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ARC INK is for the information of ARC Inc members

ARC INK Magazine



Published quarterly by the Australian Reiki Connection Inc.

'Presidential Comment' by John Coleman



Greetings ARC Members and welcome to this the latest edition of the ARC INK Magazine in 2011. Welcome to all our new members who have joined us since the last edition and welcome back to those who have rejoined ARC. Thank you for choosing ARC as your professional Reiki association.

As you will see from the contents list on page 2, this edition is again packed with interesting and thought provoking articles and reports. Thank you to all of our contributors and to those who gave their permission to reprint their articles. If you have anything to contribute please do contact myself or the ARC INK Editor. I trust

you will enjoy reading them and sincerely look forward to receiving your comments and feedback.

An important report is ARC's submission to the Australian Health Ministers Advisory Council on the proposed National Codes of Conduct for Unregistered Health Practitioners. Many of you who have supplied ARC with your email address have received a copy of the submission. For those members who do not have email or have not provided one you can read the submission on pages 12 to 15. *(if you do have an email address please send to secretary@australianreikiconnection.com.au so your records can be updated)*

These proposed National codes of conduct will be based on the existing legally binding codes in place since 2008 in NSW. They are pretty much based on what is common sense and ARC and all the other reputable Reiki Organisations have adopted them for members.

Since its foundation by WendyJoy Smith in 1997, ARC Inc has been involved in the development of Codes of Ethics and Practice for members. Standards of practice were developed initially by the Masters Teachers in ARC Inc, then reviewed and ratified by members in 1999.

The proposed National Codes contain items that are already part of ARC's codes and they are good for Reiki practitioners as they will help ensure that shonky practitioners who get all of us a bad name will now be held accountable for their misdeeds.

As I quoted from Dr. Anna Petterson in the last edition of ARC INK "*we are at the edge of a new beginning with Reiki in Australia*" - ARC shares this sentiment and it is hoped that this year will see a greater acceptance of Reiki in mainstream healthcare and other relevant settings. There is broad acceptance that Integrative Medicine is vital for the existence of the medical system and Reiki has a prominent role to play in this integration. However it will not be an easy journey and a great deal of work still needs to be done on educating the medical profession about Reiki.

Reiki treatment practitioners who are in business providing Reiki treatments to the public for a fee need to be aware of what is expected from them and be prepared to do whatever is necessary to ensure that high standards and professionalism are maintained in providing Reiki treatments. These proposed national codes can only help our cause.

I would appreciate your comments, whether good or bad, on the proposed codes. Please send them to me at president@australianreikiconnection.com.au or phone me on 1300 130 975

Enjoy your ARC INK Magazine

Love light and lots of laughter and Wellness,

John - President of ARC Inc.

MISSION STATEMENT

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

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ARC welcomes your comments - 1300 130 975

IN YOUR MAGAZINE!

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BY Jeremy O'Carroll - Om Reiki Centre - Daylesford

The standard (accepted) definition goes something like this: 'Reiki is a relaxation and meditation method that may promote healing'. The man on the street's definition would be something more like: 'Reiki is a hands-on healing method'. ...

Pages 4/5 : **Reiki: A STARTING POINT FOR INTEGRATIVE MEDICINE A NEWS STORY**

... As a practicing family physician and an educator of physicians, I sympathize with this physician's frustrations. Health care providers are overwhelmed. The expanding field of Integrative Medicine has increased ...

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BY Maria Lacey - Reiki Inspirations - Melbourne

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BY Patrice Connelly - B. Nat. Therapies, Adv. Dip. Nutrition, Reiki Master - QLD

This study chose to test if it was the Reiki energy rather than touch which was the main agent in energetic healing. Careful use of measurement tools was used to eliminate placebo as a confounding factor. ...

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BY Bronwen and Frans Stiene - International House of Reiki - NSW

In many Asian teachings, including Buddhism, karma is an important concept. Since Usui Mikao, the founder of the system of Reiki, was a Japanese Buddhist practitioner, we wondered: Is the concept of karma contained within the teachings of the system of Reiki? ...

Pages 12-15 : **AUSTRALIAN HEALTH MINISTERS' ADVISORY COUNCIL**

***** AN IMPORTANT NEWS STORY *****

The CoM urges all Professional Reiki Practitioners to read this article. The Codes of Conduct for Unregistered Health Practitioners will impact on your practice and on your business. [Your input is of significant value to the Association and the future of Reiki. ...](#)

Pages 16/17 : **Just When I Thought The Planets Were Aligned!**

BY Amanda Helmes - Reiki Teacher - Essential Inner Self - QLD

It has been three years since I completed Shoden and knew I'd found what I was meant to do. It has also been three years that I've been patiently planning and waiting for the 'planets to be aligned' and to exit the business world to practice soul-ly in Reiki. ...

Pages 18/19 : **Compiling evidence on the benefits of Reiki treatments A NEWS STORY**

With the growing awareness of and demand for Reiki treatments to be integrated into mainstream health care comes the need for a greater understanding by the medical profession, on the benefits of Reiki treatments as a complementary therapy. ...

Pages 20/21 : **The Introduction of Reiki**

BY Alexandra Browne-Hill - Naturally Vibrant - Melbourne

When my nursing skills began to include natural therapies and my family watched my knowledge in "Universal Study" grow, they began to tease me! My son has often asked if I am going to Alien Class to wear my tin foil hat tonight! ...

Page 22 : **Book Review BY an ARC Member**

The Flowering Gum - By Alexandra Brown-Hill ...

ENJOY YOUR MAGAZINE!

2



How should we define Reiki?

The standard (accepted) definition goes something like this:

'Reiki is a relaxation and meditation method that may promote healing'.

The man on the street's definition would be something more like: *'Reiki is a hands-on healing method'.*

If the man on the street knew more and wanted to elaborate he might add that Reiki involved channelling 'chi' (Japanese = 'ki') to heal people. If he wanted to elaborate further still, he might say it involved channelling 'spiritually guided' energy to heal people. These definitions are all fine as far as the go. The problem is that they actually miss the essence of what Usui, the founder of Reiki, was trying to teach.

You see, for Usui, Reiki was first and foremost a spiritual path. In other words, it was all about inner evolution, about personal growth. Sure, to heal people physically was important; but far more important was to heal the entire person (which included physical, mental, emotional and spiritual levels). To do this Usui created a complete system that contained five key components of which healing was only one.

And he did this - presumably - both because he saw the limitations of hands-on healing (when used alone) and because he recognized that a complete spiritual system that incorporated more pieces could provide a richer 'evolutionary' experience. Of course, if you asked Usui to explain Reiki he would most probably have replied using Buddhist terminology and said that it was a path to enlightenment. But that, in essence, is the same as saying that Reiki is a practice aimed at self-growth - a journey that helps us access our inner Self. It is 'healing' in the original sense of the word - i.e. a making whole. It is a path that aspires to return us to our fullest, most evolved state.

The Five Building Blocks of Traditional Japanese Reiki

Most people don't realize it, but when Usui taught Reiki, he didn't start with the hands-on healing. Rather he began with the Reiki **precepts** and **meditation**. These were the first two building blocks (or 'diamonds' as they were known in Japan) of the Reiki system. The precepts help us to:

- Clear energy blockages (in particular those connected to anger and worry)
- Attract more of the good things in life (by getting us to vibrate on a 'gratitude' level)
- Focus on what it means to earn an honourable living, and
- Energetically expand by helping us connect more deeply to the world around us through compassion.

Meditations help us to both strengthen key energy centres in our body (e.g. the chakras) and become an empty channel for healing. Both skills are essential building blocks for the hands-on healing which comes next.

To make hands-on healing accessible to everyone, Usui created the '**Reiki attunements**' which are a simple method of connecting us to the healing power that lies within us. The attunements are simple, yet significant. They activate an innate healing skill that for most people has never awoken. Once we have learned to do hands-on healing, this healing will then help us connect more fully to energy and, as a result, go deeper into our meditations. This then produces a 'success spiral' where our meditations help us do better hands-on healing - which in turn helps us go deeper still into our meditations...and so on.

The Reiki **symbols and mantras** are the final piece to the puzzle. These are only taught in Levels 2 and 3 and are, in essence (at least according to the system Usui taught), forms of meditation. This might initially sound odd, but the symbols were originally used to help us access certain states of being out of which Reiki could often flow more effectively. In other words, they were a tool to help us 'get into the zone' and, once we were in the zone we chose, it was a lot easier to access greater amounts of Reiki energy, to heal mental and emotional issues, to do distance healing and, finally, to connect to the Great Bright Light - the deepest part within us.

A New Definition of Reiki

Once we understand that Reiki was for Usui a lot more than just hands-on healing, then we are free to see it in a new light. Now it is a spiritual path, a journey inwards. Now the emphasis is on personal growth, on inner evolution. Now Reiki becomes a way of life, a way of connecting to the Self, a vehicle to becoming whole. So next time someone asks you what Reiki is, tell them it is a spiritual path. A spiritual path that uses meditation and chi to help us heal our body, mind, emotions and soul. A spiritual path to enlightenment.

Contributor: Jeremy O'Carroll - Founder of the Om Reiki Centre

The centre is totally committed to and specializes in Reiki

Jeremy is a traditional Usui Reiki Master. He studied Reiki in India, Thailand, Australia, the USA. Reiki is his passion and he is committed to giving the best energy work possible.

