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Volume 12 Issue 4

ARC INK is for the information of ARC Inc members

# ARC INK

## Magazine



Published quarterly by the Australian Reiki Connection Inc.

## 'Presidential Comment' by John Coleman



Greetings and welcome to your ARC INK Magazine. Welcome to all the new members who have joined ARC and welcome back to those who have re-joined ARC since our last Edition. If you have any questions or seek advice please do contact your State

Representative or a member of the CoM and thank you for choosing ARC as your professional Reiki association. On a personal note, I would like to thank all of you who sent Reiki to assist in the healing of my hand injury. I am still receiving medical treatment and hopefully I shall have full use of it in time for Christmas.

October's AGM saw the stepping down of the 2008/2009 Committee of Management. I would like to thank them for all the support and work they gave to ARC during the year. To those of you who re-nominated for committee for the coming year, I look forward to working with you again on behalf of ARC and Reiki. As you will read in the annual reports presented at the AGM, despite my unavailability for a number of months, I believe a great deal of work was achieved during the year. There is still a great deal to be done if we are to have Reiki more widely accepted and integrated into the health care system and the wider community. If we are to be taken seriously as providers of a complementary therapy that is worth integrating and is beneficial as part of a health care program, then it is incumbent on all of us as Reiki practitioners and teachers to continue improving on and where necessary, raising the standards of Reiki professionalism and training. During the coming year ARC Committee of Management will continue working towards this goal. Already discussions are underway with other National Reiki Organisations with a view to agreeing on a set of minimum standards to which all professional Reiki practitioners should work to.

Thank you to all those practitioner and teacher category members who have taken the time to complete and return the ARC survey/questionnaire. To those few of you who have not yet completed it, I ask that you do so as soon as possible. If you have any problems completing it or any objections to doing so, I ask that you contact me.

When asked to include Reiki as one of their recognised modalities, health funds and other bodies refuse to do so, citing the perceived lack of experience and the shortness of training time required to be a professional Reiki practitioner providing a healthcare service to the general public.

Upon reading some of the completed questionnaires mentioned above, it is obvious to me that many ARC members have a great deal of experience and training not only in Reiki but also in other health-care modalities. Compiling details of this will be of great help in the proposed submission to health funds and other bodies for the inclusion of Reiki.

Thank you also to all who have returned signed petitions requesting health funds to include Reiki in their rebate schemes. Petition forms can be downloaded from the member's News area of the ARC website (Insurance Rebates for Reiki Treatments PETITION 01 August 2009) - if you would like to assist in this project please download and have your friends and clients sign the petition. If you would like a petition form sent to you by post please contact me and I will arrange to do so.

As this is the last ARC INK for 2009 I take this opportunity to wish you peace, harmony, abundance and a joyful and happy Christmas in December.

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

Love light and lots of laughter, John

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### FEATURE ARTICLES:

**'Just for today I will not worry'**

**BY Christina Christou** Page 4/5

**'The Power of Forgiveness'**

**BY Naomi Drew** Page 6/7

**Upgrade Criteria Changes** Page 8

**Introduction To Animal Communication**

**BY Sarah Messina** Pages 12/13

**'What Is (and Isn't) Reiki'**

**BY Beth Campbell** Pages 14/15

**'Reiki Benchmarks'**

**BY Elizabeth Thuan** Page 18/20

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## 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
<b>ACT - Chapman</b> E: alison_mclean12@hotmail.com	Alison McLean Phone: <b>0428 873 262</b>	<b>VIC - Caulfield</b> E: sharontal@iprimus.com.au	Sharon Tal Phone: <b>0402 117 701</b>
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## A Warm Welcome To The New Members of ARC

Roslyn Morgante	COLLARROY	Level II	Isabel Selvaratnam	MT WAVERLEY	Master
Louise Ryder	STANWELL PARK	Master	John Selvaratnam	MT WAVERLEY	Master
Trudy Clark	NORTH LAKES	Level II	Kathleen Songberg	KINCUMBER	Level II
Faye Clarke	BLACK HILL	Level I	Angela Dirckze	EMERALD	Master Teacher
Erin Furner	LEURA	Level II	Violeta Madireddi	ROSANNA	Level II
Nicola Rea	WINMALEE	Master	Natalie Batey	COORANBONG	Level II
Kathryn McRae	CAMMERAY	Master	Milinda Giannasca	PAGE CANBERRA	Level I
Lindy Mayle	NARRE WARREN NTH	Level II	Yvonne Thompson	BEACONSFIELD	Master
Lynne Anza	HOCKING	Level II	Frances Wyatt	CASTLE HILL	Level II
Nonthasruang Kleebpung	COBURG	Master Teacher	Heather Cusdin	ASHBURTON	Master Teacher
Rosemary Cameron	NEW GISBORNE	Master Teacher	Darren Besanko	NTH MELBOURNE	Level II
Nicole Trott	KIAMA	Level II	Anne-Maree Andrew	SOUTHPORT	Level II

**ARC INK** the Magazine of the  
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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](http://www.australianreikiconnection.com.au)

**The Editor welcomes your comments.**

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

Send it by email to: [president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au)  
or by post to: **ARC Inc. PO Box 525 MONBULK VIC 3793**

**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 -**

*\*Volunteer to monitor the AHB\**

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
?	February 2010 & March 2010	?	?
?	April 2010 & May 2010	?	?
Merry Pearson	June 2010 & July 2010	02 9913 7799 [BH/AH]	pearsonps@optusnet.com.au
?	August 2010 & September 2010	?	?

**To the Membership from the ARC Inc. Committee of Management**

**'Membership of the ARC Inc. & Membership Category'**

Everyone applying to join ARC Inc. does so in the standard "**MEMBER CATEGORY**" Membership by making a one-off payment of \$40 Administration/Joining Fee plus the initial (current) \$40 Annual Membership Fee - Members can be Level I / Level II / Master/Teacher and remain in the standard member category for as long as they remain financial members of ARC Inc. [Current Annual Renewal Fee \$40 Due 31st August]

Upgrading Membership is only by application : 1st stage is AARP "**PRACTITIONER CATEGORY**" Membership Cost: \$20 valid until the next 31st August [Current Annual Practitioner Renewal Fee \$60 Due 31st August] Members must be Level II Practitioners or higher. Meet with Business and Insurance requirements - Keep Annual P&PD [Personal & Professional Development] Record. Request entry on the public referral directory

2nd stage is AARP "**TEACHER CATEGORY**" Membership - upgrade is by application - (*see form for criteria*) Cost: \$20 valid until the next 31st August [Current Annual Teacher Renewal Fee \$80 Due 31st August] Members must be Teacher Level and Teaching to request entry on the public referral teaching directory

*Annual Membership Fees are based on the Category of Membership a Member holds and NOT on the Members Reiki Level - EXAMPLE: A Level II Practitioner or Master Teacher in the standard "**MEMBER CATEGORY**" only pays \$40 renewal fee unless they have upgraded to either "**PRACTITIONER/TEACHER CATEGORY**" Membership*

## Just for today I will not worry ... By Christina Christou

There is nothing like travelling to help put things into perspective. When you see how others are forced to live, you can then truly appreciate how blessed we really are. Our dramas become so insignificant that you wonder why you would waste so much time and energy on such trivial matters. You begin to see the bigger picture and with that comes realisation on what is important in life.

I arrived in Rapid City USA after 3 flights and 38 hours with no sleep, to be greeted by a Lakota Indian Woman and her friend. Though my body was tired, the excitement of entering the unknown and a new adventure ahead kept me awake.

I was very blessed to be invited to The Sun Dance Ceremony. This ceremony is held once a year by the Lakota people in South Dakota. It is a sacred ceremony requiring preparation. We had a few days before we had to head out. I was staying with a family who would be deeply involved with the ceremony. The lady of the house taught Indigenous teachings at the local college. She was incredibly generous in sharing these teachings with me. I cannot go into detail of the actual ceremony as it is not my place and it is up to the Lakota people if they want to share the details of the ceremony. However I would like to share with you my personal experience in being part of such a ceremony.

