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Volume 12 Issue 2

ARC INK is for the information of ARC Inc members

ARC INK

Magazine



Published quarterly by the Australian Reiki Connection

'Presidential Comment' by John Coleman



Greetings and welcome to your ARC INK Magazine. Welcome to all our new members who have joined since our last ARC INK. If you have any questions or seek advice please do contact your State Rep or a member of

the Committee of Management. Thank you for choosing ARC as your professional Reiki association.

There is a great deal happening with Reiki around the world and you will read about some of it in this edition. Please do take the time to read and please, please, do find the time to provide comments and/or answers to either one or both of the questions on page 2. Your feedback is important.

Reiki awareness week runs from June 7 to the 13th, if you have not already organized an event why not consider doing so, contact your State Rep or the ARC President for more information.

Practitioner category members and Master Teacher category members, can obtain points for your (p&pd) personal and professional development criteria by answering questions asked in the ARC INK or on the Discussion Forum on the

website and also by organizing/participating in Reiki Awareness Week events.

Thank you to members who contacted me after the last edition, regarding their lineage through Beth Gray, it was good to be able to assist, where possible, in correcting the lineage for you. Have you checked your Reiki lineage lately?

Practitioners may like to take note of the *Professional Reiki Treatment Delivery and Business Skills Course* Report by Hilary McPhee, on page 18. The course is now available through accredited facilitators.

Enjoy your ARC INK Magazine and I look forward to receiving comments and feedback.

Love light and lots of laughter, John

president@australianreikiconnection.com.au

FEATURE ARTICLES:

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NEW RULES for Health Funds Rebate Scheme

Pages 12/13

Roman Catholic Bishops Condemnation of Reiki [Full Text of Statement]

Pages 14/15 **ONENESS**

BY Bronwen & Frans Stiene

Page 16

ARC comments on condemnation BY John Coleman - President

ARC ONLINE STORE

Visit: http://www.cafepress.com/ARC_Reiki

For the past number of years ARC Inc Members have asked/suggested that ARC Inc would provide for sale tee-shirts, mugs and other items. Time constraints on the volunteer Committee has been a factor in preventing this happening.

I am now pleased to be in a position to proceed on the request. In association with Café Press, you can now purchase a wide range of items with the ARC Logo and AARP Logo on them. ARC receives a small percentage (maximum of \$2.00) from each sale. It is hoped in the future to provide other items that have been requested by members.

You can access the store through the members area of the ARC Website. Feel free to provide feedback. Enjoy your shopping.

love light and lots of laughter, John

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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.

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

Send it to president@australianreikiconnection.com.au

or by post to **PO Box 525 MONBULK VIC 3793**

If we don't have the answer then we'll ask the membership!

A message to Practitioners and Master Teachers from ARC INC

AS PART OF THE ANNUAL P & PD REQUIREMENTS ONE ACTIVITY IS :

**"COMPLETION OF QUESTIONS FROM DESIGNATED ARTICLES FROM
ARC INK OR DISCUSSION FORUM ON THE ARC WEBSITE"**

**MEMBERS HAVE REQUESTED SOME QUESTIONS AND THE FOLLOWING QUESTIONS
CAN BE APPLIED TO THIS ACTIVITY WITH 1 POINT PER EACH ANSWER.**

Q1 - In relation to the report in this edition of the ARC INK on the US Catholic Bishops condemnation of Reiki. Do you believe that Catholic run hospitals and institutions should continue to have Reiki treatments included in their holistic programs? If so why and if not why not.

SEE THE ARTICLE ENTITLED - 'Catholic bishops warn of Reiki' ON THE ARC FORUM ON THE ARC WEBSITE

Q2 - On ongoing discussion/debate in the Reiki Community worldwide, is that surrounding Master Teacher training. There are those who say:

- it is ok to train in level one, two and teacher level in a week end
- it is ok to teach Master teacher level in one week end
- it is ok to train in Master teacher level within one week or one month after level two training
- It should be an apprenticeship, for a minimum of six months and even up to five years

What do you think and why?

SEE THE FORUM TOPIC ENTITLED - 'On the net masters' ON THE ARC FORUM ON THE ARC WEBSITE

Answers can be submitted by Email: president@australianreikiconnection.com.au

Or by Post to the President: PO Box 525 MONBULK VIC 3793

Note ARC administration's NEW POSTAL ADDRESS

Request for Member assistance/help

A special request has been received from ARC Member Joy in Tasmania. Joy's Teacher was the late **Russell Carlon**. While in Master Teacher training with Russell he presented Joy with a taped copy of '**Om-Namah-Shiva**'. This particular version was much favoured by Russell. Over years of use the recording quality has deteriorated and become 'scratchy'. Joy would love to hear from any of Russell's other students who may have another copy of the tape or indeed who might know the name of the Artist. Please contact Joy by email: tas_rep@australianreikiconnection.com.au - Many thanks.

NATIONAL REIKI RETREAT 2009 13th-18th June

Join Reiki practitioners from all over Australia in one of the country's most magical spots ... the tropical rainforest eco-sanctuary Retreat of Mission beach, North Queensland.
All Reiki Levels & Schools Welcome



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- Support you at your current stage of energetic development
- Give you a fresh viewpoint on the system of Reiki from a Japanese perspective
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Reiki Research Review - #Five

By Patrice Connelly

Alzheimer's' Disease is a devastating illness, and many readers will know one or more friends or family who have been affected by it. This article was an empirical study (not double-blinded) of 24 participants in Maine, USA. Of the 24, twelve were randomly selected to take part, while the remainder received no treatment. Two Reiki masters gave thirty minute, weekly treatments for four weeks. No details were revealed regarding hands-on positions or standardisation of treatment. The participants had prior knowledge of Reiki, but were thoroughly tested for behaviour, memory and feelings using well-known measuring tools. The authors also state that there were no changes to pharmacological or other therapeutic measures during the study.

Mild improvements on several measures were demonstrated after treatment. Memory-related performance and depression relief scored highest, although the results were not statistically significant. Some participants showed best results in being able to remember where they had put things, and in remembering recent events, which do have benefits for quality of life. The authors mention a number of confounding factors in the test, as well as several strengths. They query whether the results would have changed if new Reiki I or II channels had been used instead of experienced Reiki masters.

Source: Crawford, S.E., Leaver, V.W., Mahoney, S.D. (2006) Using Reiki to decrease memory and behaviour problems in mild cognitive impairment and mild Alzheimer's' Disease. *Journal of Alternative and Complementary Medicine*. 12 (2);911-913

*** ** *

Commentary:

To be fair, this study is listed as a "short report", and is four pages in length. Of course a more detailed research paper would have been helpful, but it is useful to know about, but really shows that much more research is needed in this area. There were a number of things I would have liked to have known, including more about the exact treatment given to participants. There was no literature review (perhaps not needed in a short report), and only four references, so without further probing, it is hard to gauge the extent of research in this area of Reiki use.

This would be an excellent paper on which to argue for further research. For anybody who may have contacts in a research facility dealing with dementia, it could just be the catalyst for those in authority to decide to run a study. It would be good to hear from Reiki channels who are working on people with dementia. Anecdotal evidence can be useful to others.

Patrice Connelly

*** ** *

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

Thank you to Patrice for submitting the above article. We look forward to receiving more research/study articles in the future. Q: Do any members/readers have any comments and/or questions on the above study? Do you know of any Reiki related research or studies? If so please send them to the Editor or directly to Patrice.

Patrice can be reached by telephone: (07)5422 0806 or through her website: www.saraband.com.au

Members Notices

MEMBER BENEFITS

Discounts are available from the following businesses
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[Price list available from ARC INK Editor]
www.primealternatives.com.au

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 should be sent with your advertisement to the ARC INK editor at PO Box 525 MONBULK VIC 3793 by the 10th day of the month prior to publication.

The editorial panel reserves the right to decline any advertising that does not reflect the philosophy of ARC. The publishing of member advertisements in the ARC INK Magazine does not indicate endorsement by Australian Reiki Connection Inc. of the products / services offered.

Animal Healing with AURA-SOMA

By Shirleyrose Rowe

I teach Aura-Soma as well as Reiki, both wonderful healing tools. Aura-Soma promotes healing on all levels with the vibrational energy of colour. In the recent catastrophic bushfires, Aura-Soma Australia 'gifted' over \$2000 worth of Pomanders and Quintessences for me to use/distribute to those in need. As you would be aware, it was impossible to help people on a one to one basis under the severe circumstances that existed, so I decided to help the burnt and stressed animals. With 7 drops of Orange Pomander (to alleviate shock and trauma) and 7 drops of St. Germain (calming) added to a spray bottle of water, the aura of the animals themselves or the area in which they are being treated can be sprayed with this mist of vibrational energy. I made up several packages of these with instructions to use them as well as some information about Aura-Soma for those who needed to know. I gave them to 4 wildlife shelters, 2 equine centres (treating burnt horses) and others who were able to help animals in other areas.

