

ARC INK MAGAZINE

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PRESIDENT'S COMMENTS

John Coleman

president@australianreikiconnection.com.au



Greetings and welcome to your first ARC INK for 2020.

Like everyone in Australia, I am shocked and saddened at the ongoing tragedy engulfing parts of our Country. The loss of life, both human and animal, the damage to and destruction of family homes, livelihoods and native habitat, is devastating.

Many of us who may live far from the affected areas, may feel limited in what we can do to assist apart from donating to the relief fundraising efforts. However, as Reiki Practitioners we can provide Reiki love and support through the gift of Distant Reiki Healing to those affected, and to those fighting the fires, especially the extraordinarily brave firefighters. ARC and other Reiki Associations in the UK and Europe recently held a live stream Distant Reiki Healing event via Facebook which you can read about on pages 2 and 3.

Those who participated, have agreed to continue doing so each day at 7am and 7pm (their) local time. There are other events in the pipeline and members will be invited to participate. The intention is for an end to this tragedy, for rainfall for drought affected areas and a speedy recovery both physically and mentally to all the injured people, animals and country. Keep sending Reiki.

Events will also be posted on our Facebook page
www.facebook.com/AustralianReikiConnection

I hope you enjoy the new look and feel of this issue of ARC INK which has been put together by Viola Rosario and Valentina Di Biase who are helping the editorial team. We are looking for members to become involved in putting ARC INK together: suggesting articles, interviewing contributors, writing stories, creating images or just providing feedback. Please get in touch if you'd like to contribute in some way however small.

On behalf of the Committee of Management I wish each of you a peaceful, prosperous, joyful and fun filled 2020.

Love, Light, Lots of Laughter and Wellness

HEALING PRACTICE FOR AUSTRALIA

The Australian Reiki Connection Inc. is grateful that so many friends and followers from all around the world joined in a special worldwide distant Reiki healing practice, on Sunday 5th January, as we all held our beloved country and all sentient beings in warm open hearts of pure love and light.

ARC was contacted by Sue Malcolm, Animal Reiki Coordinator for the UK Reiki Federation, inviting us to organise a joint offering of Reiki as a response to the catastrophic fires sweeping the Australian continent. Animal Reiki practitioner and ARC Committee member, Anita Kyriazopoulos contacted Sue, and set a time and a shared an intention to practise together.

A note on the UK Reiki Federation website invited members to join with ARC in a distant healing session 8:00 – 8:30 am on Sunday 5th January, their time. ARC put out a call to all members, practitioners and teachers; many friends from Finland, Germany, the USA and Thailand also responded willingly.

The time was 7:00 pm on Sunday evening in Melbourne, and a small group gathered around a laptop at the 'Heart of Reiki' with Anita Kyriazopoulos, and with ARC Secretary Andonnia Gotsi, to share a Facebook Live via the Australian Reiki Connection Facebook page. At the centre of the screen they placed the Medicine Buddha statue from the top of the armoire at the back of Anita's healing room, a tealight candle, and Andonnia's favourite crystal marked with the Distant Healing symbol. For those of us with family and friends directly affected by the bushfires, there was an opportunity to write specific intentions in the ARC Distant Healing book.

The practice began with an Invitation to hold 'the Country, the people, the animals and all Nature in this healing space'. You can hear the birds singing outside at the start of the Facebook Live recording below.



[Watch video](#)

Healing Practice For Australia (cont.)

Andonna read out the prayer she had lovingly written in the ARC Distant Healing book:

Bless this Sacred Land.

Let gentle rain fall to quell the fires and nurture the parched Earth.

Let it soak up the rain and be abundant, rebirthing fauna and flora.

Keep everyone safe.

Bless everyone who is out there battling the fires.

Gratitude and blessings to our firefighters.

May everyone get the assistance they need.

May everyone's needs be met.

The thirty minute practice opened with brief chanting, beginning with the Precepts in Japanese, followed by the mantra for the Distant Healing symbol, and we sat in the Reiki space offering love and compassion, with gratitude for the blessings flowing from around the world.

