead of being the distressing experience it could have been the room was full of life, love and tenderness; and so much positive energy. There was sadness of course at the lives that could have been, but those little babies touched so many that night.

I stayed overnight with the mother and gave her Reiki again as she drifted off to sleep, her babies in a tiny cradle beside her. I slept in a big armchair in the corner of the room and sent Reiki to the little stars knowing that their lives had not been in vain. Something special had occurred.

In the morning it seemed that the babies really had at last passed on, logically this made no sense as the babies had never lived. But we had been blessed by the spirit in these children. I believe Reiki opened the path to accept, without anger, that the universe works in ways we do not understand. I learnt a new lesson of unconditional love and recognition of life in a non-clinical way. The mother too had received a precious gift; she moved from a position of denial to one of peaceful acceptance. Her babies will always have a place in the hearts of those they touched.

Contributor: Vickie Hingston-Jones

Vickie Hingston-Jones is a professional Doula and Reiki Master. She successfully combines childbirth education and birth support with a family focused complementary therapies business called Confident Birth & WellBeing. If you are interested in the work Vickie does more information can be found on her website at www.confidentbirth.com.au by contacting her on 0422 008 759, or emailing ickie@confidentbirth.com.au.



STATE Identity - AUSTRALIAN CAPITAL TERRITORY



NEWS & VIEWS from the ACT

Contact Vickie on 0422 008 759
act_rep@australianreikiconnection.com.au
Australian Capital Territory

The ARC community in the ACT holds Reiki shares on the 2nd Monday of each month at 7 pm. It gives us an opportunity to re-connect and support each other as we share our experiences with Reiki, enjoy a short mediation and then the wonderful healing of many warm hands. I send out a reminder to all ACT ARC members a few days before each Reiki share, but if you have not been getting a reminder and would like to join us please contact me at act_rep@australianreikiconnection.com.au - Vickie

There's absolutely no denying that we are in a turbulent economic climate. Our newspapers, magazines and TV are full of stories of high fliers being exposed for their corporate and individual greed, the sad realities of more average people facing bankruptcies than ever before, banks being bailed out all around the world and financial predictions so dire that anyone could be forgiven for believing the economic sky is about to come crashing down heavily on Chicken Little and the World's head.

Is it any wonder then that many heart based health practitioners are disillusioned with the business world or keep a long safe distance away from it? No at all. But rather than avoidance, I believe it is important to embrace the opportunity that ALWAYS lies within adversity.

Rather than hiding behind all this doom and gloom, NOW is the time to show our strength as health practitioners. Let's look at our own journeys of struggle and remember the reason we have been on these journeys is so we can understand what others now face and so we have now learnt the tools to help them out of the mire they are in.

Now is the time for us to offer leadership, support AND healing to the thousands of people requiring our help and our services. People are queuing up to be seen, they are eagerly hoping to find someone who understands their plight but do they know you exist?.

Here are a few easy things you can do to help them find you and the gifts you have to offer for easing their pain?

1. Make a positive decision about yourself - to be part of the solution rather than part of the problem.
2. Stop thinking about what's wrong and start creating simple messages of hope for potential clients
3. Show your self as being quietly and comfortably successful
4. Speak to potential customers in words that offer hope and solutions for their problems
5. Make your business efficient - buy or learn to use some of the many tools available to give you more time to do the work you love most
6. Learn from and work with others - you don't have to know or do it all your self
7. Create groups of strategic alliances with Practitioners and other businesses who can help you help your clients
8. Stop being afraid of 'losing clients' there are thousands of new ones becoming available every day - the more you concentrate on loss the more loss you attract

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 email: anthony@healyourhealingbusiness.com.au or visit www.HealYourHealingBusiness.com.au & get some ideas for your Practice



Some of you will remember Anthony Turner speaking at the 2007 CARO Convention. He spoke with me recently about a new program he has put together called the Natural Health Library and I thought it worthwhile sharing with you. He has created an online Library of Articles on health and how Natural, Complementary, Alternative & Chinese health/medicine modalities may be able to assist. This site is FREE to use for the public and, apart from the Articles, includes links to illness support groups and descriptions of most modalities.

There is also a Practitioner section which can be accessed by subscription which contains a lot more Articles designed for Practitioner use only and a resource directory to help practitioners locate products and services they may require. Individual subscribers have the option to nominate up to 5 topics so they can receive fortnightly updates on any NEW Articles added to the site - saves a lot of time on reading & research.

The other exciting part is his creation of the Natural Health Library - business development awards where he has committed to spend \$100,000.00 in a genuine attempt to lift the professionalism of our industry by providing 10 x \$2000 business training/coaching packages to graduating students per year over the next 5 years. You can find all the details on the web sites:

www.naturalhealthlibrary.com.au and www.healyourhealingbusiness.com.au

John Coleman - January 2009

I began reading the article by Bronwen and Frans Stiene, in the Aug-Oct 2008 [Vol.11/Iss.3] edition of ARC INK, with some interest and enthusiasm given that they have a reputation as experienced and published practitioners. By the time I had finished I was not a little disappointed and even a tad 'miffed' as there seemed to be an undertone of criticism and of warning that many practitioners are not practicing correctly and have incorrect beliefs about Reiki. I will try to answer some of the Stiene's points from the position of a practitioner of Western Reiki who knew nothing about Japanese thought or traditions on first coming into contact with a Reiki practitioner and who, in all probability, would not have received Reiki attunements if there had been any indication that I would have had to change or add to my own spiritual practices.

I was taught that *Reiki* means Universal Life Force Energy and have never heard a different translation. My understanding is that Universal Life Force Energy springs from the Creative Source, or as many may prefer, God: my own thought is simply the Source. I really don't see that the idea that Reiki is something separate from us "leaves" the practitioner any where. Whether the energy accumulates within or flows through from an external source it still flows to the patient via the channel / practitioner.