Prior to the ceremony I found myself getting profoundly emotional and angry at the injustice of the past and the harsh reality of the treatment of these once very proud and honourable people. I was taken aback by how some live today.

The more I learnt the more frustrated I became. A great sadness swept over me. I got lost in the past and disheartened, as so many people are, by the lies and deceptions that we term 'history'.

A prime and current deception is the facade that you see in Hollywood of the Indians scalping. In actual fact the government initiated scalping by putting a price on all Indian heads - men, women and children. A reward was offered for each scalp. Commonly, soldiers would wait until the fighting men had left camp and then go in and massacre everybody, women, children and the elderly.

In the Lakota's case, there was also the heartbreaking enforced march, hundreds of miles from their lush traditional tribal hunting grounds to desert that had little to no water or food suitable for sustaining life. Thousands of people died.

The same was done to the Navaho nation. They were marched for over 340 miles to a fort where the drinking water made everyone sick (due to minerals in the river) and the desert soil made it impossible to grow food. This occurred to many of the Indian tribes and some call it "The long walk of tears." Incredibly, in New Mexico slave labour was not abolished until the early 1900's.

For me it was the same story of all indigenous people around the world; one of pain and suffering brought on by white man's greed and desperate need to own and control everything. A story of injustice and great cruelty that still continues today. This once great nation, bowed and beaten by years of abuse, today has an extremely high suicide rate amongst its youth, while many of the adults are consumed by alcohol and gambling. I saw no unity, only disconnection and anger. That is, until I went to the Sundance.

### *The Sun Dance*

The Sun Dance is the most sacred of Lakota spiritual practices.

In the 1880's the United States government took it upon themselves to outlaw it, as it was deemed uncivilised and barbaric. How ironic, considering the millions of Indians that were murdered since white invasion, the thousands of children taken from their families to be put in boarding schools where they were severely abused and, lets also not forget, the treatment of the Native Indians today. But the government of the time, being so much more 'civilised', refused to see the Sun Dance for what it is. A symbolic act of sacrifice, to give of one self. It wasn't until the 1978 that the Lakota people were free to practice their traditions when the American Indian Religious Freedom Act was passed.

The ceremony I attended was held on a vast property surrounded by rich green hills and a river that weaves itself around the land below. Sage grows everywhere. No buildings are in sight and it is so picturesque you feel as if you've been transported to another time. When the sun gently rises over the hills it is a spectacular vision.

The ceremony lasts for 5 days. In total, we were there for 6 days. The people gather the day before to set up camp and prepare. We camped in a circular formation as is the tradition, and the ceremony was held in the centre.

The sun dancers - both men and women - sacrifice so much of themselves in order to bring healing to the tribes and the earth mother. It is a test of great endurance. A time of renewal, both of the tribes and of the earth. The dancers look at the sun as they dance, and the men blow on eagle bone whistles. Breaks are allowed but no food or drink can be taken. This part of the dance goes on for 4 days. The final dance happens in the evening under the full moon. A very powerful time for all.

Continued on page 5...

## Just for today I will not worry ... By Christina Christou

The people who gather to witness, pray. They pray for the sun dancers and for the healing and greater good of all, and they pray for all the tribes, not just their own. It is truly an amazing thing to witness and one that makes you feel very humble.

The Sun Dance is an opportunity for some to be adopted into a family and for others to receive their sacred name. It was incredible how I was welcomed into their circle without judgements or prejudice.

Each day the camps take it in turn to cook for all who are there to witness the ceremony. It is a time of sharing, a time of prayer and a time to surrender your demons and to look past the self. It was a time of coming together.

At the end of the ceremony gifts are offered. A different family takes it in turn every year to offer gifts to all that are there. Some families work the whole year to make enough to buy the gifts that are shared amongst the people. Such incredible generosity, it truly is a time of sharing.

Despite all the sadness and injustice that is happening to these people, the ceremony unites everyone and for that brief time, all worries are put aside. Nobody thinks about the past or worry's about tomorrow. During the Sun Dance you live in the now, reflecting on life and all that is offered to us by spirit and the earth mother.

For me it was a time of profound healing, an awakening of immense proportions. I witnessed and experienced great beauty in all of creation. It brought greater meaning to the teaching of Mikao Usui. I was shown the essence of the five mental rules, made more powerful than ever before.

- Just for today do not worry.
- Just for today do not get angry
- Just for today work honestly
- Just for today be compassionate to yourself and others
- Just for today be humble

The lesson that rang true the most for me was *“just for today I will not worry”*

It became a mantra. It released me from such controlling emotions, to be able to see beyond the principle and to come back into the present, an act we all can find difficult to achieve. It helped me to still my mind and take in the beauty that is life. It opened me up to seeing the whole picture.

So many of us get caught up in old emotions that we lose sight of the moment. How often do we trap ourselves in the past with constant doubt and fear? We allow ourselves to become so entangled by our emotions that we lose sight of the lesson. How impossible to then create a future!

Once I started living in the moment and stopped dwelling on the injustice of it all, life started flowing again. Though the truth can be painful, I no longer saw injustice. Instead I saw a great nation that has survived against all odds to still be with us today. These people were never conquered as we are led to believe, because their culture, traditions and customs have withstood the greatest of tests. I also realised that we all have a choice and that it's truly time to learn from the past in order for us to create a better future.

Inevitably this leads me back to the basis of all teaching; that we have a choice in how we lead our lives. Responsibility is yours to take and only you can take it. As the first law of shamanism states, *“The world is what you think it is.”*

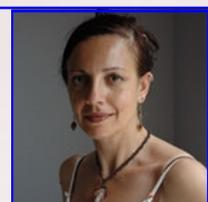
This was the most incredible of journeys. My senses were on overload. I saw great magic, incredible landscapes, loving people who shared incredible wisdom with me. I was shown how to speak my truth and to stay disconnected from the emotions that can at times enslave us. I experienced both sides of the coin. Again I am reminded of the teachings of Mikao Usui “Love is letting go of terror”.

The little things that touch our soul are what we must always be grateful for. A smile from a stranger walking down the street, a white butterfly flying in the wind, the breath of life, the wind gently touching your face or the waves breaking on the rocks. The rich orange colours of the canyons or lush green jungles of a rainforest. A child's laughter. There is so much to be grateful for, simple things, that most of us take for granted.

Visiting with the Lakota, experiencing the Sun Dance, being welcomed into the past, present and future hopes of these beautiful people, I've learnt profoundly, again, that life is too short and we must embrace every moment of it. In doing so, we will always be open to see life in everything.

### Contributor: Christina Christou

Christina has journeyed the world and has been taught by many teachers on her travels through the America's. Christina practices the art of healing through Reiki, Shamanism, Universal Law.  
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*“When you forgive somebody who has wronged you, you’re spared the dismal corrosion of bitterness and wounded pride. For both parties, forgiveness means the freedom again to be at peace inside their own skins and to be glad in each others’ presence.” - Fredrick Buechner*

Peace is not possible without forgiveness. Martin Luther King once said, *“Forgiveness is not an occasional act; it is a permanent attitude.”* The only way children can learn the habit of forgiveness is by seeing us, their parents, forgive others and forgive ourselves.

The freedom to be at peace in our own skins - that’s what forgiveness allows. We relinquish this freedom when we hold onto anger and resentment. Enormous amounts of energy are wasted when we hold back our love, hold onto hate, and harbor acrimonious feelings. The only remedy is letting go, and being willing to forgive.