Let's keep the Reiki flowing every day

ARC, the Australian Reiki Connection, invites you to join with us each and every day at 7:00 am and 7:00 pm (***your local time, wherever you are***) to connect and unite in sending continuous distant Reiki from around the globe.

The UK Federation's invitation to members and friends around the world to also continue the healing practice daily at 7:00 am and 7:00 pm, includes a gentle reminder:

'The world has united in asking and praying for rain over Australia. Whilst many areas still have no cloud, flooding is now a risk, so love, prayers, positive thoughts and Reiki are still very much needed.'

Sue Malcolm's message of 'love, prayers and healing energy to Australia' for 'the traumatised, injured, grieving and otherwise suffering animals, and families left homeless' has now been written into the ARC Distant Healing book.

For more opportunities to connect, follow the Australian Reiki Connection Inc. on Facebook: www.facebook.com/AustralianReikiConnection. We invite Reiki for your intentions in the ARC Distant Healing book every Thursday evening between 9:00 and 9:30 pm. Or **any time** any day. Like the pebble thrown in the lake. The ripple effect continues. A little Reiki is better than no Reiki.

ARC invites your requests for Distant Healing:

www.australianreikiconnection.com.au/distant-healing

Reminder

ARC members are asked to continue sending distant Reiki daily at 7:00 am and 7:00 pm.



REIKI SHARES

Have you had a phone call yet from an ARC member? A small team have been contacting fellow teaching members to ask if you would like the support of the Australian Reiki Connection to promote your Reiki Share events. You may have heard from teaching members Helen O'Connor or Viola Rosario, or from Cheryl Hurst or Anita Kyriazopoulos who are both ARC Committee Members.



The idea came from Anita, who says she had been wondering how to bring like-minded people together in Reiki, where they can feel safe and motivated in their Reiki practice and supported in their spiritual journey. She feels her contribution as an ARC Committee Member is about helping us as an association to support each other in our Reiki practice.

Anita, who includes Animal Reiki in her offerings, has been running Reiki Shares regularly over the last five years at her premises at the 'Heart of Reiki' in Melbourne. She invites students, but also a group of fellow teachers and some of their Reiki friends, to attend her Shares. For her it has been wonderful to see people grow and develop in their own way – to see people feeling safe in their own space, supported by others and by Reiki. And to watch her beautiful animals share, respond to and contribute to the flow of energies.

If you would like your Reiki Groups to be promoted via the ARC Facebook page and Instagram account please contact Anita via email [<anita@heartofreiki.com.au>](mailto:anita@heartofreiki.com.au). If you happen to have information about your Reiki Share events set out on a website, Facebook page or Instagram account, that makes it easier to 'share' online using the ARC accounts. Or you could simply send a graphic including your contact details and information about the event, who is invited to attend and how you would like them to contribute.

For Anita, promoting Share Groups is a way to recognise that there are communities out there to connect with. We have found that there are many different approaches to running Reiki Shares. Some teachers run groups specifically for their students. Others make their invitations more public and advertise on social media. Some charge a fee to cover their costs or as a way of raising donations for a favourite charity. For others, offering a space and time to share has simply been a way of bringing fellow teachers together.

Now that the New Year has begun, you may be thinking of organising your Reiki Shares for the next few months. So, if you have spoken to one of us and said you would like ARC to promote your posts, please send your information to Anita as soon as possible.

Currently the ARC online **Directory of Reiki Teachers** is being progressively updated to note that a teacher runs a Reiki Share

www.australianreikiconnection.com.au/directory-of-reiki-teachers

Connect with ARC

Follow the [Australian Reiki Connection on Facebook](#) for updates about open Reiki Shares.



REIKI MEETS YOUR NEED AND GUIDES YOU TO WHERE YOU NEED TO BE

Sarah Najjar

Reiki Practitioner and Teacher

Restore Naturally

restorenaturally.com.au

www.facebook.com/restorenaturally



Do you seek more harmony in, and a better understanding of, your relationship with others and yourself? Do you yearn for greater clarity in your career? Or do you want to feel better so you can live more abundantly?

