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Volume 13 Issue 3

ARC INK is for the information of ARC Inc members

ARC INK Magazine



Published quarterly by the Australian Reiki Connection Inc.

'Presidential Comment' by John Coleman



Greetings Members and welcome to your latest ARC INK Magazine. Welcome to all our new members who have joined us since the last ARC INK. If you have questions or seek advice please contact your State Representative or a member of the Committee of Management. As you know our National Reiki

Conference is fast approaching. Thank you to all members who have registered to attend, your support is appreciated, I know you will thoroughly enjoy the learning experience that will be provided by our accomplished speakers.

To the members who have not yet made up your mind one way or the other, I do urge you to consider attending.

I am constantly asked by members (and non-members) the question; *how can I get Reiki into my local hospital/nursing home/hospice.* While I will happily share my limited experience and knowledge there is one Reiki Master/Teacher, **Pamela Miles**, who has a vast storehouse of experience and knowledge on this subject.

Pamela is internationally known for her pioneering work integrating Reiki practice into conventional health care settings, including creating Reiki programs in prominent New York City hospitals; presenting Reiki at medical schools and conferences; training physicians and medical students to practice Reiki; and publishing articles in both peer-reviewed medical journals and popular media.

Pamela will be sharing her experience at the conference via live video link. Here is a synopsis of her presentation.

Health Care Collaboration: What Reiki Practitioners Need to Know -

"This is an exciting time to be a Reiki practitioner. The health care climate is shifting and conventional medicine has increasing interest in complementary therapies. Reiki practitioners who understand conventional health care

*culture and can speak about Reiki in neutral language are poised to carry Reiki into mainstream medicine **and the public.** We will discuss skills and strategies that increase effectiveness and strengthen your professionalism".*

No conference can be successful without the support and attendance of an audience. This is your opportunity as an ARC member to be involved in **one part** of our great work for Reiki, (integration of Reiki into Mainstream Health Care and Community Settings). Put the dates 9 -10 October into your calendar - better still **BOOK** your tickets now.

Stage payment options are still available. For details phone 1300 130 975. ARC has managed to keep the fees as low as possible while ensuring quality of venue and presenters.

Enjoy **your ARC INK Magazine**

Love light and lots of laughter, John

president@australianreikiconnection.com.au

FEATURE ARTICLES:

Page 23 & Back Cover

**Q&A Page & Advertising Poster
(Cut-out / Print and Distribute)
on ARC 2010 Conference**

Page 10/11 **Self regulation and
a little Government backing
BY Amanda Helmes**

Pages 20/22 **Enhance your Reiki
Energy with a Healthier Diet
BY William Lee Rand (part 2)**

Information Pamphlets & Posters - NEW ARC/AARP Information pamphlets are now available. A pamphlet is enclosed with this edition. Online readers can view the pamphlet in the Members area on the ARC website.

ARC Inc. AGM - October 9th 2010 - In RYDGES on SWANSTON: 701 Swanston Street - MELBOURNE VIC 3053 - Mel. Ref: 2B E9 - ARC Members are asked to please Login to the Members area and read the AGM Notices. Printed copies of these notices, for Members without Internet access, are enclosed with this edition.

ARC Inc. Annual Membership Renewal - 2010/2011 - Members without Internet Access / Email will find their Membership renewal notice, renewal Invoice & notes, enclosed with this edition. All other Members will receive their renewal Invoice by email and are asked to login to the Members area to read the Notice and the Notes.

IMPORTANT NOTICE FOR MEMBERS

MEMBERSHIP RENEWAL TIME IS HERE!

Payment of your renewal fee is due by the **31/08/2010**

Practitioner and Teacher category Members should return P&PD Cards

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ARC INK the Magazine of the

Australian Reiki Connection Inc.

The Association of Australian Reiki Professionals

This quarterly publication is for the benefit of all members of ARC. Also available in the Members area of the ARC website. www.australianreikiconnection.com.au

The Editor welcomes your comments - 1300 130 975

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

Send it by email to: president@australianreikiconnection.com.au
or by post to: ARC Inc. PO Box 525 MONBULK VIC 3793

ARC is pleased to have The Art of Healing as Media Partner for the 2010 National Reiki Conference



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A Warm Welcome To The New Members of ARC

| | | | | | |
|-------------------|-----------------|----------|------------------|-----------------|----------------|
| David Colwell | CARNEGIE | Level II | Sarah Mugford | HALLETT COVE | Master Teacher |
| Linda Emslie | NAKARA | Level II | Kim O'Donnell | COONABARABRAN | Level II |
| Lynnette Flanagan | CAPALABA | Level II | Marinella Osborn | MOUNT MARTHA | Level II |
| Linda Frattura | CHADSTONE | Level II | Sonora Potter | BAYSWATER NORTH | Level I |
| Kerri Hall | ALDINGA BEACH | Level II | Jackie Richards | ELTHAM NORTH | Level II |
| Ami Hasson | CAULFIELD NORTH | Master | Judith Sime | BRIGHTON | Level II |
| Amanda Helmes | REDLAND BAY | Level I | Karla St. Baker | MIRANDA | Level II |
| Deanne Johnson | LANGWARRIN | Master | Robert Vella | GLENORIE | Level II |
| Toni Lackey | NETHERCOTE | Level II | Sharon Whitman | KAIRI | Level II |
| Gabriele Marsch | COBURG | Level II | Ellyn Zizic | INVERLOCH | Level II |

IMPORTANT NOTICE for AARP PRACTITIONER & TEACHER MEMBERS

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

a completed (annual) P&PD - Personal & Professional Development Booklet and

a valid (annual) Certificate of Currency of Insurance which requires renewal of Membership of ARC.

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

John Coleman - President of ARC Inc.

I am often asked why we have the Australian Reiki Connection Inc. (ARC) and the Association of Australian Reiki Professionals (AARP) - what the differences are and why we should have for two.

The following piece will I hope provide explanation:

ARC is an association of Reiki channels who are dedicated to working with and promoting the 'Spirit of Reiki' through teaching, healing, fellowship and research, both within the Reiki community and the wider community - ARC Inc. is founded upon the principles and practices of the Usui System of Reiki.

ARC Is for Usui System of Reiki Students at All Levels of training who choose to provide REIKI in a personal lay practice (self, family and friends).

Some ARC members seek to work as healers, on an "as needed" basis and as part of their service to humanity on their spiritual journey, charge for their time, but do not have a business, (and that is their right) however they are not referred by ARC to the public.

It is important to note that those who provide Reiki treatments to members of the public should be aware of their responsibilities associated with that service, for example, if a client fell and injured themselves by say falling off the table then that client could sue the practitioner and that would not be covered under home insurance public liability, also that it is a legal requirement to obtain informed consent for any health related service being provided.

ARC is here to provide support, advice and a network to all members as well as keeping them updated on current happenings in relation to Reiki. ARC is about maintaining the spiritual practice of Reiki

As more and more people turn to Complementary Medicine around the world, various Governments are introducing regulations that have an impact on the provision of Reiki treatments. Australia is no exception. This move has speeded up the process already underway by ARC to further raise the awareness and professionalism of Reiki and Reiki treatment practitioners. This was one of many significant reasons for the formation of the Association of Australian Reiki Professionals (AARP)

AARP Is the *Professional Branch of ARC* representing Professional Reiki Treatment Practitioners, treating the Public for a fee or working in Health Care and Community Settings, either as a volunteer or in a paid capacity. Only ARC members who choose to upgrade to Practitioner Member category and/or Teacher Member category and who meet the criteria and requirements, are automatically given free membership in the AARP.

AARP advocates on behalf of Reiki treatment practitioners and ensures as best as possible that we in the Reiki industry can Self Regulate rather than have Government Regulations imposed on us. To further raise the professional image while always ensuring that the Spiritual practice that is REIKI is maintained.

AARP holds a register of professional Reiki treatment practitioners and teachers in Australia. These practitioners and teachers are required to have completed a high standard of Reiki education and to hold Professional Indemnity & Public Liability Insurance. The level of education required of AARP's professional Reiki practitioners and teachers is constantly reviewed and refined in an effort to offer the Australian public the highest level of Reiki treatments and training available. Professional image is an important aspect when operating a business in today's competitive market place. Some Reiki Treatment Practitioner may have to take on additional training (not in the Spiritual practice of providing/channeling Reiki which would be according to their training and form of Reiki) but in order to be aware of the codes, laws, ethics, safety procedures, infectious control, referral, informed consent etc that relate to ANY and ALL practices being provided to the public. Also, to be aware of business requirements, such as Taxation etc.

The primary aims and functions of the Association of Australian Reiki Professionals are:

- Raise the profile of Professional Reiki treatment Practitioners and Master Teachers
- Encourage professional Reiki treatment Practitioners and Master Teachers to pursue ongoing professional and personal development and perform to a high standard of Reiki training
- Maintain an Australia wide register of Professional Reiki treatment Practitioners and Master Teachers
- Work alongside other professional bodies for the promulgation of the Usui System of Reiki
- Work towards the integration and acceptance of Reiki as a stand-alone modality, in the Mainstream Healthcare system and in Community Settings

Other benefits of upgrading from standard Member category membership to Practitioner Member category membership and/or Teacher Member category membership are available on the ARC website or by telephoning 1300 130 975 - If you have any comments or questions on this subject please email:

president@australianreikiconnection.com.au

REIKI SHARE GROUPS

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

| Location | Convenor / Details | Location | Convenor / Details |
|--|--|--|---|
| ACT - Chapman E: alison_mclean12@hotmail.com | Alison McLean Phone: 0428 873 262 | VIC - Brunswick E: sylvia@spiralin.com.au | Sylvia Kovacevic Phone: 0412 332 077 |
| ACT - Kambah E: vickie@confidentbirth.com.au | Vickie Hingston-Jones Phone: 0422 008 759 | VIC - Caulfield E: sharontal@iprimus.com.au | Sharon Tal Phone: 0402 117 701 |
| NSW - Bundanoon E: mival@waterfront.net.au | Valerie Bartley Phone: 02 4883 7557 | VIC - Cheltenham E: alida.parker1@three.com.au | Lida Parker Phone: 0403 861 638 |
| NSW - Coffs Harbour E: mylrea@netspace.net.au | Tess Mylrea Phone: 02 6652 7402 | VIC - Clayton E: lia_mills@bigpond.com | Lia Mills Phone: 03 9543 4980 |
| NSW - Engadine E: sue88@aapt.net.au | Sue Khallouf Phone: 02 9520 0464 | VIC - Craigieburn E: sunzmoonz@hotmail.com | Doreen van Boxtel Phone: 03 9308 1847 |
| NSW - Heathcote E: pama8@bigpond.net.au | Pamela Allen Phone: 02 9520 2501 | VIC - Creswick E: tjt@cbl.com.au | Hendrika Thomas Phone: 03 5345 2358 |
| NSW - Killarney Vale angelheart444@optusnet.com.au | Veronica Doppler Phone: 0408 494 807 | VIC - Delacombe E: wendyratray@hotmail.com | Wendy Ratray Phone: 03 5336 2349 |
| NSW - North Sydney E: erica@thealignmentgroup.com | Erica Bagshaw Phone: 02 9923 1852 | VIC - Eaglehawk E: isleofavalon@aapt.net.au | Janet Sporton Phone: 03 5446 1996 |
| NSW - Saratoga E: pam.northcote@gmail.com | Pamela Northcote Phone: 0419 432 344 | VIC - Eltham E: reiki.inge@yahoo.com.au | Inge Schmidt Phone: 03 9434 4228 |
| NSW - Shellharbour E: JennysHS@bigpond.net.au | Jennifer Blake Phone: 02 4295 1184 | VIC - Emerald / Beaconsfield VIC - Fitzroy E: info@om-reiki.com.au | Simon Lee Phone: 0432 567 904 Jeremy O'Carroll Phone: 0417 328 457 |
| QLD - Capella / Emerald E: naomi5@bordnet.com.au | Naomi Sampson Phone: 07 4984 9727 | VIC - Lilydale | Lorraine Mitchell Phone: 03 9735 0642 |
| QLD - Newmarket E: info@leisamillar.com.au | Leisa Millar Phone: 0412 344 461 | VIC - Maidstone | Bernadette Polleggiioni Phone: 03 9318 2408 |
| QLD - Reedy Creek - GOLDCOAST newbeginningsclinic@gmail.com | Rachel Holmes Phone: 07 5593 6284 | VIC - Oakleigh E: firebird@corplink.com.au | Robert Thuan Phone: 03 9568 1777 |
| SA - McLaren Vale E: motherearth@iprimus.com.au | Christine Sinclair Phone: 08 8323 8850 | VIC - Oakleigh South E: lieslm2@bigpond.net.au | Liesl Meuris Phone: 03 9563 8077 |
| SA - Mount Gambier E: kathym7@bigpond.com.au | Kathy McKie Phone: 0406 355 249 | VIC - Pascoe Vale South | Veronica Ulicni Phone: 03 9386 3853 |
| TAS - Lindisfarne E: joynicholson@aapt.net.au | Joy Nicholson Phone: 0415 416 168 | VIC - Preston E: reikicottage@optusnet.com.au | Helen O'Connor Phone: 03 9484 7276 |
| VIC - Airport West E: ozangel@iinet.net.au | Hilary McPhee Phone: 0438 561 124 | VIC - St Albans E: mwscharhag@optusnet.com.au | Waltraud Scharhag Phone: 03 9366 6550 |
| VIC - Bacchus Marsh | Shirleyrose Rowe Phone: 03 5367 1680 | WA - Joondalup E: jazreiki1@bigpond.com | Judith Sims Phone: 08 9300 0914 |
| VIC - Ballarat E: theenchatarium@gmail.com | Marian McQuinn Phone: 0402 335 720 | WA - Mullaaloo vickimarshall@kahunabodyworks.com | Vicki Marshall Phone: 08 9307 8878 |
| VIC - Beaumaris E: louise.riley1@gmail.com | Louise Riley Phone: 0418 391 809 | | |

EMAIL ADDRESSES YOU CAN USE TO CONTACT YOUR STATE REPRESENTATIVE / SRLO / R&DO

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



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

State Representatives Liaison Officer - Hilary McPhee : liaison@australianreikiconnection.com.au
Reiki Research & Development Officer / VP - Ingrid D'Andrea : research@australianreikiprofessionals.com.au
ARC & AARP Marketing Officer - Kaye Iliopoulos : marketing@australianreikiconnection.com.au

Keeping ARC records up to date William Secker - Membership Officer

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

It was a rollercoaster of emotions coming up to this full moon. For most of us it has been a struggle to find the middle road. Realising that only once you release your emotions can you reach the red road, the middle path. It is interesting how old wounds can creep up so unexpectedly when stuck emotions are triggered by current experiences. We lose sight of all of our strengths and forget what we accomplished thus far. Instead of focusing where we are at, we focus on where we once were and stop living in the present.

We fall in to the negative emotions.

We forget all that we have accomplished, all that we have learnt so far and that we are no longer the same person. Our experiences have helped shape who we are. We are not the same person, yet we react like we once did in the past. We fall back in to the old patterns and forget all that we have learnt. It is so easy for us to focus on what we don't have instead of all that we do have or have achieved.

A client who came to see me was feeling depressed, anxious and very sad because his girlfriend had broken up with him. His shoulders were shrug down, despair written all over his face. Energy was depleted. Instantly he started blaming himself, what he could've done, if only he was "this" or "that" and started beating himself up. There is no greater torturer than the one created in our minds. That is how strong the mind is. However, we must always remember that the opposite also exists.

When we are in such an emotional state it is impossible for us to see the bigger picture. There is no clarity. We are too busy drowning in our emotions, punishing ourselves for what we aren't instead of looking at all that we are.

After the treatment, he realised that he relied on her for happiness. In his mind, it was she who made him happy. Unable to see, until now, that joy can only come from within. It is not up to someone else to make us happy. That responsibility is ours. He couldn't believe that someone could love him because he had no love for himself. He got so caught up in beating himself up that he didn't see that she too had her wounds to heal. They were projecting off each other. He thought he had failed and could not see any of the positive aspects of that experience. There is no failure, merely experiences with lessons in which to learn. Once he thought about it, he realised that he had an incredible time and learnt that he too was capable of love. For the first time he saw that he was not alone in not being perfect. He then spoke of what he wants in a relationship and what he deserves to have.

It's incredible how our energy changes once we let go and surrender the emotions. He took his power back and then started to see his strength. For the first time, he could feel the possibilities, his accomplishments and stopped tormenting himself. He realised that until he starts loving himself he will be unable to attract someone that would love him the way he wants. He was so busy punishing himself that he hadn't even acknowledged any of his incredible achievements, that being the fact that he had lost 80kgs on his own. Can you imagine losing that much weight and not giving yourself a pat on the back? He was too busy putting himself down. He couldn't see the incredible strength it takes to decide that enough is enough and to go against all that you know in order to change things. He took responsibility for his life. He didn't like what he saw and had the incredible courage to do something about it.

He lost 80kgs and without the help of The Biggest Loser.

What an inspiration. That took courage and strength and he didn't even see it, thinking with the old thought patterns that he was weak. Suddenly the light came on and he was able to shift his belief system. He saw himself differently. He saw himself as he is now and not as he once was.

It's amazing how we start to look at things with different eyes once we start living in the now. It's when we live in the moment we can begin to see all the opportunities that life has to offer.

Next time instead of beating yourself up on what you should have done give yourself permission to be proud of making it this far. Acknowledge all the lessons that you have learnt. If there is something you don't like then it is up to you to change it.

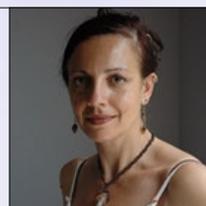
It is only when we are honest with ourselves are we able to attract what we seek, and most importantly, what we deserve.

"The world is a looking glass that gives back to everyman a true reflection of his own thought. Rule your mind or it will rule you." Buddha

Thank you for your support as always. With love, Christina Christou

Contributor: Christina Christou

Christina has journeyed the world and has been taught by many teachers on her travels through the America's. Christina practices the art of healing through Reiki, Shamanism, Universal Law
Contact: alkehela@gmail.com or Visit: www.alkehela.com



By Louisa Fallon

ARC Member [NSW]

Q. Should Reiki treatments be included as a Complementary therapy in mainstream health care?

This question certainly seems to be gathering momentum within the Reiki community currently. As a Reiki practitioner I believe there are many hurdles to climb before Reiki can be recognised and offered within our healthcare system. Successfully negotiating these hurdles, some of which I discuss below, will no doubt create the foundations of our growth.

Whilst Reiki is beginning to become more widely recognised and available, it is still a relatively unknown modality of healing. When I tell people that I'm a Reiki practitioner, the most common response is 'What's that?' I take great pride in explaining what Reiki is, how it works, and how it can benefit one's health and wellbeing, but there is a continued scepticism about its benefits because the wider population just don't understand how 'energy' works. The Western worldview of health is based on a 'don't fix it til it's broken' model, which lines the pockets of pharmaceutical companies and shareholders the world over. It is based on a belief that the body is only a physical and mental entity. However as we all know, energy works on a vibrational frequency at many different levels of the body. I've offered many a person to try Reiki and then afterwards asked them about their experience. Without exception I have received nothing but glowing reports and have shifted the attitudes of a few sceptics in the process. It's a great way to begin to increase people's interest in Reiki, however it's a slow process.

Reiki would surely benefit from more widespread publicity, loud voices and media attention to put some more energy into the growing awareness of complementary healthcare and in the approach to health and wellbeing overall. We need to tell the world about Reiki and what its benefits are. Let's get into the weekend newspapers, the glossies and the medical journals. Let's talk to journalists, offer Reiki to journalists! And in this process gain professional credibility so that Reiki is medically recognised to be of significant benefit to our health.

Whilst there remain unhelpful 'cosmic' tags attached to the modality, then it will never be taken seriously and we will have an uphill struggle. Any connotations of a 'spiritual' practice keep us isolated from certain groups. As a non-Christian social worker in a Christian welfare organisation I am often scoffed at for my interest in and practice of Reiki. We have to respectfully inform people's ignorance, guided by the five Reiki precepts.

Ultimately what we are offering is a form of vibrational medicine, without diagnosis, but with a mindful intention to enhance wellness on many levels. Scientists in the medical profession can surely relate to that. This approach may then give us a chance of gaining more professional support. We need an approach to healthcare that is focused on inclusive treatment plans, of 'western' and 'vibrational' medicine combined. We retain our complementary status but create a paradigm shift in the way the community and health experts view wellness. A holistic approach to physical and mental health interventions would no doubt have a significant effect on a nation's wellbeing. The mainstream medical profession first need to see peer-reviewed research, and hard evidence, to convince them of the benefits Reiki offers in both preventative health and in the treatment of illness and disease. We need research focused on specific health issues and on preventative health.

The economic benefits may also be huge, however again research and evidence into the cost savings to Government, employers and private medical funds is needed too. All these ideas of course need money behind them. Significant funding is required to invest in research, and who can we turn to for this? Should we start a weekly Reiki Share Group at Parliament House?