At the first wildlife centre in Kilmore, among other small joeys (in makeshift pouches) who had been rescued, there was one older one though still very young, with badly burnt back legs. They looked like charcoal. By the way, it was interesting to learn that they use Bach Flower Remedies. After the carer had used the spray, she began to spread special ointment over her legs, and my daughter Julie Ann and I 'beamed' Reiki to her for an hour. During part of that hour, the carer was amazed that she only whimpered occasionally as it was a painful procedure.

We also learned that a lot of these rescued animals die even after loving treatment because of separation from their mob and environment. Considering that this little Joey had never been handled by a human and had been in the shelter only 24 hours her acceptance was truly remarkable.

The reactions of horses was amazing as well - an instant calm from being very agitated. Tania is a Naturopath and took a pack to be a 'travelling kit' and went around Kinglake spraying every horse she could see! Her own horses race to greet her now, stretch out their heads with their eyes closed ready to receive more spray.

I still have some Pomanders and Quintessences to distribute and they are for people as well as animals, though used in a slightly different way. They are in 25 ml plastic bottles and at the rate of 7 drops at a time for the animals and three drops in the palm of a persons hand they will last a long time.

If anyone can make full use of them, please ring me on **5367 1680 - Shirleyrose.**

Reiki at MOOROOLBARK Festival - with Maria Lacey

28th March 2009 was a lovely day of sharing and began with the young scouts enthusiastically putting up our tent. There was much discussion along the way as to whether it was the right side up and whether they had enough poles or were they long enough? Not the best of tents but lovingly shared by the scouts which to me created even further the sense of community working together in harmony and for the eight Reiki practitioners and Masters who volunteered their time, they experienced that the Reiki energy can lift and open to create a nurturing space wherever we are.

As a teacher in Reiki who is thankful everyday to be working full-time in her passion I asked my students to share with you their experience and trust that you enjoy reading them:

I really enjoyed Saturday. It was great to meet other Reiki students; they were all lovely and like-minded people. It was truly an honour to do some Reiki on *real people!* I was nervous at first but after the first one I felt relaxed and confident. Even the Scout tent had good energy! I could definitely feel the energy going into people, I felt my hands getting hot and hope that they got some relief and relaxation from the experience. It has also inspired me to be more committed to regular Reiki practise; on family and friends; at the Reiki share nights and also as a practitioner. Thanks for giving me this opportunity, Lisa.

Thank you so much for providing us with an opportunity to give back to the local community. It was a great way for people to experience the wonderful healing energy of Reiki without having to give something in return. As a volunteer I found it humbling, inspiring and enjoyable. It was lovely to see happy smiling faces that radiated positive energy. Once again - thank you so much. Joanna.

I would like to thank you for allowing me to give Reiki to members of the community. It was a privilege and an honour to share in this experience with you and the other wonderful Reiki students. Thank you for having the trust and faith in us by allowing us to provide this Reiki. I found it a great experience and even though it was quite noisy (all good noises!!!) around the tent area I could still tune out and give Reiki. It was so wonderful to give Reiki to people who have experienced it and also to people who haven't experienced it. In giving Reiki I also felt the calmness and wonderful healing power of the Reiki energy. I hope to be able to do this again. It was very gratifying to help members of the community and hopefully help them feel more peaceful, focused and relaxed. Love from Yvonne.

It was a great morning, I was only there for the first two hours and wish I could have stayed all day! The first person questioned me about Reiki, then talked about the trust he felt in coming for a healing. Let's hope that Reiki Inspirations and the team will be able to help out again in the future. Carine.

Maria Lacey : Reiki Master Teacher - REIKI INSPIRATIONS - HEALING & COUNSELLING CENTRE -

www.reikiinspirations.com.au

MOOROOLBARK

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ARC Reiki Awareness WEEK 2009

National Reiki Awareness Week Sunday June 7th to Saturday June 13th 2009

What better way to promote the system of Reiki, yourself and your business, by providing free short Reiki treatments to the public nationwide. Reiki practitioners do not have to be members of ARC Inc. to participate, so ask your friends to join in.

It is envisioned that an emphasis be placed on the benefits of Reiki to all members of the community but especially to those living with life limiting illness such as Cancer. There is a growing need and request for Reiki practitioners to volunteer their services in Palliative Care facilities.

It is hoped that event organizers will endeavour to raise funds for research into the benefits of REIKI in palliative care. The date for this years event is Sunday June 7th to Saturday June 13th Inclusive. We are in communication with other Reiki Organisations worldwide in an attempt to have a future coordinated date for an International Reiki Awareness Week.

If you and/or your friends would like to organise an event and I urge you to consider doing so, please contact:

John Coleman or Hilary McPhee or Phone 1300 130 975

Bushfire wildlife plea for healing

By Sarah Messina

The [Black Saturday](#) bushfires had a devastating effect on the homes and lives of many Victorians. We mourn the loss of our fellow humans and our unique wildlife. In times like these, people of the world unite to offer aid in whatever way they know how; my strength is working with animals.

I'm an [animal communicator & healer](#), though in my spare time I volunteer as a wildlife rescuer. I've spent much of the last eight weeks offering help and healing to wildlife injured in the fires. Eight weeks on from the bushfires, many animals still need human support. I've been asked to alert you to their silent suffering. Spare a thought for the thousands upon thousands of wildlife survivors who lost their homes, their families, their parents. Open your heart to all the animals too young and too injured to survive on their own. There are so many animals in need of healing. In just one of the many sad stories I've witnessed, an orphaned joey was found wandering between the bodies of three deceased adult kangaroos. Rescuers say they could see tear stains running down his tiny face. Once in care, he buried his head between his legs and refused to move. He begged me to pretend that he was still safe with his mum. Holding him snugly in the makeshift pouch, I did my best to comfort him...

Grief is something very real and present for the wildlife of Victoria. It is something many of my domestic pet clients have spoken of in their communications. The wildlife of Australia are asking for your thoughts, and they are asking for your healing. They do not wish to be forgotten as the world turns it's eyes away from the bushfire story. They plead for help and healing, in whatever way you know how. Send distant Reiki to animal victims of the bushfire. Light a candle for the struggling wildlife survivors, and remember those who have passed.

Remember to give extra attention to the animals in your life, both wild and domestic. Their sensitivity is admirable. We should all strive to have hearts as big as our animal friends. Form deep bonds with your animal allies, and learn to understand their divine wisdom. Choose to be touched by the unique wildlife of Australia. Let's all remember their fragility in this most ferocious of bushfires, and do what we can to offer healing aid to our animal allies.

Contributor: Sarah Messina

Sarah Messina is an animal communicator and Reiki practitioner for Wild Insights Australia. She works remotely with all animal species worldwide. If you would like to know more about animal communication visit: www.wildinsights.com.au



