

ARC INK MAGAZINE

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PRESIDENT'S COMMENTS

John Coleman

Greetings and welcome to the May issue of your ARC INK.

The recent visit I made to my family in Ireland reinforced for me the importance of physical and personal connection, and the irreplaceable value of it

Like many others, during COVID related lockdowns, I talked to my family and friends using Zoom or Facetime. This was great but had no comparison to communicating in person and face to face.

In light of this, I began to wonder how the name of our great Reiki Association was chosen, and especially how the word *connection* was introduced into it.

I contacted ARC's founder and first president Wendy Joy via email, and she shared her memories of how the name came about. Read what she said on Page 10 of this issue.

COVID-related issues, such as health, isolation, financial difficulties, and postponed family visits are sad facts, but I have heard many good stories about how people had time to reflect, look within themselves, and understand what is most meaningful to them. Anita Kyriazopoulos, an ARC committee member, shares her reflections with us on page 8 of this issue.

We all have stories to tell or reflections to share. How about you? if you have one please send to me by email at ARC President.

International Nurses Day is celebrated worldwide every May 12, the date of Florence Nightingale's birth. We at ARC appreciate and give thanks to all nursing "angels" and other frontline healthcare workers on this important day (and every day).

The Australian Reiki Connection is pleased to have nurses as professional members who practice Reiki and when appropriate have tailored it to their working environments. Thank you for choosing ARC as your professional Reiki Association and for all the great work you do.

Love, Light, Lots of Laughter and Wellness



ARC EVENTS

ARC ONLINE EVENT WITH DOROTHEA RANDAZZO

Reiki Professional Practice – from the early days until now

Dorothea is an old hand at Reiki and professional practice. She started her journey many years ago in the 1980s when she completed Reiki I and II training with Beth Gray in Perth. Since that time, she's treated many people, children, and adults. Often as paying clients, but due to her generosity, often supports people for free. She has attended virtually every seminar run in Perth since Barbara McGregor took over from Beth as she believes revision, supporting new Reiki folk, and maintaining a relationship with her training origin are important for her practice. In addition, she's completed two of the Reiki Treatment Delivery and Practice Administration workshops that ARC recommends.

ARC was fortunate to have her as a guest speaker at our March online presentation for professional members.

Dorothea has slowed down her practice a little – after all, she's well past any official retirement age – but you'd never know that from the youth and vitality that comes through when she speaks. That being said, there was a lot of wisdom and a wealth of experience that she drew on to share with the ARC attendees.

Dorothea's approach, because she's naturally shy (her words), and had never used Zoom, was to ask for questions from ARC prior to the Zoom meeting. Those opening questions meant she was feeling comfortable with the format and nicely warmed up prior to opening up for a more general Q&A.

One of her approaches to working with children resonated well with the practitioners who were listening to her anecdotes and advice. Dorothea usually suggests several sessions, and at the first session, before she even starts, she asks the child to draw his or her feelings. Paper and coloured pencils/textas are provided. For each new session, there is a new drawing.

The difference in mood between the first drawing and the last drawing is always profound. In one example, a child started off with coffins and dead bodies, drawn in dark colours (the father had died), yet by the final session, the drawing had become a colourful rainbow...

Some of Dorothea's illustrative stories came from the years "before government regulations", and these days, professional practitioners wouldn't be allowed to share with their clients some of the intuitive information that comes through for Dorothea – she acknowledges that there are things she doesn't say these days – but it was interesting to hear what things could be like in the early days of Reiki in Australia.

Dorothea's main takeaways from her presentation could perhaps be summed up as follows:

- Live your Reiki practice every day
- Support yourself and others, give back, experience gratitude
- Trust Reiki – there's no need to analyse it, just do it



Dorothea Randazzo
Reiki Practitioner
Perth, Western Australia

Online ARC gatherings are a great way to connect with members in other States and Territories.



ARC EVENTS

UPCOMING ONLINE GATHERING VIA ZOOM.

We invite all ARC members to join us at 3 pm (AEST) on Sunday, 10th July 2022.

Author and international Reiki teacher Frans Stiene is our guest speaker. "The Way of Reiki with Frans Stiene" is the topic of the presentation.

The Australian Reiki Connection is pleased to host Frans from his home in Holland to present to our members.