Visit www.om-reiki.com.au

Call Jeremy on 1300 853 356



REIKI: A STARTING POINT FOR INTEGRATIVE MEDICINE

A family physician meets a new patient, who complains of frequent headaches and back stiffness, and is now concerned about frequent episodes of colds and cough. The patient uses a variety of herbs, and has seen an acupuncturist, without much improvement. He is increasingly concerned by his symptoms, and wants to use his health insurance to cover any further treatment costs. Motivated by such practices used by many of her patients, the physician has become more interested in the use of herbs and unconventional health practices of her patients. But she is unable to suggest any of these options because of her lack of knowledge. Instead, she offers the patient medication and a physical therapy referral, and suggests a blood test and chest X-ray to reassure the patient about the cough. The physician leaves this encounter frustrated both by her patient's obvious disappointment in her limited knowledge and skills in the use of complementary medicine, and by her knowledge that conventional medicine has little to offer.

As a practicing family physician and an educator of physicians, I sympathize with this physician's frustrations. Health care providers are overwhelmed. The expanding field of Integrative Medicine has increased expectations from patients, introduced many new techniques, and required a burgeoning body of literature to digest. Many practitioners previously unfamiliar with this field are now interested in understanding basic concepts and using appropriate therapies.

The challenge for many of us is how to start. Unlike other clinical fields, a mature and accessible curriculum does not yet exist. Patients with health concerns and a desire for innovative therapies face similar challenges with Integrative Medicine. They have a daunting range of choices and, like their physicians, often lack the experience and knowledge to choose the best therapy for their condition. When physicians face uncertain therapeutic choices with little basis for a preference, they rely on the safest treatments that offer the most control for the patient. The patient can monitor the frequency and potency of the intervention to maximize the treatment and avoid side effects.

Reiki is a therapy which meets these criteria, and is perhaps the best introduction to patients of the therapeutic effects of Integrative Medicine. With the first treatment patients typically feel better. More importantly, as a self-administered treatment, they grasp a fundamental principle of Integrative Medicine: *patients realize that they have the ability to help themselves feel better and have a crucial role in their own healing. Physicians who use Reiki also benefit from the effect of self-care.*

The Department of Family Medicine at Beth Israel Medical Center has made Integrative Medicine a part of the curriculum for its Family Practice residents from the program's inception in 1994. Since then, the faculty has tried to identify the best way to introduce these approaches to the residents' already demanding training experience. Some basic principles, well known to adult learning theory, have emerged: start with approaches that the learners can use (on themselves and on family and friends), and focus on experiential activities more than didactic theory or practice. We have found that healing through subtle energy is often a difficult practice to teach, and more challenging than teaching herbs or bodywork. This is where the value of Reiki, as not only a healing art, but also a teaching tool can be invaluable. Perhaps more than any of the other energy healing discipline, Reiki training can combine the "felt experience" with concepts of theory and an appreciation of the spirit. One of the authors has taught Reiki to our residents and faculty and the training has provided a useful introduction to healing, and the appreciation of its connection to subtle energy and to spirit.

A review article by Pamela Miles and Gala True provides a clear and comprehensive summary of Reiki practice. The authors guide us through the history and development of Reiki as a healing tradition originating in Japan, by a gifted, insightful healer, who integrated spiritual practices with martial arts. Like many non-Western healing traditions, Reiki was disseminated by practitioners who faced the challenge of cultural translation, and needed to communicate in a new language while retaining the original concepts. As Miles and True emphasize, Reiki was created as a spiritual practice and is not simply a healing intervention. Using Reiki only as a healing technique without developing its spiritual component through regular self-practice limits Reiki's full therapeutic potential.

The article stresses the importance of self-treatment as a "foundation" of Reiki. By using Reiki on themselves, health care practitioners not only benefit directly from its therapeutic effects, but also they will be able to describe the effect of Reiki more effectively to their patients. This direct experience enables the physician to explain the effects of Reiki in a manner similar to those a physician, who has children or his or her own, may use when explaining a recommendation to the parent of a child being treated. Furthermore self-treatment is one of cornerstones of Integrative Medicine. Integrative Medicine through its literature, conferences, and practice, emphasizes that the treatment of the patient or client begins with the healer. In fact, healing in its deepest and most profound sense promotes the value of self-care. For many complex or chronic health conditions, the use of an experienced Reiki practitioner is needed.

Continued on page 5

REIKI: A STARTING POINT FOR INTEGRATIVE MEDICINE

Miles and True describe how to identify a competent Reiki practitioner by the depth of their training, communication style with patients, and self-practice. In addition to those recommendations, I suggest inquiring about the expected time until there is therapeutic response, which may range from a general sense of feeling better to a resolution of specific symptoms. This request may help avoid ambiguities about the duration and frequency of treatment. It may also serve to clarify expectations for the patient and the referring physician.

It is important to recognize that experienced Reiki practitioners often do not have conventional clinical training. The preferred long duration of Reiki training and the extended experience in the use of subtle energy and spiritual practice often involves different choices than that of a conventionally trained clinician. More conventional training criteria and credentialing does not exist for Reiki. Consequently, we must rely on experience to assess the competence and judgement of a Reiki practitioner. The current early development of integrating Reiki into the health care system should not be taken as a barrier to the use the full scope of the experienced Reiki practitioner.

As Integrative Medicine exerts its influence on health care delivery, the current restrictions on practitioners in unregulated healing disciplines need reform; their invaluable and unique contributions should not be marginalized. The authors also address the practical issues of the application of Reiki in our current society. Medical science demands an explanation congruent with its beliefs and complete with a basic literature of research to justify its acceptance. Energy therapies face the greatest challenge in demonstrating validity. Although future research should endeavour to suggest mechanisms to assist our understanding, the act of healing using Reiki can only be comprehended through the act itself. Certain medical practices, especially those using energy, require a different way of knowing. Perhaps this difference in knowing is like that of the unconscious as introduced by psychoanalysis. Acceptance of the unconscious has occurred over a long period of time as its impact was spread throughout society in a myriad of ways. It may be another generation that has successfully brought together the influences of energy, spirit and the body, when the explanation of Reiki is revealed.

Furthermore, the clinical evaluation of Reiki challenges our current standards of assessment. Clinical research in this area needs to expand our definition of outcome, to include the felt experience of the patient and the impact on the therapeutic relationship. Also the actual therapeutic process which relies on the unique connection between healer and patient can not be reduced to blinded models of assessment. This journal has published articles about the limitations of randomized clinical trials. Because of these limitations, other methods must be developed and employed. The use of the detailed clinical narratives and qualitative measures that are often part of psycho-social research should be encouraged to help us use Reiki and other complementary medicine therapies more effectively.

Of the numerous healing systems that Integrative Medicine offers to the interested novice practitioner, Reiki may be the best place to start. Self-treatment, simple techniques, and the use of energy and spirit, Reiki introduces the practitioner to essential elements of Integrative Medicine, and its ability to make even the most conventionally oriented physician more effective and compassionate. These are exciting times for Integrative Medicine as there is increasing acceptance in mainstream medicine.

However, barriers remain in the development of convincing research, training programs that can demonstrate competence, and reimbursement systems that will ensure adequate access. Interestingly, mainstream medicine has these barriers as well. Integrative Medicine has a potential beyond acceptance. It can influence the direction of health care and public health. It challenges basic assumptions and suggests new options; reasons many of us became interested in these fields in the first place. Reiki transforms the people that use it. Integrative Medicine can transform the system it challenges.

**Robert Schiller is chairman, Department of Family Medicine, Beth Israel Medical Centre, NY.
He is assistant professor, Department of Family Medicine, Albert Einstein College of Medicine, NY.**

**ARC INK acknowledges with gratitude -
<http://www.innovisionhm.com/> for providing this article**



**The Editorial Team of the ARC INK depend on the Membership of ARC
to provide commentary on articles printed in your Magazine**

FEEDBACK IS ENCOURAGED

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Letter Post: Editor ARC INK - PO Box 525 - MONBULK - VIC 3793

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 members do take the time to send Reiki daily and together on Thursday nights at 9pm all members are asked to 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

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Awakening and expanding consciousness

By Maria Lacey

One of the very real things about pain is that it brings you very much *into the moment!* Your awareness is focused completely on the pain, it is very easy to be overwhelmed by it, and I have an authentic appreciation and empathy for those who are in chronic pain all of the time. Thank goodness mine is only temporary.

Due to my body being very sensitive to drugs and after a night of vomiting, I chose not to take anymore of the anti-inflammatory and the pain killers. This decision meant that I had to find an alternative, so I walked outside into my garden. If this pain meant that I couldn't think any further than the NOW, then I was going to gain something good from it.

I love my garden, Annette a dear friend of mine has been its caretaker for some time now, and it is lush, vibrant with colours and the sounds and the playfulness of the birds capture my heart and attention. I found myself really noticing everything within my sight, the spider webs in their glory as the sun shines allowing you to really appreciate the work that has gone into them. The butterflies and how their delicate wings support them as they happily fly around. The different colours of green, it's hard to imagine that there are so many shades. Each flower and its beauty and structure, and when I had to stretch my back, I would raise my hands up into the air and I would be awe-struck by the clouds. Their shape, colour, some of them even looked illuminated against the blue sky. It made me smile as I felt a sense of calmness flow through me and my breath seemed to expand within me. Previously I was apprehensive of breathing deeply due to it causing me more pain, whilst in the magic of being fully in this moment, my breath comfortably expanded.

Over this past three weeks walking into my garden has become a daily ritual. I have also sought acupuncture, Chinese herbs, osteopathy and I have asked for and accepted Reiki healing from my students, and continue to give myself healing throughout the day and night.