It seems that we do need to 'connect' to the energy, otherwise why do we need to go through the Attunement process? Perhaps 'connect' is not a happy choice of words. To attune, I think does not really mean 'to connect', but rather more to, 'bring into alignment with'.

Life force energy surrounds and permeates all and everything in every moment so we are not searching very far even if we 'look outside of ourselves' for Reiki to transmit to our clients. The realization that we channel from very close at hand does indeed depend on our awareness and understanding, but for those of us who 'believe in God' as a separate entity and are satisfied with and devoted to that God, the idea that Reiki is so close that it is an integral part of us may never arise. Provided our 'intention' is to assist the process of healing, to make a difference, is there really a problem?

For my own part it has never occurred to me to 'look for Reiki' at all. I have received Reiki attunements and it is 'once and for all'; it is there; cannot be 'turned off'; the flow will increase as needed, when needed: there is no possibility of being 'side tracked' while 'looking for Reiki', on the contrary the act of channelling Reiki, whether to ones self or to another has the effect of deepening ones attention in the moment to what is at hand.

Happiness is something we all wish for and many of us have very unclear ideas about what constitutes happiness and where we are likely to find it. I would say that many people who come to Reiki are in the process of getting their lives sorted and making adjustments and changes; often as the result of a serious illness or upheaval in their personal world, and are looking for something to give meaning and focus to their existence. Perhaps they just want 'to help' or to 'make a difference'. If we have come to Reiki looking for happiness then we are no longer absorbed in a run around search among the superficial elements of existence, but are searching for self value and satisfaction within our own personal sphere of influence: we are trying to 'do' something that is meaningful, we are trying to 'be' something worthwhile. This effort constitutes a search that leads within ourselves simply because it forces us to reflect constantly on the out come of our activity. Achieving a state of happiness depends, not only on spiritual practice, but on allowing ourselves 1; to recognize new levels of truth and reality and 2; to free ourselves of beliefs that are not our own and therefore of no more use to us.

Could it be that in the early years too little emphasis was placed on personal spiritual practice? It is perhaps more likely, that spiritual practice was largely replaced by 'religious' practice. We are talking about the period immediately post WW2, when what is today accepted as normal hadn't even begun to be called 'new age ideas', much less accepted as a matter of course. Still today there are many devout Christians who would consider any practice not pertaining to Christian tradition as blasphemous or of the devil. [see P.3 Reiki & Religion Vol.11/Iss.3]

My teacher told me that the only way to learn about Reiki, was "to practice it", which seems to coincide with the Japanese way, so perhaps all Mrs. Takata's advice hasn't been lost over the years.

After years of worrying about why people can't 'see' what is before them I have learnt that people need to be allowed to proceed at their own pace and in their own way; and to trust the process of life to always be in perfect balance and control, even when 'we' are not. I believe that practitioners and patients come together according to their inner need to learn, and that we all learn from each other. A person who encounters a not very profound practitioner may not be ready for an encounter with a deeply spiritual healer / practitioner, but may simply be ready for and in need of a practical down to earth person who will offer them an experience of

care and relaxation that will be helpful to them and not rock their boat by touching on ideas that they don't want to know about.

Believing that Reiki is external really has nothing to do with 'blaming' something other than ourselves for our problems. Blame is about a 'mind set' that looks for fault outside of ourselves and refuses to take responsibility for our own actions and lives. Regardless of where Reiki originates we all have a responsibility to our clients, and to ourselves, to be as well prepared as we possibly can be before giving a Reiki treatment. [Certainly one can see that if Reiki is some mysterious, magical 'thing', and quite apart from us, one doesn't have to take any responsibility for a client feeling that they have received no benefit from having received a treatment. Clarifying, with a client, what may be expected, or not, from a Reiki session and not making promises that cannot be maintained is a common sense part of ethical practice].

It may well be, that the use of the term 'Reiki', which is an adaptation from the Japanese language, in its self is a distraction from the very important realization that what we are dealing with is ~ Universal Life Force Energy ~ The energy that permeates and sustains all of what in the west we tend to think of as 'creation'. I rather doubt that many westerners give much thought as to 'how God keeps creation in existence'. We have largely been taught that; He just does, He is all powerful and is not to be questioned: we are not capable of comprehending God and His ways. Most of us were brought up to believe in a 'God' who created us and is separate from us; certainly not that we are an integral part of one whole and complete entity. Old beliefs and habits are deeply ingrained into our very being and don't go away just because our 'mind' has accepted that 'old ideas' need to be replaced with more logical and workable ones. Non - duality is not an easy concept to get ones head around and goes against teachings that many of us have been brought up with and have had no reason to think about much less question. Personally I feel that 'purity of intention' is more important than correctness of understanding or belief.

There are, I believe, several ways of purifying or refining ones' energy. Kriya Yoga is one and 'purity and intensity of intention' is another as one can see by studying the lives of some of Christianity's great saints. That Connection through the hara is a must may be contested by a number of practitioners who have not had access to Mrs. Takata's private writings and have not received this instruction from their western teachers. I don't dispute that training from a teacher of the 'Japanese Reiki' lineage may be more comprehensive and give a deeper understanding of the spiritual connotations of Reiki, but I certainly do feel that such teachings, especially in the past, may well have kept many people from receiving or practicing it: and that would have been a very great loss!