But how? Here are four powerful steps to forgiveness from one of the world’s foremost experts on the subject, - **Dr. Fredrick Luskin**

- 1. Close your eyes, and for about 20 seconds, picture the person who hurt or angered you. Let all your grievances come up. Notice what happens in your body -- acceleration of heart-beat, shallow breathing, tension, etc.*
- 2. Now let go of this image and take some slow, deep abdominal breaths. Focus on your abdomen, and imagine the breath going down into it as you inhale. Expand your abdomen on each inhalation, and deflate your abdomen as you exhale. Take about five breaths and keep your focus on your abdomen. If your mind goes back to the person who hurt you or to anything else, bring the focus back to the rhythm of your breath and the movement of your abdominal muscles as you inhale and exhale.*
- 3. Bring into your mind an image of someone you love very much, or a place of peace and beauty. Allow yourself to be flooded with the positive feelings this image elicits. Now bring those feelings down to the area around your heart. Allow the good feelings to penetrate your heart and soothe you.*
- 4. Lastly, keep breathing the good feelings into your heart. Now take a look again at the person you are angry at. Let the good feelings protect you. The purpose of doing this step is to break the pattern of stress reactions that normally occur in your mind and body when you think of the person who hurt you. When you surround your heart with positive energy, the power the person has had over you begins to dissipate.*

Resentment is a habit, and habits take twenty-five days to change. So if you do this exercise each time you think of the person who hurt you over twenty-five days, you will literally change your mental and physical reactions. They will no longer have power to hurt you because you will have reprogrammed your own reactions. And when this happens, you start to become free.

Sometimes we need to forgive without reconciliation: forgiving for the mere purpose of forgiving. Certainly, what we strive for is to reconcile all conflicts, clear the air, and understand one another. But there are times this is impossible - with a parent who has passed away, with someone who has wronged you and is long gone, with someone who is unwilling to communicate. These are the times we must dip deep into our own souls and see if we are willing to forgive anyway.

Continued on page 7 ...

## ACADEMY OF REIKI FOR SALE

An opportunity exists to purchase a unique Reiki business that:

- **Is fully established - just walk in and operate - no further capital investment required**
- **Is professionally run**
- **Sells quality merchandise**
- **Has a strong student base**
- **Maintains high business and academic standards**
- **Provides quality education materials to students**
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Toll Free **1800 880 810** : Mobile **0417 920 921** : E-mail [info@academy-reiki.com.au](mailto:info@academy-reiki.com.au)

I have on the bulletin board above my desk a yellowed article written by the scholar and Holocaust survivor Elie Weisel in 1997. In it, Weisel expresses the most profound act of forgiveness imaginable. It is here that Elie Weisel expresses forgiveness toward God for the Holocaust.

In the article Weisel asks God the question he has struggled with all his life: "Where were you, God of Kindness, in Auschwitz?" Weisel had never been able to understand how a loving God could have allowed the Holocaust to exist. But out of the question that has tormented him for fifty years, Weisel gleans a sudden insight: "Watching your children suffer at the hands of your other children, haven't you also suffered?"

In this moment of compassion, Weisel is finally moved to offer God his forgiveness: "Let us make up, Master of the Universe," he says. "In spite of everything that happened? Yes, in spite. Let us make up: for the child in me, it is unbearable to be divorced from you for so long."

This story is a reminder to me that forgiveness and compassion are essential and possible under all circumstances. For the child in all of us, we must learn to forgive. And for the sake of the children we love with unparalleled ferocity, we must model the most magnanimous and humbling of all acts - the act of forgiveness.

### Forgiveness Exercise:

- Is there someone you need to forgive? Write about that person and the circumstance below. Are you ready to forgive him or her? If so, go onto the next step.
- Do the process outlined above. [Steps 1-4 page 6]
- When you feel ready, complete this forgiveness statement .

I \_\_\_\_\_ do hereby grant forgiveness to \_\_\_\_\_. I forgive you for:

*Here's what I need to communicate so that my offering of forgiveness will be complete:*

-Talk to your child about the importance of forgiveness. Ask him if there is anyone he needs to forgive. If so, have him do the 4-step process, then copy the above forgiveness statement, and have him fill it out.

**Nelson Mandela** once said, "*Resentment is like drinking poison and then hoping it will kill your enemies.*" You have the power to change that. Peace is built on the decisions we make and the actions we take in the small moments of our life. Deciding to forgive is one more way of creating peace, the most important job any of us can do right now.

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### Contributor: Naomi Drew

Contact: [Naomi@LearningPeace.com](mailto:Naomi@LearningPeace.com)

Naomi Drew is recognized around the world as an expert on conflict resolution and peacemaking in schools and homes. Hailed as visionary, her work has enabled educators, parents, and people of all ages to live together more cooperatively.

Author of [Hope and Healing: Peaceful Parenting in an Uncertain World](#)



### Good news for all qualified Reiki Masters

A professional Reiki Master Business System has been created for your convenience. Your Reiki practice needs to operate as a Professional Business with all the appropriate forms and paperwork.

However there is no need to spend your valuable time creating your own system, when we have already completed a **proven, professional operating system to RTO standards.**

We provide all the Forms, Letters etc that you will need (approximately fifty files) on a USB and also as a folder with hard copy, with a guide as to how each of these forms can be used. The files include:

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Cost: \$500 E-mail: [info@academy-reiki.com.au](mailto:info@academy-reiki.com.au) or Phone **1800 880 810** for details

## To the Membership from the ARC Inc. Committee of Management

### Changed Criteria for Upgrading to Teacher Membership Category

Earlier this year, ARC Inc. Committee of Management (CoM) introduced additional criteria for Practitioner Category Members applying to upgrade to the Teacher Category Membership.

This was deemed necessary due to an alarming increase in the number of requests received by ARC Inc. from newly trained Reiki Master 'Teachers' seeking assistance on how to prepare their manuals, how to organise and run a Reiki course/workshop. When requested by Teachers, ARC has always (and remains) willing to support all our Teachers whenever possible. Most of the requests had been for the like of templates for Certificates, brochures, literature, application forms etc. but the level of guidance/assistance been asked for from these newly trained Reiki Master 'Teachers' was outside the remit of the (volunteer) CoM and believed to be the sole responsibility of their Teacher.

It was becoming clear that some Reiki teachers were merely showing students how to attune and not how to teach Reiki or how to hold a Reiki workshop. While the majority of these teachers were not members of the ARC, some were members.

Extensive follow-up research has shown that some Reiki teachers are teaching 'Master Teacher Level' in no less than four (4) hours! Level I and Level II are no less than two (2) hours each. Some teachers can cover ALL levels over the one weekend. Others were 'mixing' other modalities in with Reiki and then calling it all the 'Usui System of Reiki'. Also noted were occasions of newly taught Level II practitioners who undertook a Teacher level workshop within a week or so of their level II attunement.

As a professional Reiki association it is incumbent on ARC Inc. membership through the CoM to uphold the very principles and practices upon which ARC Inc. was founded and to ensure as far as humanly possible, that any Practitioner and Teacher accepted into the relevant membership category and listed in the directory for referral to the public is adequately trained in the core values and basics of the Usui System of Reiki. This means training in accordance with, at the very least, the guidelines laid out in the ARC Inc. Member Booklet.

The ARC Inc. CoM believe that for Reiki to be more readily accepted as a professional practice, then adequate training and experience is essential. The additional criteria, arrived at after much research, discussion with and feedback from numerous ARC Teachers & Practitioners and introduced into the upgrade to Teacher Category application form is shown below. A sincere thank you to all who assisted.

- A period of **one year in Level II Practitioner Category Membership\*\*\*** is required.
- Attach an outline of your teaching courses **or** a copy of your manual (in confidence) which **will be returned to you** on completion of the upgrade process.
- The date of your hands-on attunement in Reiki Master Level: ...../...../.....

**\*\*\*Consideration will be given to members not in this category but who have been in professional practice for more than one year.**

*Copies of the form are available on the ARC website in the members area or by calling 1300 130 975*

The ARC Inc. CoM realise that the request for submission of course material may cause offence to some, however, it is hoped that the reasons that necessitated this request will be understood as justification. It is clearly understood by the ARC Inc. CoM that the 'CoM Teachers' are no better than, or superior to, any other Teachers.