Don't get me wrong, there was a day last week where I awoke feeling agitated. Sick of being in pain, sick of seeing things in my home and garden that I could not (or should not) move, fix or clean. Sick of not being able to *do*, yes, how quickly *old patterns* rise when you least expect them. Those *guilty* feelings of not being *busy*, the *inner headmaster* telling you to *work hard*, *push* through it. Yet the **wise woman** in me knows that balance is the key and it is important to listen to my body and notice my surroundings, for then I will truly be connected and in harmony with my inner and outer world.

There was another day that I awoke in the morning and I felt *free!* It is hard to explain, but I felt like, 'I no longer needed to just survive' that I could be, experience and have whatever I chose, and this felt grounded into the earth as if it was now part of my foundation, strong and rooted. Previously I had come to a place of feeling happy with myself and loving myself aesthetically and as a person, yet in this moment, I really connected to the deep love within me, the *inner God/light*. I understood on a deeper and stronger level the importance of **loving myself more** and there was no guilt from past conditioning, I felt empowered with a

REIKI SHARE GROUPS

Here is a list of locations and contact details where Reiki events are held on a regular basis, organized and facilitated by ARC/AARP members, your participation is welcomed. 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 Only Reiki Channels / Monthly	Alison McLean AARP Ph:0428 873 262	VIC - Brunswick Open to All interested / Monthly	Sylvia Kovacevic AARP Ph:0412 332 077
ACT - Tuggeranong Open to All interested / Monthly	Vickie Hingston-Jones AARP Ph:0422 008 759	VIC - Caulfield Open to All interested / Monthly	Sharon Tal AARP Ph:0402 117 701
NSW - Albury - Wodonga Only Reiki Channels / Monthly	Karen Hutchinson AARP Ph:02 6024 4891	VIC - Craigieburn Only Reiki Channels / Quarterly	Doreen van Boxel AARP Ph:0415 558 425
NSW - Engadine Only Reiki Channels / Monthly	Sue Khallouf AARP Ph:0407 661 164	VIC - Delacombe Open to All interested / Monthly	Wendy Rattray AARP Ph:0409 362 349
NSW - Killarney Vale Open to All interested / Monthly	Veronica Doppler AARP Ph:0408 494 807	VIC - Eltham Only Reiki Channels / Weekly	Inge Schmidt AARP Ph:03 9434 4228
NSW - North Sydney Only Reiki Channels / Quarterly	Erica Bagshaw AARP Ph:0414 598 262	VIC - Fitzroy Open to All interested / Monthly	Jeremy O'Carroll AARP Ph:0417 328 457
NSW - Saratoga Open to All interested/2 Monthly	Pamela Northcote AARP Ph:0419 432 344	VIC - Lilydale Open to All interested / Weekly	Lorraine Mitchell Ph:03 9735 0642
QLD - Reedy Creek - Gold Coast Open to All / Weekly & Monthly	Rachel Holmes AARP Ph:0420 238 933	VIC - Oakleigh South Open to All interested / Weekly	Liesl Meuris AARP Ph:0421 490 983
SA - Aldinga Beach Open to All / Fortnightly	Marie Millikin Ph:0432 083 033	VIC - Ormond Open to All interested / Monthly	Lida Parker AARP Ph:0403 861 638
SA - McLaren Vale Only Reiki Channels / Monthly	Christine Sinclair AARP Ph:0411 604 753	VIC - Pascoe Vale South Open to All interested/2 Monthly	Veronica Ulicni Ph:03 9386 3853
SA - Mount Gambier Open to All interested / Monthly	Kathy McKie AARP Ph:0406 355 249	VIC - Preston Open to All interested / Weekly	Helen O'Connor AARP Ph:03 9484 7276
TAS - Lindisfarne Open to All interested / Monthly	Joy Nicholson AARP Ph:0415 416 168	VIC - St Albans Open to All / Fortnightly	Waltraud Scharhag Ph:0413 372 036
VIC - Airport West Open to All interested/2 Monthly	Hilary McPhee AARP Ph:0438 561 124	WA - Joondalup Only Reiki Channels / Weekly	Judith Sims Ph:0422 198 273
VIC - Beaumaris Only Reiki Channels / Monthly	Louise Riley AARP Ph:0418 391 809	WA - Mullaloo Open to All interested / Monthly	Vicki Marshall AARP Ph:0438 700 122

Awakening and expanding consciousness

By Maria Lacey

sense of peace and comfort.

In December last year John a good friend of mine asked me this question, "what do you desire and deserve in life?" I sat there unable to really say anything because I felt I had everything and as I thought about this, another part of me realised that I was limiting myself, fearful because I had come to the conclusion that 'as long as I survived, it would be okay'.

As you can tell, this time has been very important for me and I am enjoying writing and sharing this with you, smiling, I often share that '*I teach what I am learning*', and I trust that you will understand that adversity can often bring great blessings and by going within and really touching your *inner God/light*, you can awaken and expand your consciousness!

As you open to share in the spirit of love and light and work through your heart with a *knowing* that what you *desire* and *deserve* will come to you. Miracles do occur!

Remember magic happens when you least expect it!

Many blessings, Maria

Contributor: Maria Lacey - Reiki Master Teacher - Qualified Counsellor
- Meditation Facilitator - Workshop Presenter

Specialising in Personal Wellbeing and Stress Management

Maria was a guest speaker at the ARC 2010 National Reiki Conference

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Members - Payment of your Annual Membership Renewal Fee is due on or before the 31st August every year. Paying 'on time' is most appreciated and helpful - ARC Inc. CoM

Sure, some exercise in the fresh air gets our brain going and our heart pumping, but research also suggests that if we spent a bit more time attuning with the natural world around us – rather than loafing on the couch glued to the television or staring at our laptops – we could benefit greatly.

Whether you're going for a mountain trek, taking your dog for a walk around the block, getting outside to grow vegies in the backyard or simply switching off the TV for a few minutes of quiet reflection, experts believe that getting in touch with nature is great for the body, mind, and soul. Consider making a few simple tweaks to your daily schedule to improve your connection. Our minds are like sponges and we're constantly soaking up everything around us. From work and family obligations to the state of politics and the economy, we suck in all this stuff on conscious, unconscious and subconscious levels.

The trick, says stress management consultant Will Shacklock, is to be selective about what we choose to soak up. "Computers, email, phones, games and the internet consume huge amounts of our energy and attention," explains Will, who runs Learn to Relax, a Melbourne-based business that helps people better cope with anxiety and stress (www.learntorelax.com.au). "Put simply, we're addicted to entertainment. "When we sit down to watch TV, we're not content to watch a slow-moving nature documentary for hours on end. We want action and drama and crave the emotional roller coaster that modern-day television provides."

Will says through repeated practice, we train our bodies and minds to be habitually switched on. To the point where we can find it impossible to switch off. We become so used to being stimulated that life seems boring without it. Because of this, Will says that many people struggle to be content with what they have and always strive for more. The constant desire to have our needs met and our egos stroked can be exhausting physically, mentally, emotionally and spiritually, with a negative effect on our health and relationships. But he says that rather than turning to medication to help deal with stress-related conditions like anxiety, depression, insomnia, chronic pain, hypertension and digestive disorders, people should try to break the cycle – and attune with nature. "Just as we've trained ourselves to be habitually switched on, we can train ourselves to switch off and restore balance, calmness and peace to our nervous system," he explains.

Will says that when most of us think about connecting with nature, we imagine ourselves walking through rainforests, sailing or camping and there is merit in these activities. However, before you rush out and splash cash on a nature retreat, you should consider a more realistic plan of attack that is cheap, easy and can be implemented straight away. "What we can do is bring nature closer to us," explains Will, who recommends we start eliminating distractions to transform our homes and offices into places that make a connection with nature. "We can light incense and candles and encourage the natural light. We can plant vegies and herbs – both indoors and out. We can fill our lives with the sights, sounds and scents of nature, even if we live in an inner-city apartment. "In time, you may just discover an urge to drape a shawl over the TV, turn the couch around and play board games with your kids, or rediscover the amazing conversation that first attracted you to your partner. The key is to start small and bit by bit, in a way that is special for you, connect with the things that nurture your soul." Will says the important thing is that we remember to look, listen and feel what is happening in the world around us, as practicing this connection with nature can help us feel more balanced, calm and focused, even in stressful situations. Start by bringing awareness to simple, everyday activities – like cleaning your teeth. Take notice of the taste and smell of the toothpaste, the sound and sensation of the brush against your teeth, the movement of your lips, tongue and cheeks. Shut your eyes and really observe the experience. If you grip your toothbrush tightly, try brushing with a lighter grip. You'll probably find you are brushing more slowly, you are cleaning your teeth more thoroughly and overall you enjoy the experience more.

By regulating our attention in this way, we switch off our fight-or-flight stress response and activate our parasympathetic nervous system (PNS). The PNS is our very own healing mechanism, which revives, recharges and rejuvenates our cells. Taking a break from work and going for a conscious walk (while observing your breath and the sounds and movements along the way) switches on your PNS and starts to revitalise you – your breathing slows and deepens and the tension in your body falls away. "When we're able to connect with nature, to just observe the sound of the wind, the waves of the ocean, the chatter of birds or the grandeur of an ancient forest, we're re-training ourselves to appreciate, to truly experience, the things in our lives that peacefully exist without any form of intellectual judgement," says Will. "Nature gives us the freedom to truly connect with our inner selves and release the tensions that inevitably accumulate as a result of a hectic world."