I didn't know that I had these needs but I did know that I wanted to help other people feel better. That was in 2002. I shared my thoughts with a friend who suggested I learn Reiki. I soon discovered that Reiki was a natural system of healing that was simple to practice on myself and others.

To my delight, I loved Reiki after my first Reiki treatment. You can read more about my first experience with Reiki here. I wondered how such a gentle, non-invasive hands-on practice could create such powerful emotional, mental, spiritual and physical changes. Reiki increased my self-awareness and introduced me to a wonderful new way of relating to myself and others. I was grateful for the treatments and teachings I received.

Since 2002 I have enjoyed witnessing how Reiki has transformed the lives of my students and those I treat one on one. And it can change your life as well. One reason for these changes is because Reiki meets your deepest needs and guides you to where you truly need to be. How does that happen?

Reiki connects you deeply with yourself and something greater than yourself that you're a part of. This connection increases your health and well-being and reminds you of your true nature which is kind, peaceful and stable.

Sometimes you know what you need before receiving, learning or doing Reiki on yourself. You know that you need greater mental clarity around your next career move. You know that you want to experience greater peace in a challenging personal relationship. You're aware that you need a simple self-care practice to create or maintain balance.

At other times your needs aren't clear. You just know you need to gain harmony. And that's where Reiki creates magic.

Reiki works to access your underlying need as well as your surface need. How does this happen? During a Reiki treatment, your mental chatter lessens. Once your mind quiets down you connect deeply with your inner wisdom and your underlying need becomes clear. Your certainty grows around which relationship to continue or end, which job to accept or reject or which form of exercise to pursue.

Reminder

Have you signed up to the Members Area on the ARC Website?



Reiki Meets Your Need (cont.)

These insights happen during the Reiki session or weeks after the session. You may need one session or a series of sessions. Reiki meets *your* needs which are different to the needs of your friends or family so it's best not to compare your Reiki experience to others.

Your *a-ha* moments can be profound or subtle. You might suddenly view career stresses differently. You may slowly accept the present moment as being perfect as it is despite the relationship challenges you're facing. You could gently let go of outcomes regarding your physical health or strongly commit to a new health regime.

Similar to how you can lose your connection to yourself when your mind is very busy, when your central nervous system is overworked, you can experience physical imbalances. Imbalances such as delayed recovery from injury and illness, insomnia, headaches, depression, anxiety, and fatigue are part of our human experience. But, if they last for too long they affect your normal functioning and stop you from living a full life. Thankfully practicing Reiki on yourself or receiving Reiki helps you to correct these imbalances.

Reiki quietens your mind, connects you with yourself, deeply relaxes your body and creates an optimum environment for healing to take place. Deep relaxation is a wonderful sensation and a fundamental requirement for you to maintain holistic balance.

The level of relaxation that Reiki treatment induces is often enough to restore you to balance and/or provide you with insight into how to maintain your health and wellbeing after your treatment is over. Thankfully, Reiki complements, rather than replaces, other treatments you're receiving.

The mental clarity, connection to yourself and something greater than yourself that you're a part of, and the numerous health benefits that Reiki creates meets a variety of your fundamental needs.

As I share with my Reiki Level One students, I initially had expectations, doubt, and attachment to results when I started treating others with Reiki. After 17 years of practice, I now trust that Reiki *always* meets your needs and guides you to where you are meant to be.

By Sarah Najjar, Reiki Master Teacher and Holistic Health Practitioner

Sarah Najjar has been practicing Reiki since 2002 and teaches Reiki regularly in Melbourne, She presents Reiki in a way that is clear and accessible whilst maintaining the spiritual essence of the practice. Sarah is passionate about helping others create and maintain holistic balance. To find out more about her Reiki courses, Reiki practice groups and one on one sessions please contact her via phone on 0416 620 877 or via email <sarah@restorenaturally.com.au>.

Your ARC INK

Would you like to share your Reiki reflections with other members? Send your article to us for inclusion in future editions of ARC INK.