The Buddhist community and mental health professionals have made significant inroads within the health profession to educate people on the benefits of 'mindfulness' and 'positive psychology' in the treatment of both mental and physical health. Medical institutions worldwide are now offering treatments that draw on these 'eastern influenced' approaches, and there is significant and credible research available pointing to the benefits, just as there are respected and recognised advocates. What can we learn from this?

My understanding is that despite the best efforts towards consensus for a **Certificate IV in Reiki Treatment Practice Community Services and Health Care Settings**, by the Council of Australian Reiki Organisations (CARO) and other Reiki groups, agreement could not be reached for endorsement by the Community Services and Health Industry Skills Council (CSHISC) for inclusion in the Health Training Package.

From my experience as a fairly recent Reiki student I believe there should be more accountability on the part of students to provide evidence of their understanding of Reiki. Not just to be able to draw symbols and channel Reiki energy, but to show a significant understanding of the benefits to a person on multiple levels,

By Louisa Fallon

ARC Member [NSW]

with case studies and considered and critical analysis on their practice and knowledge, at least at the Shinpiden level.

Separately, I see the **Professional Reiki Treatment Delivery and Business Skills Course** developed by **CARO** as an exciting development in standardising our practice so that we can provide a consistency of care for our clients.

Once the research wheels are in motion and we have empirical data to back up our claims, we'll also need significant education for mainstream health professionals of the benefits of Reiki, as well as lobbying to the bureaucrats to have Reiki recognised as a credible healing modality that has multiple benefits in the delivery of healthcare. This task is not impossible but it is huge.

The wider complementary and alternative therapies professional bodies need to continue to loudly advocate for a systemic and holistic approach to mainstream health. We, as Reiki advocates, need to be more aligned and committed to furthering the promotion of and research into Reiki, with a top down strategy from CARO and through our Associations. At the same time we can continue our own ripple effect from the ground up as practitioners.

The fact that Reiki has so much to offer our health system, both preventatively and in aiding recovery from illness or disease, it must make sense on many levels, and not just economically. Let's share the Reiki love where it's needed the most and be optimistic that one day soon it will infiltrate mainstream healthcare.

Question & Answer ... Government Codes for Reiki ...

By Katy Wall

ARC Member [NSW]

With regard to the Victorian Government's current proposals for Codes of Conduct for Unregistered Health Care Practitioners (includes Reiki Practitioners) and referring to the NSW Government's legally binding Code of Conduct for Unregistered Health Care Practitioners (includes Reiki Practitioners)

Q. Do you believe that there is anything specifically related to Reiki that should /could be included or omitted? - Should the Victorian Government's proposed codes be Nationally binding or State binding (as is the case with NSW)?

I am a massage therapist and reiki practitioner. I gained my massage qualifications in the UK and like a lot of other industries in this country such as electrical, my massage qualifications are not fully recognised here and have to undergo further training. I fully appreciate why and am prepared to do this. I have also lived in Victoria and NSW and have seen the differences in the way states approach different training, laws and regulations. In some cases this is warranted, most times it is not and is red tape and money making.

Government so often impose regulations that are inflexible, irrelevant and costly to upkeep. As an association representing a large number of members across all states. I see this as a unique opportunity to develop a Nationally binding code in conjunction with the government. Unlike other therapies which have qualification requirements for professional associations, reiki does not yet. This way we would have a unified voice. If you go down the state route there will always be differences of opinion. (who's codes are best?)

ARC already provides members with a comprehensive Code of Ethics and Code of Professional Conduct for Reiki Practice, which is a great start. However I agree that for reiki to be included into mainstream health care, that further training (for practitioners not already health care professionals) within a clinical health care environment is necessary and to include OHS and first aid is important. This would give practitioners (and the employers) greater confidence and assist them in doing a better job.

AARP Practitioner Category Members & Teacher Category Members are reminded that their [P&PD] - Personal & Professional Development Booklet should be submitted annually on 31st August

If you have access to the Internet then please visit the ARC Inc. Forum on:
www.australianreikiconnection.com.au

Members Notices

MEMBER BENEFITS

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

The MBS Internet Store of *Books Music & Movies*
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REMEMBER TO CHECK POSTAGE DETAILS WHEN ORDERING

MEMBER ADVERTISEMENTS IN THE ARC INK MAGAZINE

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

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

The font type is 'Trebuchet MS' and the font size is '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
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The Lines of Communication for Members

ARC Inc. has in place lines of communication that benefit members when they are seeking advice, knowledge or assistance regarding membership issues or questions in general. It helps when all enquiries are not directed at only one person. The following guide may assist you when contacting your committee.

Questions relating to membership applications, renewals, category upgrades, contact the membership officer. **William Secker** - Email: membership@australianreikiconnection.com.au
Post: PO Box 113 HOLMESGLEN VIC 3148

Questions relating to global Reiki issues and the activities of Reiki in Australia contact the President; **John Coleman** [the public officer of ARC Inc.]
Email: president@australianreikiconnection.com.au

Questions relating to matters of ARC Inc. finances contact the Treasurer.
Tony Carroll - Email: treasurer@australianreikiconnection.com.au

Questions relating to ARC Inc. association business records and membership records, contact the Secretary. **Rodney Swart** - Email: secretary@australianreikiconnection.com.au

Questions relating to ARC Inc. State & Territory Representatives contact the State Representative Liaison Officer.

Hilary McPhee - Email: liaison@australianreikiconnection.com.au

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

ARC Inc. PO Box 525 MONBULK VIC 3793

ARC 2010 National Reiki Conference

**INTEGRATION OF REIKI AS A COMPLEMENTARY THERAPY
INTO MAINSTREAM HEALTH CARE AND COMMUNITY SETTINGS**

8-10 October 2010

Rydges on Swanston - Melbourne - Victoria

Why a Reiki Retreat?

By Lynnette Munchenberg

ARC Member [NSW]

This year was the fifth Reiki Retreat that I have been involved in, the first three with my lovely friend Dallys Baker as co-facilitator and the last two by me as Dallys has now gone in a different direction "*helping therapists build vibrant practices with practical and cost effective marketing ideas*". The first two retreats were held in Braidwood, NSW with approx eleven people. The last three were located in the South Eastern region of NSW and numbers have steadily increased to the maximum of twenty. Set in the bush with small cabin style accommodation and a central conference area where we congregated for activities which of course include Reiki share time.

Begs the question, why hold a Reiki Retreat? Look at the population of any town in Australia and I would say that you will find someone who has attended a weekend workshop where they have learnt Reiki. Do they all practise or incorporate this wonderful energy in their life? No, a good proportion don't, why not? Because they don't have the opportunity to connect with like-minded people for a number of reasons, it could be that after learning how to channel Reiki energy that is the end of connecting with their teacher, it could be they move physically from the area where they did their workshop and can't connect with a Reiki community. The reasons are varied.

Attending yearly retreats to me is an extension of teaching although the retreats are not exclusively for the people I have taught. Connecting with people from different streams of Reiki and different teachers allows for learning and personnel growth for all who attend.

I made a conscious decision to limit the retreat to no more than twenty people as I felt with more people it would become a less intimate experience. Each year the retreats have a theme, in 2008 it was the 'Mary Helen Retreat' in honour of our beautiful friend Mary Pemmer who taught us so much in her journey with cancer and with her passing, 2009 'Letting Go And New Beginnings' and this year 'Mandala Dreaming'. We had three presenters, Tom Layton with his amazing talk on 'Connecting Threads' (see page 16 Ed.) Most commented that Tom put into words what they thought but couldn't express. The presentation by Alison Maclean over dinner on her journey whilst writing her book - 'Tender Realms of the Heart' (see page 17 Ed.) hopefully inspired a couple of latent writers within the group. The third speaker, Carolyn Schofield created for and spoke to each individual about their personal mandala. She also opened our eyes to the history behind mandalas.

As always there is a reluctance to 'step back into the real world' after sitting in a place of peace and reflection for two and half days. For me personally it is always awe inspiring to see change in people that I don't see sometimes for a twelve month period. I would like to encourage you to facilitate a retreat in your area, it isn't difficult and the sharing and exchanges which occur over a couple of days are truly amazing.

Contributor: Lynnette Munchenberg – Reiki Practitioner / Teacher

Lynnette is a long-time member of the ARC and AARP. Her passion is about wellness and balance within oneself.

Email Lynnette: allumer@a1.com.au

ARC Absent Healing Book

To have the name of the person (who has asked to have their name) placed in the ARC Absent Healing Book just call or email the member who is the monitor for the period.

The ARC Absent Healing Book is kept private, it is never for public view, names and any details are always kept confidential, there are of course 'trust factors' involved.

Names are put in for the period and some ask for continuous healing, so it is written in the book in the way asked. Many people do take time to send Reiki daily but together on Thursday nights at 9 pm send Reiki to those in need. It is always appreciated.

If you encounter problems contacting the monitor please phone 1300 130 975 and a message will be passed on for you. Requests can also be made online through the ARC website: <http://www.australianreikiconnection.com.au> - Absent Healing

Absent Healing Book – Monitor Roster –

Volunteer to monitor the AHB

| | | | |
|--------------------|------------------------------|-----------------------|--|
| Suzanne Tyssen | August 2010 & September 2010 | 03 9439 0147 [BH/AH] | tyssensuzanne@hotmail.com |
| Christine Sinclair | October 2010 & November 2010 | 0411 604 753 [Mobile] | motherearth@iprimus.com.au |
| **?** | December 2010 & January 2011 | **?** | **?** |
| Kathy McKie | February 2011 & March 2011 | 0406 355 249 [Mobile] | kathym7@bigpond.com.au |
| **?** | April 2011 & May 2011 | **?** | **?** |
| **?** | June 2011 & July 2011 | **?** | **?** |

Self regulation and a little Government backing

By Amanda Helmes

ARC Member [QLD]

For those who do not know me, let me paint you a picture ...

Mid May 2009 I finished an eight year financial planning career; of which half that time I ran a small boutique financial planning practice that specialised in "Life Planning" especially with small business owners. So I'm a professional. How did I find Reiki? During a financial planning training session while being subjected to a git trying to impress us with his lack of financial industry knowledge; I began doodling in shorthand (yes I'm a reformed Legal Secretary too) and the word "Reiki" and "Karen" came through. Listening to my intuition I found my Reiki I teacher, a lovely woman based in Sydney who is an academic professional and Reiki Master. On my way home with Reiki I Certificate in hand I knew I had found my purpose in life.

Nearly two years on, a Global Financial Crisis in our midst, exhausted from our own business endeavours and daughter #2 in arms, my husband and I moved back to Queensland. At this time I decided I was ready for Reiki II. My Reiki I teacher was not available to come to Brisbane in the foreseeable future and I didn't have funds to go back to Sydney. In my heart of hearts I didn't want to wait an indefinable amount of time; I was ready.