Giving ones full attention, or concentration, to the act of transmitting Reiki is obviously the most efficient and ethical way of going about it, but I have stood, waiting for traffic lights to change, with my hand over a very painful hip and felt the unmistakable warmth spreading through the area, and the pain begin to ease as I continued on up the road. I have also given myself Reiki while watching TV. A nice restful gardening programme and half an hour of Reiki is as good a pick-me-up as I can think of, but is certainly not to be confused with or compared to, time spent in the seclusion of the healing room when all else is excluded except the intention of healing and deepening contact with the Sacred

I have "chatted" to clients who were terrified of their illness, impending treatment, terrified of dying and very unsure of 'this Reiki idea' and of me. They have all ended up running out of chat and withdrawing into their own inner space. They all appeared to, and said that they did, feel much better on their way out.

The 'TV and chat' brings Reiki into the region of the accessible, something that is part of every day life, not to be kept on a pedestal and only approached with ceremony: something that everyone can do, not just the better ones among us. Methods of practicing and teaching Reiki have changed, developed, evolved over the decades since Mikao Usui brought this system of healing into being. Hopefully our primary aim will always be that of healing and alleviating suffering, in which case we can't go far wrong.

Contributor:
Sheryl Halloran
ARC Member

Have your say!

ARC INK MAGAZINE WELCOMES YOUR COMMENTS AND VIEWS - Contact the Editor at:
editor@australianreikiconnection.com.au

PHONE: 1300 130 975

Dear Editor,

On reading your article "Reiki and Religion" I fully understand the prejudice that we as Reiki people have to deal with. My son is a Pentecostal Christian, and as far as he is concerned Reiki would have to be the worst abomination that ever was introduced to this earth. According to the Pastors of this Church, the only people able to produce so called cures are themselves, or people of their faith. In other words, ego and control and you could also throw a little fear into the whole situation as well.

The question of acceptance differs remarkable from church to church. Perhaps the most important thing is to find a Minister, Pastor, or Priest that has a broader acceptance of the unknown and a little more faith in what is written about healing in the Bible. After all, the Church has not got a monopoly on healing. I was given the name of a website by a friend and there will come a time that this will be of use. You can view it at www.christianreiki.org It provides good ammunition to use on the less enlightened.

Regards
Carol Stafford.

Dear Editor,

Upon reading the article "Reiki and Religion" I had the following thoughts; As the vibration of the planet rises, it is becoming increasingly important that, in order for the individual to find their own truth and determine what is best for them, they must think for themselves, experience for themselves, listen to their inner voice, **decide for them self.**

They may, on occasion, also have to question authority. Regardless of someone else's title or position in society, there is no guarantee that anything they believe or say is going to be true for you or best for you. This article highlights these points by demonstrating that you can't necessarily take a priest's word as Gospel.

Peter Chapman.

Hayden Roulston a New Zealand Olympic Cyclist who has just Won **SILVER** in the "Individual Pursuit" and **BRONZE** in the "Teams Pursuit" - was told two years ago he would never cycle professionally again as he had a severe Heart Condition. After long trials and winning selection for the New Zealand Olympic Team he was being interviewed on the main New Zealand News recently and said; 'REIKI HEALED HIS HEART CONDITION' Is it not wonderful that a NOW "Olympic Medallist" is on Public Record that REIKI healed a serious Heart Condition that was jeopardizing his professional career. Julie Pritchard

Dear Editor,

I also have had a negative reaction to Reiki from some members of my local Anglican Church. My husband and I were supporting a dear friend during her illness with cancer and related anxiety. She benefited immensely. We were at a dinner and a mutual friend overheard me say about Reiki treatments. The following Sunday at church she and another friend came up to me and told me that it was "the work of the devil" and to cease doing it immediately.

Those members had previously attended the local Assemblies of God church. They had done a workshop where the pastor had said that yoga, herbalism, naturopathy, Reiki etc were all the work of the devil. I was upset at the time but realised that some people are fearful of unknown healing modalities and are narrow minded.

I have had a great deal of healing from these life experiences as I have had with Reiki, so I will keep using and promoting Reiki whenever I feel it is needed.

Yours sincerely, Pam Allen

Mr John Coleman
President
Australian Reiki Connection Inc.

Dear John,

Re: ARC Inc support

I am writing to you as a new member of the ARC Inc and I would like to express my gratitude to you and other members who have given me support and guidance to date.

The wealth of knowledge both you and ARC members have imparted has been overwhelming.

The successes due directly to your support has enabled me to:

- Host two Reiki information evenings - with logos, pamphlets, brochures etc
- Approach an aged care facility successfully in the western suburbs to do voluntary reiki

I would also like to take the opportunity to thank Tony Carroll, Hilary McPhee, Perri Hillier and Ming Rosenberg for their support, guidance and assistance as well.

Love, Light & Laughter *Kathy Butler*

LINEAGE *and* LINEAGE CHARTS

Lineage charts have become an important document in the teaching of Reiki. A recurring problem for Committee of Management of ARC is that of incorrect lineages being submitted with membership applications. This is not necessarily the fault of the applicant or indeed their teacher. However it is something ARC try to correct as time and information permits.

The most common mistake is through the lineage of Rev. Beth Gray. It is a fact that Beth trained to master teacher level in Australia only TWO teachers, Denise Crundall and Barbara McGregor. In the USA she trained two others Colleen Kennard and Sister Rita Baptista (but only for level I).

If Beth is in your Master teacher's lineage showing that she trained someone else to teacher level then it is incorrect. Perhaps you could speak to your master teacher about this and they in turn, to theirs etc in the hope of obtaining the correct lineage.

If you are a member of ARC and unable to trace correct lineage then contact ARC President, who may be able to assist, but please do contact your master teacher first.

For those wishing to learn the system of Reiki it is necessary to understand why there is an emphasis placed on lineages. ARC Inc. recognises and welcomes diversity arising from different lineages within the Usui tradition. However, in order to maintain minimum agreed standards of practice, not all lineages and practices are deemed acceptable by ARC Inc Agreed Standards.

What is a lineage?

A lineage is the line of teaching that your teacher has been trained in.