ARC END OF YEAR GATHERING 2019



Andonnia Gotsi

ARC Connections

Know anyone in these photos?



The final ARC Gathering of the year for 2019 was an opportunity for members to come together in a spirit of fun to share Reiki and showcase some of the other healing skills and modalities they offer to their clients.

Andonnia Gotsi, ARC Secretary, came up with the idea of a showcase, liaised with a range of presenters, and invited all members in Victoria to the Melbourne end-of-year gathering. With her usual creative flair, Andonnia set the room up on the day with special festive decorations, helped by a team of friends. She opened the day with a meditation and then we had the opportunity to sample a delightful range of modalities from jelly bean readings to myofascial release and cupping, meridian tapping and NLP, Quantum Psionic and of course seated Reiki.

Always keen to make sure everyone has fun, Andonnia organised a quiz, challenging teams to come up with the right answers to some fun Christmas questions. She had asked Greg Riddell to bring in his keyboard and to play musical themes to TV programs which the teams vied loudly with each other to guess correctly. Tony Carroll, ARC Treasurer, wrote up the scores on the whiteboard. The ultimate challenge for the three teams was to decorate an obliging team member as a Christmas tree.



Amanda Conroy



Elizabeth Secker



John Coleman



Alec Menzies

Over a catered lunch there were more opportunities to catch up with friends old and new. And finally, Reiki Teacher, Alec Menzies, who had spent the day mingling unobtrusively and taking these delightful photos got a chance to sit down and have a break.

PRESENTER PROFILES

Angela Fagan

Reiki Practitioner and Teacher

Intuitive healings

angelafagan.com.au

0411 633 224

“I just step out of the way.”



Frances Peterson

Reiki Practitioner and Teacher

Healing Vibrations

www.healingvibrations.com.au

0409 325 692

Face and birthdate readings

“Face and birthdate readings can give an insight into a person and what they are on the inside – how you are designed to be, your core issues and true calling. This self-awareness is a way of lessening the depression in the world.”



Note for presenters

Remember to note in your **Personal and Professional Development** annual returns that you presented at this event.

Greg Riddell

Reiki Practitioner and Teacher

Melbourne Reiki Healing

melbournereikihealing.com.au

0412 988 797

Music

“Music is healing. It is one of the highest Arts on the planet.”



Heather Robertson

Reiki Practitioner and Teacher

Reiki with Heather

reikiwithheather.com.au

0400 222 179

Pellowah

“The word Pellowah translates to radical shift in consciousness. It is a very high frequency healing and consciousness expansion tool. It is great for addressing negative belief systems that keep us stuck in holding patterns.”



PRESENTER PROFILES (CONT.)

Points of Interest

- Would you like to organise an ARC gathering in your area?
- Contact the ARC office to learn what support is available to you.



Anne Schumacher

Aurora Chi

Reiki Practitioner
Phone: 0409 433 028

Meridian tapping and NLP

“Our bodies follow our thoughts. Stress is the body’s reaction to perception. With meridian tapping we create a kink in the communication process from the mind to the body and let go of the old, then create a new perspective. The mind CAN change itself. This is neuroplasticity at its best!”



Helen O'Connor

The Reiki Cottage

Reiki Practitioner and Teacher
www.helenoconnor.com.au

Seated Reiki

Katina Demetriou

Reiki Practitioner and Teacher

Geelong Wellbeing Centre

geelongwellbeingcentre.com.au/pages/katina-demetriou

(03) 5221 2535

“I know that my 'Life Purpose' is to help people by healing them and teaching them to heal themselves and others. Forever grateful for each life changing exchange and experience, my motto is: ‘In my world anything is possible.’”



Kristina Stamos

Reiki Practitioner

Infinity and Beyond

0411 275 113

“Reiki is my first and foremost natural healing modality. It speaks volumes for its gentle nature and universal intelligence. I make way for this higher consciousness to work through and guide me to the best possible outcome for the client.”

