



ARC INK Magazine

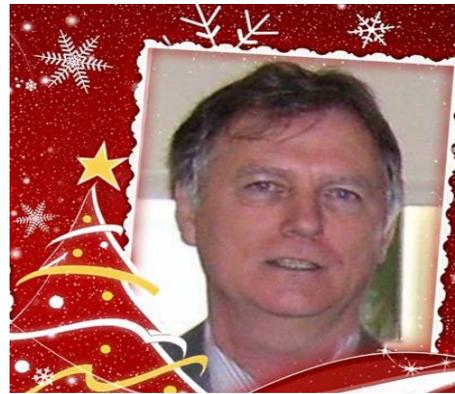
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November 2017 - January 2018



Australian Reiki Connection Inc.

THE ASSOCIATION OF AUSTRALIAN REIKI PROFESSIONALS



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President's Comments: John Coleman

Greetings and welcome to this edition of the ARC INK Magazine!

I wish our readers a peaceful, joyful and harmonious holiday season and everything you desire for your highest good in 2018. I don't know about you, but this year feels as though it only started yesterday such is the speed at which it has passed.

Complementary and Alternative / Integrated Medicine/Therapies have made an enormous difference to the health of the population in Australia and abroad. However, it seems the more beneficial it is, the more obstacles are put up to stop their use. For many years now in Australia, Reiki has not been a part of the Health Funds Rebate Scheme having been systematically dropped by those who used to offer the rebate. Basically, Reiki treatments were an easy target. (This will not stop ARC from advocating for its reinstatement). Not so easy to drop were other Complementary and Alternative therapies.

It seems that is about to change with the Australian Federal Health Minister Greg Hunt recently revealing, that as part of his private health insurance reforms, a wide range of natural therapies will be stripped of government subsidies, and removed from all private insurance products. The Minister is acting on the 2015 findings of the *Review of the Australian Government Rebate on Natural Therapies for Private Health Insurance*. These legislative changes will take effect from 1 April 2019. (ARC will have an article on this in our next edition of the ARC INK Magazine.) It is never too late to write to your local political representative and to politicians of all parties asking them to reverse this policy.

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ARC INK is for the information of USUI System of Reiki Channels

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President's Comments - continued

With these *attacks* on Natural Therapies it is more important than ever for professional practitioners and associations to ensure professional standards are maintained and further improved in order to demonstrate to authorities and the public that therapies such as Reiki are safe, beneficial and a form of preventative medicine.

This is one of the reasons that ARC has been a proactive stakeholder in the writing of the National Code of Conduct for Health Care Workers - which is Government legislation and therefore legally binding. In some States it is named Code of Practice for Unregistered Health Practitioners.

The reason at that time for using the word *unregistered* was to distinguish between the fourteen professions where registration is required.

Note: *A registered health practitioner is a person who, in order to practise their profession must be registered in one of the health professions regulated under the National Law (as in force in each state and territory).*

An unregistered practitioner is any health practitioner, who is not required to be registered under Health Practitioner Regulation National Law or who provides services that are unrelated to their registration.

Many practitioners incorrectly assume because they are members of a professional association like ARC that they are *registered* practitioners which is not the case.

No matter what happens Reiki will continue to facilitate healing and the demand for Reiki treatments will grow. ARC will continue to be a proactive advocate on this journey.

I trust you enjoy reading your ARC INK Magazine.

Love, light, lots of laughter and wellness.

John Coleman, President ARC Inc.



Marita Lajs

Marita is a Reiki Practitioner, Meditation Teacher, Nurse and Counsellor. Also Marita is a member and strong supporter of ARC – working with and supporting the committee. Operating from a practice in Rosebud, conducts monthly meditation (day) retreats, along with weekly mindful meditation and ‘timeout’ workshops. Marita is a passionate animal Reiki channel having trained with Kathleen Prasad. In her role as Mental Health Nurse, Marita regularly conducts musical sessions which her patients find highly enjoyable.



[Meditation for a Calm Mind and Life](#)

THE ARC PROJECT Documenting the benefits of REIKI

Reiki has been a part of my life since 1998.

Ever since training in Level 2 in 1999, I have straddled the two often seemingly opposing worlds of Western medicine and an Eastern derived complementary therapy.

