

# ARC INK MAGAZINE

August to October 2021  
Volume 24 Issue 3



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## PRESIDENT'S COMMENTS

### John Coleman

Greetings and welcome to the August edition of your ARC INK.



Welcome to all of our new members who have joined us and a warm welcome back to those who have re-joined our association. Thank you for choosing ARC as your Professional Reiki Association.

Once again the COVID 19 pandemic is impacting the lives and livelihood of many of our members. With the ever changing list of restrictions it can be difficult for me to keep members up to date by email. I thank all who have emailed or phoned for their understanding of the fact that what I said previously has now changed.

Whenever I receive updates from the relevant official departments I place it in the dedicated page on the ARC website.

[Reiki in the Age of the Pandemic | ARC Website \(australianreikiconnection.com.au\)](https://australianreikiconnection.com.au)

I have always maintained, that at this time in particular Reiki can be a great help to everyone, family, friends, colleagues, and clients—when they can attend in person -. I know from personal feedback, that Distant Reiki is helping recipients. I have included in previous ARC INK, articles relating to the positive research into this.

I urge you to participate in ARC's online Distant Healing event every Thursday night at 8.30pm -AEST. Details can be found on page 13 of this issue.

We are hearing from many different agencies about the mental health issues experienced by many at this time. What is sad and disturbing to hear is the number of teenagers who are suffering. Apart from Reiki, there are other ways we can all participate in helping them. I write from personal experience about Youth Mentoring and its success on Page 4. Please read it and give consideration to becoming involved if you can.

I hope you enjoy this edition of your ARC INK and I welcome your feedback [president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au)



When describing Reiki to others it is important to specifically state that Reiki is a Complementary, and not an Alternative therapy

## ARC MEMBERSHIP NEWS

### RENEWAL OF MEMBERSHIP

The Australian Reiki Connection Inc. (ARC) as an Association, remains dependent upon your support as an active Member to continue as an effective peak body representing Reiki practitioners and teachers especially throughout the extremely difficult and stressful times of this pandemic.

ARC trusts that you are being kept well informed by our regular Covid-19 information updates and through the ARC website:

[www.australianreikiconnection.com.au/reiki-in-the-age-of-the-pandemic](http://www.australianreikiconnection.com.au/reiki-in-the-age-of-the-pandemic)

As an Association we are fast approaching Membership Renewal for the 2021/2022 Membership year. Each year our membership year runs from the 1<sup>st</sup> September to the 31<sup>st</sup> August.

ARC will issue a Renewal Invoice to each member of the Association, invoices will be emailed to the email address you, the members have provided to ARC.

**APT**M: Teaching Member / Professional Reiki Treatment Practitioner & Reiki Teacher - Membership Category the Invoice will be for \$100.

**AP**PM: Professional Reiki Treatment Practitioner Member / NON Teaching - Membership Category the Invoice will be for \$80.

**AN**PM: Member / **NON Professional Membership Category** the Invoice will be for \$40.

All membership payments are due to be paid **on or before the 31<sup>st</sup> August 2021**.

In accordance with the Rules of Association should you wish to resign your membership you **MUST** advise the Association soonest in writing, thank you. An email should be sent to the ARC Secretary Andonna Gotsi: [secretary@australianreikiconnection.com.au](mailto:secretary@australianreikiconnection.com.au). Confirmation of your resignation of membership will be provided to you.

There is an ongoing issue with Microsoft blocking some IP addresses which results in a number of ARC members who use Hotmail, Outlook and other Microsoft accounts, not receiving ARC emails.

Unfortunately Microsoft cannot provide us with a time frame of applying a fix.

- If you do not receive your invoice by 7th August, please contact ARC Treasurer [treasurer@australianreikiconnection.com.au](mailto:treasurer@australianreikiconnection.com.au) Or by phone 0409 366 185 and he will reissue your invoice.
- Have you changed your contact details?
- Is your ARC Directory Listing correct?

If not, please contact ARC Office to have your records updated



## ARC MEMBERSHIP NEWS

### COMMITTEE OF MANAGEMENT

Your Reiki association, ARC Inc. is founded upon the principles and practices of the Usui System of Reiki. It is a not-for-profit national association run by its members, through a Committee of Management, that you elect annually.

All the volunteer members of the ARC Committee of Management are constantly at work for the benefit of all ARC members, taking on specific tasks to ensure the Association's voice is heard and that Reiki is represented in an honest and open manner throughout Australia. In the section below you can read out about some of the current projects being led by committee members.