Liesl Meuris

Reiki Practitioner and Teacher

Liesl's Reiki Cottage

0421 490 983

“Here I am at 83. The Reiki has supported me totally.”



Liesl Meuris & Mieke Menzies



PRESENTER PROFILES (CONT.)

Lia Mills

Reiki Practitioner and Teacher

Natural Stress Therapy

naturopathynet.com

0409 847 065

Quantum Psionic

“Combining Quantum Psionic with Reiki will assist the client to access more of their Inner Light, allowing them to live their lives



Next ARC Gathering

- Melbourne ARC gatherings takes place on the second Saturday of every second month starting in February.
- Join us at our next Gathering on 8th February at 5 Fleet Street Mt. Waverley 3149.

Enrica Mallard

Reiki Practitioner

Spiritual coach, facilitator of change

www.enricamallard.com

0425 758 713

“You are Magnificent beyond any measure of this world. Know that. You came to Radiate this truth of Who You Are in everything you Be and do. This is the gift of You. No-thing else matters.”



Elizabeth Secker

Honorary Life Member ARC

Jelly Bean Readings

“I find people are sometimes uncomfortable with Tarot readings, so I just get out a pack of jelly beans. Jellybean readings are just for fun.”



Katia Krassas

Reiki Practitioner

Nature Connection Empowerment Holistic Health

0407 588 022

Nature mandalas

“The mandala is a meditative process. You have to tune into yourself. The important thing for me is to guide people to connect within and find answers for themselves.”



Valentina Di Biase

Reiki Practitioner & Remedial Massage Therapist

0433 216 496

reikihealing05@outlook.com

Myofascial release and cupping technique

“Enhancing quality of life through freedom of movement.

Our hands are one of the best ways to communicate universal love. Reiki and Myofascial release provide a beautiful bridge through which we communicate this love.”



REIKI AND OTHER MODALITIES

From the snapshots in the last few pages you will see that a number of ARC members responded warmly to the invitation from ARC Secretary Andonna Gotsi to 'showcase their gifts and talents' at the end-of year gathering. Wondering about how the presenters see the relationship between their Reiki practice and the other modalities they offer?



Frances Peterson uses face and birthdate readings at the start of a session to help people discover their true purpose and set their focus and intention. "Reiki then helps to integrate", she says, and then she might suggest other modalities to support their ongoing healing journey.

Reminder

Informed consent for each modality offered is a legal requirement.

.....

Katia Krassas says she uses a range of tools in her practice including holistic counselling, Reiki, meditation and flower essences. For her it is about exploring how our relationship with ourselves, our *inner nature*, becomes a way of developing our relationship with the world around us, our communities, the Earth, our *outer nature*.

For Angela Fagan, who offers intuitive healings and talks about having an awareness of the spirit world since she was a child, "Reiki is at the foundation of everything that's True and Pure". She talks about how Reiki holds her, so she can allow her capacities to flow.

Similarly, when Enrica Mallard talks about Reiki in her work she says she feels that "Reiki as a life force energy vibrates unconditionally", helping us become our Authentic Selves. "Used with integrity", she says, "Reiki has the capacity to facilitate great change".

Heather Robertson talks about how Reiki and Pellowah work in complementary ways. She sees Pellowah attunements as a more direct route to the higher levels while the Reiki daily meditations and practices mean you "experience the beautiful Reiki energy as a journey for you to explore". The beauty of the combination is greater than the sum of the parts.

What about you? What is your relationship to Reiki and to the services you offer to others?



Explore the ARC Directory of Practitioners:

www.australianreikiconnection.com.au/directory-of-practitioners

REIKI STORIES

A MEDITATION ON FINDING PEACE IN A MESSY SITUATION THROUGH REIKI

Marita Lajs

Reiki Practitioner and Teacher

Marita Lajs Reiki

0404 961 636

maritameditates@gmail.com



Last year I went on a four-week trip overseas. Canada, Alaska ... a dream come true. I was tired and lacking spark, and **so** looking forward to the boost I hoped it would give me. It was all I hoped it would be. Stunning scenery. A bucket list item ticked off. Came back feeling pretty damn good. Even managed to overcome a chronic issue with insomnia.

