

President's Comments - John Coleman

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

Firstly, I wish to thank our previous editor Janet Barnes for all her work in producing the recent editions of the Magazine. Unfortunately for personal reasons Janet is unable to continue in the role.

In Australia, several healthcare facilities openly include Reiki as part of their complimentary therapies programs and others, for assorted reasons, allow it "on the quiet". It is therefore encouraging to share in this issue, two examples of healing in hospitals, one in South Australia and the other in the UK. Do you know of a health care facility near you that openly includes complementary therapies including Reiki? if so, ARC would love to hear from you.

Professional standards for Reiki practitioners and Teachers will continue to play a key role in the integration process. The National Code of Conduct for healthcare workers provides a common-sense approach to this.

The recent change in ARC membership categories is about raising the awareness of our professional practitioners and teachers in the eyes of the public and mainstream health. You can read more on this in the President's report to the 2017 AGM which is available in the ARC members area of the website.

Members can choose to change from Non - Professional to Professional category of membership. Note that there is no cost to change your category of membership. The timeline to do this has been extended beyond the date stated in the President's report. Contact ARC should you require more Information and to request the necessary form.

Finally, if you would like to become actively involved in the management of the Association then ARC would like to hear from you.

Your participation and skills would be most welcome.

Likewise, if you have any suggestions or requests that you believe could benefit you and others or an article for the ARC INK Magazine please let me know.

Love Light lots of laughter and wellness - John Coleman - President



MISSION STATEMENT

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

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My Experience of Healing in the NHS

by Dr Anil Wijetunge Bsc, MBBS, FRCA



Dr Anil Wijetunge is a Consultant Anaesthetist and gave a powerful presentation of his own journey at a Sam Buxton Sunflower Healing Trust (UK) event. Anil has written the following account of his experience.

After I qualified from University College London and Middlesex Medical School in 1988, I spent 12 years working as a junior doctor in both medical specialties and anaesthetics. In none of this time had I ever come across healers in the NHS even though I had worked for 18 months in medical oncology, haematology and radiotherapy in large London teaching hospitals. In fact, to be honest, if anyone had suggested that a healer had come to see one of my patients I would have been sceptical at least, if not openly hostile to the idea. Such was my commitment to the principles of conventional and evidence-based medicine as the only effective sources of treatment. My medical training had focused on the pathology, clinical features, treatment and management of disease.

That management did not include how to address the patient's sense of wellbeing or how to deal with their emotional and psychological turmoil and distress when they were ill, nor how to help them manage when no medical treatment could effectively control their pain.

I perhaps naively believed that in comparison to the pathology of diseases I had studied these vague and poorly defined needs were usually met by nursing care, visits of family members, hospital chaplains or workers in other faiths or for the patient to manage as best as they could in their own way. Addressing these needs were not a major concern in the medical management plan.

In 2005 I had been working as a consultant anaesthetist for five years when I was diagnosed with acute lymphoblastic leukaemia. As soon as I was diagnosed my initial disbelief turned to the realisation that my life was on hold and in the balance with a less than 50% chance of surviving five years with the treatment available. This treatment was to consist of three cycles of intensive chemotherapy followed by total body irradiation and a stem cell transplant if a suitable donor was found. In fact, it was very nearly all over in the third week of the first chemotherapy cycle when I was admitted to the intensive care unit with neutropaenic septic shock.

This was a time filled with intense physical pain and discomfort. After one week I had improved sufficiently to resume and complete the first cycle of chemotherapy. Some of the chemotherapy, for example intramuscular asparaginase, caused extreme pain on administration. By this time, I had lost 25 kg body weight which fell from around 75 to 50 kg. I could hardly walk, and my clothes hung off me after I finally got dressed to go home.

My Experience of Healing in the NHS

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I knew that while modern medicine and excellent clinical care had saved my life, I had in a very short time to return for the second cycle of treatment with a different combination of powerful anti-cancer drugs.

I did not know how I would get through the second cycle of treatment having come close to not surviving the first one and I was also now in poor physical shape.

The second cycle of treatment took place at University College Hospital. This five-week cycle of treatment resulted in my staying in hospital for nearly six months as I suffered a series of unpleasant complications.

While they were all managed as best as possible using conventional practice and are the sort of things that can affect any cancer patient; there was a large amount of pain, discomfort and also quite often it was unclear what exactly caused these complications and how best to treat them.