I am a nurse. I started out as a general nurse in 1985 and moved into psychiatric nursing in 1991. I’ve always loved nursing. However, nursing alone has never been enough to satisfy me from the point of view of a career. And the Western approach to ‘cure’ or ‘symptom relief’ has always felt inadequate as an approach to supporting people in often very complex illnesses and life situations.

Around 1997, I was fortunate to ‘land’ in an area of mental health nursing (providing group programs for hospital inpatients and outpatients) at a time when holistic approaches were more acceptable. It was at the time when mindfulness meditation (drawn from Eastern spiritual traditions) was becoming popular as a clinical approach. It is now considered evidence-based. (The story Jon Kabbat-Zinn tells of this journey is interesting as a possible parallel to the effort of Reiki organisations and individuals to have Reiki integrated into the mainstream healthcare setting).

I long for the day when Reiki too, is considered ‘evidence-based’ and offered as part of a range of treatment options. Even if mainstream Western medicine remains dominant, it would be great if this complementary therapy (and others) were to gain respect.

I currently work in a private hospital that run a variety of 12-week outpatient programs. Patients or clients are given rating scales to complete at the beginning and end of the program to track responses and progress. The results are provided to their psychiatrists. Some of the results go directly to a national database. Health insurance providers are interested in these results too.

It occurred to me that the use of scales (such as the ones I am familiar with) and others relating to physical health might be a useful way to track peoples’ responses to Reiki treatments.

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THE ARC PROJECT Documenting the benefits of REIKI

I spent some time looking into scales that would measure aspects of health and wellbeing – physical and mental/emotional – that we as Reiki people could use.

I found 3 – the **DASS 21** which rates level of subjective suffering from depression, anxiety and stress. These are used in my workplace, by GP's, and psychologists. It was harder to find scales that measured physical illness... I guess it is often blood tests, X-Rays, scans etc that do this. However, I did come across a **series of scales used to assess pain** and thought this could be useful. And finally I came across the **Oxford happiness rating scale** and liked what I saw because it picked up on aspects of wellbeing that in my experience Reiki profoundly effects...life satisfaction, meaning, positivity...

The ARC Project that you may have been hearing about is based on the desire of ARC to document the benefits of Reiki and further assist the integration of Reiki into mainstream medicine. On a more personal basis, it reflects my wish to document and demonstrate what we already know – that Reiki works, and in a way (via medical language and tools) that will help Reiki gain more acceptability within the current healthcare domain. As such it recognises that the **Future for Reiki** is in both the personal work we as individual practitioners do, and in the work that as ARC members we do – that of promoting Reiki – shining the Light of Reiki where there is darkness and emptiness, and a HUGE need.

Please join us in this quest... Further information will be available at the ARC Gatherings, on the new website, and by contacting ARC in the usual way.

DASS 21

<http://www.gppaustralia.org.au/document/dass-21-scoring>

The Oxford Happiness Rating Scale

<http://www.new.meaningandhappiness.com/oxford-happiness-questionnaire/214/>

A variety of scales to measure pain

https://www.maineddc.org/images/PDFs/Pain_Assessment_Scales.pdf

Marita Lajs – Reiki Master



Frances Peterson

Frances is a Reiki practitioner practicing many other Holistic and Vibrational therapies operating from her own centre **Healing Vibrations** based in the Yarra Ranges. A skilled intuitive healer with a knowledge of varying healing modalities, Frances is a strong advocate for Self-Love where she feels is what we are all here to awaken and learn. She believes that by releasing pain and stress, at the core level; physically, emotionally, mentally and spiritually, a stronger sense of self can be realised leading ultimately to Self-Love. Gained through wisdom gained by her own journey and experiences, believes that *Relationships* are key. Here Frances describes a new healing modality that she has encompassed and recently conducted her first workshop in this new modality.

What is Magnified Healing?

Magnified Healing® is a holistic approach to healing your body naturally.

The Magnified Healing practitioner combines healing energy with voice and movement. This healing was first introduced to the Earth in 1983 and was reintroduced in 1992 with the Chinese influence of Lady Kwan Yin who guided, directed and inspired Gisele King and Kathryn M. Anderson to spread the practice and teaching of this powerful healing modality. Kwan Yin is known as the Goddess of Mercy and Compassion.