The Universe put a Reiki II teacher in my path; a chance meeting with her son at the bank; because that's where you're going to find a teacher of Reiki! We met, we liked, we agreed on a price and made arrangements for her to come to my house. I had faith in the Universes' reasoning in bringing us together. All was well, except she kept promoting "Zumba" [*dance/fitness program - Ed.*] to me every chance she got, and at least one of the days she came over we *flew* through the work; she had somewhere else to be. I don't question her teaching as such, but she certainly lacked further professionalism when about a month later (I had been waiting two weeks for her to call me - I wasn't sure if we'd finished?) I contacted her and said all the Associations I had spoken to expected to see my lineage and my certificate. She couldn't believe it! And the rant went on... which is not worth reiterating here. So what was the problem? Her lineage was packed in a box somewhere she could not locate. Her Master couldn't find her lineage and so contacted her Master to get a copy. Professionals abound!

Another month later I had given up and emailed to let her know I'd found another Reiki Master. No animosity, but politely to the point. With reasonable speed I received an email indicating the documentation would be available by next week (again). A few days later my Reiki I and Reiki II certificates turned up; great, but she misspelt her name... go figure!

So where was the Universe in cautioning me? It was there, but just a little too late... like the morning I'm about to start. "Sorry Universe - I needed a bit more time than that!"

While all of this is happening I've continued on my Reiki quest (this Type A personality is not one to sit on her haunches). I rang a lady I met six or so months before who operates from commercial premises; a very strong willed lady who describes herself as "not a fluffy duck". Good - I had now moved on. I'm looking for the epitome of professionalism because as I said throughout my financial planning career, "Integrity is all I have and I defend it fiercely". I had wanted to do Reiki II as a comparison, but was told by her staff that, "it was a waste of money as the symbols were already there". So I was encouraged to spend \$300 more and do Reiki III. All fine because I know I want to be a Reiki Teacher. I knew she taught Reiki III in four hours and in books I'd read it was not considered appropriate, but I was also the sole student and, perhaps justifying, I decided that made it different.

I finally decide on joining Australian Reiki Connection and I quickly find out that my Reiki III teacher is not acceptable as a "*Teacher of Reiki whose qualifications and practices are established as meeting the criteria laid down by ARC Inc. for the recognition of Master Teachers*" because she teaches Reiki III in four hours. Bugger - there's \$800 I'll never see again! To add to this, I had since found major discrepancies in her training. For a start, the lineage she sent me does not correlate with the Certificate she gave me; which she justifies, but doesn't work for me. You can't be a maverick and eat your "Traditional" cake too. She did not teach me to place symbols on a students' hands, only over their Crown and even the book she recommended I read, and who she tells me she aligns herself with, is not the same as what she teaches. Just a little confusing for someone who was looking for Reiki II validation! However, this is not to say I didn't have a profound experience with her, because I did. I am clear that I learnt several spiritual things about my past life history and present life relevance that I needed to know.

ARC very kindly recommended two ladies close to where I live and who they "completely trust". I choose Rachel Holmes and what a wonderful coup. Here is a lady who is completely giving of her time, energy and a wonderful cook! Further, she feels so bad that I've had these hiccups she will thoroughly teach me all levels and only charge me for Reiki III.

Self regulation and a little Government backing

By Amanda Helmes

ARC Member [QLD]

Needless to say my allegiance is immediately pledged to her and I soon secretly decide to become her business coach. It takes little time for me to find diamonds in her work and I see a way for me to not only repay her generosity, but supply myself with the Teacher texts, I felt I should have received at the completion of Reiki III. The crème de la crème of Rachel's manuals is we can create some wonderful workshops thereby bringing her teaching time back in line with what seems to be the standard, offer short courses to interested parties and increase her cash flow.

While I may have experienced frustrations and financial setbacks in gaining my Reiki Teacher accreditation, the silver lining of this cloud, to me, is clear. Calculated reform is really necessary and I know many Reiki members have been working toward this. And since I've just finished working in the Almighty of sadistic draconian compliance, it will be second nature for me to implement "self-imposed" compliance in my practice from the ground up, making myself a willing subject for trial and error if the Association wants one. What are these "self-imposed" compliance implementations? Given my greenness to this beautiful industry and not to look like a know-it-all somewhat reminiscent of the git I spoke of earlier, I will learn from his lesson, keeping my ego checked and will wait until I have earned the right to be self-righteous in the exactness of such a plan. I will however be keen to immediately implement training standards on my students that Reiki II and Reiki III teachers I feel did not implement on me.

In May 2010 I finally started working publicly after I rang local retirement villages in my area offering my services initially for free (voluntary work helped me a plenty when I was 20 and unemployable - in fact it got me squarely on track and ultimately where I am today - thank you Mr Alan Gray!). By the time I have students I will have or will be establishing relationships with other retirement villages and the local hospital(s) where they can go to get (excuse the pun) hands-on experience and constructive feedback. And / or they can come to regular "Reiki Share" with other practitioners and students. Before they can progress with me, I will want to be sure they are competent and comfortable with what they are doing (except for Reiki I, I was not confident or in my opinion competent). They will have kept a journal (provided by me if they don't have one already as part of their cost) and I will provide them with paperwork they will need to document their experiences and receive client feedback. I expect I sound officious and bossy... I admit, it is genetic coding I usually fight to the death, but in this instance I hope such standards will only prove beneficial to all involved.

And so what...? People don't have to continue through me, there is nothing stopping them from doing what I did with my three different teachers. But... if Reiki is to become a recognised and respected modality within, especially, the allopathic mainframe the time will come when as an industry we will need to fully come together on all levels and Associations or face being scattered to the wind entirely. We will need to be in a position to validate a teacher's lineage (Reiki II teacher had a lineage of 15 and took 2 months to arrive. Am I confident?), align our textbooks as other industries have and ensure their teaching methods are in fact what they imply them to be. I'm sure I'm not the first to have this revelation.

It is however, a very fine line we tread working towards recognition and accreditation, and skirting around the ever present bureaucratic black and white outlook for an industry that is every shade of chakras. On an interesting note, an 'artist' recently proclaimed in my presence, "of all the natural therapies, Reiki was the flakiest". How do we maintain our sovereignty, but have the backing of our social laws to combat this displaced attitude? Unfortunately, if we as an industry really want to be eligible for Government research grants, raise the awareness of Reiki and our personal profiles, and be seen as complementary therapy equals it is a, perhaps, daunting yet Governmentally satisfying step we will need to take. Besides, what is more important? Someone's financial well being or their spiritual / emotional / medical well being?

A great irony is I left financial planning because I had tired of draconian compliance that made it impossible to provide financial planning assistance to those that really needed it the most; the same people this "compliance" was supposed to help but only made it uncommercial for financial planners to assist, while at the same time making us as a whole look like a bunch of crooks. Ultimately this attitude permeated my tough Cancerian shell and hit me at my soft core. With all my heart I hope the industry of Reiki will not find themselves in a mirror image of the frequently hard working financial planner.

Contributor: Amanda Helmes – Reiki Practitioner / Teacher

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

After completing Shoden in July 2008, Amanda knew Reiki was her future; it took another 18 months for the timing to be right to move out of financial planning and open 'Essential Inner Self'.

Email Amanda: eis@helmes.com.au



ARC 2010 National Reiki Conference : Oct. 9th & 10th

Key note Speakers - 'who are they and what will they talk about'

Pamela Miles - Health Care Collaboration: What Reiki Practitioners Need to Know

This is an exciting time to be a Reiki practitioner. The health care climate is shifting and conventional medicine has increasing interest in complementary therapies. Reiki practitioners who understand conventional health care culture and can speak about Reiki in neutral language are poised to carry Reiki into mainstream medicine and the public. We will discuss skills and strategies that will increase your effectiveness and strengthen your professionalism.

Professor Marc Cohen - Wellness and the Power of Connection

The world is currently facing a series of crises that suggest a new paradigm for operating in the world is needed. In healthcare this will mean moving from an illness model that focuses on a medical industry that deals with pain and established diseases to a wellness model that embraces joy and fulfillment from life and deals with lifestyle and preventive measures. It has been said that "the currency of wellness is connection" and this can be applied to our connection between ourselves and our community and environment as well as connection between practitioners and patients and between practitioners from different disciplines. This presentation will discuss recent trends that are supporting the move to a wellness paradigm and its implications for healthcare of the future.

Maria Lacey - Personal wellbeing and stress management

Join Maria on this special journey and share in the spirit of Reiki. Learn some personal techniques to assist you to balance and recharge; understand the opportunities available as a Practitioner in Reiki, and how it can contribute in the community and in the corporate environment; and enjoy the space you can create through the energy. Even in the mid 90s, very little was known or spoken about Reiki. In the mainstream corporate world, it was certainly never thought about as an option to assist with health and wellbeing and to create work-life balance through managing stress. Learning strategies and techniques such as Reiki to manage our stress may assist in times of crisis and suffering, and also creates healthy and mindful ways of *being*. This knowledge and practice can foster and maintain the happiness, balance, rewarding relationships and career that we desire and deserve.

Ingrid D'Andrea - Healthy Staff - Better Care

This presentation will explore the benefits and advantages of introducing a self care technique for professionals working in the medical health care sector. Self care models build and reinforce: staff resilience, satisfaction in the workplace, self responsibility and accountability, qualities of compassion and empowerment, focus, clarity and capacity building. Mainstream health care professionals work continuously in high stress, emotional environments, and their level of self care needs to be proportionate. Organisations need to promote and provide appropriate support and supervision in order to build workforce capacity. This presentation will discuss the effectiveness of a structured self care program for mainstream health care workers using Reiki as the primary complementary modality, to facilitate understanding of personal stressors and development of personal stress management strategies.

Sarah Messina - An integrated approach to pet care through reiki and animal communication

This presentation will discuss the role and application of complementary therapies into mainstream pet care, with a focus on exploring animal communication and animal reiki as integral modalities.

Dr. Anna Petterson - Creating Diversity: Eight years of evidence in providing complementary therapies, including Reiki for cancer patients, in a major teaching hospital

This presentation will outline the results of eight years of study which demonstrates a positive impact on the participants' quality-of-life, together with reduced distress and symptomatology for patients who accessed support through SolarisCare. The study provides a body of evidence that reveals the journey for Australians with cancer and their carers is improved with this diverse approach. It also raises the question about how the provision of complementary therapies, in this case Reiki, can be integrated into conventional practice to improve patient outcomes.

Louise Riley - Coordinator, Wingman Project - Reiki Volunteers

In this presentation Louise will discuss the planning and implementation phases of the Wingman Project as well as some of the challenges that have arisen. She will also provide information for those who wish to implement this type of Reiki activity in other community settings.