A teacher's lineage reflects the information that the teacher will be passing onto the student.

Therefore different lineages will have different techniques, philosophies and understandings of working with the system of Reiki. Some lineages even have different histories.

Before beginning a course it is important to know the lineage of the teacher to see if it is a legitimate branch of the system of Reiki and to see if the course suits your needs.

Since the system of Reiki began in the early 1900s and was brought to the West in 1938 by Hawayo Takata, there have been various histories and understandings about the system of Reiki. Unfortunately, since Hawayo Takata died in 1980 there have been a number of people who have decided to create their own lineages. Created lineages are not acceptable under ARC inc. standards.

To know if your lineage is a legitimate Reiki lineage according to Arc Inc. standards, here are some basic guidelines.

Lineages that follow a Western teaching will always have these people at the beginning of the lineage tree:

1. Mikao Usui

2. Chujiro Hayashi

3. Hawayo Takata

All lineages from Mrs Takata would include one or another of the following masters as they were the 22 taught by her.

George Araki : Dorothy Baba (deceased) : Ursula Baylow (deceased) : Rick Bockner : Patricia Bowling :

Barbara Brown : Frank Brown : Phyllis Furumoto (grand-daughter of Mrs Takata) : Beth Gray : John Gray :

Iris Ishikuro (deceased) : Harry Kuboi : Ethel Lombardi : Barbara McCullough : Mary McFayden :

Paul Mitchell : Bethel Phaigh (deceased) : Shinobu Saito : Virginia Samdahl (deceased) : Wanja Twan :

Barbara Weber Ray : Kay Yamashita (sister of Mrs Takata)

If your Reiki master is in the Takata lineage and their chart does not include one of those names listed above, you should ask the master for verification.

There are also some Japanese lineages (e.g. those including either Hiroshi Doi or Chiyoko Yamaguchi) available in Australia now, that follow Japanese teachings.

"What if just what if there was a natural substance to be found on our planet that really would fix what ails and not harm what's not broken?....

Former students of the Rev. Beth Gray will remember her enthralling Reiki workshops, with her message of the "KISS" principle - Keep it Simple Sweetheart"

One time coordinators of Beth's Reiki Workshops and instigators of Melbourne's Reiki House in the early '90's Jude Hayman and Sue Pound have now carried Beth's message to Echolife Australia. They wish to share their passion for the simple healing powers of Earth's Living Clay, and pure concentrated sea water in the form of Aussie Sea Minerals, and Transdermal Magnesium Chloride Oil and Gel.

The Pure Aussie Sea Minerals, made for internal use are sourced from the pristine waters off the Great Barrier Reef and contain all the major and trace ionic minerals necessary to keep the body in total balance.

Essence of Life Magnesium products are also sourced from the Pacific Ocean off California, designed for topical use they contain a large amount of naturally occurring magnesium chloride. Studies both overseas and in Australia have shown that we may all be low in this vital mineral, and the benefit of this form of magnesium is that it can be applied directly to the skin where it is absorbed into the body to safely boost magnesium levels.

Living Clay is truly a miracle of Nature. Revered for its healing powers by ancient cultures around the globe. It is a green swelling calcium bentonite clay in its purest most natural form. Volcanic in origin and sourced from the massive Bentonite Hills of California, it is regarded by its Shoshone Indian custodians as Sacred Clay. Buried under zeolite mineral deposits for millions of years this clay possesses powerful detoxification properties and is known to be a major catalyst in harnessing the body's own natural healing resources.

To find out more about Jude and Sue and their products please email info@echolife.com.au or visit our website www.echolife.com.au where you will find the KISS principle for health and healing.

Additional reading at <http://www.acresusa.com/toolbox/articles.htm>

Contributor: Jude Hayman

P.O. Box 65 Albert Park. VIC 3206

Telephone (03) 9636 3282 EMAIL: info@echolife.com.au WEB SITE: www.echolife.com.au ABN 420902 49344

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
Natasha Tay	February 2009 & March 2009	0408 942 567 [Mobile]	ashta.wellbeing@gmail.com
Kathy McKie	April 2009 & May 2009	0406 355 349 [Mobile]	kathym7@bigpond.com.au
?	June 2009 & July 2009	?	?
?	August 2009 & September 2009	?	?
?	October 2009 & November 2009	?	?

Be on the lookout for symptoms of inner peace. The hearts of a great many have already been exposed; and it is possible that people, everywhere, could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

Some signs and symptoms of inner peace:

- A tendency to think and act spontaneously rather than on fears based on past experiences.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging other people.
- A loss of interest in judging self.
- A loss of interest in interpreting the actions of others.
- A loss of interest in conflict.
- A loss of the ability to worry. (This is a very serious symptom.)
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling.
- An increasing tendency to let things happen rather than make them happen.
- An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

WARNING: If you have some or all of the above symptoms, please be advised that your condition of inner peace may be too far advanced to be curable. If you are exposed to anyone exhibiting any of these symptoms, remain exposed only at your own risk.