Natural therapies like massage, meditation, and aromatherapy are all considered techniques to help us attune with nature. Reiki practitioner John Coleman believes people would be less stressed if they embraced such practices. Reiki – a non-invasive form of healing therapy – promotes relaxation and wellbeing through releasing the body's energy flow. And since the universe is based on various forms of energy moving around

Reiki Research Review # Eleven By Patrice Connelly

Source: **Shore, Adina Goldman.** Long term effects of energetic healing on symptoms of psychological depression and self-perceived stress. *Alternative Therapies in Health and Medicine*; May/June 2004; 10, 3; Health Module, p. 42

This study chose to test if it was the Reiki energy rather than touch which was the main agent in energetic healing. Careful use of measurement tools was used to eliminate placebo as a confounding factor. Forty five participants with self-perceived depression and stress, aged between 19 and 78 were selected and randomly placed into three groups: hands-on Reiki, Distance Reiki and Distance Reiki placebo. None of the participants knew which group they were in, but were informed about the different groups.

Over 6 weeks, twelve Reiki masters, and three experienced Reiki IIs were first tested by the researcher to determine that Reiki could be felt by her. Each practitioner performed six treatment sessions taking 1-1.5 hours with up to eight clients over the six week period (one treatment per client, per week). Data collection was done by numbers (blinded).

The three well-established measuring tools used were the Beck Depression Inventory, the Beck Hopelessness Scale, and the Perceived Stress Scale. Treatments and treatment rooms were standardised and new tables were used. Patients lay clothed on a table, covered by a sheet and thin blanket. Hands-on sessions followed a standard treatment, moving from the head down the front of the body, and then to the back. Distance sessions followed the same protocol using a proxy. The placebo or sham treatments had the clients lying clothed on the table, just as for the Distance Reiki sessions, but no Reiki took place.

The pre-study measurement revealed no significant differences between any of the groups. But post-test was a different story. There were no significant differences between Hands-on and Distance Reiki scores, but both differed widely from the placebo group which was significantly worse. One year later, the scores between control and measurement groups were maintained, despite an expectation that they would revert to the mean. After this period, the placebo group was offered the Reiki treatment, and they showed similar improvement (slightly lower) as the two groups in the original test. In all of the tests, the Distance Reiki group showed the greatest improvement.

Commentary

This was a fantastic test. The researcher took a lot of steps to make sure that her study was measurable, randomised, blinded and controlled, making the results very credible. As depression and stress becomes even more common these days, this study is a valuable tool for Reiki practitioners who wish to work in this area, privately and in hospitals. I felt it was nice that the placebo group was offered the same treatment later, even though they had to wait for it. The article has 46 references, which also gives good leads to other information on the topic.

© Patrice Connelly

Contributor: Patrice Connelly B. Nat. Therapies, Adv. Dip. Nutrition, Reiki Master

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?

Visit <http://health.saraband.com.au>

Call Patrice by telephone on (07)5496 3439

Heal your Health, get back to nature

and within us, it makes sense that this practice could bring us closer to nature. "The underlying philosophy of reiki is that if a person's 'life force energy' is low, they are more likely to be unwell or stressed," explains John, who is president of the Australian Reiki Connection (www.australianreikiconnection.com.au).

"If it is high, however, they are more capable of being happy and feeling well. Reiki will not cure illnesses or disease, but it may help your body to heal itself." He says practitioners often compare the body's energy to a river. "Our energy should flow easily through the body," he says. "Occasionally a pebble, or even a rock, will fall into that river and make the flow of the water a little more difficult. These pebbles are human worries, fears and anger. Each pebble builds on top of the other. Soon there is only a trickle of water running in that once free-flowing river." John says complementary therapies like Reiki are being used more widely in Australia and worldwide as people seek ways to reconnect with nature.

"Sadly, society gets caught up in the hustle and bustle of everyday living and the pressures of society. Only when people are struck down with an illness or other serious issues do they start to look at their lifestyle," he says. "But there is a shift in this way of thinking. More people are realising that there has to be a better way to deal with all of this stress and prevent these stresses building to a point where they become damaging.

"The more time people can spend in nature, taking time out to relax, the better we will be in the long term."

ARC INK acknowledges with gratitude the Australian Natural Health Magazine - <http://www.naturalhealthmag.com.au/> for providing this article

In many Asian teachings, including Buddhism, karma is an important concept. Since Usui Mikao, the founder of the system of Reiki, was a Japanese Buddhist practitioner, we wondered: Is the concept of karma contained within the teachings of the system of Reiki?

What is Karma?

The Sanskrit word karma (or go, in Japanese) literally means action or conditioned activity. However, Buddhism takes this literal interpretation and extends it so that karma is the action, the intention or motivation behind each action, and the 'fruit' or outcome of the action. In other words, every action - whether physical, verbal, or mental - results in a specific result or outcome. And the intention behind the action shapes the outcome.

Within Buddhism, this means that each action - which includes the intention behind the action and the actual outcome - leaves behind a karmic trace. It is believed that by performing a virtuous action you create a virtuous karmic trace, and by performing a non-virtuous action you create a non-virtuous karmic trace.

From this understanding we can see that inner happiness arises from virtuous actions, and inner unhappiness and general suffering arise from non-virtuous actions. In Japanese this is called go o mukuu; 'to reap the reward or retribution of one's acts.'

The action arising from hatred, greed or ignorance is non virtuous

The action arising from non-hatred, non-greed or non-ignorance is virtuous

Nagarjuna

Virtue

The concept of karma is a powerful perspective, one that enjoins us to observe every action that we engage in, and to act virtuously in order to experience a happy life. To ensure our success in this endeavour, we must first clearly define the characteristics of virtuous and non-virtuous actions. We do this by calling on our inner wisdom. Wisdom brings us a deep understanding of the workings of the mind, and it is through our mind and its intentions that actions take shape.

For example, we might perform the virtuous act of donating money to a worthy cause, while our underlying intention or motivation might be solely to receive praise. The virtuous act flips over into a non-virtuous one, as the underlying intention stems from egotism and greed.

The First Step

By working with practices such as Yoga, Buddhism, or the system of Reiki, we purify our karmic traces. In Japanese this is called go o tenzu; 'to change the course of one's karma or improve it'.

The first step to self-healing within the system of Reiki always begins with the foundation practice, the Reiki precepts:

For Today Only:

Do not Anger

Do not Worry

Be Humble

Be Honest in your Work

Be Compassionate to Yourself and Others

These precepts describe actions to be undertaken, guiding you in ways to create a peaceful mind without anger and worry. By observing each action that we undertake we become more compassionate to ourselves and also to others. The precepts are instructing us to transform our intentions and purify our karmic traces, thus creating a better life for ourselves and others.

Changing Our Behaviour

As we've seen so often within the system of Reiki, the precepts lay the foundation and the other elements (mantras/symbols, hands-on healing, meditations, and attunements) integrate with the principles of these precepts. These other elements are the tools that help us put into action what the precepts ask us to do. Addressing karma alone, we can move from the precepts straight to the second Reiki mantra SHK*1, which is taught in Okuden Reiki Level II.

Traditionally in Japan this mantra was practiced for spiritual development, with the literal translation of SHK*1; being disposition, inclination, and idiosyncrasy. What do these understandings of SHK*1 have to do with spirituality? Perhaps our discussion on karma can help clarify the answer to this question.

Continued on page 11

*1 SHK and DKM are pseudonyms for the actual mantras.

Idiosyncrasies are those habits or characteristics that are peculiar to an individual, while one's disposition is the natural or prevailing aspect of one's mind as shown in behavioural patterns.

As far as karma is concerned, each action leaves in its wake a karmic trace that is conditioning us in a unique way, a way that we must then live with. These traces are our weird idiosyncrasies and unusual dispositions. We need to find ways to break free from this conditioning, since breaking free opens us to the potential of realizing our inner happiness.

The system of Reiki hands us the key to purifying our habits, changing our prevailing behaviour, and breaking free from our conditioned actions by releasing our anger, worry, fear, attachments etc. The key to achieving this through the system of Reiki is the repeated chanting of the mantra SHK*1.

Outcomes

When we perform an action, even a virtuous one, and we attach ourselves to a certain outcome, whether it is "positive" or "negative", we create another karmic trace.

For example, when we perform a Reiki treatment on a client and attach ourselves to the outcome that the client should feel better afterwards, we have created a karmic trace. Who is to say that the client will improve? It is the client's healing journey, not our own.

The purpose of our practice is to cut off the karmic spinning mind. If you are trying to attain enlightenment, that is a part of karma, you are creating and being driven by karma, and you are wasting your time on the black cushion. According to Bodhidharma's understanding, practice based on any gaining idea is just a repetition of your karma.

Shunryu Suzuki

Traceless

At the International House of Reiki, as a student moves through the levels of the system of Reiki, there is a natural progression of spiritual understanding. This deepening of spiritual understanding lies within the teachings. It is through the teachings that we help bring this spiritual understanding to the fore. For example, by the time a student engages in Shinpiden Reiki Level III practice, he or she has worked with the precepts, first three symbols/mantras, and other elements of the system of Reiki. Through this work, the student has been able to deal with a range of behavioural, emotional, and other issues. The student is now ready to begin work with the Level III symbol/mantra DKM*1 which means the Great Bright Light - the light of enlightenment.