Magnified Healing is not a religion; it is a healing modality for the spiritual advancement of humanity.

Magnified Healing establishes a constant flow of energy from your heart to Source, through all of the spiritual centres, down to the diamond at the centre of the Earth. The link spirals and brings a deep state of grace pulsing forth from the Source, laying the very foundation for the Ascension process.

What does Magnified Healing do?

Magnified Healing assists in healing the body naturally on the physical, emotional, mental and spiritual levels. It is different from modalities such as Reiki because the client is actively participating in their healing process during Magnified Healing.

How does Magnified Healing Work?

In most vibrational healing methods, the healing is channelled and directed through the healer. In Magnified Healing, the practitioner creates the energy with Source and becomes Magnified Healing.

Magnified Healing is taught over two full days where the following is learned and experienced

Meditation for Empowerment

- Alignment of the Spiritual Centres
- Clearing of the Light Channel
- Co-creating the energy of Magnified Healing by increasing the energy in the hands.

Healing Self and Others

- Sensitise, awaken, rewire and connect the nervous system.
- Scan heal the body
- Scan/heal the bodies of others
- Stimulate calcium on the spine
- Distant (or absent) healing to individuals or groups
- Healing the Planet Earth
- Healing Karma
- Preparation for Ascension



For more information contact - **Frances**
www.healingvibrations.com.au/



Sue Lake-Harris (Dip. Teach., B.Ed., HSR)

Sue - an ARC Member, is the owner of Reiki Education Services and has been involved in education for over 30 years, and commenced her journey with Reiki in 1997. She has worked as a professional practitioner, teacher, and consultant to various national groups in relation to training standards, codes of conduct and ethics, and professional and personal Reiki practice.

Professional Practice – Reiki Treatment Delivery & Practice Administration: *(an ARC endorsed course)*

So you've completed Reiki I and II, have enjoyed working on yourself and your family/friends, and probably pets too, and you're now wondering what you need to do to start your own professional practice. Or maybe you've been in professional practice for a while and you're unsure if you are actually meeting all your legal requirements for running your practice and dealing responsibly and ethically with your clients.

The introduction of a National Code of Conduct for Healthcare Workers means that there is an additional layer of legally binding responsibility now, on top of all the other things like record keeping, privacy and confidentiality, copyright law, the Health and Safety Act, Working with Children and more.

A simple way to ensure you are up to date and compliant, in both your client care and legal obligations, is to complete the ARC endorsed course, *Professional Practice - Reiki Treatment Delivery & Practice Administration*. A group of you can opt for an in-person weekend intensive delivery (16+ hours, with pre-requisites), or you can undertake a distance education version of the course where you complete assignments and activities which are submitted electronically and assessed.

Both options are cost effective and provide you with practical skills and knowledge so that you meet the standards for professional practice required by insurance companies, professional associations, and of course, the legally binding obligations imposed by State and Federal Governments for Healthcare Workers. In addition, you will be guided on small business and clinic administrative skills, the various forms of State and Federal regulations that govern business activities, and have the opportunity to create materials that you will be able to use in your practice.

You will even learn how to set up your clinic or treatment space so that it is a welcoming and professional environment - a good place for you to work and for clients to visit.

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Professional Practice - Reiki Treatment Delivery & Practice Administration

If you have completed both Reiki I and II with an ARC registered teacher, then you already meet the requirement for the Reiki modality component, but there is much more to professional practice than simply getting a client up on the treatment table and getting hands on. This course addresses the gap between Reiki being used for friends and family, and the requirements in both business and treatment standards for professional practitioners.

Sue Lake-Harris was commissioned by the Council of Australian Reiki Organisations Ltd (CARO), to design and write the course. With tertiary qualifications in education and many years working for the Commonwealth Government in course design and education, not to mention her own experiences as a professional practitioner of Reiki since 1998, and Reiki teacher since 2008, Sue has remained abreast of developments in the world of professional practice and reviews the course content regularly to keep it up to date with changing regulatory and association requirements.

Which Study Method is Right for You?

There are benefits to attending the in-person intensive...