These problems included Hickman line infections that spread to the chest wall requiring plastic surgery, dozens of painful, inflamed golf-ball sized eruptions all over the body that required surgical debridement and a kneecap bone that died. The last was extremely painful which no amount of morphine could control. From one day to the next I did not know what would happen or how I would cope.

My partner was doing her best to support me while also distressed as she saw what was happening to me. In addition, she was looking after our daughter who was just three months old when I was initially diagnosed, with only occasional help from her family who lived a long way off. Their visits to me were limited by my clinical and immune state.

This was when I first encountered the complementary therapy team, though I had experienced some aromatherapy massages in the previous treatment at the Hammersmith Hospital which I had always looked forward to. At University College Hospital there were two reflexologists, a counsellor and two Reiki healers. They all played invaluable roles in providing me with help to manage the discomfort, pain, distress and uncertainty. The counsellor was someone I could say exactly how I felt and speak openly to, sharing my concerns in a way that was not possible even with closest family where a positive and optimistic outlook was the norm. The reflexology provided a way of relaxing and moments of comfort and was used especially before procedures like Hickman line insertion.

The Reiki healing was entirely new to me. I had never heard of it before. The nurse asked me one morning if I wanted to see Graham. After telling me that he was a healer who saw patients on the haematology unit, I felt I was already in so much discomfort I had nothing to lose. When Graham came into my room I saw a very ordinary looking man who briefly introduced himself then spoke little only saying in response to my question that he would simply hold his hands just above me, barely touching me and I should lie there in my pyjamas on the bed closing my eyes. He adjusted the height of the bed as he spoke after putting some relaxing music on and then he began.

My Experience of Healing in the NHS

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As soon as he started with his hands over my head I was amazed at how hot they felt. I could feel their presence even though they hardly touched me. It was a very pleasant, comforting heat. He didn't speak at all now, just music in the distance and heat. My restless mind that rushed from one thought to the next gradually slowed and calmed as I was vaguely aware of his hands moving down over my face, neck and chest.

Now I felt I was no longer in that isolation room but moving through a most beautiful garden full of light, colour and peace. A powerful sensation more than a detailed reality. All was calm and there was no discomfort or pain now. My mind and body were both completely relaxed, and I felt genuine happiness. His hands moved over my abdomen and legs to the soles of my feet, pausing at each place for about a minute before moving on. It was my first experience of real pleasure for a very long time. Graham never attempted to explain the healing to me and made little comment when I told him how much better I felt afterwards saying only that he would return next week if I wished.

After the first session of healing I looked forward to it every week as it was my main source of relief from the distress and physical pain I was experiencing. It greatly improved my mood and sense of well-being. After one session when I had been particularly low I was in tears at the end of treatment. Tears of relief and release of tension. I felt much better and was told this is quite common. I was also warned that I might notice a part or parts of my body jerking during the healing which again was normal and I did notice this with my leg that had the painful kneecap. In this treatment all of the pain I experienced in that knee was taken away. The healing was a revelation to me and the missing part of my treatment. Modern nursing care is very technical and laden with documentation and checks to complete. In the haematology care I experienced, while giving excellent care the nurses did not have the time to stop for very long and talk, or even just to hold my hand when in severe pain or discomfort as they were so busy fulfilling the conventional nursing care tasks that have to be done.

Healing was also available to family members and my partner was helped a lot by it. I am aware that there are different types of healing though they may all involve a similar underlying 'energy' principle. Defining and describing this particular type of energy is difficult and we do not appear to have the understanding, terminology or language within modern science to do this yet. However, I can say that I was most definitely helped by it in a way that modern medicine could not help.

I found that in an ever-changing, stormy landscape that was a jigsaw puzzle of medical treatments and procedures, unpleasant side-effects, tests, body scans, biopsies, painful complications and uncertainty about the future or what tomorrow would bring or even if I would see it; healing was a constant, providing me with a place of refuge, calm and beauty. It was the missing piece that completed my care as I went on to finish my treatment with a successful stem-cell transplant in 2006.

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There are now many hospices as well as oncology units that benefit from the presence of healers providing healing to patients as well as relatives and staff. Children in cancer units are also helped, for example when it comes to enabling intravenous cannulation.

Haematologists and oncologists whose patients have access to healing are aware of the benefits. Certainly, more evidence would help to raise its status with sceptical parts of the medical community and tools to help provide this are improving.