At present we have nine members of the Committee of Management. The four executive members are:

- John Coleman, ARC President
- Slaviča Praporski, ARC Vice-President
- Andonnia Gotsi, ARC Secretary
- Tony Carroll, ARC Treasurer.

Our three non-executive members are Anita Kyriazopoulos, Sue Lake-Harris and Cheryl Hurst. We have two other positions currently unfilled.

If you would like to become actively involved in the management of ARC then we would like to hear from you. Your ideas and skills would be most welcome.

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

#### Current Committee Projects

**Andonnia Gotsi** is team leader for ARC online events via Zoom. These include:

1. The weekly [ARC Distant Healing Circle](#) is held every Thursday Night. This 30-minute practice includes a short meditation followed by sending distance healing to those who have requested it and to your own friends, family, and clients. All ARC members are encouraged to participate in the circle. [CLICK this link](#) to join the circle at **8:30 pm** (AEST). You will be very welcome.

*Andonnia is also the keeper of the **ARC Distant Healing Book**. ARC members who are unable to take part in the live Distant Healing Circle can direct Distant Reiki privately from the comfort of their own space and time to the names and requests in the ARC Distant Healing Book at **9:00 pm** each Thursday night. You can send your distant healing requests through the ARC website [Distant Healing with Reiki / Australian Reiki Connection](#) or call the ARC National phone number 0439 366 185.*

2. Online ARC gatherings via Zoom.

There are informal gatherings for all members which will take place on a 2-monthly basis, providing an opportunity for members to come together in a safe space, to reflect and share (if they wish) on their current journey.

Do you have any feedback from clients on how Reiki benefitted them?. Why not write a case study. You can download useful guidelines and suggestions on how to do this from the <https://www.australianreikiconnection.com.au/members-area-cucm>



If you would like to become actively involved in the management of the Association then ARC would like to hear from you. Your participation and skills would be most welcome.

## ARC MEMBERSHIP NEWS

### COMMITTEE OF MANAGEMENT (CONTINUED)

These gatherings are an opportunity to talk, share stories and connect with other ARC members, Australia wide. Members are notified by email invitation. See page 11 for a taste of some of the discussion from the July 25th event.

As well as ARC informal online gatherings for all categories of membership, there is also a specific online event for professional category members. At these events guest speakers present on their own experiences in their own professional practice and share their ideas for the benefit of attendees. Members in the professional category are notified by email of dates of events.

**Cheryl Hurst** is team leader for promoting awareness of the benefits of Reiki as a Complementary Therapy. During the pandemic we have been appalled by the failure of officialdom to understand the nature of our industry or to appreciate the financial losses suffered by many of our Members, especially since so many were unable to claim the emergency financial benefits offered to other areas of business. Indeed, their inability to even place our workforce in any category when defining public health restrictions, created unnecessary confusion and angst. Cheryl will be sending letters to all levels of Australian government: Federal, State and Territory as well as Local Government Areas, to enhance awareness of our industry, the benefits Reiki offers, and the needs of practitioners.

**Sue Lake-Harris** is team leader for completion of the ARC generic Level II manual, to support members in the Professional Teacher category to implement the [ARC Criteria for the Teaching of the Usui System of Reiki](#). There has been much appreciation from ARC teaching members in response to the ARC generic Level I manual that Sue and her team has already developed. ARC looks forward to the completion of the Level II manual and, in due course, the Teaching Level manual.

**Slavica Praporski** continues her work on Research and Development for ARC. This will include information gathering, through membership surveys and membership questionnaires, to support the projects above around awareness raising and educational support for members. The Committee is hoping for a good response from members when asked to participate.

**Anita Kyriazopoulos** is team leader for updating and moderating ARC's social media platforms. ARC has tested a 'generic' type advert/post to inform the general public of the benefit of learning Level I Reiki from an ARC referred teacher. A similar 'generic' type advert/post is proposed to inform the general public of the benefit of Reiki Treatments to support ARC referred Reiki Professional Practitioners. However, members will need to provide ARC with the information posted on their behalf.

This is another way in which ARC is working to support professional members to bring Reiki awareness to the public, both for treatments and for the teaching of Reiki.



## REIKI AND WELLBEING

### HOW CONSCIOUS WERE YOU TODAY

**By John Coleman**

A sentiment I hear from some ARC members during the various COVID-19 related restrictions, imposed upon them, is that they have been provided with an opportunity for self reflection, more time to spend with family and of course, additional time for Self Reiki.

It can also be a time for learning new ways of improving themselves and in turn assist their clients.