Over the years a great deal of information has been provided to ARC from the Membership of problems faced and issues experienced, this has allowed the ARC Inc. CoM to share with others for the benefit of Reiki and the Reiki community.

Before the advent of the additional criteria, a number of ARC Teachers had of their own accord sent to ARC copies of their teaching manuals, for the ARC Inc. CoM to provide some feedback and if deemed appropriate, suggestions for minor additions and/or changes.

While a large proportion of teacher upgrade applicants have been taught by Reiki teachers who are not members of the ARC and therefore are not 'signed-up' to abide by the ARC codes and guidelines, the CoM in order not to be accused of being discriminatory, felt it only fair and equitable to include all Reiki Teachers.

If you have concerns or feedback on the 'additional criteria' please contact me or a member of the CoM -

**John Coleman - President, on behalf of the ARC Inc. CoM**

### **Are you a professional Reiki Practitioner? Am I a professional Reiki Practitioner?**

For those of us who are providing Reiki treatments to the general public, in exchange for a fee, and have been trained to at least Level II Practitioner, then it is generally accepted that we are professional practitioners. However when it comes to acceptance as Professional Practitioners by Health Funds, the majority of Doctors, Healthcare Facilities, Oncologists, some Alternative healthcare practitioners, then it seems that we are NOT.

In my five years as president of ARC I have continuously come up against brick walls with many of the above in trying to convince them to see the light as it were. There have been some successes and Reiki practitioners are providing services in some facilities, on a **VOLUNTARY** basis. This is a good thing. However just as our clients pay a fee for the services they receive from us - (an acceptance that we are professional practitioners), I believe that we should be paid for providing a similar service in other areas.

In the UK there are a few paid Reiki practitioners working in a National Health System facility. The USA is leading the way with many paid Reiki Practitioners in Hospitals. In NSW there is a paid Reiki Practitioner in one Oncology Hospital. So what will it take to make this a widespread reality?

Well one of the first steps is to have an acceptance by healthcare facilities of the Benefits of Reiki Treatments. This is happening in many States especially WA. ARC is and will continuously push this agenda at every opportunity and no matter how slow it may seem a little progress is better than no progress.

Having said that, what has been brought home to myself and others on CoM is the bigger issue of the non acceptance of us as properly trained and experienced practitioners. Take the recent statements by Medibank Private (ARC INK August edition) as one example. They are not alone in this way of thinking. Sadly the actions of some Reiki Practitioners do not serve our cause. I have both heard of and received, complaints against a number of Reiki Practitioners (thankfully none of them were ARC members). One was a practitioner providing Reiki to students at a primary school fete. Apparently she was telling parents that their children's eyesight was impaired and other such statements. Obviously this person was breaching all codes by diagnosing. As it turned out she was a level 1 trained and should not have been treating the general public in the first place. Another complaint related to the Reiki practitioner having skulls and bones in her healing room which gave the client the impression that there was witchcraft involved in Reiki. This sort of behaviour tars all of us with the same brush and can undo a lot of the great work we are doing.

Leaving to one side the Spiritual Practice that is Reiki and moving the focus to the practical/professional side, that of providing treatments through the system of Reiki which would apply to ALL forms/branches of Reiki irrespective of lineage as we are talking about professional PRACTITIONER training and experience.

I believe the biggest and best step in obtaining this recognition is to ensure that all Reiki Practitioners, do in fact, have sufficient training in providing Reiki Treatments and are confident in what we do. That we have the knowledge and communication skills necessary to approach mainstream facilities and professionals to convey that knowledge and our professionalism as experienced professional practitioner and to be all saying the same thing. There are a number of Reiki Practitioners who through their profession as Nurses or Massage Therapists etc. do have recognized training standards, equally there are many more who do not.

This coming year CoM will be placing a huge emphasis on this and on Integrating Reiki into both mainstream healthcare and the wider community. This will involve, but is not limited to, working with other organisations on implementing agreed minimum standards for Providing a Reiki Treatment, Rolling out training workshops, getting other Complementary and Alternative Therapy organisations involved.

However all our efforts could be in vain if we do not have the support and participation of you, the members. Each of you can play a role no matter how small to bring this about. I ask you to make known your expressions of interest in doing your bit by contacting me or a member of CoM or your State Representative. You will not be asked to undertake any huge task (unless you wish to) however to know that you are willing to be contacted to assist on some level would be great. You could, for example offer to be involved in organizing the 2010 ARC Conference or to pledge your support to it by attending. The sooner we all make a start together on this important issue for ourselves the sooner we can proudly call ourselves Professional and Experienced Practitioners providing Reiki treatments that cannot be refuted by anyone. I look forward to hearing from you! Love light and lots of laughter - John Coleman - On Behalf of the CoM

# 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](mailto: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](mailto:president@australianreikiconnection.com.au)

Questions relating to matters of ARC Inc. finances contact the Treasurer.  
**Tony Carroll** - Email: [treasurer@australianreikiconnection.com.au](mailto:treasurer@australianreikiconnection.com.au)

Questions relating to ARC Inc. association business records and membership records, contact the Secretary. **Rodney Swart** - Email: [secretary@australianreikiconnection.com.au](mailto: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](mailto:liaison@australianreikiconnection.com.au)

Mail for the President, the Treasurer, the Secretary should be posted to:

ARC Inc. PO Box 525 MONBULK VIC 3793

## Members Notices

### MEMBER BENEFITS

Discounts are available from the following businesses  
Offered at the sole discretion of the business concerned  
Subject to alterations and withdrawal without notice  
(Remember to always quote your membership number)

The MBS Internet Store *of Books Music & Movies*  
contact **Judy, Michael, Derek** for **10% discount\***  
Phone: (02) 9440 7828  
[www.holisticpage.com.au](http://www.holisticpage.com.au)

The Linen Co. Australia *Salt lamps*  
**Wholesale** prices on the **entire** product range\*  
Phone: (03) 9899 9800 - Mobile: 0410 528 886

[See **NEW Wholesale Catalogue with this Edition**]  
[www.linenco.com.au](http://www.linenco.com.au)

*Massage Tables / Health & Lifestyle Equipment*  
**Additional 10 % off** 'our prices' - contact **Jenny \***  
Phone: (03) 9558 0008  
Free call: 1800 333 505 (excl Melb)  
[www.primealternatives.com.au](http://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 10<sup>th</sup> 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.

## NOTICE To MEMBERS From The TREASURER

**Annual Membership Renewal Overdue - Payment Due 31st August 2009**  
**If You Have Not Received Your NEW 2010 Membership Certificate(s)**  
**Then Payment Should Be Made Now - Thank You.**

Source: Kumar A, R. & Kurup, P.A. Changes in the isoprenoid pathway with transcendental meditation and Reiki healing practices in seizure disorder. *Neurology India*, Apr-June 2003, 51(2), 211-214

A rather technical study this time, focusing on the use of meditation and Reiki in cases of severe epilepsy. 15 patients (8M, 7F) were selected, excluding other diseases, and matching for severity and compliance with medication. A healthy control group was also selected from the local population. The two groups' diets were matched.

Within our bodies, there are a number of natural electrical signals generated. For example, the sodium/potassium pump is an enzyme which has several functions in the body, including regulation of cell volume, transport of essential nutrients in and out of the cell, and cell signalling. Previous research had found a biochemical cascade involving this pump is common in seizures. Epileptics appear to have elevated levels of endogenous digoxin which may arise from low cellular magnesium levels. This inhibits the sodium/potassium pump.

The hypothesis was that the low level electro-magnetic field (EMF) that is generated in Reiki may benefit people with seizure disorders via a "quantal perceptive model of brain function". They say the brain functions as a "quantum computer with its quantum computer memory elements consisting of superconducting quantum interference devices".