REIKI SHARE GROUPS

Here's 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 - Carrum / Chelsea E: deidre_rae56@hotmail.com	Deidre James Phone: 0407 558 183
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 - Clayton E: lia_mills@bigpond.com	Lia Mills Phone: 03 9543 4980
NSW - Coffs Harbour E: mylrea@giant.net.au	Tess Mylrea Phone: 02 6652 7402	VIC - Craigieburn E: sunzmoonz@hotmail.com	Doreen van Boxtel Phone: 03 9308 1847
NSW - Cranebrook E: squazzi30@hotmail.com	Amanda Squassoni Phone: 02 4729 3563	VIC - Creswick E: tjt@cbl.com.au	Hendrika Thomas Phone: 03 5345 2358
NSW - Engadine E: sue88@aapt.net.au	Sue Khallouf Phone: 02 9520 0464	VIC - Delacombe E: wendyratray@hotmail.com	Wendy Rattray Phone: 03 5336 2349
NSW - Heathcote E: pama8@bigpond.net.au	Pamela Allen Phone: 02 9520 2501	VIC - Eaglehawk E: isleofavalon@aapt.net.au	Janet Sporton Phone: 03 5446 1996
NSW - Hornsby E: jord55@optusnet.com.au	Jannine Ord Phone: 02 9940 3481	VIC - Eltham E: reiki_inge@yahoo.com.au	Inge Schmidt Phone: 03 9434 4228
NSW - Killarney Vale angelheart444@optusnet.com.au	Veronica Doppler Phone: 0408 494 807	VIC - Emerald/Beaconsfield	Simon Lee Phone: 0432 567 904
NSW - Newtown southerncrossreiki@optus.com.au	Laurence Burgess Phone: 02 9550 5385	VIC - Fitzroy E: info@om-reiki.com.au	Jeremy O'Carroll Phone: 0417 328 457
NSW - North Sydney E: erica@thealignmentgroup.com	Erica Bagshaw Phone: 02 9923 1852	VIC - Frankston E: dhovenga@westnet.com.au	Nicole Hovenga Phone: 03 9781 0109
NSW - Saratoga E: pam.northcote@gmail.com	Pamela Northcote Phone: 0419 432 344	VIC - Lilydale	Lorraine Mitchell Phone: 03 9735 0642
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QLD - Arana Hills E: cathzoo30@yahoo.com.au	Catherine Aitken Phone: 0416 257 770	VIC - Oakleigh South E: lieslm2@bigpond.net.au	Liesl Meuris Phone: 03 9563 8077
QLD - Reedy Creek - GOLDCOAST newbeginningsclinic@gmail.com	Rachel Holmes Phone: 07 5593 6284	VIC - Pascoe Vale South	Veronica Ulicni Phone: 03 9386 3853
QLD - Robina E: alidagp@bigpond.com	Lida Parker Phone: 0403 861 638	VIC - Preston E: reikicottage@optusnet.com.au	Helen O'Connor Phone: 03 9484 7276
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VIC - Bacchus Marsh	Shirleyrose Rowe Phone: 03 5367 1680	WA - Mullaloo vickimarshall@kahunabodyworks.com	Vicki Marshall Phone: 08 9307 8878

EMAIL ADDRESSES YOU CAN USE TO CONTACT YOUR ARC STATE REPRESENTATIVE!

act_rep@australianreikiconnection.com.au
nt_rep@australianreikiconnection.com.au
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vic_rep@australianreikiconnection.com.au

State Representatives Liaison Officer - **Hilary McPhee** : liaison@australianreikiconnection.com.au
Reiki Research & Development Officer - **Ingrid D'Andrea** : research@australianreikiprofessionals.com.au

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

On a Brighter, More Positive Note for REIKI

On February 25-27, 2009, the Institute of Medicine (IOM) convened the "Summit on Integrative Medicine and the Health of the Public," in Washington DC to advance the science, understanding and progress of integrative medicine. The Summit brought together distinguished researchers, practitioners, and leaders from multiple sectors to present the vision, challenges, evidence base, and opportunities for integrative medicine to improve health care in the United States.

Integrative medicine is described as orienting the health care process to create a seamless engagement by patients and caregivers of the full range of physical, psychological, social, preventive and therapeutic factors known to be effective and necessary for the achievement of optimal health.

Support for the Summit was provided by The Bravewell Collaborative, an operating foundation comprised of leading philanthropists dedicated to transforming the culture and delivery of health care. The Bravewell Collaborative, along with the Prince's Foundation for Integrated Health, a London-based non-profit that champions an integrated approach to health, and AARP, the U.S. non-profit membership organization for people age 50 and older, has formed an international alliance in support of the Summit and ongoing activities related to integrative approaches to health care.

Pamela Miles Reiki Master teacher spoke to the conference about REIKI. Dr. James Dillard, a physician and Reiki Practitioner who specializes in treating chronic pain, was her co-presenter. Their presentation was very well received. This was a milestone for Reiki and I thank Pamela for all the integrative work she is doing with Reiki in the USA and for sending me details.

Another great event in the USA on Feb.26th 2009 was a Senate Hearing to Examine Integrative care Focusing on a Pathway to a Healthier Nation.

Physicians Andrew Weil, Mehmet Oz, Dean Ornish, and Mark Hyman testified before the Senate Committee on Health, Education, Labour and Pensions. The meeting was led by long time integrative health care advocates Senators Tom Harkin (IA) and Barbara Mikulski (MD). The Senate committee meeting can be viewed at http://help.senate.gov/Hearings/2009_02_26/2009_02_26.html I thoroughly recommend viewing it.

There is much to celebrate in these meetings, a level of savvy and wisdom regarding health care that is unprecedented. **Reiki was specifically mentioned twice. One of the summit's planners, Elizabeth Goldblatt, PhD, listed yoga teachers and Reiki teachers among the health care professionals** Cont'd page 9 ..

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Robert & Elizabeth Thuan

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email: firebird@corplink.com.au

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. **ARC Secretary** - 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

NEWS From The USA! *Cont'd*

By John Coleman

who are involved in wellness and self-care. Mehmet Oz, dubbed the "surgeon general of the airwaves" by Sen. Mikulski, mentioned Reiki in the O.R. when testifying to the Senate committee.

In her correspondence to me, Pamela related her advice to the American Reiki community and I believe, it translates well, as good advice for the Australian Reiki Community:

Let's take this powerful opportunity to co-create integrative health care. Here are two things you can do:

1. Contact your local and State Representatives for Health. Ask them to truly reform our system to promote health and wellness, rather than only managing disease. Our legislators need to know that we want to create a culture of wellness.
2. Take advantage of these free resources to educate yourself about health care reform. Why not gather your Reiki friends and watch the above Senate hearing video together, and discuss the concepts you hear, how they are meaningful in your life, and how they mesh with Reiki? The time is now. Please take action to improve our health care system and bring Reiki to greater public awareness.

According to a 2007 National Health Interview Survey, which included a comprehensive survey of CAM use by Americans, more than 1.2 million adults had used an energy healing therapy, such as Reiki, in the previous year. The survey also found that approximately 161,000 children had used an energy healing therapy in the previous year.

People use Reiki for relaxation, stress reduction, and symptom relief, in efforts to improve overall health and well-being. Reiki has been used by people with anxiety, chronic pain, HIV/AIDS, and other health conditions, as well as by people recovering from surgery or experiencing side effects from cancer treatments. Reiki has also been given to people who are dying (and to their families and caregivers) to help impart a sense of peace.

How can this be bad?

Perhaps or Perhaps not ... the huge movement towards and justification for having alternative and complimentary therapies integrated into mainstream Healthcare is the real reason that the Catholic Bishops have chosen to condemn Reiki, their guidelines coming so soon (March 25th 2009) after the above events. Or am I being too cynical?

John Coleman

Do you have views on this subject? - email: president@australianreikiconnection.com.au

New Accreditation Rules for Provision of Services to Health Fund Members

From **July 1st 2009** under section 10 of the Private Health Insurance (Accreditation) Rules 2008 - [See ¹ below] Health Funds will only be able to pay benefits for treatments provided to policy holders if the health care provider meets specific accreditation criteria.

The rules state that a complementary or alternative therapy provider must be a member of a professional organisation, **in particular**, the professional organisation must be a national entity which meets specific criteria.

Medibank Private as a consequence of previous negotiations with ARC, issue rebates to their members, for Reiki treatments. Currently they are the only Health Fund to do so. As a result of the new rules, providers of Reiki treatments and their professional association will have to meet additional criteria.

Following communication with Medibank Private, ARC has recently completed an analysis (audit) process with an independent accredited certification body appointed by Medibank Private. I am pleased to announce that our association passed with flying colours.

ARC Inc. will shortly enter into a new agreement with Medibank private on behalf of appropriately qualified members for them to become recognized Medibank Private providers.

Only Practitioner Category Members and/or Master Teacher Category Members will be considered by Medibank Private as being appropriately qualified

If you are a practitioner or master teacher and not in the above member category (i.e. member of **AARP** the professional branch of ARC) you will **NOT** be considered for inclusion in the rebate scheme. **ARC** will have to supply an electronic list of appropriately qualified practitioners to Medibank Private on a monthly basis. The above Federal Government Rule, following on from the recent NSW Government's obligatory Codes of Conduct and complaints procedures for unregistered Health care providers, is an indication of the serious approach being taken to complementary and alternative therapies which include Reiki.

It is with this and other matters in mind that ARC has been continuously working on behalf of members, with other professional organizations towards self regulation and the raising of professional standards for the Reiki community. Part of this ongoing self regulation process has resulted in the recently released **CARO Professional Reiki Treatment Delivery and Business Skills Course**. **ARC** was one of the professional organizations who commissioned and inputted to the preparation of the course. You can read more on this course elsewhere in the magazine.