I first came across the following exercise about ten years ago, before I studied mindfulness techniques. At that time I made a point of completing the exercise every day for a week. It was interesting, to quote the apt song lyric *“what a difference a day makes”*. You may find it useful. It’s called, how conscious were you today.

#### **Did you:**

- Respond rather than React?
- Communicate authentically rather than defend or attack?
- Acknowledge your uniqueness rather than compare yourself with others?
- Focus on who you are becoming rather than dwell on the past?
- Remain generous with yourself and others rather than being critical and stingy?
- Remain open and receptive rather than push, dominate / manipulate to gain control?
- Remain mindful rather than unconscious?
- Remain responsible rather than blame or deny?
- Remain humble rather than judgmental or righteous?

You might consider printing out the exercise and complete it each day for a week.

According to the online dictionary Merriam-Webster, the definition of conscious is the quality or state of being aware especially of or the state of being characterized by sensation, emotion, volition, and thought.

“ Self reflection is a humbling process. It’s essential to find out why you think, say, and do certain things – then better yourself.”

**Sonya Teclai**



## REIKI AND WELLBEING

### WORRY

BY JOHN COLEMAN

#### What is Worrying?

Worrying is sometimes described as a form of thinking about future events in a way that leaves you feeling anxious or apprehensive.

As humans we have an amazing ability to mentally create events in the future, events that have not yet happened. This ability to think ahead means that we can anticipate obstacles or problems which can give us the opportunity to plan to overcoming them, and to that extent it can be positive.

However, some people tend to worry about future events in a negative and uncontrollable way and this form of worrying can extend into everyday events which can lead to anxiety and excessive /unnecessary worrying. This can result in what is clinically described as generalised anxiety disorder (GAD).

According to Beyond Blue.

*People with GAD, feel anxious and worried most of the time, not just in specific stressful situations, and these worries are intense, persistent and interfere with their normal lives. Their worries relate to several aspect of everyday life, including work, health, family and/ or financial issues, rather than just one issue. Even minor things such as household chores or being late for an appointment can become the focus of anxiety, leading to uncontrollable worries and a feeling that something terrible will happen. [Generalised anxiety disorder \(GAD\) - Beyond Blue](#)*

With so much happening in Australia at this time, people are understandably worried about their health, work security, financial situation, their children's future, and many other personal matters. A number of these reasons to worry existed long before COVID-19, however, have been magnified during pandemic.

When I was a full time Reiki Practitioner, a large number of my clients both male and female admitted that they were so worried for a number of reasons that it affected their ability to move forward on their journey. I remember one client admitting that even if she had nothing to worry about, she was worried because she was not worrying, and what was she not noticing?

People often use the terms *worry* and *anxiety* interchangeably. Whereas excessive worry can lead to anxiety, they are two distinctly different conditions. It is important for all of us to be aware of this difference and that by sharing, problem solving and thinking through strategies to deal with the cause of our worry, we can diminish it greatly. We have much less control over our anxiety, as it is much harder to talk ourselves out of it.

I found that the relaxation and balance brought about by a Reiki treatment provided a greater clarity of mind for clients, who later reported that they were able to calmly look at their worrying situations and find solutions and strategies to deal with them.

**So, as Mikao Usui wisely stated in the Reiki Precepts For Today Only, Do Not Worry.**

#### Worry

Wearisome  
Overpowering  
Radically  
Reducing You  
John Coleman

if you worry about something and you can fix it, then fix it and stop worrying about it. If you worry about something and you can't fix it then what is the use of worrying about it! So, stop worrying about it and let it go.

#### The Dalai Lama



## REIKI AND WELLBEING

### YOUTH MENTORING ARTICLE

By John Coleman

In the February edition of the ARC INK, I shared an article titled, Stress and Trauma in Children, with emphasis on children aged 3-10 years. We know that children respond well and benefit from receiving Reiki treatments. I would like to share another 'therapy' that each of us can provide to children and teenagers through a community, school, church-based program or other social service. That is ,Youth mentoring.

#### What is youth mentoring?

It is the process of matching mentors with young people who need or want a caring, responsible adult in their lives. Adult mentors are usually unrelated to the child or teen and work as volunteers through varied social service programs. The goal of youth mentoring programs is to improve the well-being of the child by providing a role model that can support the child academically, socially and/or personally. This goal can be accomplished through schoolwork, communication, and/or activities. Goals and settings within a mentoring program vary because of cultural values.



The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.