[for permission to reprint, write: sweetamazinggrace@earthlink.net]

A Warm Welcome To The New Members of ARC

Fiona Bury	CLIFTON	Master Teacher	Sylvia Shanks	DROUIN	Master Teacher
Cameron Graves	WEST PENNANT HILLS	Level II Pract.	Marian McQuinn	BALLARAT	Master Teacher
Roger Levy	MOUNT WAVERLEY	Level II Pract.	Virginia D'Cruz	PRINCES HILL	Master Teacher
Christiana Pownall	MILLNER	Level II	Ihana Comell	CREMORNE POINT	Master Teacher
Samantha Rennie	BRUNSWICK	Level II	Nancy Exton	BORAH CREEK	Level I
Mrs Karen Tants	GOLDEN SQUARE	Level II Pract.	Angela Sevier	ALTONA MEADOWS	Master Teacher
Steffen Droell	NEWTOWN	Master Teacher	Pia Lammi	MAROUBRA	Level II
Julie Irwin	FORBES	Level II	Anita Katajamaki	CANNON HILL	Level II Pract.
Jeffrey Halpin	FORBES	Level II	Olga Lopatko	LITTLE BAY	Level II
Jennifer Gatt	BANORA POINT	Level II Pract.	Sandra Papas	HUMPTY DOO	Level II
Maree Rogers	SEVEN HILLS	Level II Pract.	Nicole Juratowitch	DROUIN	Master Teacher
Annie Baker	HALLETT COVE	Master Teacher	Romana Dilg	BALLARAT	Level I
Lordie Brabante	CURL CURL	Level II	Christine Waye	FLINDERS PARK	Level II
Anne Schumacher	BERWICK	Level II	Helen Eales	LEICHHARDT	Level II Pract.
Deserae Grimley	CROMER	Level II	Tonia Lazarus	EAST KEILOR	Level II Pract.
Alexandra Browne-Hill	HAMPTON PARK	Master Teacher	Julie Ferrari	RYDE	Level I
Joyce Bachtis	COLLAROY	Level II Pract.	Jennifer Smiedt	NEWTOWN	Level II Pract.
Raylene Salter	WANTIRNA	Master Teacher	Patricia Quigley	CHITTAWAY BAY	Master Teacher
Nicholla Seery	BRUNSWICK EAST	Master Teacher	Kristina Spathis	EAGLEMONT	Level II Pract.
Karen Smith	BLACKTOWN	Level II Pract.	Kerri Hay	ELIZABETH EAST	Master Teacher
Mary McMenamin	BALGOWLAH	Level II Pract.	Robert Farrow	MOUNT WAVERLEY	Master Teacher
Denise Haffenden	OCEAN GROVE	Level II Pract.	Glenda Winstanley	AVONDALE HEIGHTS	Level II
Denise Wood	NOWRA	Master Teacher	Judith Edwards	LAWSON	Level II Pract.
Siang Mei Chang	SINGAPORE	Level II Pract.	Sarah Messina	GLADSTONE PARK	Level II
Paula Vanderzon	WESTBOURNE PARK	Master Teacher	Nicole van't Foot	MONTMORENCY	Level II
Joanne Becker	GLEBE	Level II Pract.	Anna Morton	MT HELEN	Level II
Miriam Robinson	GRACEVILLE	Level II Pract.	Amber Henderson	BUNINYONG	Level II
Colleen Carolin	MANLY	Level II Pract.	Nicole Cattlin	FRESHWATER	Level II
David Hellen	BAYSWATER NORTH	Master Teacher	Bianca Chandler	ARMADALE	Level II
Joseph Ales	PEMULWUY	Level II	Mohit Jain	BRIGHTON	Level II
Patrick Richardson	NYMBOIDA	Master Teacher	Louise Shilling	NEUTRAL BAY	Level II Pract.
Margaret Virtu	FIVEDOCK	Level II Pract.			

In our recent Shinpiden level III course in Holland a calligraphic work of the word Reiki hung on the wall. It stimulated a discussion concerning the first kanji, Rei; the possible meaning behind it and how it relates to hands-on healing and the attunement process.

Working with kanji is amazing - not only does Kanji supply a word for us to read but it often holds a related visual image within its specific brush strokes. Imagine if the English word tree actually looked like a picture of a tree... well, with kanji it is possible to discover such beauty. Let us look into the first of Reiki's two kanji to find hidden meaning within its visual depths.

The pre-1940s version of the kanji of Rei shows three little bowls or cups in a row. These bowls are often thought to represent the qualities of the trinity. This might be the trinity of the father, mother and child, Earth, Heaven and Oneness or, if we look at the esoteric Japanese teachings, the three aspects of Buddha.

Another image within the kanji of Rei is that of a sorcerer praying for rain. Rain feeds our planet. Our world as we know it cannot exist without rain. In the kanji of Rei this nutritious, life-affirming rain falls down into the three bowls. This can be seen as the trinity being gifted with its fundamental nutritive needs.

If we place this meaning in the context of performing a hands-on healing session or an attunement, we come to some interesting conclusions.

The practitioner/teacher (sorcerer) is connecting to the energy (rain), this energy pours down and the client/student absorbs this energy for his or her fundamental needs. These needs, from a Japanese Reiki perspective, are the balancing elements within humanity of Earth, Heaven and Oneness (the three bowls).

Imagine now a garden which has a couple of tall trees, beds of colourful summer flowers, some shrubs and a lovely lush, green stretch of grass. It begins to rain. At first big drops splatter on the leaves, the grass, the flower petals. And then it pours.

Rain has only one flavour. It is rain. And rain does not make any distinction between the trees, the flowers, the shrubs and the grass. There is no judgement in the rain. The rain does not think... well look at that tall tree, I will rain a bit more on it and just a couple of drops on that little blade of grass; it is just rain.

The tall tree, the flower, the shrub and the blade of grass accept the rain according to their needs and ability to do so - not because the rain tells them what they can have and how they can have it. This is a very healthy and natural situation.

When we perform a treatment or attunement we need to act in this same way. The practitioner or teacher needs to "pray" for rain: praying in this sense is setting your intent, with the rain being the energy. The energy which we connect to as Reiki practitioners and teachers is only of one flavour, just like the rain.

How can universal energy, which is non-dual in nature, have more flavours? As soon as we say this is a different kind of energy than that, then we are not talking about non-duality at all - thus also not about universal energy.

After we have set our intent and the energy starts to fall down we must make no judgements at all, just like the rain. The client/student will absorb the energy according to his or her needs and ability to do so, just like the tall trees, shrubs, flowers and grass - not because the practitioner/teacher says so.