A great deal of work is still required in order to have Reiki formally and openly accepted into mainstream healthcare. ARC is in the forefront of this move towards integration of Reiki and with your continued support and co-operation we shall succeed. To quote from a well know classic movie, *maybe not today, maybe not tomorrow, but soon.*

John Coleman

¹ Treatments provided by other health care providers

If the treatment is provided by a health care provider who is not referred to in subrule 7 or rule 8 or 9, the standard for that treatment is that the health care provider providing the treatment must be a member of a professional organisation which covers health care providers who provide that type of treatment (the *profession*) and which:

- is a national entity which has membership requirements for the profession; and
- provides assessment of the health care provider in terms of the appropriate level of training and education required to practise in that profession; and
- administers a continuing professional development scheme in which the health care provider is required, as a condition of membership, to participate; and
- maintains a code of conduct which the health care provider must uphold in order to continue to be a member; and
- maintains a formal disciplinary procedure, which includes a process to suspend or expel members, and an appropriate complaints resolution procedure.

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

Name	Period	Phone	Email
Kathy McKie	April 2009 & May 2009	0406 355 249 [Mobile]	kathym7@bigpond.com.au
Veronica Doppler	June 2009 & July 2009	0408 494 807 [Mobile]	angelheart444@optusnet.com.au
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Suzanne Tyssen	October 2009 & November 2009	03 9439 0147 [BH/AH]	tyssensuzanne@hotmail.com
Shona Brooks-Goth	December 2009 & January 2010	0411 343 309 [Mobile]	shonnagh1@hotmail.com

A Warm Welcome To The New Members of ARC

Trisha Fox	CARLTON NORTH	Master Teacher	Rebecca Bodsworth	KIRWAN	Level II
Daina Culverwell	ROXBURGH PARK	Master	Elizabeth McLean Morgan	TOUKLEY	Master Teacher
Louise Riley	BEAUMARIS	Master Teacher	Carine Woder	NORTH RINGWOOD	Master Teacher
Kathryn Atkinson	MT ISA	Master Teacher	Frances Beynon	MUCKLEFORD SOUTH	Level II
Paul Ryan	MT ISA	Master	Debra Redman	DICKY BEACH	Level II
Heather Morley	FINCH HATTON	Master Teacher	Gail Hargreaves	CURRIMUNDI	Level II
Justine Tranter	ADAMSTOWN	Master Teacher	Julie Hill	NORTH FITZROY	Level II
Julie Meaden	ROSEBUD	Master Teacher	Jane Sawyer	ANULA	Level II
Libby Plaza	SPRINGWOOD	Master Teacher	Michelle Basili	GREENDALE	Level II
Trisha Swanson	CROYDON	Master	Cameron Henry	HAWTHORN	Master Teacher
Elizabeth Carroll	WOOLMOOLOO	Master	Jade Clark	COOGEE	Master
Kathryn James	MOOROOLBARK	Master Teacher	Shelley Hall	CAULFIELD	Level II
Karen Frost	BALWYN	Master	Jacqueline Haworth	BURLEIGH HEADS	Master Teacher
Sandie Galligan	KIPPA-RING	Level II			

Written By Halina Goodall - Traralgon, Victoria

LOVE IS ETERNITY

Love is there at the beginning never ending never ceasing

Going through good things and bad

Time to leave this duality and not be sad

Happy peaceful times ahead not things that we need to dread

So let us join being as one and so it shall be done

© Halina Goodall 2009

Roman Catholic Bishops Condemn REIKI

By now, some of you will have read this article which was placed in the member's news section on the ARC Website. I find it sad and unfortunate, that in this day and age, the clergy cannot consider that the benefit to recipients of Reiki far outweighs any concerns they may have with regard to Reiki and their faith. As someone recently questioned "*do they find it another threat to the power they exercise over their flock*".

Whereas it is not the role of ARC to involve itself in politics or religious matters, it is our responsibility to protect and promulgate the Usui System of Reiki on behalf of members.

Read, ARC President comments on the article below, on page 16 of this edition.

Here is the full article. Dated 25 March 2009

GUIDELINES FOR EVALUATING REIKI AS AN ALTERNATIVE THERAPY

Committee on Doctrine United States Conference of Catholic Bishops

1. From time to time questions have been raised about various alternative therapies that are often available in the United States. Bishops are sometimes asked, "What is the Church's position on such therapies?" The USCCB Committee on Doctrine has prepared this resource in order to assist bishops in their responses.

I. HEALING BY DIVINE GRACE AND HEALING BY NATURAL POWERS

2. The Church recognizes two kinds of healing: healing by divine grace and healing that utilizes the powers of nature. As for the first, we can point to the ministry of Christ, who performed many physical healings and who commissioned his disciples to carry on that work. In fidelity to this commission, from the time of the Apostles the Church has interceded on behalf of the sick through the invocation of the name of the Lord Jesus, asking for healing through the power of the Holy Spirit, whether in the form of the sacramental laying on of hands and anointing with oil or of simple prayers for healing, which often include an appeal to the saints for their aid. As for the second, the Church has never considered a plea for divine healing, which comes as a gift from God, to exclude recourse to natural means of healing through the practice of medicine. Alongside her sacrament of healing and various prayers for healing, the Church has a long history of caring for the sick through the use of natural means. The most obvious sign of this is the great number of Catholic hospitals that are found throughout our country.

3. The two kinds of healing are not mutually exclusive. Because it is possible to be healed by divine power does not mean that we should not use natural means at our disposal. It is not our decision whether or not God will heal someone by supernatural means. As the *Catechism of the Catholic Church* points out, the Holy Spirit sometimes gives to certain human beings "a special charism of healing so as to make manifest the power of the grace of the risen Lord." This power of healing is not at human disposal, however, for "even the most intense prayers do not always obtain the healing of all illnesses." Recourse to natural means of healing therefore remains entirely appropriate, as these are at human disposal. In fact, Christian charity demands that we not neglect natural means of healing people who are ill.

II. REIKI AND HEALING

A) The Origins and Basic Characteristics of Reiki

4. Reiki is a technique of healing that was invented in Japan in the late 1800s by Mikao Usui, who was studying Buddhist texts. According to Reiki teaching, illness is caused by some kind of disruption or imbalance in one's "life energy." A Reiki practitioner effects healing by placing his or her hands in certain positions on the patient's body in order to facilitate the flow of Reiki, the "universal life energy," from the Reiki practitioner to the patient. There are numerous designated hand positions for addressing different problems. Reiki proponents assert that the practitioner is not the source of the healing energy, but merely a channel for it. To become a Reiki practitioner, one must receive an "initiation" or "attunement" from a Reiki Master. This ceremony makes one "attuned" to the "universal life energy" and enables one to serve as a conduit for it. There are said to be three different levels of attunement (some teach that there are four). At the higher levels, one can allegedly channel Reiki energy and effect healings at a distance, without physical contact.

Continued on page 13...

B) Reiki as a Natural Means of Healing

5. Although Reiki proponents seem to agree that Reiki does not represent a religion of its own, but a technique that may be utilized by people from many religious traditions, it does have several aspects of a religion. Reiki is frequently described as a "spiritual" kind of healing as opposed to the common medical procedures of healing using physical means. Much of the literature on Reiki is filled with references to God, the Goddess, the "divine healing power," and the "divine mind." The life force energy is described as being directed by God, the "Higher Intelligence," or the "divine consciousness." Likewise, the various "attunements" which the Reiki practitioner receives from a Reiki Master are accomplished through "sacred ceremonies" that involve the manifestation and contemplation of certain "sacred symbols" (which have traditionally been kept secret by Reiki Masters). Furthermore, Reiki is frequently described as a "way of living," with a list of five "Reiki Precepts" stipulating proper ethical conduct.

C) Reiki and the Healing Power of Christ

8. Some people have attempted to identify Reiki with the divine healing known to Christians. They are mistaken. The radical difference can be immediately seen in the fact that for the Reiki practitioner the healing power is at human disposal. Some teachers want to avoid this implication and argue that it is not the Reiki practitioner personally who effects the healing, but the Reiki energy directed by the divine consciousness. Nevertheless, the fact remains that for Christians the access to divine healing is by prayer to Christ as Lord and Savior, while the essence of Reiki is not a prayer but a technique that is passed down from the "Reiki Master" to the pupil, a technique that once mastered will reliably produce the anticipated results. Some practitioners attempt to Christianize Reiki by adding a prayer to Christ, but this does not affect the essential nature of Reiki. For these reasons, Reiki and other similar therapeutic techniques cannot be identified with what Christians call healing by divine grace.