Molly Carlile - "Coming out of the closet"

This presentation will explore the essential components required for complementary therapies becoming accepted as part of the mainstream health model. It will explore the importance of clinical research, information, education and credentialing. It will identify the influence of a range of population health issues such as the aging demographic, the aging health workforce, the reducing health dollar and cultural and spiritual diversity on the expectations of patients as consumers and how this can advance the uptake of complementary therapies in mainstream environments. Finally it will explore the application of complementary approaches to health professional self care and resilience.

Helen M Pike - Fernlea House: The House with a Difference

This presentation will outline the story of Fernlea House Inc. and the development of the day respite program. Complementary therapies form an integral part of the service that is provided. The favourite being Reiki.

Efterpi Soropos

Efterpi is the founder of *Human Rooms* and is currently an artist in residence at McCulloch House Palliative Care Unit at Monash Medical Centre Clayton (Southern Health), where she has created a "Disambiguation Room" as part of a multifunctional interactive art space which is offered as part of their palliative care treatment, designed to keep people as pain free and comfortable as possible with maximal quality of life before they die.

There has been much public debate in recent months over issues such as the asylum seekers attempting to gain access to this country by boat and virtually everyone you meet has an opinion on these issues. Often in this debate, you hear terms such as “racist” being thrown around in response to differing views and opinions on what should be done. In our society now, the “*ist*” terms are becoming more and more prominent every day and appear to be increasingly used to describe people who are seen as having a politically incorrect and negative opinion of another group. There’s “racist”, “sexist”, “ageist” and “elitist”, just to name a few.

It intrigues me how often someone uses one of these term in an attempt to demonise the judgments or opinions of others, when differing to their own, and when, in essence, they are doing the very same thing as those they attempt to discredit.

Who among us can truly say we are not some form of an “*ist*” - I doubt there is a single living human being on the face of this planet right now who isn’t, at the very least, an elitist. After all, what is an elitist and what do they have in common with all of the other “*ists*” (as well as you and I for that fact)? An elitist, or a racist, an ageist, or a sexist each compares another living being with themselves and deems that other being to be in some way inferior, because he or she is different to them. In other words, an elitist considers themselves to be, in some way, superior to someone else.

Who among us hasn’t done that at some point in time, to some degree? Who can honestly say they love and accept all beings on this planet fully, for who and what they are, all the time, without exception and without judgment of any kind? If there is such a being, I would dearly love to meet them and learn from them.

Chances are though, if they have achieved this level of spiritual evolution, they have already moved on to some other plane of existence. Those who are left and believe that they do not ever judge another and deem them in some way inferior, are kidding themselves and everyone around them. Sad, but true.

It is a natural part of our existence for us to view the world through our own eyes and make comparisons between what we see and our own idea of who we are. If we weren’t all different, how would we be able to make distinctions about our self so as to know who we really are? For example, how would I know what it is to be a woman if there were no men in the world? But, just because I am a woman and can perceive differences between men and women, doesn’t mean to say women are superior to men. The differences are merely a reference point to assist me in knowing who and what I am.

The differences between us, when recognised and observed objectively, give us an opportunity to grow and to better understand our Self. The trouble is, the vast majority of us don’t view it that way. The tendency is to believe that we are perfect in everything we do and in particular, the views that we hold. We tend to believe that we are always right and everything should be done our way, even if the thought isn’t always a conscious one. We measure every-one around us by the opinion we hold of our Self and when some-one is somehow different to us, we generally deem them to be inferior to us. It is most significantly highlighted in the race issue, but it exists on every level and often our judgments are quite subtle. For example, we usually consider an opinion on a subject that differs from our own to be wrong and either attempt to change that person’s opinion, or judge them negatively for having that point of view. Rarely do we accept it as simply being different to our own view, before giving it due consideration to see if there is anything we can learn about our Self and our own viewpoint as a result.

This way of thinking and behaving is usually so heavily engrained in us, as a result of our individual life experiences and the conditioning of the society we live in, that we don’t even realise we do it, let alone have any idea of just how often we do it.

If your response to what I have suggested so far is to feel irritated, or to think that I’m wrong, or in some way attacking you, I would now suggest that your reaction has proven my point. If you disagree with anything I’ve said so far, it doesn’t make it wrong. It is merely an opportunity that has been presented to you to look within and re-evaluate your own truth, just as views differing to my own give me an opportunity to look within and learn. I would ask you give some consideration to what I have said about our differences existing for what they can teach us of our Self, so as to allow us to grow as spiritual beings.

Reiki, (with the support of modern physics) has shown that although the universe is made up of many different things, all of those things are made up of energy – making all those little things a different aspect of the same, one big thing. In other words, All is One and we are All One, regardless of whether we are referring to physical bodies, thoughts, opinions, religious beliefs or sexual preferences. If we are all one thing (much like cells are all our one body), how can we be better than our self, How can we be right & wrong at the same time, How can we be superior and inferior, when we are all there is? It’s something worth thinking about.

Contributor: Michele Orman - Reiki Practitioner / Teacher - MANILLA NSW - ARC Member

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

Yeast is a small but absolutely essential ingredient for turning dough into a loaf of bread. However, if you've ever attempted to make bread and left out the yeast you will know firsthand why your loaf fails to rise and therefore fails to reach its true potential. You might well be asking - what has this got to do with business?

The answer really is quite simple. In our belief business skills and marketing tools are as essential for your business as yeast is for bread. Ask any successful business what has made them successful and I'm confident that they will respond by telling you about the importance of knowing what's happening in your business at any given moment and about being able to maintain constant client numbers.

So how do you create the business and lifestyle for you?

In our opinion there are five simple steps for success.

- Know where you are
- Know where you are going
- Decide your income
- Tell the world (marketing)
- Manage for success

Success precept #1 - Know where you are

In knowing where you are the first question to ask is - what's stopping you from having a life in business you desire?

For some it may be due to a lack of skills. For others it may be due to fear, fear about their skills, fear about rejection, fear about failure or fear about success. The reason doesn't really matter – the important thing is to be absolutely real about your current circumstances and make a decision for something better.

It is only through being absolutely real with your situation and limitations do you provide yourself with the best foundation upon which to build.

Success precept #2 - Know where you are going

The ancient sage Confucius once said... "Man without target hit nothing".

We all know successful people have goals, aspirations and dreams as the foundation for the direction. The question is do you?

Once you have a clear picture of how you choose your future to be it is easy to establish a plan to bring that picture into fruition.

Continued on page 15

Passing the Purple Hat to You

*IN honour of women's history month [March] and in memory of **Erma Bombeck** who lost her fight with cancer*

IF I HAD MY LIFE TO LIVE OVER - by Erma Bombeck

(Written after she found out she was dying from cancer)

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.

I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have sat on the lawn with my grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kid kissed me impetuously, I would never have said, 'Later. Now go get washed up for dinner.' There would have been more; 'I love you's' - More; 'I'm sorry's.'

But mostly, given another shot at life, I would seize every minute, look at it and really see it, live it and never give it back. **STOP SWEATING THE SMALL STUFF!**

Don't worry about who doesn't like you, who has more, or who's doing what

Instead, let's cherish the relationships we have with those who do love us.

Success precept #3 - Decide your income

Many business owners from all business types fall into the common financial trap of accepting the money that's left at the end of the day as being their personal income.

In reality they have, by doing this, made a decision to accept leftovers and struggle as their energetic business pattern.

In truth there is no shortage of money - there is only a money shortage mentality. So how much are you worth?

Success precept #4 - Tell the world

What's the point of being the best practitioner with the best clinic in the best location if nobody knows you exist?

Sadly many practitioners fall into the dilemma of having insufficient clients simply because they either feel uncomfortable about promoting themselves or, in some cases, feel promotion is selling themselves and this is in some way pushy and therefore inappropriate.

In reality marketing and selling are essential for your business to succeed.

At this point ask why you have spent all the time, energy and money you most likely have on study to obtain your qualifications and then fail to tell the people desperately seeking your skills that you exist. We consider this a waste and have met many practitioners who feel the same way.

Success precept #5 -Manage for success

It doesn't matter whether you use a shoebox, filing cabinet or computer to store your information; you have created a system for managing your business records. Obviously some are more effective than others, but what they really are about is finding an appropriate way for handling all the stuff you would most likely rather forget.

The most common failure point of business is the lack of awareness of [what](#) is happening within their business in regard to finances, clients, marketing and management of staff. This is why we believe it's paramount small businesses copy large businesses in terms of establishing appropriate management tools and systems to ensure the business meets its many objectives and responsibilities.

Not sure how to go about putting all this into place? We suggest you engage the services of a business coach or mentor to assist with both the development of your business and for ongoing support, advice and assistance along your business journey. There are many individuals who provide these services but it is important, when considering working with somebody you choose someone who has both the skills and feels right for you. Contact us on 1300 856 808 for a FREE ½ hour telephone session about your needs and make sure you feel comfortable working with us.

Contributor: Anthony M Turner - CEO

Anthony's passion is helping business owners achieve their best in life and business

Anthony Turner is a specialist business mentor to the Natural Health Industry.

His business - Transform your Business, provides full marketing and financial services, business advise & coaching plus skills training workshops ALL with a Natural Health bias.

www.transformyourbusiness.com.au

Call Anthony on 1300 856 808



Reiki with grief is not always spoken about so personally

Insight #4

I am secure enough in myself to know Who I AM, but I Am in a human body that is not happy

I Am at present bound by the human condition, The emotions;

The level of knowledge of the metaphysical

Is in complete contrast to how I AM

Just for today, I am feeling wretched

I am wretched, and So Be It!

The fog rolled in over the fields late this morning,

It is hanging in the trees and it is still;

The body is shrouded in longing and sadness, still!

The sun will shine this afternoon;

I Am waiting for the wretchedness to loosen it's grip

On my heart - On my mind

Soon the sun will shine for me!

I was asked to speak about connecting threads - which is the core or fundamental truth that I believe lies at the base of all religions, philosophies and belief systems. Something I spoke about at another session, which at the time was off the cuff... unprepared and perhaps better for its instinctual presentation – coming straight from the heart. When I read back what I've written here, it has become something a little bit different. Something which pulls together threads of my thinking now, looks at the duality of existence and the infinite gift of life.

It is based around my own fascination with the big questions. *What is the meaning of life? What is God? What is healing energy? What is spirit or to be spiritual? What is the true nature of reality?*

I found preparing this difficult, as to me the truth is slightly indefinable - the more I think and try and explain, the more I move away from it. I sometimes think words are inadequate; they are in essence geometric representations of a thought or energy. The truth to me is in something I feel and sense rather than think. Please understand I come at this as a humble individual, with no claim to any great wisdom or understanding, just a person muddling through life..... asking questions....wishing they were smarterhad more insight. I also know my thoughts are not original, not mine, they have all occurred before – I am a vehicle receiving, hearing, reading..... sifting and placing my own interpretation on them.