Within the Great Bright Light there is pure wisdom, compassion, and no attachments whatsoever. This step into the Great Bright Light diminishes the need for talk about karma, whether virtuous or non-virtuous, as the discovery of wisdom, compassion, and non-attachment within us no longer creates new karmic traces from our actions.

This Great Bright Light is also called non-duality, in which there is no longer the label of 'me' and 'you'. Without a 'me' and 'you' there is no one to have any attachments and nothing to attach to. You become like a bird in the sky, flying wherever you may please, yet leaving no trace at all.

According to the traditional Buddhist understanding, our human nature is without ego. When we have no idea of ego, we have Buddha's view of life. Our egoistic ideas are delusion, covering our Buddha Nature. We are always creating and following them, and in repeating this process over and over again, our life becomes completely occupied by ego-centered ideas. This is called karmic life, or karma.

Shunryu Suzuki

So, no matter if your are practicing the system of Reiki for yourself, or to perform treatments, or to teach, observe your current actions. Are you leaving virtuous or non virtuous tracks along this spiritual path called life? Although this awareness may just be a first step, it IS a step toward spiritual growth. Take it.

*1 SHK and DKM are pseudonyms for the actual mantras.

ARC INK acknowledges with gratitude the International House of Reiki
www.reiki.net.au for providing this article



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AUSTRALIAN HEALTH MINISTERS' ADVISORY COUNCIL

The Committee of Management of the Australian Reiki Connection urges all Professional Reiki Practitioners to read the following article. The Codes of Conduct for Unregistered Health Practitioners will impact on your practice and on your business. Your input is of significant value to the Association and the future of Reiki.

During March and April 2011 the Australian Health Ministers Advisory Council held nationwide forums to discuss the proposed National Codes of Conduct for Unregistered Health Practitioners. On completion of these forums, ARC made a submission to the committee on this Association's preferred option.

Having liaised with the majority of other Reiki Organisations in Australia this option is in line with theirs.

Below is a copy of ARC's submission. ARC's responses are in bold.

Address your comments and/or questions to the ARC President: president@australianreikiconnection.com.au or by letter post to **ARC Inc. PO Box 525 MONBULK VIC 3793**

Section 2 – SCOPE

• If you are a professional association, can you provide an estimate of the number of unregistered health practitioners you believe to be practicing in your profession or field:

Whereas there are approximately 40,000 Australians who have trained in Reiki at various levels (One, Two and Three/Master/Teacher) ARC estimates, that there are approximately 1,000 to 2,000 working in the public arena as professional Reiki Treatment Practitioners. These figures do not include other forms (not Reiki) of energy or Biofield therapists

Section 4 – THE PROBLEM

Risks

• What do you think are the risks associated with the provision of health services by unregistered health practitioners?

Pretty much the same as any Health practitioner, ranging from unsubstantiated claims to cure, sexual misconduct, providing a treatment without due duty of care by not having a safe working environment. Whereas Reiki is confirmed as a non manipulative and non invasive low risk modality other modalities that prescribe or diagnose could have serious negative outcomes.

• To what extent have the risks associated with these activities been realised in practice?

With regard to Reiki Treatment Practitioners ARC knows of no complaints being made. There have been reports of other modality practitioners being charged with sexual misconduct and making false claims of a cure.

• Do you know of instances of actual harm or injury?

None within the Reiki community

• What evidence is available on the nature, frequency and severity of risks?

ARC knows of no evidence within the Reiki Organisations. The NSW HCCC reports on risks with other modalities. However ARC believes that the risks referred to are rare and confined to a few unethical practitioners.

• What factors increase or reduce the risk that individuals will suffer harm as a result of the activities of unregistered health practitioners?

Risks can increase if a practitioner sets up in business having learned their modality via the internet or from a book and has not had a level of training that is general criteria for membership of reputable Professional Associations. Risks can be reduced if consumers research the practitioner and preferably choose one that has met the training and other criteria to be registered as a practitioner with a professional association and has been referred by that professional association in their practitioners' directory.

Section 5 – THE OBJECTIVES OF GOVERNMENT ACTION

• What do you think should be the objectives of government action in this area?

- To set up a National Code of Conduct that is legally binding in all States and Territories. To have in place a National Complaints process with the power to prosecute and name those practitioners found in breach of the codes and for this conclusion to be binding in all States so that practitioners cannot set up a health service business in any shape or form anywhere in Australia.**

- To provide a framework for accrediting professional associations, who self regulate. Currently if (as happened with ARC) an applicant is refused membership due to inadequate training or credentials, they can set up their own association and enrol their students in that association; therefore there is a need for associations to be held accountable.**

Section 6 – THE OPTIONS

- *Do you think there is a case for further regulatory action by governments in this area?*

At this time a National Code of Conduct as proposed is a good first step. In time and after reviews and consultation between Governments and Professional Associations further options or no further options could be discussed.

- *What do you think of the various options?*
 - *Option 1: No change*
 - *Option 2: A voluntary code of practice for unregistered health practitioners*
 - *Option 3: A national statutory code of conduct for unregistered health practitioners*
- *On balance, do you have a preferred option? What are your reasons?*

On balance Option 3 is the preferred option. However ARC believes there is support for a combination of Option 3 as well as Option 2 as in a need for Government to take more of a role in setting a framework for accrediting associations who self regulate (such as ARC)

- *What do you think are the costs and benefits of the three options?*

With Option 1 there is no benefit. Option 2 has been in place for many years for many professional associations therefore where appropriate for minor offences or expert advice, the inclusion of associations in the complaints process is advisable and useful, voluntary codes cannot be enforced and guilty practitioners can simply cease membership and continue practicing. Option 3 has the benefit of being National, uniform and binding in ALL States and Territories.

ARC has no access to costs however there would be a small cost to associations in implementing the option, mainly in paperwork and administration.

- *If you are a practitioner, can you advise of what additional costs you think you would incur with the introduction of a statutory code?*

Practitioners who are members of self regulating associations would have little additional costs. However as with many of them for whom First Aid is currently voluntary and advisable they would have to pay to receive first aid training.

- *Are there are some aspects of a statutory code that are likely to be more costly than others?*

Apart from taking out combined liability Insurance (which is mandatory for ARC practitioners in AARP branch) and First Aid training for those who do not currently have this then there is little or no costs other than additional note taking and ensuring that they are up to date with issues such as infectious diseases, privacy laws etc.

Extent to which national uniformity is desirable (section 6.3.1)

- *Do you think there should be a nationally uniform code of conduct for unregistered health practitioners or are different codes in each State and Territory acceptable?*

A nationally uniform code of conduct is preferred as it ensures that practitioners who work interstate are clear what is required no matter which State they are practicing in.

- *Should there be nationally uniform or nationally consistent arrangements for investigating breaches of the code and issuing of prohibition orders, or should States and Territories each implement their own arrangements?*

A nationally consistent arrangement would appear to be the best approach.

- *Should there be a centralised administrative body that administers the regulatory scheme, or should it be administered by each State and Territory government?*

This is something that State and Territory governments could work out. Once there is a nationally uniform code then perhaps the existing State and Territory complaints procedures already in place may be an economic advantage.

Scope of scheme (section 6.3.2)

- *If a statutory code of conduct were to be enacted, to whom should it apply?*

Every practitioner/health care provider, who is providing a service or treatment to their clients on a professional basis.

- *Which practitioners, professions or occupations should be included?*

Every practitioner/health care provider, who is providing a service or treatment to their clients on a professional basis.

• Should it apply only to practitioners who deliver health services? If so, what should be the definition of a health service?

It should apply to all practitioners who provide a treatment on a one to one basis with clients. One definition of a health service: An activity performed in relation to an individual that is intended or claimed (expressly or otherwise) by the individual service provider or the organisation performing it - (i) to assess, maintain or improve the individual's health; or (ii) to diagnose the individual's illness, injury or disability; or (iii) to treat the individual's illness, injury or disability or suspected illness, injury or disability; or a disability service, palliative care service or aged care service; or the dispensing on prescription of a drug or medicinal preparation by a pharmacist. The NSW codes of conduct have further definitions.

• Should it apply to registered practitioners who provide health services that are unrelated to their registration, for example, a registered nurse who is working as a naturopath or massage therapist?

Yes

• Should it only apply to practitioners who directly deliver services, or should it also apply to those who deliver health services through the agency of another person, for example, the owners or operators of businesses that provide health services?

It should apply to everyone who has the potential to breach the codes either directly on a one to one basis or could instruct employees to act in a manner that breaches the codes.

However the codes should not be applied to the actual training programme for the spiritual practice of Reiki and they should not have any input or regulation for how Reiki is taught.

Administrative arrangements (section 6.3.3)

• Do you have a preferred option for the legislative and administrative arrangements through which a code of conduct for unregistered health practitioners is administered and complaints about breaches of the code are investigated and prosecuted?

The current NSW arrangements would appear to work well. Providing there is a nationally uniform code then this arrangement could work in each State and Territory.

• What are your reasons?

Having adopted the NSW codes for ARC practitioner members and having read the annual report of the HCCC in NSW it appears that it works.

Content of a national code of conduct (section 6.3.4)

• What do you think should be included in a national statutory code of conduct?

In terms of Reiki Practitioners the NSW codes are adequate. However these should be open to review/refinement if over time a need for this is found.

• Do you have any comments on the NSW Code of Conduct for Unregistered Health Practitioners?