Steven Spielberg

Although informal mentoring relationships exist, formal, high-quality mentoring matches made through local or state mentoring organizations are often the most effective. A one to one relationship with a caring adult is one of the most protective factors in supporting the wellbeing of a young person. A mentoring program allows that to happen.

Benefits to being mentored can include:

- better education outcomes through improved school attendance
- increased employment opportunities
- an increase in confidence, self-esteem, self-worth, and aspirations
- improved social and interpersonal skills
- better relationships with parents and other family members
- a greater feeling of connection and belonging
- a reduced chance of getting into dodgy behaviour (such as violence, risk-taking and substance abuse).

As Reiki practitioners we can offer our presence in many ways.

#### Does mentoring make a difference?

I have witnessed first hand the positive and beneficial benefit it has made. When I lived in Monbulk, I was a volunteer mentor with Big Brothers Big Sisters of Australia, as part of a pilot project to provide in school mentoring to students at Sherbrooke Community School in the Dandenong Ranges.

## REIKI AND WELLBEING

### YOUTH MENTORING ARTICLE (CONTINUED)

I was recently interviewed by a representative of Big Brothers Big Sisters about my experience as a mentor.

#### Why did you put up your hand for mentoring?

Well, because of my own childhood experiences and the lack of adult and peer support, I wanted to help make a difference for others- who may be dealing with similar issues,- Issues that are common to most teenagers.



#### Where did the mentoring take place and how long did the mentorship last?

I mentored a young person at the Sherbrooke Community School one hour a week during school time. I was there every Thursday for two years.

#### How did you find the mentoring experience?

I found the experience humbling, uplifting and mutually rewarding for myself and my mentee.

#### What was a highlight for you and the young person you mentored?

That this young person felt able to open up to me and share his issues, which beforehand he had kept internal. To be a part of his transformational journey in overcoming most of them, during those two years.

#### Did you see any changes in the young person you mentored?

Most definitely. When I first met my allocated student at the School, he was wearing his jacket with the hood up, concealing his face. He did not make eye contact. The hood remained up throughout the day, even when he was in class. He came across as an angry young man.

I immediately recognised in him, myself as a teenager and I was determined to help him in any way I could. I knew the most important thing was not to offer solutions (at that time) or point out the error of his ways, but to listen and let him know that I heard him.

Over a short period of time, the hood was removed, his attitude softened. He was not as rebellious in class. However, he did continue to speak out albeit in a more constructive way, when he felt an injustice had occurred or something could have been better dealt with by the teachers. He worked with teachers rather than against them. I watched as he helped fellow students with their issues based on what he had learned from our mentoring sessions, which was most rewarding.

With a growth mindset, kids don't necessarily think that there's no such thing as talent or that everyone is the same, but they believe everyone can develop their abilities through hard work, strategies, and lots of help and mentoring from others.

**Carol S. Dweck**

## REIKI AND WELLBEING

### YOUTH MENTORING ARTICLE (CONTINUED)

He grew in confidence. He was chosen to speak at a Big Brothers Big Sisters end of term event and shared how the mentoring program had helped him and how he would recommend it to others. He went on to present to the board of BBBS a case for continuing the program at the school.

Here are some quotes from other students at Sherbrooke Community school talking about what they learnt from their mentors in the BBBS mentoring program

*'I have learnt I need to take school seriously'*

*'I learnt I have choices'*

*'I learnt that I have someone to rely on who cares'*

*'I learnt that I can take risks and learn from my mistakes'*

Australia has a large number of mentoring program operating across the country utilising a number of mentoring practices - in school mentoring, one on one mentoring, e-mentoring are some common examples. Below are links to a selection of them.

[Big Brothers Big Sisters Australia - Big Brothers Big Sisters](#)

[Mentoring | Youth mentoring | Youth Central](#)

[Youth Mentoring Network » Philanthropy Australia](#)

A mentor is someone who sees more talent and ability within you, than you see in yourself, and helps bring it out of you.

**Bob Proctor**



**John Coleman**

**ARC Office 0439 366 185**

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

**YOUTH MENTORING PROGRAMS ARE PROVEN TO HELP  
YOUNG PEOPLE THRIVE.**

ALL YOU NEED IS THE DESIRE TO MAKE A DIFFERENCE!  
BE A GOOD LISTENER OR WILLING TO LEARN TO BE ONE!  
VISIT ONE OF THE MENTORING ORGANISATIONS ABOVE FOR  
MORE INFORMATION.

The comic *'What is This Mentoring Thing?'* tells the story of one person's journey through a mentoring program. You can download the .pdf version below to read offline or print out to read later.