The dedication and commitment Frans has to Reiki and to the System of Reiki, along with his diligence and commitment to research, and his willingness to share this research and knowledge, make him a truly invaluable member of the Reiki Community.

As with all ARC Online Gatherings, members will receive an email containing a registration link prior to the event.

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While every effort is made to present our online presentations as advertised, there can be occasions when unforeseen situations may result in dates and speakers being subject to change. Should this occur, members will be advised by email.

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Online ARC gatherings are not only a great way to connect with members in other States and Territories.

They are also a great way for members to share their own experiences and if appropriate to share case studies on the benefits of Reiki treatments.

ARC's Management Committee is always looking for feedback from members on what they would like to see in our online presentations.

If you wish to be a guest speaker or part of a panel of guest speakers do let us know.

You can send your feedback via E-mail to [ARC President](#)



REIKI STORIES

WHAT DO THE SYMBOLS AND MANTRAS MEAN TO ME?

By Diana Fels

I discovered that there are many layers to the Reiki system the more I looked into it. The symbols and mantras are one component of the elements of the system of Reiki.

When I first started my journey in 2004, the knowledge and understanding provided back then, the way it was viewed and the thought processes have changed substantially. Following on from the 90s, there was a lot of western influence, thoughts, and views on the symbols and mantras. Meditations were also seen differently with more of a view as a feel-good practice and a lighter emphasis on the need to integrate into daily life and as a daily practice.

Since then, a lot more insights and knowledge have emerged. The more I search and learn about traditional ways and integrate meditations and practices into my daily life, the symbols and mantras have taken a whole another layer of meanings.

From an intellectual perspective, the symbols are methods, pointers, and keys to unlock what is hidden inside of us.

The symbols are keys to remembering we are the great bright light, infinite light, that we are Reiki, the precepts, kindness and compassion.

The symbols are tools to stay focused for being mindful, not being distracted by past, present or future. To laying bare our innate great bright light, true nature, true self and the precepts, no anger, no worry, no fear, being grateful, be true to our way and being and be compassionate to ourselves and others. The symbols are all pointers to non-duality.

The symbols and mantras are like training wheels that symbolise keys to open the door to rediscovering our true nature and discovering what is hidden and inside of us.

When we are not distracted by the past, present or future, no anger, no worry, no fear our whole energy and entire being open and becomes more fluid, free and playful.

I discovered and developed a new level of appreciation for the meaning of going within, as spirituality happens inside us and not outside of us. The symbols are not some magical external force, the power comes from within. I now have a better understanding of why the old traditions would focus on the internal embodiment of the symbols and mantras. Integrating specific meditations helps us embody and understand the concept of the symbols. First practice grounding and focusing on the hara to become as solid as a mountain before pursuing other practices.

In the early days of my journey, there was little emphasis on chanting and with the western influence at that time, the mantras were seen as something you repeated 3 times. I later learned these earlier influences were not the right way of thinking. It lacked the true essence of what the symbols and mantras represent, the techniques and the right practices to internalise.

When I embraced the chanting of the mantras as a form of meditation, it revealed so much more than just some words that are repeated over and over again. It added tremendous value to practice, helped with the internal embodiment and surprisingly unlock something more within. The sounds, the vibrations, and the energy felt uplifting, a sense of deepening my inner learnings, teachings, connections and a feeling of lightness in the physical body and mind.

REIKI STORIES

WHAT DO THE SYMBOLS AND MANTRAS MEAN TO ME (CONTINUED)

It brought a breath of freshness, awakening new life into the practice and unlocking a deeper expansion. It also helped in rediscovering the light and lighting a fire within.

For me, I see the symbols and mantras as building blocks to the system and key in laying the foundations for a solid practice. And all these practices and meditations are pointing us to our true self, emptiness and non-duality.

I have noticed substantial benefits that have flowed out from following the approaches and techniques of traditional ways.

The continual, consistent practice with a beginner's mindset is also important. I noticed a difference in the calmness of the mind, thoughts and awareness. The importance to train and train in the right way to gain control over the monkey mind. Taking the calm mind with us into every aspect of our lives and in every action we take.

My greatest learnings and knowledge have come from direct experiences that have deepened my understanding of the intellectual. And is a continual learning journey, gaining new insights, self-reflections and teachings with every experience.

And refining my ways to internally embody the practice, sprinkling it throughout the day and integrating it into daily life has opened new aspects of rediscovering myself and my true self.