As in any walk of life, there are some unscrupulous people and dubious practices. There are also types of healing that I am unfamiliar with and cannot comment on. Reputable, trained healers who follow a strict ethical code of conduct and maintain continuing professional development can be accessed via the Sam Buxton Sunflower Healing Trust or the Guild of Professional Healers. This would be a reliable place to seek further information. Medical treatment is very focused on the mechanisms of disease and pharmacology of drugs that will treat them, however providing a sense of well-being that deals with the emotional and mental turmoil during illness is virtually absent in the management plan.

There are many mentally and physically unwell people whether in hospital, at home or in the GP surgery who may well benefit from healing. It should be made available to them just as any other medical treatment is. It is low cost and low tech compared to any other type of treatment.

Some doctors may recognise the lack of resources available to address these aspects of care for their patients or might even have experienced illness themselves where their mental state or symptoms could have been helped by healing.

The medical community should follow the lead set by units that already use healers and get up to date with a therapy that has been around for thousands of years. Just because it is something that does not conform to our understanding in conventional medicine and the evidence base is only slowly evolving, instead of dismissing it we should keep an open mind, become more informed and listen to the patients who have benefitted from it and consider if our patients might similarly be helped. We owe it to our patients if we are seriously interested in providing them with holistic care.



<http://www.cancertherapies.org.uk>

The aim of the charity is support cancer patients and their families by providing Reiki and Energy Healing as Complementary Therapies in particular, but not exclusively, within the National Health Service

The “ARC PROJECT”

Team Leaders Marita Lajs, Louise Riley & Jaimee Mayne

Would you like to see Reiki used openly in Australian mainstream health facilities?

Are you willing to play an active role in helping to make this a reality?

Then join ARC project team who have formulated a process to facilitate the journey. This project is about *Gathering Stories and Evidence Documenting the Benefits of REIKI*

REIKI is first and foremost a Spiritual Practice. This realisation is for many of us perhaps one of the most powerful effects of a long-term practice and commitment to Reiki - of living and 'being' Reiki, of discovering one's true self. Some clients also come to Reiki to reconnect with their deepest, truest self.

However, the reality is that many of our clients come to us for symptom relief, or to hasten the healing from an illness or injury, or to ease pain and discomfort. The spiritual benefits are a wonderful additional benefit that clients who are also open to it come to know and love. Many of our clients are under the care of medical and allied health professionals.

We know that Reiki is a powerful complementary therapy. We often wish that medical and allied health practitioners better understood how Reiki could help their clients achieve better outcomes.

Wouldn't it be wonderful if we could document the benefits of Reiki for our clients in a way that professionals would respect and understand?

ARC members Marita Lajs, Louise Riley and Jaimee Mayne are co-ordinating a Project which will provide Reiki

practitioners with an opportunity to gather stories and data that document the benefits clients report following treatment with Reiki.

The information gathered can be used in the following ways:

- to provide information to clinicians as to the benefits of Reiki;
- to increase awareness of its value as a complementary therapy amongst the medical/allied health professionals and other relevant parties;
- to provide a language for such a discussion for those who don't have a medical background; to assist in the recognition of when a referral to a clinician might be necessary

The questionnaires and rating scales are in use already in the clinical settings, are well structured and have credibility

What ARC will provide to participating members:

- Guidelines regarding the protocol
- Copies of relevant scoring sheets and the various rating scales
- Guidelines making suggestions as to which scale(s) would be most relevant and when to use them
- Case Summary Guidelines
- Suggestions and guidelines for developing the client's information into a 'Reiki Story'
- Client registration form
- Treatment consent form
- Project Participation Consent form

This is an opportunity that will be of great support to your Association in their vision to have Reiki integrated into mainstream health care.

Ngangkari healers: 60,000 years of traditional Aboriginal methods make headway in medical clinics



Healer Cyril McKenzie at the Royal Adelaide Hospital

Ngangkari healers were considered the treasure of Aboriginal communities, and now their 60,000-year-old tradition has made its way to South Australia's Royal Adelaide Hospital and rural clinics.

Eighteen registered Ngangkari healers set up the Anangu Ngangkari Tiutaky Aboriginal Corporation (ANTAC) more than seven years ago.

Chief executive Francesca Panzironi heads a team visiting major hospitals and rural clinics in Victoria, New South Wales, South Australia and Western Australia. "It all started with friendly chats, a cup of tea and kangaroo tails," she laughed



Francesca Panzironi heads ANTAC with 18 Aboriginal healers like Debbie Watson from APY Lands

More recently they have been working in regional clinics across country SA and the new Royal Adelaide Hospital.

"I think about 95 per cent of the Australian population doesn't know this knowledge system exists," Ms Panzironi said.