## SHARING STORIES

### PEACOCK AND POMEGRANATES

*Sharing from an open heart can bring many levels of healing, not only for ourselves but to the many beautiful hearts who hear our stories. Make your connections and share your story.*

During the difficulties and challenges of COVID in 2020, I was fortunate to connect with my paternal cousin whom I've never met. He is a priest in Greece. We shared stories with many heartfelt tears. We share a commitment to the quality of loving kindness for all sentient beings.



He is older than me, and being close to my beloved late brother's age, they knew each other growing up on our mother land, Greece. Kosta and I both carry our great grandparents' names.

Father Kosta shared how each time my family would visit his village, where our grandparents also lived, my mother would gift him pomegranates. Today I saw some at my local organic store and remembering the story I bought one, placing it on the tablecloth that my mother made for me to honour my baptismal name, Pagona, which means 'peacock'. I so wish to meet my dear cousin in person one day soon. But for now, we are reminded we are always together in the light of love.

I had only recently laid my mother's tablecloth after the loss of a dear friend's mum. As we grieved together, we both talked about keeping special pieces in memory of our mothers. Which made it all so special when I came across the pomegranate later that day. I'm so grateful to be often pleasantly reminded of our interconnection with everyone we meet in our day to day lives.



**Anita Kyriazopoulos**

Member, ARC Committee of Management

Reiki Practitioner and Teacher

*Heart of Reiki*

[heartofreiki.com.au](http://heartofreiki.com.au)

0412 621 728

Everyone has a story to tell. You have yours, and if you pay close attention to your story, you will realize that your stories are collections of your experiences. It is your perspective that shapes the meaning of your stories.

Would you like to share your story?

Contact John at [ARC President](#)

The more people who learn Level 1 Reiki and go on to practice daily Self Reiki the better chance they have of facilitating self healing.

**John Coleman**

## ARC EVENTS

### NATIONAL REIKI AWARENESS WEEK – 2021

*This year National Reiki Awareness Week is planned to run from 12th - 21st November 2021 inclusive. Naturally, this depends on any COVID restrictions that may be imposed at the time. However, we have to be positive and plan for a successful NRAW event in each State and Territory. How will you plan for a Reiki Awareness event?. If you and/or your friends would like to organize an event and I urge you to consider doing so, and you require any assistance in organizing one please contact:*

*[president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au) (ARC does not organise these events directly).*

### A Newbie's journey into promoting Reiki as part of NRAW

#### By Sue Lake Harris

My teaching commitments always overlapped with the schedule of NRAW, but this year, while the first weekend is out, I do have some time over the week and final weekend. Hmmm – well, as a long time member of ARC, Committee member, and dedicated Reiki teacher and practitioner, shouldn't I schedule something?, So, without any idea really of what I might actually do, I've decided to go ahead. One huge hurdle in Coffs Harbour is finding a reasonably priced venue that will even bother to get back to you when you phone or Email them. I've been very active in seeking a venue this year in particular, so that I can start teaching in my own town.

#### Challenge Number One – Find a venue

In a way, it's the venue itself and the capacity that will determine what sort of event I can run. And given it takes time to plan and prepare things (especially if I want to take advantage of the resources ARC provides as suggestions in the members' area of the website), getting a venue settled upon soon is super-important. That will give me time to move forward.

#### Challenge Number Two – Collaborators

I'm aware of a couple of other ARC members who are, sort of, in the region. Once the venue is determined, do I contact them to see if they also want to be involved? Will we work as a team to promote Reiki generally, or will we bring our specific areas of skill and experience to share with attendees? Lots to think about.

#### Challenge Number Three – Getting it "out there"

Sharing details of the event in cost effective ways presents its own hurdles. There is a "free" newspaper here and the event may be of interest to the editors, so that's one possibility. There are the usual social media options too, with the possibility of organic sharing along with some small financial input to promote the event more widely. Word of mouth is trickier, but not impossible. Community noticeboards in libraries, shopping centres etc.



## ARC EVENTS

### A NEWBIE'S JOURNEY INTO PROMOTING REIKI AS PART OF NRAW (CONTINUED)

Sharing details of the event in cost effective ways presents its own hurdles. There is a free newspaper here and the event may be of interest to the editors, so that's one possibility. There are the usual social media options too, with the possibility of organic sharing along with some small financial input to promote the event more widely. Word of mouth is trickier, but not impossible. Community noticeboards in libraries, shopping centres etc.