It was also a line in the sand for me in relation to the place Reiki had in my daily practice and life. It may come as a surprise to readers, that as a Reiki Master I could be quite inconsistent and slack with my Reiki practice. I love Pamela Miles' exhortation to practice daily, I would think, yes, I know I should. And I would – for a while. A few weeks. Sometimes a few days only. Not living up to this ideal left me feeling like I was in a lesser league to other Reiki Masters. I felt ashamed, a fraud ...

So, I decided renew my commitment to Reiki upon my return from overseas. My day would start with a meditation based somewhat on *Joshin Kokyu Ho* and inspired by the meditations offered by Taggart King:

Reiki Symbol Meditation:

www.youtube.com/watch?v=6EjwSVZQSYc

Original Japanese Reiki Self-Treatment Meditation:

www.youtube.com/watch?v=Hyi9OeKCMFQ

On the in-breath I breathed Reiki down through my crown to my hara. On the out-breath, I breathed or expanded Reiki from my hara throughout my whole body and energy field and beyond. After a few moments I would then imagine the (first or) second symbol above crown. I would breathe the energy of this symbol into my body, along my spine to the hara, and then expand it out through my body, merging with the energy. I was astonished at how profound this meditation was. It would leave me in a beautiful state of deep peace and balance.

It was just as well I started this practice when I did, because when I went back to work post-holiday, things at work started to go pear-shaped. There were massive changes in the hospital program I was working in.

Quotation

*You, yourself as
much as anybody in
the entire universe,
deserve your love
and affection*

- Buddha

Reiki Stories (Cont.)

I was asked to take on a role that I did not feel equipped to do. hospital, it started to preoccupy me and consume much of my head space ... and taint my whole week.

My work performance was affected and I even had a complaint made against me by a patient. I don't know if I could have survived that month without my renewed Reiki practice. I would wake on the morning I was due to work at the hospital, feeling anxious and tired and worried about the day ahead. Then I would sit and meditate for 20-30 minutes in this way ... and a powerful feeling of calm would descend upon me and all the worry was gone. I would go in to work and cope.

I wish I could say that the story had a 'happy' ending. The workplace didn't get any better. It quickly came to a head. I realised finally that my peace of mind was too precious to squander on a workplace and job that was causing me such stress and worry, and for which there seemed no viable resolution. I am convinced that it was Reiki that helped me come to a resolution about this awful situation.

I resigned. It was the best decision, even if it was hard to come to it. I felt and continue to feel so much better for it, even if for a time there were feelings of hurt and anger to deal with.

I have an unshakeable conviction that it was Reiki – and the Reiki meditation practice that I used – that got me through this immensely stressful time.

For today, worry not ... anger not.

Be grateful.

I hope this story is a little reminder of what you already know – just how supportive and healing the art and practice of Reiki can be. If you have a story about how Reiki has made a difference to you or a situation you have experienced ... or if you would like to share how Reiki became and remains a part of your life – we at ARC would love to hear from you. I will be available at ARC Gatherings in Melbourne to take your story. Alternatively, I would be happy to make phone contact if you can't attend. Or we could put together your story via email or Skype.

I find real-life stories about Reiki so inspiring, and I don't think I'm alone in this. Please share your story with us.

Marita Lajs

0404 961 636

maritameditates@gmail.com



REIKI RESEARCH

Reiki, pain and the US military

As Reiki Practitioners we know that Reiki treatments have many positive benefits for recipients. It is used worldwide as part of complementary therapy programs in a number of General Hospitals, Palliative Care Hospitals, Nursing Homes and Community Settings including in Australia.

In 2012 a study conducted by the Military Medicine Journal, researchers examined the effectiveness of Reiki for military personnel and veterans suffering with Post Traumatic Stress Disorder. Researchers observed a drop in PTSD symptoms for the intervention group by 14 points (from 54.7 to 40.7) using the PTSD checklist, which is considered to be clinically, as well as statistically, significant.