Reflectively, I have found that it has helped to rewire thoughts, to peel away the need to overcomplicate the practice and increase energy within.

In a way, the practices ignite an internal fire that burns away the rubbish and purifies the self. On another level, the people around me feel and benefit from this.

It has instilled a higher level of trust, letting go and softening the grip on the "I". I feel a softening of emotions, a deeper connection to the practice and the internal grounding and centring of the body, mind and energy. I have found that the more I sit in this space, the more the hands-on healing has transformed and in other areas of my life too.

The more I practice, the more that is uncovered and revealed and invokes an intense passion to seek further understandings, learning and growth. And I now could not imagine a life without this form of practice.

I am grateful for all the events that have led me to this point. I give thanks for all that has transpired to date. I feel it is only the beginning of more to come, a continual path of growth, learning and exploration. I am excited by the pursuit of the new adventures, possibilities and connections to come.



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SHARING STORIES

MY DAD AND REIKI

By Slavica Praporski

My dad is now 72 years old. He has 35 years of experience as a mechanical engineer. He works with metals, machines, numbers, and logic. His level of scepticism was above average, but that has changed, I would say, quite miraculously.

This was a couple of weeks after my Reiki Level 2 training, and he was visiting from overseas, only for two weeks. Our time together was short, but packed with everyday activities of visiting friends, running errands, and catching up on stories. One evening, my dad got curious about my excitement and joy about Reiki. He asked me, in a very cynical way, to explain to him what Reiki is and how it works.

The energy behind his question stalled my reaction. I wondered if I should waste my time talking about this with him, considering his cynicism. My past experience talking to him about the topics of 'soft' science, or any subject that was not based on hard, measurable facts, was one of frustration and ridicule. I did not wish to talk about Reiki in such a manner. I told him that I am happy to share with him what I know, but only if he is genuinely interested. I also told him that if he is willing to drop his attitude, we can talk about it. This request from me was a surprise to him, as this was the first time that I asserted and implemented a ground rule for our conversation. Now, that got him really curious!

So, we began. He asked and I answered. He listened, and he asked some more. In the end, he got the idea about what we say about Reiki, and he understood that the only way to 'know' how Reiki healing works is to experience it first-hand. So, I offered to do a short healing session for him. I knew he was not ready for the traditional way we do our healing sessions, and all I did was ask him if anything was troubling him now or if he had any aches or pains. He said his fingers were hurting from arthritis.

We were sitting on a couch, next to each other, the TV was running in the background; some show was on about marine animals, and my husband was sitting to our left all the while listening to our conversation. The dad asked what he was supposed to do, and I told him nothing. Just give me his right hand, and I will hold it between my hands. and so, he did.

Reiki energy was flowing. My dad's hand stopped moving, and he became motionless. His breathing almost stopped. I could feel the warmth of his hand rising to a burning level, but he did not move or say a word. We were not talking. We just watched TV. After some 20 minutes, I released his hand and I told him that we were finished. He did not say a word. He stayed quiet.

The next day, we never mentioned the experience. He did not volunteer any questions or remarks, and I did not ask.

When I spoke to my mum and sister later that night, they were back overseas. I told them that I did a short Reiki session for dad, and they should watch over him when he returns home. I asked them to observe his behaviour and note any changes that may occur. I needed to know.

In a couple of days, he left Australia and returned home. Days passed, and one night I got a call from my mum. She said: "My husband didn't come home, another man did!"

I asked: "What do you mean?" knowing very well that this is the work of Reiki. Something has changed for my dad. She then tells a rich story with many details about dad's recent behaviour. According to her, he became considerate and calm, anger has left him, and he had patience that was unusual for him. She observed him work with a couple of carpenters that were renovating their home. Only a month ago, their interaction was a nightmare and an embarrassment to my mum. Dad would ridicule them, subtly bully them, and throw his hands around yelling how useless they were at doing what they do. He had no respect for them. And now, there was this 'other' man, mum said, who showed none of the rudeness, who listened and looked and did not interfere. At some point, he offered the boys his suggestions. They embraced the help that was offered. Dad thought them how to do some intricate work that only comes with experience. The boys were happy, dad was happy too. And my mum! She was in a kind of mesmerised shock. She could not believe her eyes and ears, and she called my sister to come over to witness this 'miracle'.