As soon as a judgement is made about the client or student and about the "amount" of Reiki they need, the practitioner/teacher is not coming from a place of love and compassion but has stepped out of the healthy and natural flow. The process will therefore have a very different effect. Some of the judgements that might be made during a treatment include deciding that one particular spot needs more energy than another, but who are we to judge? Isn't it the client/student who decides what is needed?

So, next time when you perform a treatment or an attunement step into this non-dual space, let the energy rain down through you without making any judgement about the client or student. Be completely open and let the energy do its work.

For more information about the Reiki kanji

Read this webpage about the etymology of the kanji Reiki

<http://www.reiki.net.au/copy.asp?id=BenefitsMeaning>

Listen to the podcast called Connecting with Reiki Kanji through the Art of Calligraphy

<http://www.reiki.net.au/copy.asp?id=PodcastCalligraphy>

Enjoy the freshness and vitality of rain - or whatever it may bring you.

Many people practice meditation but what is it really about? You hear so many things about what you're meant to get out of it - it can become really confusing.

Is meditation about getting in a state where nothing matters or are you meant to become fully aware of everything?

This morning I was practising my daily meditation while the rest of the house was still asleep. Suddenly my 9 year old daughter walks into the room, sees me doing my meditation and calls out "Good morning dad".

What are you supposed to do? You're meditating for goodness sake!!!

Some might say, "Well just ignore her - she sees that you are meditating and she should know better." And by ignoring her you know you get to stay in your nice and quiet meditation space.

Others might say, "Just tell her to be quiet and to make sure not to disturb you in the future when you are meditating." But are these the best options? No, of course not.

The two responses above take you in the opposite direction of what meditation is really about. Wait! Isn't meditation about being quiet and peaceful, and getting away from the crazy, busy world?

Yes, meditation is about being at peace with yourself and your surroundings. To ignore your surroundings, however, is to disconnect from them.

By ignoring my daughter I disconnect myself from her and this is not a healthy option and certainly not in line with what I aim to do when meditating.

Meditation is about remembering that we are all connected in the first place.

Let's take a bit of an outrageous example and see how we'd react.

What if suddenly a fire starts in the room where I am meditating but I have become so used to ignoring everything going on around me and am way deep inside myself that I continue to ignore it - what would happen? You guessed it, I wouldn't be around to meditate much longer.

Returning to my daughter this morning... What should I do?

Ignoring her creates problems for both of us, and getting angry is no option at all as it will take me completely away from the purpose of meditating. Therefore, it seems the best option in this case is just to stay in my meditation space and gently say "Good morning".

Meditation is not something separate from daily life; it is not meant to be an escape from reality, but a tool to integrate spirituality into your world.

Before I head off for my day, let's look at one more example.

What happens if the doorbell rings when you're meditating? Will you ignore it, get angry or calmly walk to the door and open it? You guessed it! The best thing to do is to get up and open the door.

Bring your peacefulness to the door. There might be someone standing there needing your help, or maybe it is your partner coming home from work and wouldn't it be nice for him/her to see a peaceful, happy partner opening the door?

So next time you feel that you are being disturbed in your meditation watch your reaction. If it is only on our meditation pillow that we can stay calm and not off it then we need to look at what kind of meditation we are practising.

True meditation will help you to gradually integrate that sense of peace into your daily life.

Excellent meditations are taught in the more traditional systems of Reiki to help you lead a more peaceful life - in every aspect.

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



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ARC Reiki Awareness WEEK 2009

Reiki Awareness Week 2009

Dates for this years event have not as yet been finalised. We are in communication with other Reiki Organisations worldwide in an attempt to have a coordinated date for an International Reiki Awareness Week. It will be in May or June. As with previous years it is envisioned that an emphasis be placed on the benefits of Reiki to all members of the community but especially to those living with life limiting illness such as Cancer. There is a growing need and request for Reiki practitioners to volunteer their services in Palliative Care facilities. It is also a great way to promote the system of Reiki, yourself and your business, by providing free short Reiki treatments to the public nationwide. Reiki practitioners do not have to be members of ARC Inc. to participate, so ask your friends to join in. If you and/or your friends would like to organise an event and I urge you to consider doing so please contact

John Coleman or Sanjay Ranchhod or Phone 1300 130 975



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PO Box 123 Oakleigh VIC 3166

Telephone: 03 9568 1777 Facsimile: 03 9568 1733
email: firebird@corplink.com.au

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Join Reiki practitioners from all over Australia in one of the country's most magical spots ... the tropical rainforest eco-sanctuary Retreat of Mission beach, North Queensland.
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- Give you a fresh viewpoint on the system of Reiki from a Japanese perspective
- Support the development of meaningful Reiki friendships
- Re-connect you with nature - sea, sand, sun and rainforest
- Be the coming together of the Australian Reiki community

Organised by the International House of Reiki

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Find out how to create a daily routine out of your Reiki practice that will support your spiritual growth and personal and professional healing practise.*

Taught by critically acclaimed Reiki teacher Frans Stiene, co-author of *The Reiki Sourcebook*, *The Japanese Art of Reiki* and *Your Reiki Treatment*

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Sara Saund, UK

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This randomised, blinded, controlled study addressed three main questions:

- (1) What are the effects of Reiki on the growth of *in vitro* cultures of growth-challenged bacteria?
- (2) Does "healing context" influence the effects of Reiki on bacterial culture growth?
- (3) Does practitioner well-being influence the effects of Reiki on bacterial culture growth?