At this point in time my interpretation is very simple. At the core of our existence is connection, connection so profound, extensive, and multi dimensional - our standard senses - the way we normally think, the ways we are taught to think - are unable to grasp it. Because of this connection the practice of compassion and loving kindness in whichever way we are able is essentially our only option. It benefits others and in so doing benefits ourselves. The more we are able to grasp the connection and interconnection – the more successful we can be in life.

In purely rational/logical terms our bodies are made up of the earth, wind, water and fire. The earth is the substance of our body - our body sheds, breaks down, becomes the soil again, which grows things that sustain us. The wind we receive and exchange in breath with each other, from the trees and plants, from all living things – a constant exchange. The water flows through us all....from the sky, in the plants, in the animals, in the earth. The sun is the fire and energy that brings the spark of life to us all. To extend that thinking out.....where do we end....where is my end and your beginning? My eyes perceive it at the end of my finger tips, my senses feel it in truth continuing far beyond that ...endlessly to mingle and join, effect and coexist with all others.

My own initial search began with a rejection of the Christianity I was brought up in. Not in the fundamental teachings... ten commandments etc. But in the judgement of others... in the pretence that unless you are Christian you will not be saved – there is no other way, you will be damned and go to hell. Say ten hail Mary'sbe baptised.....go to confession..... and you will be saved.

We spend too much time judging – judging others, judging ourselves....judging everything. If a person or animal does something bad, it does not mean they are bad. If you can look from another view, it is a part of cause and effect....the end result of everything that has happened to them in life preceding that point in time. It is actually a communication, a window into those things that have affected them over time.

I've come to understand that religion is flawed because people are flawed. The answers are all in the teachings of the great wisdoms of the world. It is up to us to decide whether we judge the flaws or see the profound beauty that is in each of them. On the one hand you could say religion has most to answer for on our planet. On the other you can see the profound beauty and wisdom. The Jesus I've come to know was a rebel of the greatest kind, one who would not accept convention if it harmed anyone. One who did not judge, one who showed the potential and possibilities of a greater interpretation of life. Someone once wrote (I'm not sure who), that the spread of Buddhism throughout the western world may be the greatest event to happen to human kind. In it I see an interpretation of Christianity that works.

We all see the world through different filters - religion is only one way to be spiritual, to understand the connections – whether it is astrology, numerology... whether we see colours in Reiki, feel energy, see and work with angels, pray to a god we know and love or ride and connect with a horse... write poetry, are taken out of ourselves by great music.....In all can be found the essence of life, spirit, connection, enlightenment. Interpreting with our rational, judgemental, limited minds only serves to move you away from the truth. Opening yourself up to the positive, the infinite possibilities of each, leads to something far greater.

Sometimes I can rise above and see – a movie, a book, something in nature...gives me a different view. I sense an amazing clarity and wonder why I've been down in the mire for so long, why I can't stay in this space, this view. I know I can access this truth, this view. I sense profound knowledge is available to all of us, all the time. We just have to trust our potential, our ability to reach and interpret it. Beyond our neurosis and individual hang-ups (of which I'm increasingly dismayed by my own), we are each perfect beings, budda's, gods, transcendental healers.

By Alison McLean and Sarah Withers

..... "The accident several months earlier had left Sarah wondering if she'd ever find the courage to get on a horse again. She was at her lowest ebb when the soldiers of peace came to the rescue. She admits that if it hadn't been for the horses, she would never have dragged herself out of bed each morning.

She'd forgotten about her intuitive side and in some ways it had been convenient to ignore it and fit in with others... until now. Alone with the horses, in the raw environment, she remembered a deeper level of communication. Their energy triggered feelings of grief...how long had she been disconnected from this part of herself she'd once trusted completely? The answer didn't matter. She knew that working with the horses again on this deeper level was restoring her to sanity. It was a two way street. The more Reiki she gave them, the more it helped her and the horses. In turn they were very serene and easy to handle.

Tagging along while she fulfilled her daily routine, I was pleasantly surprised to see how relaxed they were. No tension at all in their dreamy eyes. To sense the incredible peace was a profound experience for me. I could see that the horses created a loving space for her; a safe space where feelings of self worth had the opportunity to surface again without judgment, slowly replacing the useless seeds of self doubt and failure. The road to recovery didn't begin and end with the horses. The universe was sending more heroes to the rescue. Who was saving who? Not far from the old woolshed, was a dog in a steel cage..."

Sarah and Alison invite you to share their intimate, spiritual journey with animals, nature and each other as mother and daughter. The stories are told through the mother's reflective voice and cover a ten year period of time. Their foundations of mainstream beliefs were constantly challenged through their interaction with animals. The events that followed ultimately led to the path of Reiki healing.

Although the book's focus is on the energy which each animal brings to the situation, it also reflects the healing stages of growth between two individuals within a relationship. There are stories within stories and a common thread which weaves through it all creating a colourful tapestry. As the book progresses, it becomes clear that the spiritual practice of Reiki can bring about balance within a person's life, helping them to find their place in this world. Even if you do not practice Reiki or work with animals you will still identify with the human journey and appreciate the beauty of the natural world.

Sarah is a professional equine body-worker who uses Reiki in her practice. Alison is a Reiki master/teacher based in Canberra whose lineage and ongoing development is through Frans and Bronwen Stiene.

Contributors: Alison McLean and Sarah Withers

Cost - \$25 for one book including postage and handling within Australia

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Connecting Threads concluded...

By Tom Layton

What is a successful life? – to me it is an authentic life. I think there is a path for all of us that lives in that profound connection. That brings together the unique talents and gifts we have each been given.... to benefit the world we live in. If we are ever going to get anywhere as a race, it will be in decision making and actions that understand and seek to benefit the living system we are part of, rather than cause personal gain. The two are not mutually exclusive..... in acting in the highest possible version of ourselves, we benefit others and because of the connection.....in the same instant heal and benefit ourselves.

As I've gotten older I hope I've become much more aware of this connection, of the greater reality I'm part of. Rather than take credit for any success or become depressed by failures. I recognise and am humbled by the interactions and chain of events of which I am only a part. I hope to become more and more in touch with that flow and chain of events, to observe it and to make the most of every second of this life. I'm in awe of the gift I've been given in living and worry I have wasted too much time in ignorance. ... I am still nervous and doubtful about whether my daughter is at the right high school, whether my mortgage is too high, whether I'm a good father, whether I am following the right path, a path that benefits my family... or am on my own selfish quest. But also maybe these days am easier on myself, because I know on the one level I'm human - I'm limited, faults and constant mistakes are built into my design. At another level I know – just like everyone else – I'm perfect, infinite, unfathomable, god like, imbued with infinite potential.

Email Tom: rtlayton@lead.asn.au



Tom and his daughter Mel

New South Wales - East Gosford [Central Coast] with Pam Northcote

We held our third annual "Reiki in the Gardens" event to celebrate Reiki Awareness Week on 6th June and I must say it just keeps getting better and better. *Reiki in the Gardens* was held in the Tea House in the tranquil Japanese Gardens in East Gosford. This year has been a decidedly different energy from the first 2 years. Firstly, this year we wanted our donation monies to go to aussie research into the benefits of Reiki in palliative care rather than our previous donations to palliative care itself. Secondly and I think as a by product of us advertising the fact that we wanted to put money into research, many other masters and practitioners asked to join our celebration.

The Central Coast of NSW had experienced almost nonstop often torrential rain for more than three weeks in the lead up to the event. When sending emails out to all those involved in our event, I had asked them all to visualise a beautiful sunny day for Sunday 6th June. It was not looking good on Friday 4th June - the north coast had just experienced wild cyclone/tornado weather and our weather forecast was for rain all weekend. Just in case, I felt we needed a back up plan so I went to the Gallery attached to the Gardens and pleaded for some space indoors if the weather was horrid on Sunday. Thankfully, we were allowed a small area with large windows looking out on the garden.

The power of visualisation huh? We had a glorious start to the day - warm winter sunshine and not a cloud in the sky. Toward lunch it became a little cloudy and the first drops of rain came as we were walking out to our cars at the end of the day. It was a little brisk as there is often a southerly breeze through the Tea House but lots of rugs for the clients, lots of layers worn by the practitioners and we also had several chairs out in the sunshine too. The Tea House faces out to a waterfall and pond and while the fish weren't as active with the reiki healing this year due to being in semi hibernation they definitely weren't asleep!!

We had a busy few hours with approximately 40 people coming for seated reiki taster treatments and we were delighted to be able to give reiki to several children this year - some little girls who loved it and surprisingly some teenage boys who aside from their giggles and wanting to punch each other to give each other something that really needed healing they quite enjoyed it. A very beautiful Japanese lady who is learning reiki from a Japanese Master in Sydney came along for some reiki with her two little daughters. So nice perhaps sweetly ironic being a westerner giving reiki to Japanese people.

We had several people up from Sydney and a number of people in the nursing profession who have studied reiki and are keen to see reiki in their own hospital settings, dementia units and the like. Needless to say we collected contact details from them so that they can be part of the "movement" to try and introduce reiki into these settings. One lady (a master herself) had 3 healings from 3 of the practitioners (and donated each time) just because she enjoyed it so much.

We raised \$140.85 from gold coin donations and had an extra \$60 from the reiki shares we run here at Saratoga. A great effort and I would like to thank Jules, Helen, Shaz, Annie, Libby, Melissa, Ross and Jan for giving their time and healing hands on the day. If I could give our special day this year a theme it would be "connection". There was such a strong sense of connection between us to unite and bring this beautiful gentle healing modality of reiki as a complementary therapy into mainstream healthcare. After a wonderful but tiring day just as I was ready to pour myself a cuppa and put my feet up a small voice beckoned me "Mummy I have a headache can you please give me some reiki?" How could I refuse?.... Pam Northcote

Victoria - Drouin Annie Richardson

We had a wonderful day at the Reiki Awareness week event at Lyrebird Villages for the aged on Saturday afternoon the 12 June. The lifestyle manageress had talked to the residents about the Reiki day for a couple of weeks before the event, she also helped by bringing residents to the room that we were able to use. Four practitioners spent between 15 to 20 minutes on each resident, we had 21 healings and some of these were in wheelchairs and their own rooms, some of the staff brought two residents from the dementia wing. Five of the staff had a healing as well, we started at 1 o'clock and finished at 4 45 pm. we were then given a nice afternoon tea, and asked if we would come again on the 21 august.