Getting recognition in mainstream health

ANTAC's objective is to provide a platform for Aboriginal healers to be recognised in the mainstream health-care system as a form of complementary alternative medicine.

While she was a university lecturer, Ms Panzironi identified a gap in literature on Australian Aboriginal healing.

She said the most comparable form of alternative medicine to Ngangkari healing was reiki, a Japanese technique for stress reduction.

Depending on a client's problems, Ngangkari healers offer three main techniques — a smoking ceremony, bush medicines or spirit realignment.

"The healer identifies where the issues are and through a specific method of healing, which is called pan-pooni, they take away whether it's pain, a blockage, or some kind of obstruction, with their hands," Ms Panzironi said.

"The most unique method of healing they use is the realignment of the human spirit. "They see the spirit as the core component of the human body. "If it's not in the right place it can cause problems, whether physically, emotionally, mentally. With their healing touch they push it back in the right place."

Ngangkari healers: 60,000 years of traditional Aboriginal methods make headway in medical clinics



Photo: *Anangy healers working in city gained popularity with people of all backgrounds*

Complementary treatment for clients

The Ngangkari healers are popular with clients of all backgrounds. Ms Panzironi said some people who used the healing technique for pain management experienced relief of their symptoms. But for Indigenous people especially, the healers have been making a world of a difference by improving attendance rates at medical appointments. Ms Panzironi said the treatment did not replace the role of mainstream medicine, but it could be used in conjunction with other treatments. "I remember once the manager of the hospital said to me 'Oh my god, I have never seen so many Aboriginal people in the hospital smiling and being so happy to be here'," she said. Riverland Community Health has been inviting the Aboriginal healers to its clinic for only a few months, and the results have been life-changing for some.

Aboriginal health consultant Kelly Matthews said before the healers' involvement, it was a struggle to get Indigenous clients to see a conventional doctor. "It's a fear. It's how a doctor communicates. The first thing is to listen and not be judgmental," she said. Sitting in the sitting room they feel self-conscious. I hate it myself and my skin is pale. "I'd rather go to the Aboriginal clinic where you sit back, can have a yarn, catch up with family and friends." Since the healers have been involved with the clinic, appointments have been completely booked.

Respect between healer and client

Lyn Ackerman has had more than nine heart attacks, and after one occasion she contracted an infection from the surgical supplies used to unblock her arteries.

The Darumbal woman lives in Berri, miles away from her Queensland mob, and said the distance left her feeling spiritually empty. She said the healers' power for Indigenous people lay with their ability to reconnect them to culture, the lifeblood of their spiritual being. Ms Matthews believed traditional medicines were a pathway to improving Aboriginal health. They're more open. Because they are traditional they're respected. The healers also respect the clients," she said.

Making hospitals culturally acceptable

Ms. Panzironi has been advocating for mainstream doctors to better understand the role Aboriginal healers can play in complementing other treatments. It is an opinion shared by Jon Wardle, a senior lecturer in public health at the University of Technology Sydney. He said having the Ngangkari healers in a hospital setting would educate other staff about how Aboriginal healers could make the space culturally acceptable. "A lot of GPs don't understand traditional medicine, so automatically they have to be skeptical of something they don't understand," Dr Wardle said. This gives a good insight into how effective these treatments can be."

Ngangkari healers: 60,000 years of traditional Aboriginal methods make headway in medical clinics

He said including healers in a hospital setting could also reduce the risks alternative medicine could have, such as physical trauma caused by under-qualified therapists, or interactions with prescriptions drugs if a patient was offered herbal medicine.

The Ngangkari healers have their own form of registration, which Dr Wardle said would reduce these potential harms.

"Really people shouldn't expect a miracle cure, they shouldn't reject other treatments," he said.

"The important thing is to have all options on the table, so if those other options are needed, they are available."

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[ABC Riverland http://www.abc.net.au/riverland/](http://www.abc.net.au/riverland/)

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

Then please send any information / feedback you may have to ARC President John at:

**<https://www.australianreikiconnection.com.au/contact>
Use enquiry link Reiki Research Enquiry**

WHERE AND HOW DO YOU USE REIKI TREATMENTS?