9. The difference between what Christians recognize as healing by divine grace and Reiki therapy is also evident in the basic terms used by Reiki proponents to describe what happens in Reiki therapy, particularly that of "universal life energy." Neither the Scriptures nor the Christian tradition as a whole speak of the natural world as based on "universal life energy" that is subject to manipulation by the natural human power of thought and will. In fact, this worldview has its origins in eastern religions and has a certain monist and pantheistic character, in that distinctions among self, world, and God tend to fall away. We have already seen that Reiki practitioners are unable to differentiate clearly between divine healing power and power that is at human disposal.

III. CONCLUSION

10. Reiki therapy finds no support either in the findings of natural science or in Christian belief. For a Catholic to believe in Reiki therapy presents insoluble problems. In terms of caring for one's physical health or the physical health of others, to employ a technique that has no scientific support (or even plausibility) is generally not prudent.

11. In terms of caring for one's spiritual health, there are important dangers. To use Reiki one would have to accept at least in an implicit way central elements of the worldview that undergirds Reiki theory, elements that belong neither to Christian faith nor to natural science. Without justification either from Christian faith or natural science, however, a Catholic who puts his or her trust in Reiki would be operating in the realm of superstition, the no-man's-land that is neither faith nor science. Superstition corrupts one's worship of God by turning one's religious feeling and practice in a false direction. While sometimes people fall into superstition through ignorance, it is the responsibility of all who teach in the name of the Church to eliminate such ignorance as much as possible.

12. Since Reiki therapy is not compatible with either Christian teaching or scientific evidence, it would be inappropriate for Catholic institutions, such as Catholic health care facilities and retreat centers, or persons representing the Church, such as Catholic chaplains, to promote or to provide support for Reiki therapy.

Read, ARC President comments on Bishops condemnation of Reiki, on page 16 of this edition.

In recent years many practitioners of spiritual practices, including the system of Reiki, can be found discussing Oneness. But does this talk really express Oneness or has it gradually become a simplified concept; a new fad?

Let's take a closer look at traditional understandings of Oneness and how this relates to modern interpretations.

It is said that Oneness is not easy to understand and can take years and years of practice. It is described as a direct experience of reality as it is, or, the uncovering of your own true nature. This state of Oneness is no different to the state of mind called non-duality.

Different names were given to this space of Oneness depending on the country or spiritual group that a practitioner belonged to. Below are just a couple of examples...

* In Taoism you would have discovered the Tao and realized that the universe is you and you are the universe. Those who did were called the Immortals.

* In Buddhism the space is known as emptiness or Buddhahood and in knowing this you would be a living Buddha.

* In Shinto (a Japanese folk religion) you would discover that you are a kami.

"Living kami' are people who are believed to have become One with the kami as a result of strenuous religious training, and are therefore venerated as kami themselves."

The Mountain of the Mandala: Shugendo and Folk Religion by Miyake Hitoshi.

* In Shugendo (a Japanese esoteric practice) you would realize that you are no different from the cosmic Buddha, *Dainichi Nyorai*.

* And in western alchemy you would discover that the philosopher's stone was not an elixir or external object, rather that you are the philosopher's stone.

By reflecting on these ancient traditions and their understandings of the state of Oneness, what is known is that the process involved a lot of practice, patience and perseverance. And that only after many years of practice and guidance from a teacher could this space of Oneness be fully realized.

Guidance from the teacher is a very important aspect of this process. The teacher, who hopefully has a deep understanding of Oneness, guides the student in remaining on the right path. It is the teacher who helps the student not to stray or begin creating false realities in his or her mind. Without the guidance students might mistake their experiences. If this occurs then students gain an incorrect understanding of Oneness and of their practice.

In modern spiritual practices, including the system of Reiki, people have been known to talk about Oneness as if it is easily accessed. This experience of Oneness during a meditation, a Reiki treatment or an attunement/reiju may be the reason for this belief, and yet this feeling of Oneness is not really Oneness; it is only a very, very small aspect of Oneness.

Let's take a look at an example... the sensation that one might have of being in the space of Oneness throughout a course. This may occur through the experience of the group energy but ultimately is short lived and is, again, a small aspect of the Oneness space.

The difficulty in discussing the concept of Oneness is that even by stating that one is in the space infers that there is separation; there is the person and the Oneness space. In a true state of Oneness there is no discussion of "me and it". In Taoism they say that the Tao that can be named is not the Tao!

Then there are advertised meditations that claim to take you straight into the Oneness space right there and then. These meditations might be able to provide you with one small aspect of Oneness but if it was so easy to access Oneness why are there so many wars, why are we still eating meat, and why are we still ripping up the earth?

Oneness is ultimately interlinked with compassion. We cannot be truly compassionate without the state of mind of Oneness. Again, we might ask... why are we killing people and why are children starving to death? If Oneness is so easy to obtain then our way of life would have changed long ago.

If there are paths to Oneness why can't we access it straight away?

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The ARC Inc. MEMBERSHIP YEAR is from 1st September to 31st August

The ARC Inc. FINANCIAL YEAR is from 1st July to 30th June

The ARC Inc. COMMITTEE OF MANAGEMENT YEAR

is from 2nd Saturday of October to the next AGM

One of the main reasons is that the human form cannot know Oneness in one foul swoop; it would be too overwhelming for the practitioner.

In fact, jumping straight into Oneness would be impossible, and might end you up in deep trouble!

What if you suddenly find that you cannot feel your physical body anymore? That you can hear every single sound around you - even incense falling from an incense stick? What if you look at your partner and you see his or her past, true present and future?

If you were not prepared for these experiences how would you react? Think about this before making statements that you are One with everything.

So, to prepare ourselves for experiencing true Oneness and not just one small element of it we need to practice for a long period to bring about adjustment and strength, creating a solid base. Within the system of Reiki this is accomplished with the 5 elements of the system of Reiki.

There are many paths into Oneness and the system of Reiki is just one of these paths. If we were to say that our Oneness is different from another person's Oneness then we would be missing the point of Oneness. As Oneness is non-duality, how can there be a difference!?

On asking a Qi Gong Master how long it would take to reach this state of Oneness within his teachings, he said it would probably take somewhere between 6 and 12 years solid practice. Not just once a week, and not just doing something every morning, but a solid step by step Qi Gong practice where you slowly work toward Oneness. Then he was asked if any of the westerners he had been teaching for about 15 years were in this space. He just smiled, stating that his students' main interests in Qi Gong were for stress relief and that they found it very difficult to practice one technique for such a long period.

On one of our recent trips to the USA we visited Anyen Rinpoche, a Buddhist teacher, who had this to say about Oneness in his book, **Union of Dzochen and Bodhichitta**;

Many of the more subtle ideas of Buddhist thought, whose understanding requires deep explanations and years of contemplative experience, have been reduced to sound bites and images: simple ideas that are easy to digest and seem easy to realize if we could just remember them. These packaged ideas appear to be spiritual in nature but have lost the essential meaning conveyed by the teachings as a whole. One example of this is the commonly spoken idea that "everything is one". This idea has its basis in the nature of "suchness," or reality "as it is", which is quite a profound state of realization.

So keep practicing the system you work with, and keep asking your teacher for guidance to ensure that you remain on the right path toward the state of Oneness.

Contributors: Bronwen and Frans Stiene

Bronwen and Frans Stiene are founders of the International House of Reiki. Authors of many books including *The Reiki Sourcebook* and *Your Reiki Treatment*

Call International House of Reiki on 1800 000 992 or visit www.reiki.net.au



Keeping ARC records up to date William Secker - Membership Officer

Dear Members, every so often we make changes to our personal information, such as our Email 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 log on and keep up to date. If you have any questions please telephone 1300 130 975

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

ARC President comments on Bishops condemnation of Reiki

Sadly, since the publication of these “guidelines”/orders, two Catholic hospitals in South Jersey, USA have removed Reiki treatments from their holistic program. Both hospitals are funded by a religious order so it would appear that they had no choice, despite their knowledge of the benefits that the Reiki treatments (which they approved of), were having on their patients.

It appears, at this time, the powers that be in the Roman Catholic Church, are endeavouring to convey that anything other than what is acceptable to them should be cast off even if it is beneficial to the health and well being of their laity. Among several inaccuracies in their document is their claim that Reiki is an **alternative** therapy when in fact it is a **complementary** therapy, also they say that Usui **Invented** Reiki.