The protocol for this study was approved by the University of Arizona, Tucson. In consultation with 3 Reiki practitioners, a treatment room was set up, and electromagnetic radiation minimised in this area. Wild type *E. coli* bacteria were heat shocked for 25 minutes at 49°C just prior to Reiki treatment. Samples were then randomly assigned to the treatment and control groups. Those samples brought to the treatment room were given 15 minutes of Reiki, with the practitioner being given no particular instruction or intention about their task. Before and after, the practitioner completed a questionnaire about their state of well-being.

After treatment, all samples were incubated at 37°C for one hour to facilitate growth, then for 3 minutes at 0°C to stop growth before dilution took place. Overnight samples were incubated again at 37°C, then counting took place under blinded conditions.

In order to see if there was any influence of prior Reiki treatment, some practitioners took part in 30 minute healing treatments on a lady with a badly sprained ankle, prior to their sessions working with the bacteria. 16 practitioners took part in the whole trial, and they were randomly scheduled over several months, always working in the early afternoon. All bacterial samples in the treatment group received three runs without the practitioner doing a prior healing, and two runs after a healing session.

The results showed that the bacteria which were treated straight after a healing treatment was given grew significantly better than those which were given Reiki without a healing context, and that practitioner well-being, as measured by questionnaires before and after every session also had an influence on the success of the treatment. They also found that prior negative feelings by the practitioner correlated with low or even negative growth of the bacteria.

Source: Rubik, B., Brooks, A.J., Schwartz, G.E. In vitro effect of Reiki treatment on bacterial cultures: role of experimental context and practitioner wellbeing. Journal of Alternative and Complementary Medicine. 2006; 12(1); 7-13.

*** **

Commentary:

This study is really important for us as practitioners, in that it highlights the importance of our mental attitude during the giving of a Reiki treatment, as well as in our daily lives. The fact that a healing session given first gave far better results when the practitioner then worked on the bacteria, shows that the more we give Reiki, and work in a loving context with others, the better our results will be.

Additionally, this is an important article to show people who doubt Reiki. A blinded, randomised, controlled trial under proper scientific conditions which gives statistically significant results, and which is replicable is good evidence. More studies of this type need to be undertaken, and it appears that the authors are involved in more Reiki research.

Patrice Connelly

*** **

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

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

Experiments using both animals and Reiki are very rare in the scientific literature. This double-blind, randomised study took place at the College of Medicine, University of Arizona. The authors noted that many hospitals in the UK and US have very high levels of noise, and wanted to determine firstly whether this caused microvascular damage in rats and secondly whether Reiki had any beneficial effect on noise-affected animals. Sixteen Sprague-Dawley rats were used for the experiment, and divided into four groups. One group received 15 minutes of 90dB noise for a set time daily for 3 weeks, plus a Reiki session. The second group received noise plus sham Reiki, while the third group had noise and no treatment, and the fourth control group did not receive any noise or treatment. Many precautions were taken to make sure that confounding factors were minimised.

The Reiki sessions were conducted by a female Level 2 Usui-Reiki practitioner with 3 years experience. There was no contact with the rats; Reiki was sent from a distance of about four feet to the first group of rats. At the same time, a student with no knowledge of Reiki or any healing modality copied the practitioner's movements in giving sham Reiki to the second group. Daily questionnaires were issued to the Reiki practitioner and the student to assess their psychological state. After three weeks, the rats were anaesthetised, and surgery was performed to assess the state of the vasculature. Those performing the surgery had no knowledge of which groups the rats belonged to.

After the surgeries were completed, in order to make sure that the results were not confounded and were reproducible, the same experiments were conducted again, firstly with a different practitioner and another student, and finally with the first practitioner and student.

The results were significant, in that all of the Reiki treated rats had very much better results in all three experiments than any of the other groups except the control which were not subject to any noise. The 3rd group were worst affected, followed by the 2nd group with noise and sham Reiki. 55-70% of the venules of those two groups had multiple leaks. The group receiving Reiki had much smaller and fewer leaks. The results were consistent across all of the three series of experiments. The authors conclude that Reiki has definite benefits for relaxing laboratory animals, and potential for minimising stress in humans. They advocate more research in this area.

Source: Baldwin, Ann L & Schwartz, Gary E. (2006) Personal interaction with a Reiki practitioner decreases noise-induced microvascular damage in an animal model. Journal of Alternative and Complementary Medicine, 12(1), 15-22

*** **

Commentary:

This was a very well-written and thorough study with a good literature review and a useful bibliography. The use of animals that have been bred and kept under identical conditions may not please everybody, but the study was approved by the relevant ethics committee of the university, and from a research point of view, it avoids a number of confounding factors in human subjects such as emotional stress, dietary differences, genetic traits and so on. The use of 'sham' Reiki here is much less contentious than in an earlier study I reviewed, where humans with a serious illness were randomly assigned to groups, some of which did not receive the benefits of Reiki.

The strongly significant results make this yet another paper which can usefully be shown to sceptics of Reiki and energetic healing.

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

STATE Identity - VICTORIA



NEWS & VIEWS from VICTORIA

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

Contact Hilary on 0438 561 124
vic_rep@australianreikiconnection.com.au
Victoria State Representative

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

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

Waverley Community
Learning Centre
5 Fleet Street
Mt Waverley.

Mel. Ref: 61 G12

10 - 2 pm Please bring a
healthy lunch to share

APRIL 11th 2009

JUNE 13th 2009

It has been a very rewarding year as the state rep for Victoria. We have had a range of wonderful guest speakers at the Waverly gatherings ranging from nutritionists to martial arts teachers. It would be wonderful to see more ARC members attending! If you have any topics you would like to hear at these meetings, please drop me a line and we will see what we can organize! The Western Region gatherings have been great fun with many regulars attending as well as some new faces. This is your opportunity to attend and connect with fellow ARC members closer to home for those of you living in the western suburbs. We would encourage members who do not live within travelling distance of an ARC sponsored gathering to organize their own. We are happy to help with organizing as well as providing out of pocket expenses so let me know if this would be of value to you. I recently spoke about the benefits of being ARC accredited at two information evenings organized by Kathy Butler in Yarraville and Hoppers Crossing and am happy to help members promote ARC in their areas as well.