1. There is no mention of **COMPLEMENTARY** therapists in the NSW codes which means that Complementary therapists are lumped in with **ALTERNATIVE** therapists this is not acceptable to ARC or to Reiki Practitioners because Reiki is a complementary therapy that works alongside ALL other modalities and medicines. There is an urgent need for any National Codes to specifically include the wording "Complementary Therapists"
2. Item 11 (Health practitioners required to have clinical basis for treatments) of the NSW Codes is too ambiguous and requires rewording.

A representative of the **Health Care Complaints Commissioner** in NSW when queried on this item [2. item 11 above] stated the following:

"In relation to the issue of what constitutes an adequate 'clinical basis' for a health service - there will inevitable be some practical difficult in applying this terminology to various 'alternative' health services. However, in practice, the relevant clause of the Code seems to be directed at health practitioners who purport to cure or treat serious medical conditions where there is no or minimal scientific/clinical evidence to support their claims"

This item 11 should be removed and perhaps item 12 could be expanded to include in some format the wording **excluding** the word Scientific as there are many treatment benefits with Reiki that science cannot explain based on their current evidence base criteria.

Continued on page 15

AUSTRALIAN HEALTH MINISTERS' ADVISORY COUNCIL

• *What do you think are the strengths and weaknesses of the NSW Code?*

Strengths are that it is legally binding on all unregistered practitioners whether a member of an association or not. **Weakness** is that there is no mention of Complementary therapists and Item 11 (see comments above)

• *Do you think it provides a good model? What are your reasons?*

Yes ARC believes it to be a good model. ARC and all other major Reiki Organisations have unanimously adopted the NSW codes for their practitioner category members.

Prosecutions and hearings (section 6.3.5)

• *Do you have a preferred option for the mechanism through which prohibition orders should be issued, that is, via an administrative order decided by a Commissioner, or via a tribunal or court hearing?*

Similar to existing mechanisms for registered practitioners. In the case of a serious breach an interim prohibition order could be issued. There should also be avenues for an appeal process.

• *What are your reasons?*

To create further uniformity for the commission and to show fairness to unregistered practitioners

Grounds for issuing a prohibition order (section 6.3.6)

• *What 'relevant offences' (if any) should provide grounds for a prohibition order to be issued?*

In general where a practitioner has been found to have breached the codes or is a risk to clients/public and where a practitioner has been found guilty of having broken any State or National laws relating to Health and Safety or Consumer Law.

• *What other grounds should apply before a prohibition order may be issued?*

There is a need to look at existing codes and complaints procedures to assess if there is a gap whereby a practitioner could not be processed under the proposed code of conduct.

Financing of scheme (section 6.3.7)

• *How do you think a regulatory scheme to investigate and prosecute breaches of a national statutory code of conduct for unregistered health practitioners should be funded?*

Similar to or be part of existing funding arrangements for complaints by States and Territories.

• *What are your reasons?*

National uniformity.

Any other comments...

Do you have any other comments to make about these proposals?

ARC Inc. supports the proposed codes and would like to be kept informed on progress and have further input on later drafts before legislation.

The Committee of Management of the Australian Reiki Connection thanks you for reading this article. The Committee urges you to visit the website of the Australian Health Ministers' Advisory Council and to read the other submissions that have been made. <http://www.ahmac.gov.au/site/home.aspx> - then go to [Related Links](#) The Codes of Conduct for Unregistered Health Practitioners will impact on your practice and on your business. Your input is of significant value to the Association and the future of Reiki.

IMPORTANT NOTICE for ALL REIKI PRACTITIONERS

Some professional members of the Australian Reiki Connection have raised a query in relation to the current NSW Code of Conduct and First Aid - we now endeavour to answer that query in this format for the benefit of all members of the Association.

3 (i) a health practitioner must ensure that appropriate first aid is available to deal with any misadventure during a client consultation. A Statement of Attainment issued by a Registered Training Organisation for HLTCP201A-Perform Cardiopulmonary Resuscitation and HLTFA301B-Apply First Aid will suffice, it should be noted that First Aid is normally valid for 3 years and CPR is recertified every year.

16 a health practitioner should ensure that appropriate indemnity insurance arrangements are in place in relation to his or her practice.

All listings on the ARC-AARP Public Referral Directory are subject to the listed Member meeting with and maintaining certain criteria, among which is the submission to ARC of;

a completed (annual) P&PD - Personal & Professional Development Booklet [due on the 31st August each year] and

a valid (annual) Certificate of Currency of Insurance which requires (annual) financial renewal of Membership of ARC or other relevant association.

Insurance originally obtained through membership of ARC Inc. becomes null & void without continued financial membership of ARC Inc.

Just When I Thought The Planets Were Aligned By Amanda Helmes

It has been three years since I completed Shoden and with certificate in hand knew I'd found what I was meant to do. It has also been three years that I've been patiently planning and waiting for the 'planets to be aligned' and the right moment to exit the business world to practice soul-ly in Reiki.

About two months ago I attended a workshop where we promised our host to commit to a 'change' we wanted to see in our life. For me, there was only one - to commercially open, "Essential Inner Self". We were told "change takes at least three weeks" to become 'routine' and this was how our host closed us; "Within three weeks, I will.....".

To my credit, within three weeks I had found the perfect location on a main road at Padstow across from the train station and was assured I would be the next tenant; available from 1 April (I did joke with others that being April Fool's day was the Universe's way of having a sense of humour). EBay was also my friend and I won, quite unexpectedly, a couple of pieces of furniture at bargain prices. I was offered a part-time temp role that would pay for my bond and first month's rent finishing on 31 March and to top it off I had recently read that Dr Usui opened his practice in April. Seeing it all as positive signs I felt my fear, or rather petrification, and stepped into it.

Then I realised it was not fear, but exhilaration pounding in my chest, my breath catching in my throat and joy, actual joy at the prospect of finally doing what I'm meant to be doing. The first morning after I'd signed my first commercial lease I woke up feeling free and excited about my future, the possibilities and with ideas flowing through my mind. Words became sentences, became paragraphs and before I knew it had written an article for ARC Ink. While I really like what I have written, and it will probably appear in a future edition of ARC Ink, my energy was nonchalant. Something was not quite right.

And then... three days later... Kevin walked into my world; a lovely man waiting in reception for a meeting. He asked about a celebrity in a picture hanging on the wall which I inspected more closely and then realised it was taken in 2003. By the time I returned to my desk I mused out loud, "where was I in 2003... financial planning" and was about to ask him where he was, but he asked me why I'd left and was doing "this job" – an obvious big step down. I will not bore you with my impassioned response, but suffice it to say that he was impressed. Completely unaware he was a successful financial planner with over 20 years of experience I finally twigged when he not only asked me questions about my qualifications, but used industry specific acronyms. I would love to have seen my face in those few seconds it took him to walk to my desk with his business card as I was clearly trying to figure out why a potential franchisee would be aware of such acronyms. Looking at his card it all become clear. He advised me he was looking to expand his business and if I wanted to take our conversation further to give him a call.

Dilemma

I left financial planning for two reasons. The compliance had become unbearably draconian and because I couldn't find an adviser who did the same level of "strategic" planning that I had had the opportunity to do for the middle half of my financial planning career; a level in my opinion that can only be called Financial Planning. I was not going to sell my soul for mediocrity while jumping through what I considered ridiculously over-the-top compliance that reads in language fitting for five-year olds to comprehend.

The irony to this meeting is the Universe put us together; my assignment was extended for two weeks, it was now 5 April, and his appointment had been bumped twice. Further, several months earlier my instincts had encouraged me to rent a small space in the CBD to offer Reiki services. It was only after discussing it at length with my husband that we decided at this point in time our cashflow would be too stretched as I built up a client base, and, I would be too far away to help with the girls. Given these "coincidences" and the fact that someone with my skill set is well remunerated, I decided I had to be financially responsible to my husband and children. I sent him my resume.

Two days later I received a call from his assistant and we arranged to meet. It is not often I meet someone and immediately click as though we had lunched together just last week. We fell easily into friendly chatter, banter and full belly laughing. To top it off everything she explained about the practice and Kevin only made everything look more and more attractive.

Continued on page 17

The Editorial Team of the ARC INK depend on the Membership of ARC to provide commentary on articles printed in your Magazine

FEEDBACK IS ENCOURAGED

Email: editor@australianreikiconnection.com.au

Letter Post: Editor ARC INK - PO Box 525 - MONBULK - VIC 3793

Just When I Thought The Planets Were Aligned By Amanda Helmes

Big dilemma ...

So what do I do? I reflect. I reflect on whether the Universe is testing my commitment and realise that I am as committed to Reiki after my meeting as I was before. But perhaps my work in Reiki is not as I thought? I reflect on a comment made to me by a palmist in 2006 who correctly foretold of an impending meeting with "the right man who would be in my life for a very long time", and that when I was 40 would be self-employed in an "unusual" business (still five years away). I reflect on my own feelings about practicing Reiki and while there is a strong part of me that is extremely confident to practice and teach, there are also strong desires for more information, more study and more development – all of which costs decent money. I reflect on just how difficult our life has been financially since January 2008 and how ready Joel and I are to buy a house and settle down never moving again. I reflect on keeping my mind open to what it is exactly I'm supposed to be committing to as the change I want to see in my life.

I went to bed that night disjointed and uneasy after trying to do a meditation that usually clears my mind. Ultimately, there was just too much information rolling around my head and I could not distinguish the clairaudience from my Spirit guide and what I wanted to hear. I awoke around 4am and Caiseal got through first very clearly; this is an opportunity – repeated over and over.