The bishops seem to put a lot of emphasis on the lack of scientific proof on the benefits of Reiki. I could write about how science and Quantum physics have proven that the human energy field exists and how imbalances in it affect the body, but that would be too easy.

They say, *“In health terms, using a therapeutic technique that has no scientific basis “is not generally prudent”*. Yes, to date, there has been no **major** scientific studies into Reiki but this is changing and the burden of proof from patients and medical staff into the benefits of Reiki, is slowly changing this. I believe it will not be too long before finance is made available to fund such a major study. In the meantime using this excuse to stop using Reiki is weak, lame and desperate. If this, lack of Scientific proof approach were to be accepted, then healthcare would become stagnant. Take Aspirin as an example, this was widely and successfully used for 70 years BEFORE science worked out how it actually worked. The fact that science has yet to fully understand the role of energy in healing should not stop the use of any beneficial therapy.

Perhaps, as Pamela Miles Reiki Master teacher said recently *“We need to reconsider the standards for evidence. The randomized controlled trial is inappropriate for the kind of complex and multi-level action of complementary and alternative medicine. A systems approach is a better match for outcomes research: let’s offer Reiki to people who just had a certain surgery and don’t offer Reiki to a matched group of patients and see who gets out of the hospital faster, who takes less medications etc.”*.

The bishops go on to say:

..To use Reiki is to operate “in the realm of superstition, the no man’s-land that is neither faith nor science Superstition corrupts one’s worship of God by turning one’s religious feeling and practice in a false direction.” This is an old fashioned gut wrencher that plays on the fears of some Catholics

There has been an outflow of condemnation for the Bishop’s document on many of the Reiki and Religious forums and sites. Should you wish to view them do Google the subject.

One comment, in an article by a 77 year old healer who remembered; - *“what a priest friend told me years ago, The Church is like my Mother. I love her. I respect her. I listen to her, but there are times she doesn’t know what the hell she’s talking about.”*

What is less talked about, or known, is that perhaps this latest publication from the USCCB appears to be a follow on from a publication, on the woes of, as they name it, *New Age Religiosity*. This long and wordy document published by the Pontifical Council for Culture and Pontifical Council for Interreligious Dialogue is titled *Jesus Christ The Bearer of the Water of Life, A Christian reflection on the “New Age”* The full document which is too long to go into here, can be viewed at;

http://www.vatican.va/roman_curia/pontifical_councils/interelg/documents/rc_pc_interelg_doc_20030203_new-age_en.html

Do you have any comments on this subject? Please send comments to the ARC INK Editor and/or post them on the forum pages on the ARC Inc. Website; www.australianreikiconnection.com.au

LETTER TO THE EDITOR

Hi John,

I have noticed in a previous edition of ARC INK

a number of letters regarding the negative reaction to Reiki from the religious sector. I would like to balance this with two experiences I have had.

The first is when I was on the Kokoda trek last year on Anzac day. We had a dawn ceremony at a native village and a pastor was flown in for the occasion. After the ceremony he asked if he could walk out with us to Port Moresby as we still had 3 days trekking ahead. The first night I had a line of sore people from my group waiting to have Reiki done. They had turned from sceptics to believers by then. I noticed the pastor watching and the following night after I had completed healing he asked if he could speak to me. My initial thoughts were here we go but when I approached he asked me if I could explain what I was doing and after I had finished he asked if I could do healing on his sore neck and back. The other was at the opening of a new Solaris complimentary healing clinic at St John of God a private catholic hospital. A priest was asked to bless the clinic and I can still remember the words. He said “there are many names for God-Jehovah; Yahweh, Allah, and there are many paths. Jesus was first a healer then a teacher. Healers are doing Gods work in the purest sense”. He then blessed us and the centre. Some older nuns from the order come on a regular basis to have healing. Love, light and laughter, John

[John McQuade]

ARC WEB FORUM - Presented for Members with no Internet Access

An online discussion is taking place at present about teaching Reiki. The topic is called 'On The Net Masters' The initial statement and question was published in the last edition of ARC INK. (Page 2 Feb/Apr 09 - Vol12.Iss1) A number of replies have been received since then. For the benefit of Members without net access and those who do not visit the Forum we are printing the replies below. This important subject requires and deserves input from all ARC Members.

Dear Kathy from SA.

I read with great concern the article you wrote on page 2 of the recent ARC newsletter. When you say you "I recently had to try to help people who are obtaining their Reiki 1,2 and Master Certificates from the net", what do you exactly mean by "you had to try to help", and what did you do? You said: "surely there must be a way to protect gullible people, from those who think Reiki is a quick way to earn a dollar, both as Teachers and Practitioners.

I believe that people have to learn through their own experiences, whether it is through positive or negative impact. You cannot protect people from that. How do you protect a child from making mistakes?

The wonderful thing about the international Reiki community is that it is not controlled by an authority, but with this freedom comes responsibility and discernment. There is compassion, and there is something else I have learned from the Tibetan Masters. They call it 'stupid compassion'. We are dealing with Transmission of energy here, and something so sacred that most students of Reiki call it "the most beautiful gift they have ever received in their life".

If someone has never learned discernment or at least respect for something sacred and is just grasping for a certificate that is offered in this way, which is meaningless to say the least, then they manifest what they put out for.

I am sorry to put it so bluntly, but there is a time for compassion and there is a time to ask people to take responsibility for their own lack of discernment. Mastery is not attained with a certificate.

I appreciate ARC trying to set a standard for Reiki in Australia, but if we don't pitch the frequency high enough, no health organisation will ever take Reiki seriously.

My suggestion, and if it were me receiving these enquiries, I would empower these people simply by telling them that there are no short-cuts in Mastering Reiki, and like the rest of us, to have the humility to be attuned in person by a qualified Reiki Master Teacher, and to attend a reputable seminar.

My wife, Michelle, and I spent nine years studying, travelling and co-teaching with Denise Crundall, a true Master Teacher.

I am looking forward to further discussions. Kindest Regards

Marcus Nassner : www.reikiresonance.com

Full-time international Reiki Teacher and co-founder of the Reiki Resonance Retreat in the Tweed Valley – Northern Rivers.

Marcus. I fully understand what you are saying. In answer to your question. These people were issued with a few sheets of notes, a phone attunement or in one case, an absent attunement. They were not shown how to access this wonderful energy or how to place their hands on. I agree that some need to learn lessons, but it is unfair to take advantage of some who are just ignorant of how Reiki really is used, or where to receive their attunements in the most beneficial way. IT DOES LOOK BAD FOR US ALL, when this sort of thing goes on. We should take care of those who genuinely want to help the world and its life forms, not take their money and offer no further support. Kathy. **[Kathy McKie]**

I agree with Kathy on all points including sparse use of this forum.

I too have had students come to me after they have had all three levels by internet attunements. They had no idea what they were doing, how to use Reiki and wanted me to simply show them what to do. The few who retrained with me expressed their joy and gratitude and said that the experience was uplifting and spiritual and that they now knew how useless internet attunements were. Practitioners and Reiki teachers who are out there using the name REIKI and not knowing what they are about do get the genuine practitioners and Reiki a bad name.

If as ARC are trying to do and that is have Reiki accepted in the Healthcare system then we all have a responsibility to ensure as best we can to educate and train in the correct way. **William Smith**

Bless you Mr. Smith, for taking the time to reply. I was beginning to think I was the only one to check this (potentially) great forum site on a regular basis. I sometimes find I am lonely in my passion for Reiki and the "right" thing, and having the time and sometimes the courage to stand firm and voice these beliefs. Reiki is my life and I can't stand by and see it's reputation "darkened" in any way. Again, Thank you. Kathy. **[Kathy McKie]**

Members are sincerely welcome to take part in this and other discussions. Your comments can be posted/placed directly on the ARC Forum or sent by email to editor@australianreikiconnection.com.au or by post to ARC INK PO Box 525 MONBULK VIC 3793. All correspondence will be included in the online Forum discussion pages. This Topic together with many others are available on the Forum pages on the website. If you are having logon difficulties (user/password) then please contact membership@australianreikiconnection.com.au - Thank You.