If you would like to share and demonstrate the many uses and benefits within your Reiki practice, please forward your article to the ARC at

**<https://www.australianreikiconnection.com.au/contact>
Use enquiry link Reiki Research Enquiry**

The restructuring of the MEMBERSHIP CATEGORIES in the Australian Reiki Connection the Association of Australian Reiki Professionals (ARC) - your professional Association

As stated to Members in the report by the Committee of Management to the Membership of the Australian Reiki Connection Inc. in April 2015;

Throughout the early years of ARC the emphasis was never put on Members being in the 'category-of-membership' best suited to their Reiki qualifications. That is why today we still have Teachers in the (standard) MEMBER category of Membership instead of the Teaching Category and Practitioners still in the (standard) MEMBER category of Membership instead of the Practitioner Category. There is a need for ARC to require that Level II Practitioners who offer their services professionally to the public and Master-Teachers, who teach and attune students to Reiki, belong in the category of Membership within ARC best suited to their professional situation.

Due to time restraints on and the workload of the volunteer committee(s) of management, no steps were taken in the intervening years to facilitate this requirement. However, the reality is that with the introduction of the **National Code of Conduct for health care workers**,¹ there was need to revisit the issue and the Committee of Management, in light of the new Law, decided it was time to restructure the current Membership categories.

These changes were formally announced and accepted at the **ARC AGM in October 2017**.²

The restructured Membership Categories are as follows:

Membership Category: ANPM: Member / NON Professional Annual Fee \$40

[Qualification:

Usui System of Reiki: Level I/Shoden (minimum) attunement certification]

Membership in this category is for **NON Professionals** who have been attuned to the Usui System of Reiki Level I/Shoden; Level II/Okuden; Level Master Teacher/Shinpiden - who do not offer Reiki Treatments for payment to the Public and do not Teach Reiki to the Public for reward. If offering Reiki Treatments for payment see next category.

There are many Reiki practitioners and teachers using Reiki for treating self, family, friends, plants and animals. They do not intend to provide Reiki treatments to the general public in a professional capacity.

They do not have insurance or first aid certification to treat the public in a professional capacity as prescribed by the code-regulation regime called '**A National Code of Conduct for health care workers**'** which applies to all health care workers who are not registered under the National Registration and Accreditation Scheme for health practitioners, and to registered health care workers who offer health services not covered by their registration.

Non Professional Member category is to facilitate their inclusion and connection with ARC and the Reiki community.

Should members in this category start providing Reiki treatments on a fee paying basis or teaching Reiki they must adhere to the requirements of the code-regulation regime called '**A National Code of Conduct for health care workers**'

Non Professional Member category members may not use the ARC logo or state that they are a member of ARC in any marketing/promotion of their practice and are encouraged to change to the Professional Reiki Treatment Practitioner category in line with their professional practice.

¹ It is highly recommended that Members download/print and read the following National Code:

https://docs.wixstatic.com/ugd/01cecd_3ee1a2b99781439d90a8229684f3ef27.pdf

² It is highly recommended that Members download/print and read the following AGM 2017:

https://docs.wixstatic.com/ugd/01cecd_711f41a95b8e4035affbd89054cdc658.pdf

If the links do not work for you then please go to:

<https://www.australianreikiconnection.com.au/> and visit the Members Area, thank you.

The restructuring of the MEMBERSHIP CATEGORIES in the Australian Reiki Connection the Association of Australian Reiki Professionals (ARC) - your professional Association

Membership Category:

APPM: Professional Reiki Treatment Practitioner Member / NON Teaching

Annual Fee \$80

[Qualification:

Usui System of Reiki: Level II/Okuden (minimum) attunement certification

Usui System of Reiki: Level IIIA/Master Practitioner attunement certification]

Membership in this category is for **Professionals** who have been attuned to the Usui System of Reiki Level II/Okuden; Level IIIA/Master Practitioner; Level Master Teacher/Shinpiden - who offer Reiki Treatments for payment to the Public but who do not Teach Reiki to the Public.

If Teaching Reiki to students see next category

Membership Category:

APTМ:

Teaching Member / Professional Reiki Treatment Practitioner & Reiki Teacher

Annual Fee \$100

[Qualification: Level IIIB/Master Teacher/Shinpiden attunement certification]

Membership in this category is for **Reiki Teachers** who have been attuned to the Usui System of Reiki Level Master Teacher/Shinpiden and who Teach Usui System of Reiki - Level I/Shoden and/or Level II/Okuden and/or Level IIIA/Master Practitioner and/or Level Master Teacher/Shinpiden and who may/may not offer Reiki Treatments to the Public for payment.

Existing Members will be aware that they renewed their membership this year (2017/2018) based on their current/existing category of Membership.