At the end of it I realise the ball is in the Universe's court. If I'm meant to work with Kevin, he will offer me the opportunity. I will still be able to teach and practice Reiki albeit on a more limited capacity and can continue my spiritual development in the CBD; I already know where I will go. Perhaps I'm meant to meet a "high-end executive" (Kevin's client base) who will need Reiki, either for themselves, or because they are in a position to offer Reiki an opportunity.

Either way, I'm still exhilarated and breathless at possibilities around me and have also taken to heart the beauty that no matter how well planned I am, the Universe can swiftly adjust my direction. And what of my first commercial office if I'm to work with Kevin... don't worry, Joel is already making plans to start a radio school.

Post Script: There is an opportunity with Kevin, but it will be delayed. Further honest reflection and re-reading this article has allowed me to acknowledge that my heart is closed to financial planning and to go back down that road would be solely because it is the "financially responsible thing to do"; the wrong reason when we are looking at a five-year commitment and further study, and when there are other financially viable opportunities in the wings. This entire "opportunity" has allowed me to formally close the door on this part of my life with no regrets; a philosophy I have always been careful to live by.

Thank you Universe!

Contributor: Amanda Helmes - Reiki Master Teacher - Practitioner

*"Reiki deserves to be an equal complementary therapy;
I'm committed to helping make that happen"*

Visit: www.essentialself.com.au

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Compiling evidence on the benefits of Reiki treatments -

With the growing awareness of and demand for Reiki treatments to be integrated into mainstream health care comes the need for a greater understanding by the medical profession, on the benefits of Reiki treatments as a complementary therapy. We as Reiki practitioners know of these benefits to our clients and in many cases of undisputed improvements in presented conditions. ARC would like to compile detailed case studies on these benefits. If **you** are prepared to be a part of this important process please send your case studies to research@australianreikiprofessionals.com.au and if you require any assistance or clarification please do not hesitate to contact John on 1300 130 975

Below is an article written by William Rand on this subject. ARC believes it has important relevance for Reiki practitioners in Australia. By working with other Reiki organisations worldwide we can together provide acceptable evidence for the inclusion of Reiki treatments.....

A Call for Case Reports

Recipients of Reiki commonly report profound relaxation, enhanced well-being, improved sleep, and lessening of pain. These effects stabilize with regular treatment, over time producing a wide range of benefits from better digestion to increased satisfaction in relationships. Reiki's simple grace has been used to soothe an injured child in an emergency, offer support to surgical patients, and bring peace at end of life. Given the many benefits of this gentle therapy, why do so many suffer without access to Reiki treatment? There is a host of reasons, not the least of which is dismissal by the conventional medical community.

Physicians are trained to be sceptical about anything they did not learn in medical school. They understandably need empirical proof that any therapy is both effective and safe for their patients. Proof is achieved in medical research by randomized double-blind clinical trials (RCTs). These highly controlled studies are designed to separate effective from ineffective treatments by isolating a single variable in a bias-free environment. Though a handful of RCTs published in medical journals have found Reiki efficacious for specific purposes, Reiki's impact on the complex process of any given patient's healing is hard to capture in a test tube.

Meeting the need for evidence

Editor-in-chief of the medical journal *Alternative Therapies in Health and Medicine*, Dr. David Riley is a leading voice in complementary medicine research. Dr. Riley maintains that clearly documented individual case histories can meet the need for evidence that Reiki works not just in the lab, but also in "a real world medical setting." Dr. Riley explains, "The RCT is not a particularly useful tool to study whether Reiki should be integrated into the mainstream delivery of healthcare or how this process of integration will occur."

Dr. Michael Gnatt collects case histories for the National Foundation for Alternative Medicine in Washington, DC. According to Dr. Gnatt, "Any well documented story in which someone using only Reiki has a positive medical outcome for a condition not known to resolve on its own over time (as for example, back pain or rheumatoid arthritis often do) is a compelling and rare piece of evidence," Dr. Gnatt adds, "More common, and also very useful, are cases in which people use Reiki as part of a comprehensive health program that includes medical and non-medical therapies."

Judith Jacobson, Doctor of Public Health and assistant professor of clinical epidemiology at Columbia University in New York City, concurs. Dr. Jacobson recommends "collecting medical records, including relevant scans, slides, lab test results or pathology reports to document a diagnosis and, where possible, a recovery or improvement." Dr. Jacobson states, "Having a health care professional who isn't either the patient or the Reiki practitioner document the improvement adds to the persuasiveness of the case report." Improvement need not mean cure. It may mean living longer than the statistical expectation, or having enhanced quality of life, even at life's end.

Writing case reports

The trick to writing credible case reports is to describe the event, narrate the story, and report the observations objectively. Keeping the narrative simple requires a level of detachment difficult for those with extensive Reiki experience. It will not work, for example, to assert that Reiki caused the improvement, especially if many interventions were used - which is the case more often than not. However, case reports should include patients' perceptions of what benefit came from which treatment.

Dr. Jacobson cautions practitioners to "stay alert to the possibility of adverse effects." A Second Degree practitioner herself, Dr. Jacobson says, "We don't like to think anything we do has adverse effects, but if we are not alert to this possibility, we are failing in our responsibility to our patients."

Continued on page 19

Compiling evidence on the benefits of Reiki treatments -

Any negative comments or experiences should be included in the case report. Physicians constantly address side effects of medications and procedures, and may be more open to the possibility that Reiki is beneficial if practitioners are open to the possibility of adverse effects from treatment. An adverse effect can be simple - for example, a person who feels better after treatment winds up overexerting. It may also be a reaction which the practitioner sees as healthy, but which makes the receiver uncomfortable, such as feeling temporarily emotional. Even with adverse effects, the benefits often outweigh the risks, but it is important to document the entire experience.

Bringing Reiki into conventional medicine

Collections of case reports impact the direction of research, leading to more systematic observational studies and possibly RCTs. For example, if case studies recording Reiki's value to asthma sufferers accumulate, Reiki for asthmatics could well become a research priority. If a low-cost, non-invasive intervention such as Reiki enables patients to take less medication, it might also reduce side effects and medical costs. Proof that Reiki can effectively reduce costs through either decreasing dependence on medications or shortening hospital stays would create a strong financial impetus to include Reiki in hospital-based medicine. If Reiki were offered to hospital in-patients, it would be available to those who normally are not able to afford it. Physicians might also prescribe Reiki training for their patients, strengthening prevention through stress reduction and thereby reducing both medical costs and subsequent disability expenses.

Reiki practitioners can build credibility with medical professionals by presenting the case for Reiki in an even-handed manner. The more objective and self-critical the presentation, the better—then physicians don't have to play the scientific devil's advocate. Reiki may be mysterious, but it is not irrational. As Hawayo Takata said, remove the cause and the symptoms disappear. The practice can withstand intellectual rigor.

The paradigm of Reiki is broader and deeper than that of conventional medicine. It is the responsibility of Reiki practitioners to provide physicians with the information they need to recognize what Reiki can offer their patients. The initiative must come from within the Reiki community. © 2002 Pamela Miles

GUIDELINES FOR WRITING A CASE REPORT

- Choose a case in which the diagnosis, treatment, outcome are all clearly defined and documented.
- Use simple, direct language.
- Include medical documentation - lab tests results, scans, slides, or pathology reports.
- Avoid assuming causality.
- Detail adverse affects.
- Include patient's subjective assessment of the experience.

ALL Reiki practitioners can help support medical research on Reiki by recording and submitting clearly written, well documented case studies. The Institute for the Advancement of Complementary Therapies (I*ACT) will archive credible studies for future research and possible publication. Refer to the bulleted guidelines when writing. Please submit case reports , with the disease condition specified in the title to research@australianreikiprofessionals.com.au - ARC will compile and forward (with permission) copies to I*ACT. It is important to include full contact information (phone, address, email) and specify if you give permission to reproduce.

The following is an example of how to write a profile;

Pamela Miles, Reiki Master, is a clinician, educator, researcher and writer in New York City who frequently collaborates with physicians on patient care. She is the founding director of the Institute for the Advancement of Complementary Therapies, an organization dedicated to bringing the wisdom of traditional healing therapies to medical professionals and the consumer.

Article reproduced from the Reiki International Magazine with acknowledgement

Are you taking Reiki into Hospitals?

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

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

ARC President - John Coleman

PO Box 525 MONBULK VIC 3793

email: president@australianreikiconnection.com.au

Thank you to all who have already supplied information.

The Introduction of Reiki

By Alexandra Browne-Hill

When my nursing skills began to include natural therapies and my family watched my knowledge in "Universal Study" grow, they began to tease me! My son has often asked if I am going to Alien Class to wear my tin foil hat tonight! Therefore it is with secret delight that I see them slowly become believers and make comments like ... "perhaps I will ask the Universe!".

It is a well known fact that, like the TV slogan, from little things big things grow. It seems that the loving arms of positivity just keep reaching out. Never has it been truer for Reiki. This becomes obvious to me as both a Nurse and a Reiki Practitioner. Without realizing it, I had been following the ways of Reiki in my nursing long before I understood it. Treating a client/patient with respect, caring, acceptance and love goes a long way to helping someone feel supported and healing. Touching ones patient with the intent of love and improvement is already manifesting a positive outcome.

To strengthen this outcome with the gift of Reiki, the Power of Universal Love adding in wonderful guidance and assistance from our Masters and Angels just keeps those beautiful miracles blossoming and I am so grateful that Reiki came my way.