I also gave ARC Reiki pamphlets to residents and staff members, it was a good great day!! Annie Richardson

Victoria - Bacchus Marsh Shirleyrose Rowe

I facilitated a one day event for Reiki Awareness Week at Seahorse Well Being Centre in Bacchus Marsh. The Reiki channels who regularly attend our 'sharing evenings' supported me. In advertising this time, I made it clear that people could come at any time for a 15 min. experience of the energy as most do not realise that a little is better than none, and unless they experience it at some time they do not make a decision to embrace it. That said, even if only one person moves forward in their life because of our work, it is worth while. Love Shirleyrose

Northern Territory - Darwin with Jan Hordern

We held our Darwin Reiki Awareness Week event in the local market in Parap on Saturday 12th June. We were given a wonderful site this year enabling heaps of passing traffic to notice us. I would like to thank Marg Rollings, Derek Chin, Lucy Kostas, Linda Emsley, Natasha Pearsons, Jane Sawyer, Margie Roe, Katrina Duck & Rebecca McCormack for turning up and supporting me in this venture. The day began at 8am and we were flat out from then until 1.30pm. At one stage 6 of us were working together and the resulting energy was truly amazing and was enjoyed by all of the Therapists

We treated 59 people in all and some of those sessions were quite extensive. We also answered heaps of questions and handed out lots of information. Our 20 ARC pamphlets went in a flash - we could of handed out at least 60 as it turned out! Fortunately some of us had brochures about Reiki that we just kept on handing out. It was the most remarkable day I have ever spent promoting Reiki. So many people were amazed that Reiki given mainly on the head and shoulders, just sitting in a crowded place, could be so effective! One lady came back with a bunch of flowers as her migraine had gone! This was truly a community service as well as a Reiki promotion. The feeling we received back was that they felt wonderful appreciation as the Reiki worked its magic and so much pain and discomfort disappeared, they were also so impressed that we would give our time and skill for nothing. We Therapists all enjoyed working together and meeting other members of our Reiki Family. We all look forward to being there again next year. in Love, Light & lots of Sunshine, Jan Hordern.

Tasmania - Hobart / Lindisfarne with Joy Nicholson

Reiki Awareness Week in Tasmania and what a wonderful week it was - any excuse to do/give Reiki makes for a good week! We held 3 events in Hobart this year, all of which were a joy to be involved in.

- a open day for the public to experience Reiki was held on Saturday the 12th June

- Reiki was given to residents of a nursing home on Friday the 11th June

- and some of the staff at the Royal Hobart Hospital experienced Reiki through out Reiki Awareness week

Everyone who participated, whether giving or receiving Reiki, had a lovely time. Some of the comments were 'I am in a different space!', - 'I feel wonderful', - 'that was so relaxing', - 'I don't know what it is but I could feel warmth and only what I can describe as love'. - 'Thank you, thank you, thank you' -

It is truly a privilege to be a Reiki practitioner. Not only did we all enjoy the week but we also raised some money for Gemma Sisia's School (St Jude's) in Tanzania. We look forward to next year's Reiki Awareness Week - Joy Nicholson.

Victoria - Airport West Hilary McPhee

Our Reiki Awareness Week event was celebrated at Reiki Shine in Airport West with an Open Day on Sunday June 13th and although no members of the public turned out, Rosemary, Waltraub and myself had a very informative discussion and decided we should set up Reiki shares more often. We shared Reiki and we all floated around after that and felt really fantastic. Thanks girls! Next year will be bigger and better as I will be holding two information sessions and Reiki tasters at the local library during the nominated week. See you at the ARC national conference in October! I have already booked and am SO excited! Love and light, Hilary

South Australia - Adelaide Christine Sinclair

Hi South Australia, Reiki Awareness week was fantastic. I had Reiki Masters in training, volunteering 15 min Reiki Treatments at the big Adelaide Body Mind and Psychic Fair, on the weekend of 5th & 6th June and also in my wee little shop I continued the Reiki Treatments all week there after. I have always been known to say, "Have hands will travel". Donations for this service went this year to the Special Needs Children's Christmas Party, which we will attend also this year. Giving of service where we are needed. I give a BIG thankyou to Samantha, Dodie, Jenny, Natasha & Kerri for volunteering their time and hands. It was a wonderful fair full of atmosphere and fun. In SA we are still holding regular Reiki share healing days, so come join us one day.

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*

By William Lee Rand - Continued from the previous ARC INK

Reducing or eliminating sugar from your diet is one of the most important changes you can make to improve the quality of your Reiki energy, both for giving treatments and for giving attunements and teaching. When intending to eliminate sugar, it's far easier to stop completely than to reduce your intake gradually. The use of sugar is addictive for many people, but if you completely eliminate it from your diet for three days, the sugar residue in your body will be removed from your system, and you'll find your desire for sugar greatly reduced, making it very easy to continue avoiding it. The use of a chromium supplement will also reduce the desire for sugar.

I do not recommend any of the artificial sugar substitutes such as saccharin, cereal, for baking. Some people detect an aftertaste, but this can be just a matter of finding the right brand, or just getting used to it.

Chocolate

This confection contains three chemicals that create problems for Reiki practitioners: Theobromine, phenylethylamine and sugar. Theobromine is a member of the caffeine family (described below). It affects the neurotransmitters in the nervous system, creating an imbalance that results in a stimulating or mood enhancing effect for some people. Phenylethylamine increases attention and activity and can have an antidepressant affect as well. It works by increasing the levels of dopamine in the brain and also causes other brain chemistry changes. Sugar can cause a rapid elevation of glucose in the brain, followed by a plunge, thus tending to adversely affect brain chemistry. While it may appear that chocolate makes people feel good, this is not a natural effect and is the result of creating imbalances in the nervous system that limit one's ability to channel higher quality Reiki energy.

How Sugar Weakens White Blood Cell's Ability to Destroy Bacteria

Grams Sugar : Amount of Sugar in : Number of Bacteria Destroyed

| | | |
|----|----------------------|-----|
| 00 | None | 14 |
| 24 | 1 Scoop of Ice Cream | 10 |
| 48 | 1 Soft Drink | 5.5 |
| 72 | Half a Malted Drink | 2 |
| 96 | 1 Piece Cheesecake | 1 |

Aspartame, sucralose, neotame, acesulfame potassium, sorbitolorxylitol, as these do not occur in nature and the body doesn't know how to deal with them in a healthy way. I have found stevia and agave nectar to be healthy, and they do not interfere with the flow of higher frequency Reiki energy. Stevia is especially noteworthy in that it has no calories, acts to stabilize blood sugar, regulate the pancreas, is a cardi tonic, reduces acidity, and may help fight bacteria. It is especially good for diabetes, hypoglycemia, candidiasis and obesity. It can be used to sweeten tea, yogurt,

Caffeinated Beverages

This group includes coffee, caffeinated tea, guarana, yerba mate, etc. These beverages contain caffeine or, in the case of yerba mate, xanthine, a drug similar to caffeine. Their consumption can cause temporary alertness and memory improvement along with a lift in mood and an increase in energy. Positive effects certainly, but they are created by causing a distortion in the way the nervous system functions. The imbalances they create have an overall effect of draining the nerve cells of important chemicals that are necessary for the transmission of higher quality Reiki. These imbalances cause some people to feel nervous and jittery and even cause heart palpitations, especially with higher doses. While a person may feel "high" from the drinks, the "high" is taking place in only one part of the nervous system and the overall effect is to lower one's vibration. Note that as soon as caffeine or any drug enters the body, the wisdom of the body recognizes it as an undesirable substance and immediately begins to remove it through the liver and kidneys. These drinks create distortions in the natural balance of one's system and short-circuit one's ability to channel higher frequency Reiki energy.

Meat

This food group includes beef, pork, chicken and turkey, or any other kind of mammalian flesh. This type of food is heavy and requires a lot of energy to digest. When raised in captivity the animals are not in their natural healthy state and tend to be sluggish and lack vitality and can often be filled with distress. These vibrations are imbued into their bodies and energy fields and can have this same effect on those who eat them. These animals are evolved enough to have a basic consciousness that is close in vibration to some of the lower levels of human consciousness, and when it comes time for slaughter, the animal can become filled with anger and fear.

By William Lee Rand

This releases adrenalin into the blood stream that carries these negative emotions with it. The chemical messengers of anger and fear, along with their psychic counterparts, remain in the meat and tend to create and/or enhance these emotions in those who consume them. In addition, the spirit of the animal can remain connected to the meat and become entangled with the eater. There is also the problem of pesticide residues, hormones, antibiotics and other drugs used in the industrial production process that are in the meat. These chemicals create imbalances in one's system, distorting the functioning of many of the organs and creating a toxic burden the body must work to release. Meat lowers one's vibration, distorts the functioning of the body, and places an unnecessary burden on one's system, thus impeding one's ability to channel higher Reiki energy. Fish in limited quantities can be a substitute for meat, as fish is lighter in vibration, easier to digest, and doesn't carry the same psychic burden. In addition, fish contain omega oils that create feelings of relaxation and are healthy for the cardiovascular system. However, some level of mercury is present in most fish. Mercury is a neurotoxin that damages brain cells. Because of this, it's important to avoid fish high in mercury, which include: Atlantic halibut, king mackerel, oysters (Gulf Coast), pike, sea bass, shark, swordfish, tilefish (golden snapper), tuna (steaks and canned albacore). Fish low in mercury include anchovies, Arctic char, crawfish, Pacific flounder, herring, king crab, sand dabs, scallops, Pacific sole, tilapia, wild Alaska and Pacific salmon, farmed catfish, clams, striped bass and sturgeon. Eating one or two servings of fish per week from the lower mercury section can be acceptable as long as one also uses supplements to help release the mercury from one's system. *See the section on heavy metals below.*

White Flour

Foods made with refined flour are denatured (robbed of natural nutrients) and contain fewer vitamins than whole grain products. This is because two of the most nutrient-laden parts - the bran and the germ - are taken out. (Enriched white flour products aren't as nutritious because the added vitamins aren't natural and aren't absorbed by the body as well as those that are naturally present in food.)

The germ contains important vitamins including Vitamin E, Folic Acid, Thiamin, Magnesium, Phosphorus and Zinc, along with protein. B vitamins are necessary for digestion, and if they are missing from the food you eat, the body must draw on its store of vitamins to digest the food, thus depleting the body of the B vitamins it needs for other processes. The missing bran and germ is one reason white flour is white, but it is also white because it is bleached. The chemicals used are oxide of nitrogen, chlorine, chloride, nitrosyl and benzoyl peroxide mixed with various chemical salts. Residues of these chemicals are left in the flour and are detrimental to health. In addition, the bran contains fiber, which helps maintain regularity and also helps absorb cholesterol from the bowel, thus lowering cholesterol levels.