The 3 month study provided an hour of transcendental meditation daily, plus Reiki three times a week. No details on the provision of Reiki were given. Levels of a number of biochemical parameters were taken before and after the study, from both groups. These included tyrosine, dopamine, noradrenaline, tryptophan, serotonin and serum magnesium. Measurement tools for all parameters were given.

The treatment produced excellent results for the study group. For example, prior to the study, the average monthly seizure rate was 9 (range 8 – 15). This was reduced to two (range 0 – 4). The patients' biochemical markers were found to have risen to match or in some cases exceed those of the control group. For example, the sodium/potassium pump worked more effectively, and there was more intracellular magnesium.

### Commentary

This is a really interesting study because of its use of biochemical markers as a measurement tool. The study appears to have been well conducted, although no ethics statement is given. It would also have been good to know more about the hand positions, duration or application of Reiki in treatment. Parts of the study are highly technical, which is appropriate to the context of the journal, but very difficult for the lay person to understand.

Very little of the effects of adding the transcendental meditation is mentioned. The study would have had more validity had a larger group of subjects been used, and perhaps one group having Reiki only, and another Reiki plus meditation, against a third control group.

Nonetheless, as the researchers say, "the phenomena of psychoneuromolecular, biological and environmental low level of EMF mediated regulation of metabolic processes needs further study."

Patrice Connelly

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*The Committee of Management together with the ARC INK Editor sincerely thank Patrice for her continued contributions to and absolute support of the ARC INK Magazine. Well done Patrice, Thank You.*

**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](http://www.saraband.com.au)

### EMAIL ADDRESSES YOU CAN USE TO CONTACT YOUR STATE REPRESENTATIVE

act\_rep@australianreikiconnection.com.au  
 nt\_rep@australianreikiconnection.com.au  
 qld\_rep@australianreikiconnection.com.au  
 tas\_rep@australianreikiconnection.com.au



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 wa\_rep@australianreikiconnection.com.au  
 nsw\_rep@australianreikiconnection.com.au  
 vic\_rep@australianreikiconnection.com.au

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

With the growing trend towards holistic animal care, more and more people are turning to animal communication to help their pets. But what exactly is animal communication? And why is it becoming so popular? Animal communication gives you a rare opportunity to ask your pets what you've always wanted to know. I'm a Professional Animal Communicator and Reiki practitioner. I recently spoke about my work at an ARC gathering. In my professional practice (Wild Insights) I offer reiki treatments and animal communication for pet owners around Australia and worldwide. I've been blessed with the opportunity to speak to a most diverse range of animals in my daily practice, and I want to share some of their stories with you, as well as a general introduction to the world of animal communication.

Animal communication is a form of telepathy ("tele" meaning 'distant' and "patheia" meaning 'to be affected by'). Animal communicators are called a variety of titles, some of which you may have heard before – pet psychic, whisperer, animal intuitive, pet communicator, pet medium, animal talker or interspecies telepathic communicator. The list goes on, but the basic principle is the same. Animal communication involves tuning in to an animal, receiving messages and then translating these messages. I like to think of myself as a 'mediator' or 'translator' between person and animal. The messages I receive come in different forms including words and phrases, images, feelings, smells, sounds and tastes.

So what is animal communication used for? My clients ask me to speak to their pets for a long list of reasons, the most common are health problems, pet loss, end of life decisions, multiple animal conflicts, behavioural problems, emotional issues and general check-ins. Communication can also be used to prevent problems in your animal by discussing upcoming changes with them (for example moving to a new home, a vacation or getting a second animal). Animal communication can be an indispensable support tool in grief and end of life decisions, including communicating with animals in spirit.

Communicating with pets has taught me so many important lessons about our animal friends. They are all so different, as every pet owner will tell you, each animal has its own unique qualities and quirks! Some of my most memorable clients include a young feline who was obsessed with bubbles, a dog with a bizarre request for 'more balsamic vinegar' on the salad leaves she was offered, and a horse who despised being called a 'pony'. I've also spoken to some koi fish who were disappointed with their captive environment, as well as a wombat who became depressed when his carer tried to move him to a new home.

Continued on page 13...



## Want to try Animal Communication?

### *Book a consult for your pet*

Animal communication gives you the opportunity to find out what your pets really want. Consults are suitable for all species and all situations including pet loss, behavioural problems, end of life decisions, multiple animal conflicts, emotional issues, health concerns and strengthening human-animal bonds. Contact Sarah today to learn more.

*"The results absolutely exceeded my expectations..." Christine Liew, Newport*

*"It was amazing! I felt it confirmed everything I had thought..." Irene Ieva, Tullamarine*

*"You'll know you have the real deal once you speak to Sarah..." Laura Gangemi, Melb. CBD*

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#### *Member Advertisement*

The Australian Reiki Connection  
does not endorse the products and/or  
services described in any  
advertisements

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

You can probably imagine, that these messages are very difficult for our animals to communicate without the gift of speech. Everyday I see pets attempting risqué techniques to try and get human attention. These are usually what we call ‘behavioural’ problems like soiling, barking, whining, food refusal, destruction of property, anxiety and depression.

Many people don’t consider using an animal communicator until all conventional approaches have failed. When you have a problem with your animal which appears to be unresolvable, you may consider having an animal communicator discuss the issue directly with your animal. Of course, animal communication need not be the last resort. In fact, many people recognize the benefits and tend to use animal communication “pro-actively” rather than “re-actively”. Communicating directly with your pet can save time and money which may otherwise be wasted testing various treatments that your pet doesn’t respond well to. There’s really no limit to what can be discussed through animal communication, and here are some of the most common questions people ask their pets:

**Are you...** *happy, sad, bored, depressed, anxious, lonely, jealous, in any pain?*

**Do you need more...** *toys, food, walks, company, attention, freedom, love?*

**What do you think of...** *our new home, baby, work hours, goldfish, partner?*

**Why do you...** *bark, whine, bite, destroy, soil, dig, scratch?*

The animals I communicate with are so grateful for the opportunity to voice their wants and needs, and so are their owners. Even more amazing is the unique wisdom they share when we humans are ready to listen. The world of animal communication is truly fascinating, giving pets and guardians the chance to truly ‘meet’ each other, and the opportunity to deepen human-animal bonds.



**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](http://www.wildinsights.com.au)

## Learning Opportunities

*Animal communication training*

Would you like to learn to speak to animals? Wild Insights will soon be offering in-person workshops and correspondence training courses to teach you how to communicate with domestic pets and wild animals too.

Opportunities to learn animal communication will be announced in the Wild Insights newsletter - a monthly publication filled with information on animal communication, health & healing, insider stories, special offers, training tips and more.

To keep informed on upcoming training, subscribe to the Wild Insights newsletter at [www.wildinsights.com.au](http://www.wildinsights.com.au)



*Member  
Advertisement*

The Australian Reiki Connection does not endorse the products and/or services described in any advertisements

*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 login and keep up to date. If you have any questions please telephone 1300 130 975 - Thank You.

In recent years, reiki has been changed beyond recognition by people wanting to legitimise their own versions of hands-on (or in some cases, -off) energy work, make a quick buck by writing inaccurate books, sell “self-attunements”, reiki via the internet, angel reiki, jesus reiki, and I could go on...

It's these enormous “variations” that people are labelling publically as reiki, that give genuine reiki practitioners the shudders. Why? Because these non-reiki versions of energy work add to confusion amongst people seeking treatments, because some “practitioners” are unscrupulous in behaviour - giving genuine practitioners a bad name, these versions erode credibility for professionals, and they simply do not meet the criteria for genuine reiki.

So what constitutes genuine reiki?

While we don't have large amounts of information regarding Mikao Usui, some things have been confirmed from Japan, and I thank Bronwen and Frans Stiene for their research over the years, and also Tadao Yamaguchi for information regarding Chujiro Hayashi's work.