Professional Reiki Treatment Delivery & Business Skills Course

I am fortunate enough to have completed the facilitator's course for this CARO (Council of Australian Reiki Organisations Ltd.) certified course. John Coleman, Robert Thuan, Elizabeth Thuan and Hilary McPhee, (myself) are now all qualified to run this course for those Reiki practitioners and teachers interested in undertaking some professional development. It was an intense and at times challenging course held in the delightful town of Paynesville on the Gippsland Lakes. A great atmosphere and environment conducive to learning, an inspiring facilitator in Sue Lake-Harris of CARO and the exceptional fellowship and company of everyone there. Some of the areas covered by the course included:

- How to start your practice, ensuring you comply with legal requirements at State and Federal levels
- Pointers on administrative and book-keeping requirements
- Setting up and furnishing your practice premises
- 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
- Occupational health and safety
- Explaining Reiki and giving a first treatment session
- Adapting treatment strategies to deal with client needs
- 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

The areas I found challenging were the level of detail and compliance within areas of the Health Training Package such as the taking of a very detailed and somewhat invasive client history. It seemed in contrast to the relaxing nature of a Reiki treatment but the key I discovered in how one approaches the taking of the history. To comply with State regulations, the history is required to be fairly extensive but by taking time and putting the client at ease, explaining that the detailed history is "required" by the powers that be and this does not mean that Reiki is something to be afraid of. Remember the client history is not only in the client's best interests and protection but yours as well.

Every Reiki practitioner has their own style of delivering client treatment but underpinning that is the core elements, principles and structure of Reiki and this course aims to put that into the context and framework of professional practice. Professional development within the Reiki community can only enhance the reputation of Reiki practitioners and assist in the recognition of Reiki as a mainstream natural healing modality. This in turn will aid us in self determination and regulation rather than government legislation and manipulation.

Anyone who is interested in undertaking this course can contact for further details and course dates:

ARC Inc. Telephone: 1300 130 975 or by email: president@australianreikiconnection.com.au

Hilary McPhee by email: vic_rep@australianreikiconnection.com.au

Robert & Elizabeth Thuan by email: firebird22@bigpond.com

Hilary McPhee

Have your say!

ARC INK MAGAZINE WELCOMES YOUR COMMENTS AND VIEWS - Contact the Editor at:
editor@australianreikiconnection.com.au

PHONE: 1300 130 975

STATE Identity - AUSTRALIAN CAPITAL TERRITORY



NEWS & VIEWS from the ACT

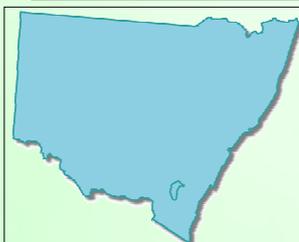
with Vickie Hingston-Jones in Canberra

Contact Vickie on 0422 008 759
act_rep@australianreikiconnection.com.au
**Australian Capital Territory
State Representative**

ACT Members are encouraged to contact Vickie and to support her efforts to promote Reiki and Reiki Awareness Week and to engender fellowship within ARC.

The ARC community in the ACT holds Reiki shares on the 2nd Monday of each month at 7 pm. It gives us an opportunity to re-connect and support each other as we share our experiences with Reiki, enjoy a short mediation and then the wonderful healing of many warm hands. I send out a reminder to all ACT ARC members a few days before each Reiki share, but if you have not been getting a reminder and would like to join us please contact me at act_rep@australianreikiconnection.com.au - Vickie

STATE Identity - NEW SOUTH WALES



NEWS & VIEWS from NSW

*with Veronica Doppler
in Killarney Vale*

Contact Veronica on 0408 494 807
nsw_rep@australianreikiconnection.com.au
**New South Wales
State Representative**

Hi everyone,

I trust that all NSW members have received at least one email from me since the last ARC INK. It is quite a task to reconcile and add email addresses so if you haven't received one from me please let me know and I will include you on the listing. Also, if you change your email address can you PLEASE email your new details to me so I can update my listing and forward the information to Tony. Of course if you change your address or phone number then you should follow the usual procedures and notify the membership officer. All this helps to keep you in the communication loop!!

I was delighted to receive an email from a NSW member regarding an Earth Meditation group that runs each month in Surry Hills. Attendance is by donation and all proceeds go to environmental charities contributing to planetary healing. As part of the circle you send healing to the earth (as the mother of our manifested form) while also nurturing and receiving healing for yourself and strengthening your connection to our nature world. These, wonderful acts of self-less giving in service is what we all are really about.

If you feel inspired to create a similar healing circle in your own local area, Christina and Simone are happy to share how they run theirs with you to get you started on creating and expanding your own. So no matter which state you live in please feel free to email me and I will pass on your details to Christina.

If any NSW members have any similar requests please email details and I will forward to members on your behalf. I know that you will all understand that this is not about promoting your paid workshops or events. These can be advertised through ARC for a minimal fee.

I have been asked by Samaritans here on the Central Coast to give a talk on Reiki and offer Reiki to 32 carers that will be attending a Retreat at Breakaway in San Remo in May. What a wonderful opportunity this is to give back to others who have given so much of themselves. The carers attending the retreat are aged 65 years + and some have been looking after their loved ones for 50 years. I will fill you all in on the joys of the retreat in the next ARC INK. If anyone from the Central Coast is interested in helping (even for just a few hours) please let me know, your healing hands will be greatly appreciated.

Don't forget Reiki Awareness Week Sun June 7th – Sat June 13th. Please let me know if you need any assistance with organising an event.

Many blessings of joy, peace and good health to you all
Veronica

STATE Identity - NORTHERN TERRITORY



NEWS & VIEWS from the NORTHERN TERRITORY *with Jan Hordern in Darwin*

Contact Jan on 0419 356 862
nt_rep@australianreikiconnection.com.au
**Northern Territory
State Representative**

Northern Territory Members are encouraged to contact Jan and to support her efforts to promote Reiki and Reiki Awareness Week and to engender fellowship within ARC.

STATE Identity - VICTORIA



NEWS & VIEWS from VICTORIA

*with Helen O'Connor, Elizabeth Secker,
Helen Archer and Hilary McPhee in Melbourne*

Contact Hilary on 0438 561 124
vic_rep@australianreikiconnection.com.au
Victoria State Representative

Contact Shirleyrose on (03) 5367 1680
Bacchus Marsh - Regional Victoria State Representative

Victorian ARC Gatherings
(2nd Saturday of the 2nd month)
**Waverley Community
Learning Centre**
**5 Fleet Street
Mt Waverley.**
Mel. Ref: 61 G12
10 - 2 pm Please bring a
healthy lunch to share

*****JUNE 13th 2009*****

*****AUGUST 8th 2009*****

National Reiki Awareness week is coming up (June 7th to 13th) and I am sure many of you will be organizing events or get togethers to celebrate. I will be promoting Reiki Awareness week by holding an information evening at my local library. If anyone needs help in organizing their local event just let me know and I will be happy to help. The Western Region gatherings are still going strong so if you live over western suburbs way, please drop in and enjoy like minded company and share some Reiki as well as tasty nibbles.

At the Waverly gathering on June 13th Guest speaker is Anda Lawson Goodin from The Linen Co. Anda is a huge supporter of ARC and through her company offers ARC members wholesale prices (50% off) on their entire range. Very few companies do this so please do your best to attend and show our appreciation.

On August 8th guest speaker is fellow ARC member Sarah Messina who will be giving a talk on Animal communication so mark these dates on your calendar now.

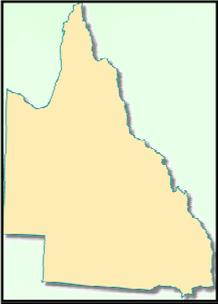
They will be a very interesting talks indeed. Remember if you need help or support about anything to do with Reiki, or even just to chat please e-mail me or phone. Hope everyone had a brilliant Easter and don't forget to be kind to yourselves as well as others too.

Hilary McPhee

Look forward to seeing as many of you as possible at either Waverly or Airport West in the near future, Hilary

The ARC Inc. MEMBERSHIP YEAR is from 1st September to 31st August
The ARC Inc. FINANCIAL YEAR is from 1st July to 30th June
The ARC Inc. COMMITTEE OF MANAGEMENT YEAR
is from 2nd Saturday of October to the next AGM

STATE Identity - QUEENSLAND



NEWS & VIEWS from QUEENSLAND

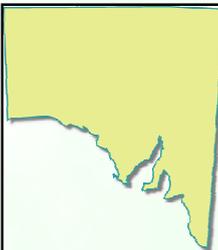
with Jan Lay in Runcorn

Contact Jan on (07) 3219 5989
qld_rep@australianreikiconnection.com.au

**QUEENSLAND
State Representative**

Queensland Members are encouraged to contact Jan and to support her efforts to promote Reiki and Reiki Awareness Week and to engender fellowship within ARC.