I have long maintained the Healing Power of Reiki as the strongest tool in my healing skill box. I have been Blessed to be the channel for many individuals healing journeys but I have felt limited in the medical setting. In the past, it has been an issue for me working in a conventional mainstream setting with skills from outside this environment. The medical world operates on proven protocols and I do not wish to disrespect my employer but nor however, the rules of Master Usui. I would never "market" my Reiki option to my patients but how then, does this very option become known amongst the patients?

I answer this question with two thoughts. **Little steps and faith.** You see, Reiki does it's own thing. We do not own it. We are merely and humbly channels..albeit often wise ones if I do say so myself!! The following wee story will demonstrate what I am getting at.

I once nursed an elderly, overweight diabetic gentleman struggling with chronic, bilateral leg ulcers with painful, weeping lymphoedema. His mobility was limited, sleep was a luxury of long ago and he swallowed pain medication like smarties. The hospital I worked in was a heavily indoctrinated Catholic one that was non-accepting of spiritual healing from other modalities. This gentleman with the painful legs sat back and allowed me to wash his feet and legs (well if Jesus can do it...!!!) then massage his feet. With no conscious thought of mine, Reiki energy flowed into his feet. Out of my control and because it was needed, Reiki found a needed home. With a stunned look, this lovely man asked what I had done to him. " My pain is gone...my legs do not hurt!!" So we talked about it.

I am a channel for White Light and love. My lesson for that day is that it is not always my call to dictate when and where "I treat". My patients often tell me that I have healing hands. It is a tiny doorway to give a brief response without breaking any protocols. I have always been careful not to cross my protocols. For example, if a patient came to Emergency he would be looking for a doctor. If I came along and offered him Reiki, he would assume I was lost on my way to the Psychiatric department! I might strongly believe that I could help him..and probably could BUT there is a time and a place!

In this manner and as time has gone on, I have doggedly stuck to one basic rule of the Whitelighter – Give with love – and finally my peers, family and friends begin to see and understand what I have been going on about (and now remind me when I stuff up!!).

I am learning that by plodding on in a simple belief, people will notice and wonder. This takes effect in both ones personal and business life. There is no distinction when it comes to healing. Much of my Reiki has been unpaid and unacknowledged professionally yet it has led directly into the professional field. Continued on page 21

REIKI AWARENESS WEEK 2011 - Sun 5th to Sat 11th JUNE

It is envisioned that emphasis be placed on the benefits of Reiki to all members of the community. It is hoped that event organizers will endeavour to raise funds for research into the benefits of REIKI - and what better way to promote the system of Reiki, yourself and your business, than providing free short Reiki treatments to the public at large nationwide. Reiki practitioners do not have to be members of ARC to participate, so ask your friends to join in.

If you and/or your friends would like to organize an event and we urge you to consider doing so, and you require assistance or would like to work with the national organizing team then please Phone: 1300 130 975

Event details will be placed on the ARC Website and advertised in the ARC INK Magazine

The Introduction of Reiki By Alexandra Browne-Hill

Here is another example: My younger sister developed a rare and aggressive breast cancer in 2009. Together my sister and I worked out a program that would balance the medical treatments with holistic treatments. We were careful to ask and inform medical staff of each thing we introduced. My role involved keeping a medical eye on her but also providing Reiki, Kinesiology and flower essences with big dollops of positive discussion. We also had a friend of my sister offer Reiki and Bowens, both gratefully accepted. The staff were polite and a little wary but permission was granted providing it did not interfere with medical treatments.

My sister began resolving issues, blossoming and before long stood out as inspiration to others for her calmness and courage. I admire her immensely. Her last days were spent with our family and Reiki. Our parents, sibling, friends and staff were all exposed to powerful energy and love at various times of my sister's easing across.

Mum sat beside her daughter not touching her while the Angels and I worked on our charge. One particular session we call the Butterfly Ceremony was a truly beautiful moment. The room was full of Masters and I saw many stunning butterflies emerge from the centre of my sister's body and flutter toward the ceiling. Mum, never having been exposed to Reiki before this, was blown away by the sense of love and peace in the room, feeling the presence of Greatness and Light which eased her own pain.

My sister passed on not long after in enormous peace and calm.

From this one experience, many have begun seeking. The women from the Breast Cancer Support group have been drawn to Reiki over the time of my sister's illness and passing and "want what she had". To my great pleasure, I have been asked to give Reiki treatments to some of the cancer patients. I do have my own natural therapy business now but it is my honour to provide complimentary treatments to this group once a month in their country town.

In response to this, I have been asked to provide seminars in Flowering essences and Reiki to the Community Health Centre by the Palliative and Breast Care Nurses. Little by little the journey of Reiki grows in community awareness even in the medical sphere. My sister exposed the hospital staff to a new dimension of thought. The Medical Profession looks for Evidence Based Outcomes. To me the evidence is in the patient relief, pain reduction, the sense of calm, peace, acceptance ..the list goes on and these things are being noticed.

It is the patients themselves that see and desire the benefits, that will respond to the opportunity to accept Reiki as a valid method of providing non-invasive healing in whatever form is needed. So then every opportunity to help others is also an opportunity to increase the information of what Reiki Practitioners can offer. I was recently asked to be a guest speaker at a widow/widowers support group to talk about grief. I understand grief as a nurse, a sister and as a mum who lost a teenage son in a car accident. Is this a good opportunity to introduce Reiki?

You bet it is! I wonder where this one will go!

With honesty, professionalism and the intent of love, the message of Reiki will continue to spread into the mainstream section of Healthcare. Being professional and respectful means asking for permission both to patient and staff. Sometimes I offer a treatment while visiting a patient in hospital if they are sharing their pain or frustration. Often they accept gratefully. So far the staff have not rejected me but I am careful not to step on boundaries. Most important of all is to remember that Each soul drives their own journey. It is not my place to insist on what I think is best. Usually an opportunity will simply arise to share your skill so remain vigilant and awareness will grow.

After all .. **"From little things, big things grow!"**

Contributor: Alexandra Browne-Hill

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Alexandra Browne-Hill - Author of "The Flowering Gum"

No parent should ever have to bury their child and it is probably true to say no-one can ever fully realize the pain a parent suffers on the loss of a child unless you experience it yourself.

Alexandra Browne-Hill has indeed experienced that overwhelming grief following the death in a motoring accident of her 17 year old son Kieran. Alexandra has found that writing a journal throughout the intensity of the grieving period helped her considerably and she has put her written words into a very eloquent and moving book.

This moving and inspiring book /journal written over a two year period after Kieran's death is tear wrenching in parts and provides the reader with an insight into grief and loss seldom seen in print form.

Alexandra quotes in her book *"One cannot have life without death. Some scars will never heal; losing a child in this life is the ultimate pain"*

It was Easter Monday 2007 when Kieran took his final breath. After four days in a coma with his family by his side, Alexandra eventually accepted her son would probably not survive and bid him farewell.

The journal/diary Alexandra has written is addressed to Kieran, often a chatty collection of family happenings as well as a pouring out of her love for him and the pain she is experiencing.

Alexandra is no stranger to death, her years as a nurse has seen it all and while she was slowly, ever so slowly, coming to terms with her son's passing, the family was dealt yet another blow when her husband was involved in a serious accident and is still recovering. The death of her sister last year plunged the family into further sorrow.

Alexandra's acceptance of spiritualism and Reiki has been a gradual embracement. She is not fanatical about it but her beliefs have helped her through this very stressful time. While she does not profess to be a medium Alexandra has does occasionally consult one. In the depths of her despair she was desperate to grasp at any help that was offered and found the "messages" from Kieran sent not only through a medium but directly to her were and are of immeasurable comfort. She strongly believes that Kieran is watching over her and able to console her on her "bad" days.

On meeting Alexandra you realize that not only has she got a big heart, but that she is also grounded on the practicalities of learning to deal with grief and through her own experiences is able to help others.

The book is entitled - *The Flowering Gum*, - a tribute to a tree the family planted the day Kieran would have turned 18.

If reading this book only comforts one person while they are in mourning then Alexandra will be happy and she is sure Kieran would endorse her words.

You can purchase the book, which will be delivered within 2 working days by contacting Alexandra at alexandra@thefloweringgum.com.au. The cost is \$22 per book postage and handling included.

Further information on retail outlets for the book can be found at www.thefloweringgum.com.au

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 address or Residence/Postal address or Telephone numbers, etc. **Keeping ARC advised of these changes is vital so that ARC can keep in touch with you!** Send me an email with any changes to your current information and I'll update your record. Changes can also be done online in the members area - so logon and keep up to date. If you have any questions about your Member record please telephone 1300 130 975 - **Thank You.**

Visit: <http://www.australianreikiconnection.com.au/MembersArea/?p=details>



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Further information: Dr Anna Petterson: anna.petterson@solariscare.org.au

Watch our web page for regular updates: www.solariscare.org.au/research/symposium/

Contacting the Australian Reiki Connection Inc.

TELEPHONE: 1300 130 975

ARC Inc. has in place lines of communication that benefit members and the general public 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 the ARC.

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 [also 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 -

Email: secretary@australianreikiconnection.com.au

Mail for the President, the Treasurer, the Secretary should be posted to:

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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 must 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.

IMPORTANT NOTICE - **ALL** MEMBERS OF ARC JOIN IN THE **STANDARD MEMBER CATEGORY** TO **UPGRADE A MEMBERSHIP** TO BOTH PRACTITIONER CATEGORY AND TEACHER CATEGORY ADDITIONAL CRITERIA MUST BE MET please email: membership@australianreikiconnection.com.au