To allow for a smooth transition members who wish to change their category (formerly upgrade) can do so without any cost up to the 31st December 2018.

Renewal Invoices for the next (2018/2019) Membership year will of course reflect the annual cost of your current category. It should be noted that from 1st September 2018 all directory listings will be included as part of your relevant membership category fee. These listings will have a new style and will include the Members photo OR Business Logo (if they choose). Directory listings will also be searchable by State and by Post Code

With the introduction of the National Code of Conduct for health care workers the Committee of Management decided that ARC would best be served by bringing the AARP back into the ARC and therefore adjusting the description of ARC to read - the **Australian Reiki Connection Inc. (ARC)** the **Association of Australian Reiki Professionals** Australia's leading Reiki Association established in 1997.

A peak Reiki body representing Australian **Professional Reiki Treatment Practitioners and Independent Reiki Teachers** nationwide.

ARC Inc. is founded upon the principles and practices of the Usui System of Reiki.

It is a not-for-profit national association run by its members, through a Committee of Management, that is elected annually. All financial members have the right to vote and nominate for office.

If you would like to become actively involved in the management of the Association then

ARC would like to hear from you. Your participation and skills would be most welcome.

It is highly recommended that Members download/print and read the following E-News NewsLetter:

https://docs.wixstatic.com/ugd/01cecd_43b12fcfe98f438a92b026e09fe1b3f1.pdf

It is highly recommended that Members download/print and read the following Change Category FORM:

https://docs.wixstatic.com/ugd/01cecd_d0d4a996293840d790dc610795a41860.pdf

If the links do not work for you then please go to:

<https://www.australianreikiconnection.com.au/> and visit the Members Area, thank you.

Mt Kurama Reiki Pilgrimage

Reiki Pilgrimage To Mount Kurama - Birthplace of Reiki

[Mount Kurama](#) is 1870 feet above sea level with an elevation of 584m and lies about 12kms north-west of Kyoto, Japan. Apparently it is not rare to see bears here but lucky for us, we did not encounter them. Entry fee is 300 yen and English maps are available.

My Reiki pilgrimage to Mount Kurama was 2-fold:

1. To pay my respects to Sensei Dr Mikao Usui
2. To follow in his footsteps up Mount Kurama as this is the birthplace of Reiki where Dr Usui who re-discovered Reiki, fasted and meditated under a tree for 21 days and received his enlightenment to the Reiki energy

We took an early morning Keihan Line train to the northernmost stop, Demachi-Yanagi Station and then boarded another train on the Eizan Line for another 30 mins to reach the last stop, Kurama. Kibune is the second last stop on the Eizan Line; and both Kibune and Kurama are tranquil rural villages. It is easy to spend an entire day here however for those who are time-pressed, this trip is possible in half a day.

The Eizan Line train trip was lovely as it travelled through the suburbs of Kyoto before heading up the slopes towards Mount Kurama. At one point, the train even slowed down as it passed through a short stretch of gorgeous autumn maple trees, allowing the passengers to adore and absorb what natural beauty nature has to offer. The array of autumn colours are to be experienced, not described. Disembarking the train at Kurama and walking towards the many temples and shrines of the Tendai Buddhist sect, you are greeted by one of the Japanese trolls, [Tengu](#), famous for its long nose.

On approaching the entrance to Mt Kurama (a few minutes' walk from station), we are surrounded by gorgeous autumn colours on both sides of the steps. Taking our time to absorb all the amazing colours, we then walked towards the Nio-mon (Guardians) Gate and the dragon guardian of the waters to cleanse our hands/heart, mind and body - on all levels before entering holy space.

There is an option for a short cable car ride (200m for 200 yen 1-way) up to the main hall or take a leisurely stroll up a scenic winding path. The queue and the wait alone is enough to re-consider.

The mountain area of Kurama is a place of special energies. As well as being the birthplace of Reiki, it is also believed that 6 million years ago Mao-son, the great defender of spirits, the great king of the conquerors of evil and the spirit of the earth, descended to Mt Kurama from planet Venus to save mankind. The Chi spot marked in front of the temple is exactly where he landed; and anyone who stands in that spot would feel the Chi or life energy. This Mandala spot with the triangle pointing towards the temple is the Chi spot I stood to pay my respects, offered prayers, blessings and gratitude. As part of my pilgrimage, I lit incense at the various shrines and temples, and offered wishes on behalf of fellow Reiki Practitioners, Mother Earth, World Peace and for all mankind.