#### Challenge Number Four – COVID-safe plan

With the way state and local governments move goalposts around, I'll need to be on top of everything in terms of COVID-safe requirements. Perhaps the event will need its own QR code. Certainly there will need to be a register for people who don't have appropriate devices. And how hands-off will the event need to be? Will I be allowed to demonstrate on a volunteer, or perhaps I might film a treatment session instead...

The good news is, the resources in the Members area of the ARC website are useful, and there's even a motivation document to help you make the commitment and move forward!

But it's back to Challenge Number One – finding a reasonable venue... Wish me luck, and I'll let you know how I'm going!



**SUE LAKE-HARRIS**

Reiki Practitioner and Teacher  
Reiki Education Services

[reikieducationservices.com/](http://reikieducationservices.com/)

0410 629 739

ARC Committee of Management is looking to create an online event as part of the 2021 NRAW calendar. Consisting of a core group of Practitioners/Teachers (minimum number required) who will offer 'Distant Reiki' to the Public as an introductory taster/sample of Reiki and its amazing benefits, including information on the benefit of studying Level I Reiki.

If you would like to be part of this online event or if you are organising your own in person NRAW event please send your details to [president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au)



*Acceptance.  
Balance. Peace of  
mind. Peace of  
body. Just the state  
of relaxation.*



**John Coleman**

How would you describe what Healing is to others?

## ARC EVENTS

### The Meaning of Healing (Continued)

'It depends,' as John said, 'on who you're talking to, how you describe what healing is, or what Reiki is'. He talked about how healing can bring about a sense of balance in people's energy system, in their body, that allows them to be at peace with themselves. You can have a lot of emotional upsets and worries and stress and anxieties, and 'healing is about accepting all of that and just being at peace with it'. And allowing yourself to go with it rather than to keep fighting it. 'Acceptance. Balance. Peace of mind. Peace of body. Just the state of relaxation.'

### Healing is not curing

**Aimee Robinson** works with people with significant mental health challenges so she avoids introducing the word 'healing' because it can have a sense of 'miracle'. She says the wording her clients usually bring to her is 'I want to heal from my trauma. I want to heal from the pain I have experienced in my life'. So, she aims to allow someone to have an understanding of what they've been through – giving them an opportunity to make meaning from their experience and have a level of acceptance of what they cannot change. And, in her work, that process of moving forward, understanding what they can change is the healing. It's not a fixed end point. 'Healing for those in a difficult place can be offering them a sense of hope.'

Andonnia addressed the issue of individuals who come for 'a healing', 'to make things better, to fix things, to make it go away'. They think that they will be 'cured'. They are such different words, healing and curing. That feeling of 'being at peace with oneself in this present moment and in tune and in harmony in that healing process within yourself,' she says, 'gives you the ability to respond to any given situation'.

**Bob Farrow** shared a lovely definition: 'Bringing your mind to a peaceful place from which you can develop compassion, love and peace, for and to others'.

### How do we heal?

But healing is not just about an eternal state of peace, but also about the personal work you do to heal yourself. Katia Krassas acknowledged that what everyone had been offering was 'weaving a complex web of healing, all pointing to a central recognition of inner peace'. But 'for me,' she told us, 'a significant part of healing is recognising what our inner triggers are, the things that make us feel not OK on the inside, and make it hard to get on with life and find that place of being compassionate and peaceful'. She talked about 'recognising and befriending' each aspect within that's 'not OK' and turning those parts into allies, through the process of being accepted and loved. 'That,' she said 'is what becomes the journey towards wholeness – that we're not rejecting parts of ourselves that we don't like'. We come to wholeness by loving and caring for those parts of ourselves that might have been hurt or angry. 'That for me is a healing process. We come to recognise those parts of us that are not loved.'



**Katia Krassas**



## ARC EVENTS

### The Meaning of Healing (Continued)



For Helen O'Connor, too, it is about 'reminding myself and others that we are not broken'. We just need to remember who we are. It's about loving all those parts of ourselves that we often judge now or in the past to be 'bad' or 'wrong'. That's bringing in that acceptance and love for self.

'That's remembering who we are, and knowing we are not broken.'

There was a lot of head nodding when Helen shared her story: I think I spent fifty years of my life thinking there was something terribly wrong with me. I was on this journey of 'What's wrong, what's wrong here?'. I felt so bad on the inside. And Reiki, and other things I have done, have allowed me to know that I am not broken and that I'm OK just as I am. And that journey, like Katia says, is about accepting all those parts of self and then helping others to do the same. I spent a long time saying 'I'm getting there. I'm getting there' and then one day in the Cottage I thought 'Where am I supposed to get? We are here. Right now.' That was a big revelation for me.