It is great to see that in 2019, again in the USA, a feasibility study was carried out to ascertain the impact of Reiki treatments this time for chronic pain, titled *“A feasibility Study to Assess the Acceptance and Use of Reiki as an Adjunct Therapy for Chronic Pain in Military Health Care Facilities”*.

The conclusion of the study showed: *“a 30-minute Reiki session, performed by a trained Reiki practitioner, is feasible in an outpatient setting with possible positive outcomes for participants who are willing to try at least four consecutive sessions. Reiki has the ability to impact a variety of types of pain as well as positively impacting those activities of life that pain often interferes with. However, education and the opportunity to experience this energy healing modality are key for its acceptance in military health care facilities as well as more robust clinical studies within the military health care system to further assess its validity and efficacy”*.

Source: www.ncbi.nlm.nih.gov/pubmed/31642490

Representatives from ARC committee of management are currently in discussions with an overseas Reiki Association and another Reiki organisation, with a vision to compile a register of approved and professionally qualified Reiki Practitioners to work in hospital settings and as part of support teams to, provide at an appropriate time Reiki treatments to those impacted by the current tragic and traumatising bush fires in Australia. In due course, more information will be provided to members.

There is a vast array of research into the benefits of Reiki treatments for a range of conditions.

Read the ARC website **Research page:**

www.australianreikiconnection.com.au/research-into-benefits-of-reiki

John Coleman – President of ARC Inc.

Your ARC INK

Do you know of any relevant Reiki research? If so, please email the ARC President.

Read more Reiki research papers on the ARC website.



ARTICLES TO READ ONLINE

Australian GPs admit prescribing 'active placebos' — *real drugs that won't help*

Almost 80% of Australian doctors reported giving placebos to patients for use. The article defines a placebo treatment as “one doctors know won't address the underlying condition but that may produce a positive psychological or physiological effect for some patients”.

The patients most likely to receive a placebo were those presenting with a viral infection, insomnia, pain, fatigue or depression. The graphic shows complementary treatments were recommended 10% of the time, more frequently than painkillers, antidepressants etc.



“Despite their lack of medical efficacy, studies show placebos can actually help patients suffering from pain, nausea and high blood pressure”. This is interesting because many critics use the “*lack of medical efficacy*” to argue against the use of Reiki in mainstream healthcare.

Reiki Practitioners are advised as part of their training to inform clients that Reiki cannot cure conditions. As the article points out, “experts stress that while placebo treatments might help symptoms of an illness, they won't cure a serious condition such as heart disease or asthma”.

Read the full story on the ABC News website:

[www.abc.net.au/news/2019-12-02/
australian-gps-doctors-admit-prescribing-placebo-drugs/11746128.](http://www.abc.net.au/news/2019-12-02/australian-gps-doctors-admit-prescribing-placebo-drugs/11746128)

Climate Change – Internal or External?

Found by chance on the web, by ARC Member, Valentina Di Biase, this article draws on the work of Byron Katie to invite us to ‘re-frame climate change creatively’ and journey inwards. The writer, Laurelle Rond, suggests we change our inner landscape as a way of extending healing to the planet.

‘Water symbolically stands for emotion’ she says. ‘Are your emotional rivers blocked and your emotional seas rising to dangerous levels?’ She invites you to speak your truth ‘so that others could **hear** you and you could safely **let go**’. If drought is a symbol of refusing to feel, ‘What if you went on an **inner journey** and discovered who you really are?’

Read the full article:

www.laurellerond.com/2014/03/climate-change-external-internal

Reminder

Reiki is a **Complementary Therapy** not an Alternative Therapy.

The purpose of therapy is not to remove suffering but to move through it to an enlarged consciousness that can sustain the polarity of painful opposites —James Hollis



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.

ARC INK MAGAZINE

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ARC INK is for the information of Usui System of Reiki Channels
and persons interested in Reiki Healing, Reiki Teaching and Complementary Therapies
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ARC COMMITTEE OF MANAGEMENT 2019 / 2020

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