The following points are exclusively from the system of reiki:

- Access to reiki (the energy), arises from an “attunement” process that takes place in person with a correctly trained teacher. In reiki I there should be 4 initial attunements (or the Japanese term, reiju), and in Japanese tradition, they may be repeated when teachers and students meet, though in most western reiki traditions, they are not repeated. Whether repeated or not, access to the energy remains.
- Reiki can be applied to oneself or others.
- Reiki, when delivered in a treatment format, uses hands-on (or held just above), the recipient's body. People receiving reiki do not disrobe, and generally, the hands are moved from position to position in response to energy flow in the practitioner's hands, and sometimes just “intuitively”. The areas of the body usually covered in a full treatment session (which may take quite some time), are a person's torso (front and back), and head. If someone has injury/illness elsewhere, then that area may be included. Genitals and women's breasts are never directly touched. Open wounds and burns are never directly touched.
- Practitioners do not diagnose illness, nor do they prescribe remedies. Practitioners make no claims of cure. The recipient's own body/inner will determine the outcome of each reiki session. Sometimes this may be the reversal of the complaint that brought the person to the practitioner. Sometimes it may simply be an enhanced sense of wellbeing and emotional calm. Reiki supports people emotionally, spiritually, mentally, AND physically, and there is no way for either the practitioner or recipient to determine which aspect will benefit.
- Reiki does not harm. It is possible that some recipients experience what in other complementary health modalities is often termed a “healing crisis”, or healing response. This is where there is temporary intensification of symptoms while the body works through a healing process. An example might be a migraine getting worse for a number of minutes, then being completely relieved. Sometimes a person may get a touch of diarrhoea. These symptoms usually resolve themselves within one or two days. Good practitioners advise their clients of the possibilities of a healing response. If the symptoms don't resolve in a day or so, then the body is giving the message to “investigate further”. Recipients should then visit a GP to get a diagnosis of the under-lying problem creating the symptoms. Reiki doesn't make people sick, but it can provide the prompt that helps people seek the treatment they need for conditions they might not even have been aware of.
- Once attuned appropriately, practitioners can “send” the reiki energy over distance. This is a hard one for people to grasp when they haven't experienced it, especially as some people are not so energy sensitive that they can actually “feel” themselves receiving the reiki.
- All living things respond to receiving reiki. Domestic animals particularly enjoy it. Cut flowers can survive longer in the vase, seedlings can grow strongly.
- Reiki can enhance a person's natural gifts - some good singers become even better, some good dancers become great dancers. It can even enhance a person's level of intuition BUT it won't make you better at something unless the nucleus of that gift was already present. Those of you who hoped to play the violin like a virtuoso, but happen to be tone deaf...

- Reiki is a spiritual experience, but it isn't a religious one. People of all creeds can (and do), practise reiki. It is not a cult. Atheists, Agnostics, Christians, Buddhists, Moslems, Jews, people of any religious persuasion or none can learn and use reiki.
- Reiki as a simple concept is "Hands-on, if there is need, the energy flows. When there is no longer a need, or the hands are off, the energy stops."

So, what things are NOT reiki?

Anything that is outside the above, but some common "not reiki" issues are below:

- Reiki does not involve the use of/awareness of, spirit guides, angels, "god". Some people talk of such things happening for them when they practise reiki, or meditation, or out in the bush "contemplating" but they are not part of the system of reiki, and are not necessary for the effective application of reiki.
- Reiki does not use any "tools" apart from the practitioner's hands. Crystals, Tibetan singing bowls, bells, candles etc, do not form part of reiki tradition. There are practitioners who choose to use tools in addition to their basic treatment format, but if they choose to, they should explain to their recipients that the "additions" are not part of reiki. This would remove a lot of confusion for people who have heard so many different things about reiki treatment processes.
- Reiki does not involve "waving" hands around through a person's aura. This technique is known as "aura brushing", and some people report finding it beneficial, but it is not part of the tradition of reiki.
- Channelling "Spirit", "Great Aunt Matilda", "Abraham Lincoln" or other personages is a form of mediumship, and is not part of the system of reiki. If someone is gifted this way, then the gift may be enhanced after they receive their reiki training, but they must be very clear to their recipients that what they say in relation to channelling is not from reiki. Better yet, keep the things completely separate.
- Practitioners of reiki should have a verifiable lineage of teachers that goes back to Mikao Usui. The lineage should not have gaps, false identities, or be "channelled". There are some out there who claim they practise genuine reiki because they dreamt/channelled Mikao Usui, and he "attuned" them to a "new" form of reiki. If I dream of Jesus enabling me to put my hands on and heal, that doesn't mean I can then go out and actually do it.
- Reiki isn't a form of energy that can be accessed when a person receives a "distant" attunement. Mikao Usui was physically present with his students. Genuine teachers of reiki will be physically present with their students.
- Reiki doesn't use any symbols apart from the 3 that are taught for distant healing, and the additional one that forms part of a teacher's tools for performing attunements. More than 4 symbols indicates that what's being taught has deviated from the original form.
- There are only 3 levels in Reiki, and the third level is about the teaching of reiki, NOT about being more "powerful", or "better" than a practitioner at the second level. It is sad that some people have been sold the western concept that achieving the third level is necessary for them to be good practitioners. It's a bit like saying that someone with a university degree will always do better in his or her chosen profession than someone with a TAFE certificate. I'm sure we all know people where this obviously doesn't apply!
- The system of reiki does not include information regarding chakras. The body's energy centres as defined using the chakra system is from India. In Japan, the understanding of energy centres uses the term "hara", and is different from the chakra system. You actually don't need knowledge of energy centres to apply reiki - you just need to know that reiki will help balance a person energetically.

This article is not about denigrating any other form of healing or energy work. It's also not about insulting people who may be using some of the "add ons" mentioned above - many of which have been passed on with all good intention by teachers who simply did not know themselves. It's about drawing the distinction between what is from the tradition of reiki, and what is not. If all practitioners were clear about what is, and isn't, reiki - we would all be better off.

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*If you have access to the Internet then please visit the ARC Inc. Forum on:*

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

I have named this project the "Wingman Project" as this signifies the idea/concept that we will stand beside those in trouble and help guide them back to their base.

*Louise Riley - Reiki Master/Teacher - Project Organiser, ARC and AURA member*

### WINGMAN PROJECT - Reiki Volunteers for Kinglake

At the time of writing we are getting ready for our first visit to Kinglake this coming Sunday the 25<sup>th</sup> October - the roster for clients is nearly full and all is ready.

The Wingman project started its manifestation in July 2009. I like many others was keen to help when the Black Saturday fires raged around Melbourne last February. The project did not eventuate at that time but lay dormant until mid year - a wise friend had advised me that these people would need help for a long time.

Around July the thought arose once more, a casual comment led me to a connection with the co-ordinator of Bushfire Relief at a welfare agency. A case manager in turn made connection with a resident in Kinglake who has been helping so many. She was keen to offer us the use of her beautiful home/wellbeing centre for our project - serendipitous indeed!

I put out a request for Volunteers and to date we have 27 kind Reiki souls wishing to assist with this project. In fact I have received enormous assistance from so many and I am deeply grateful to everyone who has helped. We had our inaugural meeting last Sunday and our thanks go to Angela Seviour for allowing us to use her wonderful healing space in Malvern for our meeting.

So we will be visiting Kinglake to offer free Reiki to those who would like to receive. The need is so great as I have learnt with so many still in deep need, deeply traumatized and in such pain. Some still reluctant to leave their homes/caravans, for some it is a struggle for them to just get through the day. The media attention may be elsewhere but the devastation continues for these people.

Our plan is to visit Kinglake for about 6 months - maybe longer, for one day a month. We will also have people giving Reiki on a 1:1 basis in their homes or somewhere that suits them both for some people to leave their home is just too difficult.