Victorian members really did well organizing and manning events for National Reiki Awareness Week this year and hopefully it will be even bigger and better in 2009. One of the main questions that has arisen during my year as state representative is how do we better promote Reiki and ARC. Several members have asked for more types of promotional material and have suggested merchandising to raise money for ARC and to help sponsor more events. T-shirts, eco bags and mugs have all been suggested so hopefully these will become available and it would be fantastic to have your support in this. If you have any ideas, suggestions or practical help, I would be delighted and most grateful to receive them. I would also appreciate any feedback you are able to send me regarding the possibility of an ARC conference, including the AGM for 2009/ 2010. We could hold the event in different state capitals in rotation and really bring Reiki into the mainstream public area in a very favourable and practical way.

Again, many thanks for all your help, encouragement and support and look forward to seeing as many of you as possible at either Waverly or Airport West in the near future. Hilary.

STATE Identity - TASMANIA



NEWS & VIEWS from TASMANIA

with Joy Nicholson in Lindisfarne

Contact Joy on 0415 416 168
tas_rep@australianreikiconnection.com.au

Tasmania
State Representative

Hi All and greetings from sunny, windy Tassie.

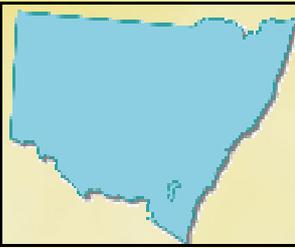
As the smallest state and smallest ARC membership in Australia it is often easy to feel we are not doing much in the Reiki world. But as I write this report I am reminded of the very many things we Reiki practitioners do to make our world a more loving place to be. Reiki is LOVE. Therefore thinking Reiki, giving hands on Reiki, sending absent healing, doing a kind deed, receiving Reiki, thinking and feeling loving thoughts, speaking a kind word, all add up to making us more loving beings and making our beautiful planet an even more wonderful place to be.

Most of us do these *small* things on a daily basis. And that adds up to a lot of love.

One of the highlights of this year was Reiki Awareness week. What a privilege it is to be able to share Reiki with people and to see them gain the benefits of this wonderful modality. Thank you to ARC for organising this special week and to my fellow Tassie Reiki practitioners for joining in the events. We look forward to next year's Reiki Awareness week and being able to do it all again. Another highlight was meeting our President, John Coleman, on his recent trip to Hobart. Thanks John for taking the time for a cuppa and I so enjoyed our inspirational chat.

Being a member of ARC has many benefits. But probably the major one for me is knowing that I belong to a large family of like minded loving people. I would particularly like to thank John and Tony for all the many hours of work they do to make ARC possible. Good on you lads. Love, light and laughter to each and all of you - Joy

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

**New South Wales
State Representative**

Welcome to 2009 everyone.

We will soon be gearing up again for the 2009 Reiki Awareness Week - so it might be a good time to start thinking about what you would like to do.

As your state representative I am here to assist you and to answer any questions or concerns you may have so please feel free to contact me anytime either by email or phone.

If you are aware of a Reiki event in NSW and wish to let us all know about it you can email the information to me and I will happily pass this on to other NSW members.

Also, if you are holding a Reiki share day and would like to invite other ARC members please email the details to me at the beginning of each month or as soon as you set a date and I will forward on to NSW members for you. The details I need for Reiki shares are - date, location address / suburb, times, cost, contact person and phone number.

I hope 2009 will be a wonderful year for us all.

Much joy and blessings - Veronica Doppler - NSW State Representative

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

**Northern Territory
State Representative**

Up here in the Top End, we are in the "build up" for the Wet Season. This means sometimes the beautiful blue sky's cloud over and we think it is going to rain. We did actually have a sprinkle a while ago, but usually this goes on until Xmas or thereabouts, when it really rains. The green tree frogs love the humidity and the promise of rain and so are celebrating nightly.

The locals really into life when the Tourists go home and leave us in peace. I do a fair bit of teaching at this time of the year, despite the higher humidity. I had my final Reiki 3 class for the year today - we do need to keep up with people of high energy. We have so enjoyed the deeper meditations, the discussions and working together at this higher level. We are discussing how we may keep this going - do I leave it up to the individuals and do I run groups to cater for this?

Meanwhile, the beginners keep rolling in - the word seems to be out and more and more people are aware of the benefits of Reiki. I find this to be so wonderful as I just love teaching the classes and then watching the amazing progress that follows. I truly believe that it is a community service to learn Reiki and go back home and to work with changed energy. I love the wonderful stories about changing conditions around them as a result!

So, up here in Darwin, we have a few more members, but not as many as there could be somewhere else as we are a transient society. People come here to be healed and then move on. Or they come for the work and go when the contract finishes. Often there are difficulties with couples as one will love the humidity and the other will hate it. It is an amazing place to live in as they come and they go - but some of us stay and we do have lots of really high standard Practitioners here permanently. We all learn from those who come for a while and lets face it the community has a vitality as we never seem to stagnate!

So I keep on with my classes as well as my therapy work and feel that eventually the ARC members will grow. I think it is a great organisation, with the Committee doing a sterling job. It is so necessary and so wonderful to have a group to hold it all together for the rest of us, to be there for support and to promote Reiki.

Next year, I hope to take another day off but still teach in the weekend - we shall see what happens. I have lived here for 4 years now and have not seen much of the Territory. So that is the reason to work one day less - maybe I will finally drive to Broome and Derby, visit Kununurra, or even Dundee Beach!

I send you lots of Sunshine along with the Love and Laughter, Jan Hordern.