- *You receive hard copy reference and course materials that you work with over the weekend and get to take away with you*
- *You can work with each other to demonstrate practical skills such as positioning a client on a treatment table*
- *Activities are undertaken in small groups where you provide motivation for each other*
- *Practise sessions are used for communication skills, dealing with clients via role play scenarios etc.*
- *You can ask questions and receive assistance or clarification immediately*
- *If you complete the course successfully (including the pre-requisites), you receive your certificate at the end of day 2, ready to take home and put on display in your practice*
- *If you need to work with others to complete a task, this is the version for you.*

There are benefits to the distance education option...

- *You complete your assignments and activities in your own time at the pace that is right for you*
- *Course materials are sent to you in sections, and you complete each section before moving on to the next, building on the skills and knowledge acquired in the earlier sections*
- *Submission of completed assignments and activities is easily done via e-mail*

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Professional Practice - Reiki Treatment Delivery & Practice Administration

There are benefits to the distance education option... (continued)

- *Your facilitator is available by e-mail or phone to assist you - if you are unsure of anything you can always ask*
- *Coursework can be slotted in around family and other work commitments*
- *It is somewhat cheaper than face-to-face weekend intensives and you can start at any time*
- *If you find it easy to remain self-disciplined in order to complete tasks, this training method will suit you.*

I'm Already a Professional Practitioner - why Should I do this Course?

- *You will be sure you comply with all relevant, current legislation that affects you as a Healthcare Worker*
- *The course provides valuable on-going professional development*
- *It helps you retain currency with your clinic and administrative skills*
- *It is reassuring to clients to see that you have professional training in addition to your modality training*
- *You receive excellent materials that you can refer to when needed*
- *As you are already in a healthcare occupation, your fees for this course may be tax deductible*

Distance Education on In-Person - What's the Difference?

Distance education covers exactly the same content as the face-to-face version, but takes place over a period of several weeks, with study/content components being forwarded by e-mail. Exercises dealing with research and practical aspects of the course need to be completed by the student and returned for assessment purposes.

Assessment provides valuable personal feedback to students and each section must be successfully completed before the next section is forwarded. Help is available, and if any section is not completed successfully, the student can re-visit the content and exercises with assistance from the course facilitator. Successful completion of all the exercises is required before a certificate is provided.

Students will need to have access to e-mail in order to receive course materials and exercises, and may need assistance from a friend or family member in order to demonstrate certain aspects of their understanding of treatment delivery or practical skills.

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Professional Practice - Reiki Treatment Delivery & Practice Administration

Distance Education on In-Person - What's the Difference? (continued)

For example, students may want to use video to demonstrate the steps taken to set up a treatment table appropriately.

The distance education option is a lesser cost than the in-person weekend intensive, and is most cost effective if the entire course is managed electronically. If a hard copy of the course material is required and the course needs to be carried out using standard post, the cost will be higher to recover these additional expenses.

The in-person course is completed in a weekend (2 x 8 hour days), and is rightly defined as an intensive. Expect to get on and off treatment tables, hold pretend consultations, and have lots of group discussions. Activities are assessed as we go so that your assessment is continuous over the weekend. If you appear to be having some difficulties, the facilitator will organise a little quiet time for consolidation of the information, and will directly assist with this.

As there are venue hire and course material production costs, the weekend intensive is more expensive, but you can complete your training much faster.

Module Outline...

By the end of your course, regardless of which version you do, you will have received resources on, and practical experience in, the following:

- How to start your practice, ensuring you comply with legal requirements at State and Federal levels
- Pointers on administrative and book-keeping requirements with examples and templates for setting up your own
- Setting up and furnishing your practice premises - selecting the right treatment table and other equipment, decor suggestions, work/consultation/treatment spaces and what should be in them
- Taking a thorough case history
- Maintaining client records and ensuring privacy and confidentiality
- Obtaining informed consent
- Communicating with your clients (being compassionate, objective, and realistic *without* getting personally involved)
- Treatment hygiene, for yourself and the client

Professional Practice - Reiki Treatment Delivery & Practice Administration

Module Outline (continued)

- Occupational/Workplace health and safety
- Explaining Reiki and giving a first treatment session
- Adapting treatment strategies to deal with client needs (dealing with advanced pregnancy, limited mobility etc)
- Dealing with healing crises/responses
- Scheduling subsequent sessions
- What to do if asked to liaise with other health professionals
- Post-treatment support - what is appropriate, and how much is too much
- How to deal with difficult clients
- When to refer a client elsewhere

Note: “Clients” may refer to animals as well as human beings should you intend to include animal treatment options within your practice.