We are very grateful for all the help we have received and deeply humbled to be able to help our friends in need. Any queries please contact me - Louise Riley

**Mobile: 0418 391809 OR**

**Email: [louise.riley1@gmail.com](mailto:louise.riley1@gmail.com)**

*Have you say! 1300 130 975 - email: [editor@australianreikiconnection.com.au](mailto:editor@australianreikiconnection.com.au)*



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# World Wide Healing & Harmony Hour By Kathy McKie

On Sunday 4th October 2009 I had organized a **World-Wide Healing and Harmony Hour** via the internet, by word of mouth to family, friends, and groups. approximately 4000 people (that we know of) took part, plus their contacts worldwide. I am sure we would have made a positive difference. We **WILL** make a positive difference, I'm sure.

About 50/60 people came to my home and all were welcomed with open arms. So many offered to be involved and it was wonderful. Lots of healing was sent to the many disaster areas. I realized that this has been done before in various forms but with World-Wide belief in "intent" and "attraction" at this time, I felt the time was right to achieve a very positive result.

Participants were told that they could congregate and discuss Healing and Harmony, hold group prayers, meditations, church gatherings, family groups or even on their own, in their own way, and "concentrate" in this hour, asking for Healing and Harmony, in any way they wished.

Imagine the Healing and Harmony we generated, World-wide, not only for the Earth and its life forms but also for our atmosphere and beyond. I devoted an hour a day for the previous 6 days for Healing and Harmony of my "self", family/home, suburb, town, city, state, country and on 4/10/09, World-wide.

*You are only limited by your imagination but you are motivated by your intent*

Healing and Harmony - Kathy McKie  
SA Regional State Representative

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# Reiki Benchmarks as a Contribution to Standard Practice

By Elizabeth Thuan

Since the first introduction of Reiki to Australia, there have been a number of influences at work affecting its development. There certainly has been development, in that there are many thousands of Reiki channels in Australia today and Reiki is quietly and steadily making its presence felt as a **complementary** health care modality.

This growth of Reiki has been without formal regulation, although associations such as **ARC** - the Australian Reiki Connection Inc. **AURA** - the Australasian Usui Reiki Association Inc. and others have been formed and have developed standards and codes of practice, and many of the schools and institutes operate in a professional and accountable manner.

External influences upon Reiki have come from the spread of Reiki in western countries and a kind of 'cross-pollination' of Reiki influences from the USA, England and other countries, together with the teaching of Reiki by Australian Masters in international contexts.

In the past decade, there has been a growing understanding on the part of western trained Reiki channels that there are other strands of Reiki available to them. Most prominent of these has been the recognition of 'Traditional Japanese Reiki'. This has resulted in a number of influences, some through the US and some more directly from Japan.

Reiki is passed through person to person contact and teaching. Inevitably, each person will contribute something of their own essence to the energy that has been handed down. Individuals have also contributed knowledge and techniques that they have learned in their own lives. The addition of techniques and practices and the blending of Reiki with other modalities is wide-spread. After a generation or two, it is often not possible for the new student to discriminate what has been handed down in the Reiki tradition and what has been added by teaching Masters along the way unless the lineage masters/teachers have taken steps to clearly make the necessary distinctions.

This is a very serious point, because it means that the core knowledge and techniques of Reiki are at risk of being diluted or lost altogether.

The presence of different traditions of Reiki has produced a very human reaction, where the virtues of one's own tribe are perceived to be more noticeable than the virtues of the next tribe along. This is familiar behaviour although its usefulness is questionable in the present situation. We have the amazing sight of people teaching and practicing compassionate action whilst also competing vigorously and rejecting the possibility of collaborative action.

Into this situation enters the Australian government, and the education system, with the intention that alternative health care modalities are to be regulated and brought into compliance with national standards to ensure that the clients and patients receive the treatment that they have consented to purchase and have paid for.

The Government is entirely serious in its purposes and there is no way that the Reiki community can avoid dealing with the issue. For example, one State Government (NSW) has recently (in 2008) passed a bill requiring all practitioners of unregistered health care modalities to display a detailed complaints procedure in their practices. This requirement can be expected to be duplicated in the other States. Recent developments in the Victorian and South Australian Governments indicate that similar State legislation will be introduced into their Parliaments with the relevant law proclaimed in 2010. At a superficial level the Reiki industry, has a choice between self-regulation and contributing to regulation through governmental initiatives.

In practice, there is already a certain amount of regulation of Reiki in Australia by professional associations who have specific standards, codes of ethics and practice and complaints procedures.

In the case of **ARC** - the standards and codes have been in place for almost a decade and have stood the test of time. They are used to define eligibility for admission to the association and they provide a substantial nucleus of Reiki channels, practitioners and Masters with defined codes, techniques and practices.

There is another issue involved here, possibly even more important. Specific codes and standards ensure that people who meet the criteria set for membership, can join a Reiki Association. Others might not be accepted.

# Reiki Benchmarks as a Contribution to Standard Practice

... Cont'd

By Elizabeth Thuan

Codes and standards are also used to encourage the professional management of practices, business building, insurance, continuing professional education and other evidences of ethical and responsible functioning. Compliance with industry standards is an important issue of interest for insurance providers and associations may negotiate relationships with insurers on the basis of member compliance.

## The purpose of benchmarking

A benchmark is a measure, a guide, an indicator, a way to compare what we are doing with an agreed level, a standard, a basis for quality control, a way of keeping on track. It's information. In itself, a benchmark is neutral, it does not make judgments and find some circumstances or people superior and others wanting. Benchmarks are measures which can be used for comparison. By postulating benchmarks for Reiki, it is possible to make a public statement about what constitutes Reiki, what differentiates Reiki from other modalities and practices, and to provide a clear statement, to people who believe or wish that they have Reiki in their hands, of the criteria they need to meet to confirm their belief.

Benchmarking is intended to avoid the problems associated with the belief that one form or school of Reiki is better than another. It remains the responsibility of the purchaser of Reiki services to determine the comparative benefits of one practitioner or school over another. Benchmarking is intended to provide a baseline, a threshold that allows people to understand and if necessary self-assess their eligibility to be considered Reiki channels.

Above the threshold level, benchmarking can provide a measure of quality for Reiki and can allow relatively objective comparisons to be drawn between different schools and practices. In particular, benchmarking allows independent Reiki Masters to conform to industry standards without being driven to join one or other association. Benchmarking opens the possibility of a relatively objective discussion of the management of the Reiki industry amongst presently competing viewpoints.

A benchmark comes into existence because it is agreed by the people who intend to use it that it is, indeed, useful for the intended purposes. It follows that benchmarks may need to be adjusted when they no longer meet the needs of the community they serve. Think about the changes from Imperial to metric measures, from pounds to dollars.

For many Reiki people the introduction of benchmarks will be of no more than general interest, it will make no difference to what they do or what they believe and will have no particular consequences. For others, the benchmarks will provide an opportunity to reflect upon their beliefs and practices and may drive changes. For still others, the benchmarks may provide answers to questions that have not previously been satisfactorily dealt with.

The purpose of benchmarking is to meet the needs of the Reiki community and the government regulators to know what they are dealing with, to give an explicit, detailed meaning to the term 'Reiki' and to provide a platform for valid, reasonable, and fair administration of Reiki within the national health care system. Benchmarking will also serve a useful purpose in ensuring that the Reiki handed down from Mikao Usui is not lost in the melting pot.

The bottom line to all this is that the clients and patients (and students) of anyone providing health care services are entitled to receive products and services that meet community expectations. When they consent to receive Reiki, they are entitled to treatment of a specified type from a practitioner with valid qualifications. This means that Reiki people working in the public domain - whether paid or unpaid - need to know and to actually provide, at the very least, a practice which complies with a specified minimum threshold. In cases where their training is inadequate, this will need to be rectified. In cases where a practitioner provides more than one modality in a treatment session, the client has a legal right to know and to consent to what they are actually receiving.