SHARING STORIES

MY DAD AND REIKI (CONTINUED)

They said that dad was not the same, that he was better, that he was lighter and kinder, and free of his usual oppressive misery. I asked if I could talk to dad. He got on the line, and I recapped to him what mum and sister told me. One thing he said struck me as quite significant. He said that he did not change, that he was always like that; that he was kind, loving and considerate. I asked him if he remembered being rude and harsh to those carpenters for weeks on end, and how he impacted the household during that time. He said he was never like that. I asked him if he believes that mum and sister would say these things just for the sake of saying them. Or maybe he was simply unaware of his own behaviour. He could genuinely give no answer. We were all perplexed.

Over the coming days and months, I kept sending distant Reiki to him every now and then, and my dad kept changing. He read a book called 'Easy way to stop smoking' by Allan Carr, that I had sent to my mum to read as she wanted to stop smoking, but never had time to do it. Dad stopped smoking in a week, after 40 years of indulging the habit. He said: "I thought at this age, that not much can change my mind, and that I can't change, and now I see I was wrong. I do not know how."

Soon after he stopped smoking, his tinnitus took hold and increased to levels of intolerance, such that the days and nights became a nightmare. This is when he asked for Reiki. He was on anti-anxiety medication, strong sedatives, and sleeping tablets. He saw many doctors, and he looked far and wide for that right medicine. When he could find none, he came to accept that he would have to learn to live with it.

All through the crisis, he kept asking for Reiki, and he kept asking for help. I suggested an alternative approach. I told him about a variety of programs that exist for those who suffer from extreme tinnitus and told him to look over some of them. He chose a program that an Aussie yogini prepared. Her name is Joey Remenyi, and her book 'ROCK STEADY' got my dad back to sanity. Dad followed her instruction, and we helped him understand concepts that were very foreign to him.

He persevered, he was committed, and he became a man on a mission! After a year of daily work, he came to a state which he describes as STEADY. Mum says: "I don't even know anymore that he lives with tinnitus. He manages it very well!"

Now, that is the story of my dad and Reiki. Throughout his journey since that 20-minute Reiki session, he asked for Reiki healing many times. He said thank you many times. He understood what experiential learning was when it came to alternative and holistic healing modalities. Now he has appreciation and respect for the things he knows nothing about and is willing to explore. He is not stuck on external evidence; he is high on his own experience.

I never cease to wonder how Reiki really works! This magical energy sustains, guides, nurtures, and heals! We never believed that dad changing would be possible, yet these changes came to be. Our whole family is grateful for and humbled by this experience.



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SHARING STORIES

REIKI, MINDFULNESS REFLECTION, AND STEPPING INTO OUR LIGHT OF COMPASSION

by Anita Kyriazopoulos

John, the President of ARC, recently asked me if I had anything to share with ARC INK readers. What immediately came to mind was how grateful and blessed I have been, especially over these past couple of years when the entire world shut down and we were all forced to face the unknown.

Even though I love teaching and providing a space for clients to feel better about themselves and discover a softer outlook on situations they may be facing, I cannot help but remember that to truly share the love, we must go deeper within ourselves.

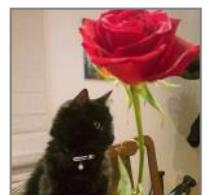
Don't get me wrong, I genuinely believe that we are all here to help and support others unconditionally. However, we often get lost in helping others, thus causing ourselves what I call "compassion fatigue"... This I often see around me, in particular in health care workers and in the world of Animal Rescue.



Love abounds, but we frequently forget to pay attention to ourselves and take care of ourselves... We usually know what to do but may not know "how" to look after ourselves... this is where the Art of Reiki comes in for those of us who have been blessed to discover Reiki training and in particular working with the precepts for us to contemplate and reflect upon. It is from here that we can discover the forgotten gems that we were all born with, as opposed to the illusions of fear, anger, and worry that tend to weigh us down. Reiki for me isn't about seeing colors or feeling the energy. Reiki is about opening the heart, that which is empowering for everyone into a more compassionate way of living that includes the entire universe and all in it.

So, for me, all I can share from this perspective is how grateful I am for the time during lockdowns that have been spent going within and the endless hours spent with both my family and fur family. Even so, this was and is not always easy. Spending time to reflect helps us to understand that our greatest teachings are from our attachments that we often have from our loved ones and families...