### The subtle layers

'It's like the layers of the onion', Andonnia said. 'You peel off those layers and layers and you go, "Ah, I've got it now"'. And then there's something that happens. You know, between the layers of the onion is the film, and that's the subtleties of the patterns that we carry.' Working with these patterns to be whole and be loved and acceptable, within us – that is the next level of the healing. And that healing journey continues. It's not that we reach a particular age and we're OK. We need to remember we are whole.

Search the ARC Directory of Practitioners to connect with the members who contributed to the discussion: [www.australianreikiconnection.com.au/directory-of-reiki-practitioners](http://www.australianreikiconnection.com.au/directory-of-reiki-practitioners)

*This is the first part of the sharing at the online gathering. More personal stories in the next ARC INK issue in response to the questions: What is your Reiki story? What attracted you to Reiki? What was your spiritual journey? When was the first time you heard about Reiki?*

Send us your story. **ARC INK** has a 'spirit writer' (the ARC version of a 'ghost writer'). Viola is a retired university Language and Learning Adviser and has been studying Reiki since 1992. Shine your light. Get in touch and she'd love to support you to share your story.

### Viola Rosario

Member and writer

[Viola.Ann.Rosario@gmail.com](mailto:Viola.Ann.Rosario@gmail.com)

0419 388 195



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

If you are a professional category member and would like to be a guest speaker or put forward your ideas for consideration contact [ARC President](#)

## ARC EVENTS

### Online gathering - For Professional Category Members.

*Deb Dalziel has been an ARC Member since 2010. At the ARC online event for Professional category members in April, Deb presented a fascinating interactive workshop on 'Clean Language' and how it can be used as a way of helping clients feel heard, creating a space for them to connect to their own inner wisdom.*

*Do have an area of expertise that you would like to share with ARC Professional Members?*

*This is what Deb wrote about her experience.*

It was a delight and honour to be welcomed as a presenter at the ARC gathering in April 2021.

Presenting on my experience with Reiki and how I navigate the 'consultation' aspect of treatments whilst maintaining the principles of Reiki such as, non-doing, supporting people to be their own healer and Spacious Silence was a joy. And the energy, participation of attendees was a delight to be part of. The feedback was very generous and I am deeply grateful. So happy people have started to adopt some of the techniques I shared and were able to even use the question format that I taught for themselves.

Presenting helped me to reflect on my approach and be able to give back to the ARC Community and I feel having been a member for so long, this was of greater value to me than I realised. Full was my heart for the opportunity.

The time flew in the session (for me!) and I really enjoyed being able to share and meet so many compassionate, lively and talented Reiki Practitioners. These ARC Gatherings now being online is such a positive outcome from our current world events and I really look forward to the next and being able to connect and meet new people.

I would like to take this opportunity to offer my deepest thanks to Anita for her encouragement to share, John for his positivity, organization in the lead up and expert tech knowledge on the day, as well as his and the whole Committee's presence in holding the whole space of the event. Thank you also to the ARC Members for their support in attending. See you soon at the next event.

Reiki Blessings



Deborah Dalziel  
Melbourne Reiki Centre  
[www.melbournereikicentre.com.au](http://www.melbournereikicentre.com.au)  
0411 287 587

“Of all the things which wisdom provides to make life entirely happy, the greatest is the possession of friendship.”  
- Epicurus

## WISDOM CORNER

### The Wise Woman’s Stone

A wise woman who was traveling in the mountains found a precious stone in a stream. The next day she met another traveller who was hungry, and the wise woman opened her bag to share her food. The hungry traveller saw the precious stone and asked the woman to give it to him. She did so without hesitation. The traveller left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime. But a few days later he came back to return the stone to the wise woman.

“I’ve been thinking,” he said, “I know how valuable the stone is, but I give it back in the hope that you can give me something even more precious. Give me what you have within you that enabled you to give me something more precious. Give me what you have within you that enabled you to give me the stone.

Author Unknown

### Encouragement

When someone encourages you, that person helps you over a threshold you might otherwise never have crossed on your own. There are times of great uncertainty in every life. Left alone at such a time, you feel dishevelment and confusion like gravity. When a friend comes with words of encouragement, a light and lightness visit you and you begin to find the stairs and the door out of the dark. The sense of encouragement you feel from the friend is not simply her words or gestures; it is rather her whole presence enfolding you and helping you find the concealed door. The encouraging presence manages to understand you and put herself in your shoes. There is no judgment but words of relief and release.