In whatever way they may be personally affected, few Reiki people will quarrel with the need to define Reiki in a publicly acceptable manner. Few will disagree with the need to construct this definition in such a way that the various schools, institutes, associations and individuals involved in providing Reiki services

# Reiki Benchmarks as a Contribution to Standard Practice

... Concluded

By Elizabeth Thuan

and in teaching Reiki are treated equally and fairly, and no one form of Reiki is put forward on a preferential basis. When we address the need to regulate Reiki, we want it to be on the basis of a level playing field, with fair dealing across the board.

No-one, no-one, will disagree with the need to separate the system inherited from Mikao Usui, and lovingly preserved by generations of Reiki people, from the present situation where literally anyone, without any training, is able to put up a sign proclaiming themselves to be a Reiki practitioner or a Reiki master. This is intolerable.

The benchmarks encapsulate the results of hundreds of hours of discussions with Reiki people throughout Australia, in particular the representatives of large and influential schools and associations and a large number of individuals from all sorts of backgrounds.

There is no chance that the benchmarks will be perfect, now or at any point in the future. There is no chance that they will meet everyone's needs, beliefs, foibles and aspirations for world domination. The best that can be hoped for is that everyone will be offended more or less equally.

As a general principle, many issues can be resolved through re-training with a Reiki Master who is registered with **CARO** the Council of Australian Reiki Organisations Ltd or qualified to an equivalent level. While Reiki remains a relatively inexpensive modality to learn, this is a feasible option.

Issues relating to professional practice and the conduct of a business can be handled through reference to the core modules required for health care modalities in the HLT07 Health Care package, through state government-based small business departments and perhaps through consultants. **CARO** - The Council of Australian Reiki Organisations Ltd. has developed a training course for Reiki practitioners intending to seek registration with this national body (*ARC INK Vol12 Iss1*) Other associations, individual schools and institutes may provide training for practitioners, continuing professional education and other forms of support for the professional practice of Reiki.

In essence, a benchmark is just a measure, a focus of attention and discussion. It is not a judgment or a sentence or a stick to beat others with. One might hope that the Reiki industry will unify, solve the problems of variability and the diversity brought about by the melting pot and in time provide better benchmarks to progressively improve the quality of Reiki practice in Australia.

**Contributor:** Elizabeth Thuan MA

email: [firebird22@izone.net.au](mailto:firebird22@izone.net.au)

Elizabeth is a Usui Reiki Master/Teacher at Asia Pacific Reiki Institute and can be reached by telephone on: (03)9568 1777 - Elizabeth Thuan's book 'Benchmarking Reiki' is available for purchase



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## 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**

**\*\*\*DECEMBER 12th 2009\*\*\***

**\*\*\*FEBRUARY 14th 2010\*\*\***

I am sure you will have read about the ARC National Conference to be held in Melbourne at Rydges Hotel on the weekend of October 9th and 10<sup>th</sup> 2010. It is very exciting and more details will be in the next issue of the ARC INK Magazine. If anyone is interested in volunteering to help with this event they can contact me or their state representative. I am sure that working together it will be a resounding success! All of the state representatives are very excited about this upcoming event and are working hard in their individual states and will have all the information regarding the conference as it comes to hand. Here is your opportunity to attend the 2010 AGM, learn about working professionally with Reiki and other interesting related topics as well as meeting fellow ARC members, make new friends, renewing acquaintances and have a great time in Melbourne!

Speaking of volunteering, there are many opportunities such as the Reiki Volunteers for Kinglake Bushfire Victims. Those interested in this opportunity can contact Louise Riley.

Paul Houston and I volunteered at the recent Hume Spring Festival and if anyone is interested in volunteering at the upcoming Hume Summer Festival, they can contact me on 0438 561 124 or send me an email.

Remember I am here to help and am happy to help present Reiki information sessions for those of you starting up your own business or just wanting to gather some friends together to exchange information regarding reiki. Also we are lucky in Victoria to have another regional State representative joining us. Jody-Lee Robins will be working in the South of the state and facilitating gatherings and ready to assist members in her area.

Welcome and thanks for volunteering Jody-Lee. I look forward to working with all the state representatives more in the future.

Make sure you put the ARC National Conference dates in your diaries for next year and I look forward to meeting many more of you in person over that weekend!

The State Representative's Manual is almost finished and will be posted to each State Representative before Christmas. This will be an invaluable tool to assist our State Representatives when answering enquiries from fellow ARC members and members of the public. My thanks again to all the State Representatives for their help and hard work in making this manual a reality. Special thanks to our President, John Coleman and Tony Carroll for all their assistance, including the delicious lunches, most tasty!

Remember if I can help in any way, I am easy to get a hold of. light and love, Hilary

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

## 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**

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

## STATE Identity - QUEENSLAND



### NEWS & VIEWS from QUEENSLAND

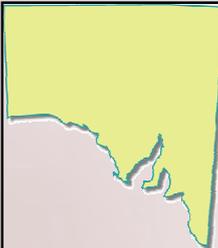
*with Jan Lay in Runcorn*

Contact Jan on (07) 3219 5989  
qld\_rep@australianreikiconnection.com.au

**QUEENSLAND  
State Representative**

QLD Members are encouraged to contact Jan and to support her efforts to promote Reiki 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*

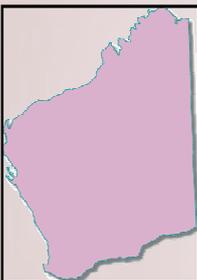
Contact Christine on 0411 604 753  
sa\_rep@australianreikiconnection.com.au

**South Australia  
State Representative**

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

SA Members are encouraged to contact Kathy or Christine and to support their efforts to promote Reiki 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

WA Members are encouraged to contact Judith or Vicki and to support their efforts to promote Reiki and to engender fellowship within ARC.

If you have access to the Internet then please visit the ARC Inc. Forum on:  
[www.australianreikiconnection.com.au](http://www.australianreikiconnection.com.au)

## STATE Identity - NEW SOUTH WALES



### NEWS & VIEWS from NSW

Contact Veronica on 0408 494 807  
[nsw\\_rep@australianreikiconnection.com.au](mailto:nsw_rep@australianreikiconnection.com.au)  
New South Wales

Hi Everyone,

John I am really glad to hear that your hand is on the mend and hope that it will continue to do so more rapidly for you.

Sorry I have not been very involved as a state rep lately I have had some big things happen. One being that our daughter Danielle (19) went overseas to Europe 2 months ago (and wont be back until March 2010) As for me I have been unwell for the last few months but am now on the mend. Ok so that brings you up to date with what has been happening with me. Now to business ...

I haven't had contact with NSW members since the last ARC INK so cannot write too much about that.

The ARC national conference in 2010 sounds really good to me and this is something I look forward to being involved in. I am not aware of anyone in particular that is working towards integrating Reiki or other complimentary therapies but it is interesting to note that Michael & I have once again been asked to offer Reiki and Reflexology at Camp Breakaway through Uniting Care in November as the previous sessions with other community organisations have had such great feedback. So I think that is a good start.

It would be wonderful if we could have some written guidelines on how to get Reiki into mainstream health organisations because I am sure there are many Reiki people out there who want be able to do that but just don't know where to start. Quite a few of my Reiki students already work in the healthcare system as carers in mental health, disabilities, aged care and nursing and all say that they feel that Reiki adds to the quality of the work that they do.

Take care, Warmest thoughts to you all.

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

## STATE Identity - TASMANIA

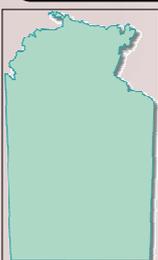


### NEWS & VIEWS from TASMANIA *with Joy Nicholson in Lindisfarne*

Contact Joy on 0415 416 168  
[tas\\_rep@australianreikiconnection.com.au](mailto:tas_rep@australianreikiconnection.com.au)  
Tasmania  
State Representative

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

## 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](mailto:nt_rep@australianreikiconnection.com.au)  
Northern Territory  
State Representative

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