White flour products have a high GI of 70 or more, which means they are converted to sugar and absorbed quickly into the blood stream, having a similar effect as sugar. The consumption of white flour products depletes the body of needed nutrients, causes rapid swings in one's blood sugar level, thus destabilizing health and causing all the problems already mentioned about sugar, including making you more vulnerable to illness, reducing your vitality, and decreasing your attention span and memory.

(Note: consuming fast foods that contain mostly white flour and refined sugar is a formula for instant weight gain. These foods are converted to blood sugar quickly. As they enter the blood stream they signal the pancreas to flood the blood stream with insulin, which immediately converts the blood sugar into fat, which is stored in the body.)

White flour products lower your vibration; decrease the strength and stability of your energy field, and sabotage your ability to channel high-frequency Reiki energy. It is much better to eat whole grain foods, which contain the nutrition your body needs and help maintain a state of vitality and balance.

Alcohol

Consumed as a beverage, alcohol is a psychoactive drug that acts as a depressant. It can induce a feeling of relaxation and euphoria in which one feels "high." It acts to reduce one's awareness of both physical and emotional pain and to remove concern and worry, or feelings of responsibility. It reduces attention span, slows reaction time, causes slurred speech and clumsiness, impairs judgment, and can give a feeling of false confidence. Being toxic, it places a burden on the liver. Continued use can result in cirrhosis of the liver and liver failure. It also weakens brain cells by damaging dendrites, the branched ends of nerve cells that bring messages into the cell. Significant blood-alcohol content can result in drunkenness and continued use can lead to addiction. Alcohol consumption can open one to negative spirits that are attracted by the "high" one experiences and "feed" on it. They can encourage one to drink more and tend to gather around bars and nightclubs where they prey on the unsuspecting, lowering their vibration even more and causing serious problems with the aura. The consumption of even small amounts of alcohol creates imbalances in one's energy field, endocrine and nervous systems that adversely affect one's ability to channel higher quality Reiki energy.

Enhance your Reiki Energy with a Healthier Diet

By William Lee Rand - *Concluded*

Heavy Metals

These include mercury, lead, cadmium, arsenic and others that are present in our environment and in some foods. They are the product of industrial pollution and, in some cases, can come from natural processes such as volcanic eruptions. Mercury also comes from dental fillings, which are half mercury. It has been recognized for a long time within the alternative community that mercury dental fillings are a serious health risk² and this idea is beginning to be accepted by the FDA. The solution is to be tested to see if you have a high mercury level in your body and if so, have the mercury fillings replaced with composites - making sure the material chosen by the dentist is right for your body. Heavy metals pose an especially serious health risk. In the case of mercury and lead, which are neurotoxins, they can damage brain cells and lower IQ, especially in the fetus and young children. They are also a serious concern for adults. In addition to causing neurological problems, they can create depression and decrease one's emotional responsiveness. In addition to causing health problems, heavy metals can also limit the flow of Reiki and prevent one from experiencing higher emotional and spiritual states of consciousness.

I recommend that all adults be tested for heavy metal contamination. This can be done by most alternative or integrative medical clinics. If heavy metals are present, they can be removed by a variety of methods. Two of the more powerful and effective methods of removal are DMSA taken orally and EDTA taken intravenously. (DMSA and EDTA must be prescribed by a physician.) There are also more gradual methods of treatment involving natural supplements that can be taken on a maintenance basis, or if fish is a regular part of your diet. These include modified citrus pectin, amino acids, chlorella and homeopathic remedies.

Conclusion

So far I've mentioned what foods and substances to avoid in your diet, and I'm sure at this point you're wondering what foods I recommend. There are several choices. One is a diet of fish and vegetables. Another choice is a vegan diet or a raw food diet. All of these diets will promote a natural balance in your system and help attract higher frequency Reiki energy. I'll be explaining these diets in greater detail in a future article. The foods and substances listed above are the most important ones to avoid in terms of improving the quality of your Reiki energy. By keeping them out of your diet, you'll allow the body to assume it's most natural and balanced state, which is necessary for optimum health. While some Reiki energy will flow regardless of one's diet or physical state, maintaining balance and a natural state in one's nervous system is key to attracting, maintaining and channeling higher frequency Reiki energy.

As you start your program of change, it's important to go slowly, making one change at a time and allowing it to settle in until it feels like a normal part of your life. With this success as a foundation, go on to make other changes, so that gradually, over time, your diet is modified to match the recommendations. You'll be surprised at how easy it is when you go slowly and continue steadily over time. Also, remember to use your Reiki, especially the Mental/Emotional symbol, to help change your eating habits. By following these recommendations, you'll be rewarded with an overall improvement in how you feel, including better sleep, improved energy and vitality, and a feeling of lightness and mental clarity. In addition, the quality of your Reiki energy will improve, resulting in better treatments for yourself and others. You'll also experience improvements in the quality of your meditation and inner experiences as a more refined space develops within you, opening you to higher vistas of subtle consciousness that can be miraculous to experience. There is unlimited potential residing within you ready to awaken. There is no need to wait. Take action to claim your higher purpose now.

If you'd like to contact William about this article, please email him at william@reiki.org

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8. For additional information regarding the effects of sugar on your health, >> <http://www.healingdaily.com/detoxification-diet/sugar.htm>

Questions and Answers in relation to the ARC 2010 National Reiki Conference

Integration of Reiki as a complementary therapy into mainstream health care and community settings

Q. Can I pay with staged payments?

A. YES

Contact ARC Treasurer on 1300 130 975 or e: information@australianreikiconnection.com.au First payment [½] with the booking, as the deposit - second payment [½] before 31st August and final payment [½] by 17th September.

Q. If I use the online registration do I have to have a credit card to pay with?

A. NO

Complete the online registration and choose an offline payment method. [Cheque/MoneyOrder/DirectCredit]

Q. Can you assist with arranging for attendees to share accommodation?

A. YES

Attendees who are booking accommodation and who are willing to reduce costs by sharing can inform conference organizers who will compile a list and put you in touch with others.

Q. I am unable to attend the conference however I would like to help to promote it. Is there anything I can do?

A. YES

All help is welcome. For example you could:

Email your contacts informing them about the conference and provide a link to the ARC dedicated conference website. [Click here to visit the dedicated website for ARC 2010 National Reiki Conference](#)

- put a link to the dedicated conference website from your own website (if you have one)
- put up flyers in your local area (flyers available from ARC)

Q. Why hold this conference at this time?

- Ongoing requests over the years, from ARC members for ARC to host a Conference.
- There is a great deal happening in Australia at this time in relation to complementary and alternative therapies, which make this an ideal opportunity to hold the conference.
For example to name a few:
- The New South Wales Government regulations with legally binding codes of conduct for unregistered health care practitioners (including Reiki practitioners).
- Federal Government changes to health funds in relation to issuing of provider numbers and professional association membership.
- The Victorian Government's proposed National codes of conduct for unregistered health care practitioners.
- Removal of health fund rebates for Reiki treatments by all major Health Funds.
- A growing realization that preventative medicine and reduction of stress is important. Reiki helps to reduce stress.
- Public naming of Reiki as a treatment NOT to be used by some organisations such as the Stroke Foundation.
- Reiki is still perceived, to be an alternative therapy by many in mainstream health care and in the community.

This conference is an important and necessary platform:

- For the Spiritual Practice of Reiki to be acknowledged, while at the same time demonstrating that Reiki treatment practitioners working in the community are doing so in a competent and professional manner.
- To show that Reiki can do no harm
- Demonstrate that Reiki is in fact being provided in health care and community settings albeit in some cases not by name, with great benefit to clients and patients.
- To inform that Reiki is a Complementary therapy that can work alongside all other therapies.
- To further increase awareness of Reiki treatments with the general public.

Q. Is the conference only about integration of Reiki into the health care system?

A. NO

Not all Reiki Practitioners desire to work in these areas. Therefore It is also about integration of Reiki in Community Settings such as Community Houses/Centers, Schools, Emergency Relief Centers, Outreach programs, Volunteer Groups and in the Public arena where it can be of benefit, to name a few.

Do you have any questions that you would like answered? If so please do not hesitate to contact me by

Phone: 1300 130 975 or Email: information@australianreikiconnection.com.au

Who will benefit from attending this event?

Practitioners of Complementary Medicine and Therapies

GPs

Clinical specialists

Nurses

Oncologists

Allied health professionals

Academics in health care disciplines and researchers

Medical administrators and Policy makers,

Students of medicine, nursing, allied health professions and complementary therapies.

Email:

information@australianreikiconnection.com.au

Website:

www.australianreikiconnection.com.au

Telephone:

1300 130 975



PO Box 525 MONBULK VIC 3793

BOOK NOW

**SATURDAY & SUNDAY
8TH & 9TH OCTOBER**

0035912F ARBN 097 727 234 ABN 16 324 495 886

ARC 2010 NATIONAL REIKI CONFERENCE



Date: Saturday 9th - Sunday 10th OCTOBER 2010

Venue: RYDGES on SWANSTON: 701 Swanston Street MELBOURNE VICTORIA

Integration of Reiki as a Complementary Therapy into Mainstream Health Care and Community Settings

Conference Objectives

- *To further the process of having Reiki as a complementary therapy integrated into mainstream health care and community settings*

- *Raising the awareness and benefits of Reiki as a complementary therapy, in these facilities and with relevant government departments*

- *Update professional Reiki Practitioners on some of facilities in Australia where Reiki is being used*

- *Demonstrate that by working together, we can create better health for all*

- *Demonstrate how professional Reiki treatment practitioners can play a key role in the process*

- *Raise awareness that this integration of Reiki is already happening, with beneficial outcomes for patients, which in turn has positive beneficial outcomes for the healthcare system and Professional Reiki Practitioners*

- *How you can play a key role in the ongoing process of promulgating Reiki in the community*

- *Network with other Reiki Practitioners, allied health care workers and share our knowledge and experience*

- *Demonstrate the importance of caring for the carer*

- *Demonstrate how recent trends that are supporting the move to a wellness paradigm and its implications for healthcare of the future*

- *Show eight years of evidence in providing Reiki for cancer patients in a major teaching hospital*

- *How animals also benefit from Reiki*

- *How hospital rooms can be transformed into spaces where people can engage in an experience that helps alleviate their anxiety, stress and pain*

Speakers: Professor Marc Cohen - Molly Carlile - Dr. Anna Petterson
Pamela Miles - Eterpi Soropos - Helen Pike - Maria Lacey
Ingrid D'Andrea - Louise Riley - Sarah Messina

This Conference is open to everyone who has an interest in an integrative and holistic approach to health care and who believes in putting the patient first