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Mt Kurama Reiki Pilgrimage

As we begin our steep climb along the serene path, the many temple worshipers fell by the wayside, leaving just a few curious trekkers. We passed smaller shrines and water wells so we stopped to again cleanse ourselves and offered prayers. We came upon the path with monstrous cedar roots above ground. The size of these roots create an interesting pattern and make a great photo. The few taking photographs were not as quiet and respectful of the mountain as we would have liked. As this place is getting more popular, trying to get a break of silence for any length of time is rare and precious. Some continued the loop from Kurama to Kibune, whilst others retraced upon reaching the huge cedar roots, heading back to Kurama. This is the easy and quicker option for those with limited time.

We wandered around and under these beautiful towering trees in the brisk fresh air with the sunlight filtering through. We stood under a group of gigantic cedar trees, looking up in awe and wonder. We entered the shrine, paid our respects and spent some time around the fenced roped tree visualising and reliving the moments where Dr Usui sat under. Finally we chose to sit under these amazing spiritual beings to rest, meditate and rejuvenate. I understand why Dr. Usui chose such a tranquil space for his 21 meditation days. I am able to totally relate to the Reiki history where Dr Usui stubbed his toe coming down the mountain - not surprising with these jutting roots and rocky grounds.

After a few reflective hours spent in the environment where Dr Usui had been, we gently continued our journey down the other side of the mountain towards Kibune. The path on this side is naturally rugged and makes for a more interesting descent. It is much harder and steeper. It seemed to go on forever, winding its way down; and finally another temple. There are many water wells along the way so we stopped at every one of them to ensure we are continually cleansing and kept cleansed on all levels - the path to purity. The pilgrimage is a holistic cleansing journey of mind, body and soul - physically, emotionally, mentally and spiritually.

The return journey down continues, with sunlight still filtering through the trees and the softness of the cool wind freshens. There is an amazing twisted bark and a trunk that looks like a guardian with the face of a bunny (spot this in the photos). We encountered a few trekkers coming up from Kibune towards Kurama - the opposite loop which is definitely the tougher way around. Finally, voila! The trek came to its end and we could see the roof of a little hut - the ticket booth at the Kibune end. We crossed a little bridge into the village of Kibune; and then there is human life once more! The sound of the waters under the bridge was our last connection to the mountain; then onto the other side of the road where there are a few eating places. Once more, I am reminded, and am able to clearly relate to the lineage history where Dr Usui broke his fast eating his first meal here; and another of the 4 miracles of the story, where he treated the inn-keeper's daughter with Reiki.

Mt Kurama Reiki Pilgrimage

By this time, at the foothills of the mountain at Kibune, our knees were buckling. We soon learnt that it is another 2kms from this village to Kibune station so we took our time to be grounded and visited Kibune shrine before walking along and following the stream to the station. It is a lovely walk downhill beside the river with the amazing autumn-coloured trees once again around us.

Well timed as it turns out, the train arrives; heading back to civilization.

But once more, the train slows down passing through the short stretch of the amazing maple trees, dancingly showing off their beautiful autumn colours then the mountain is behind us.

Three of the four miracles of the lineage story happened here at Mount Kurama and Kibune.

Having also been to the Gifu prefecture, I am able to visualise Dr Usui carrying out the 4th miracle in this area. I am filled with eternal gratitude to have been able to relive the Reiki story in Gifu, Mount Kurama and Kibune; making the Reiki history and the 4 miracles tangible.

My heart chakra especially is wide open. I am totally absorbing, savouring and cherishing every moment as this is truly a magical journey. Mysteriously but not surprising, most of my photos taken here were not quite focussed; and as with my other pilgrimages, I have begun purging - deep clearing from the heart and throat chakras. Stagnant energies shifting, powerfully!

Leaving Kyoto for home a few days later by bullet train (see fifth last frame short movie), I return with renewed vigour, greater respect for, and a much more personal connection with Reiki.



Awe-inspiring, refreshing and exhilarating. In honour.

Corrine Brown

Reiki Master Teacher

<http://www.ihtaustralia.com/corrinebrown.htm>

ARC Inc. is founded upon the principles and practices of the Usui System of Reiki. It is a not-for-profit national association run by its members, through a Committee of Management, that is elected annually. All financial members have the right to vote and nominate for office.

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

NRAW:

National Reiki Awareness Week [under the auspices of **ARC - Australian Reiki Connection**

- Second Friday/Third Sunday (Inclusive) November

10 Days: 9th - 18th November 2018 inclusive

Where to from here for the Natural Therapists Sector?