I spent time with our furry families, simply sitting with them with the awareness of how present and tuned into the mysticism of love they so naturally are.. Unlike us how we appear to be there for our loved ones but often somewhere else and out of our bodies.. What I love most of all is that even though we do not speak the same language, we get to see and feel the language of love. This for me is the greatest gift we can have. True love is not an exchange of words but rather a gift where "there are no words" to describe it and this is what is often misunderstood in the world of Reiki. Hence why I trust Reiki to be a lifetime practice and not something we just do from time to time. It is a practise that flows from doing (effort) to a practise of being (effortless).



I also spent time and continue to do so on Zoom with clients and students, either practising mindfulness or simply listening to what each of us feel to share in the moment within what is so important a very "trusting environment."



Anita Kyriazopoulos

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A TAOIST PARABLE

TRANSLATING MEANING INTO LIFE

By Alan Briskin

During a time of great drought, a Taoist master was asked by members of a village if he could help bring rain to their dry fields. They confessed to trying many other approaches before reaching out to him, but with no success.

The master agreed to come and asked for a small hut with a garden that he could tend. For three days, he tended the garden, performing no special rituals or asking anything further from the villagers. On the fourth day, rain began to fall on the parched earth. When asked how he had achieved such a miracle, the master answered that he was not responsible for the rain.

However, he explained when he came to the village, he had sensed disharmony within himself.

Each day, as he tended the garden, he returned a little more to himself. When he returned to balance, the rain came naturally.



I have heard that this was one of psychologist Carl Jung's favorite stories, told to him by Richard Wilhelm, translator of the Chinese divination text, *I Ching: Book of Changes*. Jung believed Taoist beliefs mirrored his own understanding that what we call personal consciousness is only a partial perception of a greater whole. There are ways to fling open the mind, connecting us with a *collective unconscious*, allowing us access to larger universal rhythms. And from this fruitful entanglement, parallel events can arise, such as what happened between the Taoist master and the rain falling.

Jung would later call these seeming coincidences *synchronicity*, a psychological principle that treats the inner attitude of the person as inseparable from events taking place in the world. Jung, however, was not suggesting or equating synchronicity with causality. The Taoist master did not *cause* the rain to fall. Rather, Jung believed there were parallel processes in which outer events mirrored psychic activity. He was struck by Wilhelm's insight that *tao*, normally translated as *the way* or *path*, might be better understood as *meaning*. Synchronicity could be understood as coincidences threaded together by meaning, a way of knowing that was potentially as impactful as Western concepts of causality.

We all have some intuition of a thin veil separating us from a larger universal consciousness. Jung was not alone in believing this veil could be lifted. Philosopher and novelist Colin Wilson wrote of a "subconscious mind" that becomes numb, "like an arm upon which I have been lying in my sleep, and which has become completely dead and feelingless." The task is to restore circulation between the *subconscious mind* and the flow of life. In doing so, we awaken a feeling of connection with awe and mystery. And in awakening to this possibility, a fundamental transformation takes place. No longer passive subjects at the mercy of events, we become active participants *translating meaning into life*.

Does the parable of the Taoist master represent a symbol of the awakened mind, a person who has restored circulation between himself and the Universe? And if this is the case, then we must consider anew the synchronistic attitude toward life. When we restore balance and meaning in ourselves, we seed the world around us with hope and purpose.

ARC is grateful to the author for allowing us to reprint this article



Alan Briskin is an American sociologist. He is an adjunct professor at Saybrook University. After graduating from Goddard College in 1974, Briskin earned an M.A. and Ph.D in organizational psychology from the Wright Institute in Berkeley, California in 1984. He has since published or contributed to several books on the concepts of "soul" and "spirit" in organizational theory, and on the rôle of collective wisdom in the work environment and has discussed anger among employees. He is an advisor to the Goi Peace Foundation in Tokyo. Alan has fond memories of visiting Australia where I spoke to the Spirituality, Leadership, and Management (SLaM) conference. Another

connection is that my sister, Carol Briskin, is a Reiki Master Teacher in the Usui method. www.alanbriskin.com

A code of ethics is a guide of principles designed to help professionals conduct business honestly and with integrity. They are the ethical principles based on the organization's core values, and the standards to which the professional is held.

ARC Snippets

A lovely Reiki Journey.