John O’Donohue

Excerpt from his book, *Eternal Echoes*.

[John O'Donohue Home Page \(johnodohue.com\)](http://johnodohue.com)

### The Obstacle On Our Path

In ancient times, a king had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king’s wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the big stone out of the way. Then a peasant came along carrying a load of vegetables. On approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. As the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many others never understand.

Lesson: Every obstacle presents an opportunity to improve one’s condition.

Author Unknown



## ARC SNIPPETS

### VICTORIAN MP INTRODUCES MOTION TO RECOGNISE COMPLEMENTARY THERAPIES IN HEALTHCARE

Victorian MP Dr Catherine Cumming\* has tabled a motion urging the Government to recognise the effectiveness and role of complementary therapies in Victoria's healthcare system.

Dr Catherine Cumming's motion, tabled on 26 May 2021, notes that complementary therapies demonstrate effectiveness in areas of burden to the health system, urging the government to meet user demands with safe and reliable choices in ensuring that key health policies address complementary therapies.

*"This motion puts it on the record that the government has a role in meeting user demands with safe and reliable choices, and in ensuring that key health policies address complementary therapies, that all health practitioners are appropriately trained and registered, that consumers are provided with up-to-date and accurate information about their choices for different types of products and treatments and that the safety of new products and treatments and their benefits are vigorously reviewed and evaluated."*

She has urged the Government to recognise the increasing financial burden of preventable illnesses and the COVID-19 pandemic on the Victorian health system, saying that complementary medicines are often cost-effective and less invasive than other options.

A previous motion introduced by Dr Cumming on 16 October 2020 **resulted in a 19-19 divided vote**. It called for the appointment of a select committee to inquire into the strategic direction for complementary therapies within the Victorian health system.

[Read the full text of Dr Cumming's 26 May 2021 motion](#)

Dr Catherine Cumming is the Independent Member of the Victorian Legislative Council (Upper House of the Parliament of Victoria).



Catherine.Cumming@parliament.vic.gov.au

[Catherine Cumming MP | Facebook](#)

On June 3rd 2021, the above article was posted on the ARC Facebook Page.

Are you following our [Facebook page](#)?

Are you a member of [ARC's Facebook members group](#)?

## ARC SNIPPETS

### Celebrities using Reiki

The list of Hollywood stars who have found excellent results with Reiki include:

Halle Berry, Ellen DeGeneres, Cameron Diaz, Gwyneth Paltrow, Kate Bosworth, Nicole Kidman, Sandra Bullock, Sharon Stone, Naomi Watts, Angelina Jolie.

Celebrities or not, incorporating energy healing into your busy lifestyle helps to clear stubborn blocks getting in the way of raising your vibrational frequency to achieve mind, body, and spiritual wellness.

.....

### Royals using Reiki

Megan Markle Duchess of Sussex , is widely reported to receive daily Reiki treatments and provides Reiki treatments for her son Archie and also her dogs, saying that Reiki helps them feel more balanced and relaxed.

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### Solaris Cancer Care

A chance comment from a patient in 1998 prompted Solaris Cancer Care Founder, Dr. David Joske to embrace a more open-minded approach to cancer care.

“Many of my patients were trying complementary and alternative therapies but felt they couldn’t discuss them with their medical team,” he said.

“This wasn’t acceptable and created a barrier between me and my patients. I needed to become a doctor who showed an open mind on this.”

As he researched evidence-based therapies, Solaris started to come to mind and now, it’s 20 years! Reiki is one of the most popular therapies provided to patients at the centre which now has five Cancer Care Centres located in Western Australia

Cottesloe, Sir Charles Gairdner Hospital-Nedlands, St John of God Hospital-Subiaco, South West-Bunbury and Great Southern-Albany.

There are ARC members in WA who volunteer their services providing Reiki to patients at Solaris.

Are you providing Reiki at in a hospital, nursing home, aged care centre or community services centre?.

If so, ARC would love to hear from you.

Send your details by email to John at [president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au)

Or phone the ARC office 0439 366 185

Have you signed up to the ARC website members area or the ARC member Facebook Group? Why not do so now.



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## 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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## ARC INK MAGAZINE

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ARC INK is for the information of Usui System of Reiki Channels  
and persons interested in Reiki Healing, Reiki Teaching and Complementary Therapies.  
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## ARC COMMITTEE OF MANAGEMENT 2020 / 2021

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<b>Treasurer</b>	Tony Carroll	Sue Lake-Harris
<b>Secretary</b>	Andonnia Gotsi	Cheryl Hurst

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