The natural therapists sector was thrown into disarray in late 2017 when the Health Minister announced that a range of natural therapies would be stripped of government subsidies in private health insurance policies. The minister's decision is based on the 2015 findings of *the Review of the Australian Government Rebate on Natural Therapies for Private Health insurance*. This review was first announced in the then Labor Government's 2012-13 Budget and was tasked with identifying health services "that are not underpinned by a robust evidence base, and for which the private health insurance rebate should be withdrawn". Of the 17 therapies under scrutiny in the review, only massage therapy is guaranteed to continue to be covered at this time.

Now the initial shock has passed several association representatives were interviewed and asked how big an issue this could be for practitioners. ARC president John Coleman was interviewed to comment on the issue. Interview with John Coleman

ARC fervently believes that the benefits of mindfulness and wellbeing have been overlooked in this decision. With all the talk of mental health, I can honestly say that many of my clients suffer from some form of depression or anxiety disorder. These conditions have become some of the costliest to the health budget, yet I have seen firsthand the recovery rates and turnarounds of my own clients and the improvement in the quality of their lives that complementary therapies such as Reiki can help achieve. This has been borne out by feedback from ARC Professional Practitioner members.

Even though Reiki has for some time not been included in Extras cover policies, I have taken a keen interest in the review. I am critical of the way the research was conducted and the evidence that was ignored and believe that it's impossible to properly appraise the findings and conclusions because the methodology and results are inadequately reported.

These limitations are mentioned in the review's Executive Summary, which includes the following:

"The absence of evidence does not in itself mean that the therapies evaluated do, or do not, work. Natural therapies emerged in an environment where there was not a premium on rigorous evidence base. Where there is limited evidence in some modalities, there is value in conducting more research. It is also possible that there is a lack of evidence because the therapies are not effective, but it is also possible that further research may identify clinical conditions for which particular therapies are effective"

ARC's concerns with the methodology are shared by others including, but not limited to, Astrid Pickup of the IYTA, who says that *"one of the problems for many of these modalities is that it's quite hard to quantify improvements in mental and emotional health, and even improvements in physical health. I think the government has been looking for the kind of evidence that a pharmaceutical company might be able to provide, or the kind of testing when one group is on a placebo and the other on medication. There's a lot of money that goes into those sorts of trials and in general the natural therapy sector doesn't have access to those sorts of funds. It's also very hard to run clinical trials in a non-clinical setting."*

Where to from here for the Natural Therapists Sector?

A silver lining?

ARC's John Coleman goes on to say: "If the main driver for removing funding for these natural therapies is driven by health budget concern, I sense it may do the reverse. I think the outcome of this is going to backfire, because natural therapies are a preventative medicine and a lot of them are complementary. I believe these reforms have the potential to end up costing the health system more, because if people don't avail themselves of the services of natural therapies, they're possibly going to find an alternative for their condition and go onto pharmaceuticals, which will quickly cost the government a lot more. I also see a possible unintended silver lining for the sector. In some ways this decision is an own goal and the Health Minister could be unwittingly creating a greater awareness of complementary therapies.

I remember many years ago when I was living in Ireland, a Catholic priest was interviewed on the national radio, decrying Reiki as the devil's work. The follow-up and the fallout to that was an absolute increase in people enquiring about Reiki and availing themselves of it.

A little ray of sunshine

How providing complementary integrated therapies alongside conventional treatments has proved a winning combination for Solaris Cancer Care

In 2001 Dr David Joske, now a Clinical Hematologist and Medical Co-Director at Sir Charles Gairdner Hospital in Perth, established Solaris Cancer Care, a dedicated service offering support to cancer patients.

"Although excellent resources have long been available to treat cancer medically, it became clear to me that the emotional and supportive care needs of cancer patients and their families were often overlooked," said Dr Joske.

"So, Solaris Cancer Care was born – a drop-in centre in Sir Charles where cancer patients could receive free support and advice and supervised complementary Integrated therapies that would support their mainstream treatment.

"It was a radical idea at the time, and still is in some respect. But the idea has continued to grow and over the last 15 years we have opened three additional clinics in Albany, Bunbury and St John of God."

In 2016, Dr Joske was named EY's (WA) Social Entrepreneur for this work, and says the clinics are filling a role that had traditionally been ignored by mainstream medicine.

For more information visit solariscancercare.org.au or search YouTube for Dr Joske's TEDxPerth talk, **Bringing Humanity to Healthcare**