How are the assessments handled?

Assessments involve written activities, documented practice sessions, demonstrations and so on. Distance students will need to submit some material using photographs and/or video, which can be uploaded to Dropbox or e-mailed. Weekend intensive students are assessed during observed practise sessions.

You can re-do activities/receive assistance on anything you find difficult in order to ensure success.

How do I enrol?

Contact Reiki Education Services and you will be sent some basic forms to complete, as well as full information on fees and payment options. E-mail is preferred - reikieducation@outlook.com.

Please include any additional questions you might have.

If you want to know more about Reiki Education Services, visit the website:

www.reikieducationservices.com

Sue Lake-Harris - Reiki Master

Taken from Kathleen's Animal Reiki Source Newsletter - November

Hi Animal Reiki Ambassadors,

November, for me, is always a month where I focus on gratitude in my personal meditation practice. I feel so grateful to be on this Animal Reiki path, want to give thanks to my many animal teachers, and also want to say, "I appreciate you!" to each and every one of you for shining the light of Animal Reiki in your local communities!

I've been busy at work on two new projects I'd love to share with you - and I could use your help with both! **The first new project** is my latest book, which is in final editing stages, titled

Healing Virtues: The Animal Reiki Practitioner Code of Ethics

My heart's goal in writing this book, which is intended as a reference for Reiki practitioners of every lineage, is to ensure that when we share Reiki with animals, we approach them with the utmost respect and sensitivity. It's about empowering animals to lead the way in Reiki and will also give many tips for making healing connections in our communities!

How you can help: When I launch this book *in the near future*, I would like to have as many as possible **honest amazon reader reviews** online within the first week of launch. These reviews will help other Reiki practitioners determine whether the book will be helpful to their work with animals.

Email me to let me know if you'd be willing to post your review on amazon during that first week (the book isn't long and is an easy read), and if so, I'll put you on a special list to receive a free e-book copy of the book when it comes out. Thank you so much for considering it!

My second project, which should be out early next year, is -

The Animal Reiki Companion Manual and Workbook for Reiki students, practitioners and teachers. This Manual/Workbook will be very interactive and include many activities, photos and graphics to deepen your experience with animals and Reiki. A very important part of this manual will be the 21-day Animal Reiki Meditation Program! This program focuses on how the animals can teach us the Reiki precepts and includes a daily meditation and affirmation with a different animal for 21-days.

How you can help: I'm looking for a select group of Reiki practitioners willing to pilot this 21-day meditation program and give me honest feedback. **Pilot dates:** January 8-29. If you want to start your year with a fun and self-healing meditation adventure with animals, **FOR FREE**, please **email me** and get on my list!! I'll send out all materials and directions in January! Many thanks for helping me improve this program for future students.

DO YOU HAVE A REIKI STORY?

If you have a Reiki experience that you would like to share with our readers, please forward to the following with permission to publish

EDITOR – ARC INK – see website contact ARC page for details

ARC INK

the Magazine of the

Australian Reiki Connection Inc.

The **Association of Australian Reiki Professionals**

This Magazine is published four time per year for the information of
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and persons interested in Reiki Healing, Reiki Teaching and Complementary Therapies

[visit: www.australianreikiconnection.com.au](http://www.australianreikiconnection.com.au)

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Editor at ARC INK – Australian Reiki Connection – see website for details

ARC welcomes your comments - **1300 130 975**

MISSION STATEMENT

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

Questions relating to global Reiki issues and the activities of Reiki in Australia contact the **President - John Coleman**
– see website contact ARC page

Questions relating to ARC Inc. membership and for general enquiries contact the **Treasurer - Tony Carroll**
– see website contact ARC page

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5 Precepts Translation

Kyo Dake Wa - Today Only

Ikaru Na Do Not Anger

Shinpai Suna

Do Not Worry

Kansha Shite Be Grateful

Gyo o Hage Me

Do your work diligently

Hito Ni Shinsetsu Ni Be kind [compassionate] to Yourself and Others