STATE Identity - SOUTH AUSTRALIA



NEWS & VIEWS from South Australia

*with Christine Sinclair in Adelaide
and Kathy McKie in Mt. Gambier*

Contact Christine on 0411 604 753
sa_rep@australianreikiconnection.com.au

**South Australia
State Representative**

Contact Kathy on 0406 355 249
South East - Regional South Australia State Representative

South Australia Members are encouraged to contact both Christine & Kathy and to support their efforts to promote Reiki and Reiki Awareness Week and to engender fellowship within ARC.

*** **

Hello all, from Christine Sinclair. We are already starting to plan our Reiki Awareness Day Activities and will be at the Adelaide Mind Body & Spirit Fair late May. If you are organizing an event for Reiki Awareness week, do send me the details and I will arrange for them to be placed on the ARC Website.

Healing Share days are held the 3rd Sunday, of each month. Just ring and let me know you are coming.

Blessings to all Christine Sinclair

*** **

STATE Identity - TASMANIA



NEWS & VIEWS from TASMANIA

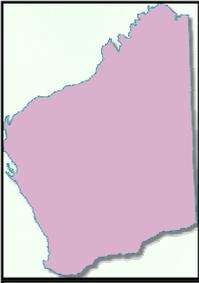
with Joy Nicholson in Lindisfarne

Contact Joy on 0415 416 168
tas_rep@australianreikiconnection.com.au

**Tasmania
State Representative**

Tasmanian Members are encouraged to contact Joy and to support her efforts to promote Reiki and Reiki Awareness Week and to engender fellowship within ARC.

STATE Identity - WESTERN AUSTRALIA



NEWS & VIEWS from Western Australia

with Vicki Marshall in Mullaloo
And Judith Sims in Joondalup

Contact Vicki on 0438 700 122
wa_rep@australianreikiconnection.com.au
**Western Australia
State Co-Representative**

Contact Judith on 0422 198 273 / (08) 9300 0914
Western Australia State Co-Representative

Western Australia Members are encouraged to support Vicki and Judith in their efforts to promote Reiki and Reiki Awareness Week and to engender fellowship within ARC.

Reiki Gathering is on Sunday 24th May 1.30pm – 4.45pm Venue: Joondalup Library, meeting room 3.

(There is underground parking as well as above and lift access to the room.)

Joondalup Library is situated on Boas Ave & Cnr Lakeside Drv Joondalup.

Contact Judith Sims on 0422-198-273 / 9300-0914

jazreiki@bigpond.com - RSVP no later than the Sunday 17th May 09

Judith has kindly volunteered to work with Vicki as State Co-Representative. Thank you Judith and thank you for organizing the Reiki Gathering.

TEACHING REIKI

By Christine Sinclair

Congratulations to you Master.

*“A Master is not a master over all things great and small, it is a mastery of your own life.
This is what you the master shares.”*

Now that you have finished your Reiki Masters journey, you may decide to teach.

Traditionally there are three levels in Reiki.

Reiki I (self healing level), Reiki II (practitioner's level) and Reiki Master (teachers & mastery level) and you can teach the lot. All Reiki Masters have the ability to teach, but it is still up to you as a Reiki Master if you teach. Supporting yourself by working the energy will shine into all you do and into all you meet. To teach takes dedication, time, commitment, belief in yourself and your abilities, a true heart, faith, experiences, responsibility and a true intent to become an efficient teacher. The universe will provide the clients, if you truly want to teach.

*Know that each Reiki student will choose the Reiki Master that suits their needs at the time.

Questions a Reiki Student should ask their chosen Reiki Master:

- How long have you been a practitioner & teacher?
- Have you insurance for me and yourself while learning?
- Do you belong to a Reiki Association and do you have your own Reiki Network happening?
- What voluntary (or community service) work do you do using Reiki healing to help people?
- Do you have, Information Brochures, Web Page to view and a Business Card?
- Ask if class sizes are small for quality teaching?
- Do you have flexible course times and environments or correspondent courses?
- Do you teach hands on Reiki & hand positions & Byosen Scanning?
- Do you teach Reiki for wheelchair clients, children and the elderly?
- What support do you offer after the class is over?
- Do you have practice or gathering for students?
- What is the cost of your workshops?
- Will I receive full course notes to take home?
- Will I receive certification for your courses?
- Do you offer continued study in Reiki II and Masters?

TIP: Always view their Reiki lineage and certification.

I believe the short and only answer is NO. Reiki is Spiritual or Universal Life Force ENERGY and unlike electricity we mere mortals cannot regulate it.

In the main, Reiki is a folk art and as such may have no real need for regulation, HOWEVER, what could be regulated is the professional system, whereby Reiki treatments are provided by professional Reiki Practitioners, in other words it would be the person doing the Reiki who is regulated, not the Reiki itself, i.e. it would be how they work and their interaction with the public.

Should this regulation be enforced or voluntary? ARC believes that this regulation should come from within the Reiki community and provided such regulation is professional, practical, meets legal and ethical requirements then the question of enforced or voluntary should not arise. Any Reiki practitioner who is concerned with having Reiki treatments more widely used and accepted, would, I believe, welcome regulations that promote high standards for the provision of Reiki treatments.

As Reiki and the awareness of its benefits continue to spread, professional Reiki practitioners have a responsibility and duty to meet the standard requirements just as other healthcare providers do. By doing so they are showing their clients and responsible bodies that the system of Reiki is worthy of acceptance into mainstream healthcare.

Unfortunately there are those who object to this process. Yet some of them, are the same people who complain that Reiki is not officially and openly used in many hospitals and healthcare systems. They believe, because they have been providing Reiki for many years that they do not need to learn anything new, they do not need to do annual professional and personal development and that they should be accepted as they are. I am not saying that they are doing anything wrong in how they provide treatments to their clients.

As part of the self regulation process ARC along with other Reiki organizations will be facilitating the running of the CARO Professional Reiki Treatment Delivery and Business Skills Course.

Expressions of interest are invited from Members who would like to take part in the course.

Another part of the process is the Professional and Personal Development (P and PD) booklet. If you are a practitioner and/or master teacher category member of ARC you are obliged, upon renewal of membership in that category, to complete the booklet provided to you. This year you will be using the new version. If you do not have a copy, you can download it from the member's area of the ARC website or by contacting ARC President who will send you a copy of it. This P and PD system is one way of showing that Reiki practitioners and master teachers are working professionally and responsibly, it is also an obligatory requirement for any Health Fund rebates for Reiki treatments. If you experience any difficulties in completing your P and PD booklet do contact a member of CoM who will gladly assist in any way possible.

Rev. Victor Fuhrman

LETTER TO THE EDITOR

I feel neither called nor qualified to be an apologist for Reiki, but I will share my personal feelings about the Conference of Bishop's regretful decision. When I first studied and was attuned to Reiki more than 16 years ago, several tenets were impressed upon me and my fellow initiates by our Master Teacher. The first was that Reiki is not a religion, can be practiced by anyone of any faith, and does not require a "belief system" to work. The second was that Reiki energy comes from the "universal source" and comes through us and not from us. The third, and for me the most important, was that channelling Reiki with the purest and highest intention is an act of love. Therein lies my disappointment with the Bishop's decree. They seem to have forgotten about love.

To deny the ability to share love and compassion through the laying on of hands and relegate it only to divine intercession through prayer is forgetting the foundation of Christian healing as described in Luke 9:1-2: (1) "When Jesus had called the Twelve together, he gave them power and authority to drive out all demons and to cure diseases, (2) and he sent them out to preach the kingdom of God and to heal the sick."

According to their own canon, Jesus empowered the disciples to heal and charged them with the responsibility to minister to the sick. To deny Reiki, is to deny all forms of spiritual and energy healing and to forget the loving foundation of all healing. It also serves to disempower the wonderful nuns and priests I have had the privilege to study with and attune over the years.

Reiki for me was a spiritual accelerant. It brought me closer to God and opened my heart. May those with closed hearts look deeply inside and may God move them from egoism to altruism, from dogma to open-mindedness and from fear to love.



Kaisho Old Kanji



Kaisho Modern Kanji

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Texture has a 'rough look' giving the impression of being ancient
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Presentation is in plum coloured box lined with satin - chain is not included

*10% discount given to ARC Members when quoting their membership number
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Telephone: 02 6632 2531 after 6 PM



Maria Lacey at the Mooroolbark Festival - See Maria's article on page 5 "Reiki at MOOROOLBARK Festival"



Sarah Messina photographs - See Sarah's article on page 6 - "Bushfire wildlife plea for healing"