Founded in 1997, the Australian Reiki Connection Inc. is Australia's oldest not-for-profit Reiki association.

Today, the Australian Reiki Connection - the Association of Australian Reiki Professionals, has grown to become the leading Reiki Association in Australia. One of its major strengths stems from the fact that it is run by members for members.

The story of how our great Reiki Association came about can be read in full on the ARC website at [About Australian Reiki Connection \(ARC\)](#)

As ARC President since 2004, I am familiar with this history. Following my recent long-delayed visit to reconnect with my family in Ireland, I began to wonder how the word connection became part of the Association's name. I contacted ARC founder and first president WendyJoy Smith to inquire about this. According to WendyJoy, this is how it happened.

“Not long after the initial call for interest in Ross House, we held a workshop. We had contact with a fledgling NSW group, so I didn't think it fair to claim all Australian ownership of a Reiki association. Therefore, I presented it as Victoria with the intention of working together throughout Australia. Meanwhile, the NSW group folded and a new opportunity presented itself. I always wanted it to be Australia wide, but I am not one to push things; I wanted it to unfold on its own and it did.

During the next workshop-style gathering, we discussed various possibilities for what name the Association should have. We broke into groups and if memory serves me correctly, Betty Thuan's group that came up with it. Everyone loved it and so it was incorporated”.

I then contacted ARC member Elizabeth Thuan, who provided me with this additional information

“I can't believe it was so long ago. I remember the committee being quite active. We were interested in the professionalisation of Reiki and much work was done to address the needs and beliefs of Reiki practitioners from different lineages. I remember that the code of ethics had its origins in the code of ethics of Engineers Australia, courtesy of Robert Thuan.

During an early meeting of the committee, the name Australian Reiki Connection was proposed. There was some discussion and I think I suggested Australian Reiki Community with the abbreviation ARC. The Australian Reiki Connection emerged from further discussion of the need to create a network of independent Reiki masters, which was accepted by all”.

Thank you WendyJoy and Elizabeth for providing such interesting historical data.

John Coleman



"I know that inner wisdom is more precious than wealth. The more you spend it, the more you gain".
Oprah Winfrey

"Perhaps it is good to have a beautiful mind, but even greater gift is to discover a beautiful heart".
John Forbes Nash.

WISDOM CORNER

Mindset story: The most important thing to achieve a goal

It was a bright sunny morning as the kids started to gather around the football ground. At first, there were only a couple of them and each had his own toy and equipment. Soon there were enough kids so that they could make two teams to play football. As they were about to start picking the teams they couldn't agree on who will be the captain of each team and who gets to pick first. They all agreed that the two kids that brought the first and second most important thing would be the team captains. But they couldn't agree who brought the most important thing. As time passed by they decided that they should just start playing the game with all the objects they had brought, and the team would be set up by just splitting them in half where they were standing. The kids on the left were on one team, and the kids on the right were in the other team. That is how they would play until they would figure out which is the most important thing and then they could pick the captains and after that, they could pick the teams and finally enjoy playing soccer.

As they played they started putting away things to figure out which was the one thing that they couldn't play the game without. The first thing they got rid of was the whistle because they thought the referee could shout instead of whistling. Then the goalkeeper removed his gloves, and the players removed their shoes. They even replaced the goalpost with a couple of bins on each side. And finally, even though it seemed like they would finally come to the most important thing they replaced the ball with an old tin can and kept playing.

While all this was going on, a father and his son were passing nearby. Seeing this, the father asked his son, "What do you think the lesson is in all of this?" The son looked at his father, "I guess that you don't need a ball to play soccer..." The father smiled back and pointed out, "Well yes and no. You see they proved that they can play without their equipment, but because of their ego and their need to prove something, they have sacrificed the quality of their game. This way, playing with those objects they will never be able to improve their skills or enjoy themselves as they could." The son realizing his father's point decided right then and there to never let his ego hinder his progress and that the most important thing for him is to take advantage of everything he has to achieve his goals.

Moral of the story:

Never let your ego limit your possibilities. Just because you can do something without the tools at your disposal doesn't mean you have to. Use what you can to get the best results.

You don't have to give up anything to prove something to someone.

MISSION STATEMENT

THE AUSTRALIAN REIKI CONNECTION INC.

To work with and promote the spirit of Reiki
through teaching, healing, fellowship and research,
both within the Reiki community and the wider community.

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