



### 'Presidential Comment' by John Coleman



Greetings ARC Members and welcome to this first edition of ARC INK from the new editorial team led by Tony Carroll. I hope you enjoy reading the many articles written by your fellow members and I trust you will not be shy about submitting your own work for future inclusion. I look forward to receiving your feedback on the style and content of this newsletter together with any suggestions.

I extend a warm welcome to all the new members who have joined ARC since last issue. It is encouraging to see the growing number of Reiki initiates joining our wonderful association and likewise the increase in the number of members who are upgrading their category to Practitioner and Master Teacher in order to avail of membership of the Professional branch within ARC Inc. - the new *Association of Australian Reiki Professionals - AARP*

Furthermore I welcome to the Committee of Management three new committee members, Helen Archer, Maria Lacey, Miriama Timms, who together with the State & Territory representatives and contacts I sincerely thank for making the commitment to work on behalf of ARC, its members and Reiki. Committee's tasks for the coming year are ambitious and judging by the input at the first committee meeting in November, quite achievable. [see page 2]

ARC Inc. members interests were represented by Helen Archer and myself at the recent Reiki touching lives conference in QLD. A conference report is contained in this newsletter. [see page 10]

ARC members recently received from me, by email, a request, to petition the NSW Parliament in relation to the NSW Unregistered Practitioner Bill 2006 and I would like to sincerely thank everyone who sent in their petition.

On reading through the NSW Government website [*at time of writing 24/11/2006*] it appears that the bill was passed through both houses on Thursday 23rd November 2006.

Prior to this Dr Arthur Chesterfield-Evans seemed to have signalled his intentions to vote with the Sylvia Hale amendments. So letters and emails appear to have been successful.

The Government had indicated it would compromise and agree to codes (plural) instead of a single code, however it would not agree to Ms Hale's initiative with regards to consulting each of the practitioner groups in relation to each code. I shall update members as more information becomes available.

If you are aware of anything happening at Government level in your State or Territory that relates to Complimentary and/or Alternative Health matters, do please contact me or send details to me. For example, in Queensland the Health Quality and Complaints Commission will be writing a new standard for *the development of quality monitoring of modalities*. This is an area where ARC could have a significant input.

2007 is shaping up to be a potentially great year for ARC and for Reiki in Australia. Your support and participation in event organizing, information gathering, and especially your willingness in becoming a member of one of the sub committee groups would be greatly appreciated. Unfortunately there are still some members whose renewal fees are overdue for the 2006/2007 year. Please contact the Membership Officer soonest!

In conclusion I would like to reiterate that ARC, while being a not-for-profit Association, run by members for members on a totally voluntary basis and in a totally professional manner - ARC is also a Professional Association with first rate standards and guidelines for the teaching and professional practice of the Usui System of Reiki. We celebrate our 10th Anniversary in 2007 and have a proud history of the work done on behalf of members and the Usui System of Reiki in Australia.

As a member of the Council of Australian Reiki Organisations - CARO - ARC will ensure its strong voice is heard in all matters relating to Reiki, both at home and internationally.

On behalf of the CoM may I take this opportunity to wish you all a very happy and peaceful Holiday Season and a prosperous and joyful 2007

Love, light and LOTS of laughter

**John Coleman**

President of ARC Inc.

# Personal & Professional Development Booklet

Over time, all organisations are subject to change, due to both internal and external factors.

As we enter the tenth year of Australian Reiki Connection, it is time to reflect upon where our organisation has come from and how we want to progress.

Some organisational systems and structures that have served us well in the past need to be reviewed and also, some new ones implemented without delay

The Committee of Management has identified procedures that are in need of urgent review and also new procedures that need to be put into operation soon.

Action plans have been formulated for reviewing the following areas in the 2006/7 year.

- **Personal & Professional Development Structure/system**
- **ARC Inc. Policy & Procedures Manual**
- **ARC Inc. Rules of Association**

The Committee is also currently working on redesign of the Website, Reiki Awareness Week, 10<sup>th</sup> Anniversary activities, Reiki Lineage Tree and Public Relations & Marketing. It's going to be a very busy year!

As ARC is an organisation run by members, CoM will be looking for input from **you!** Firstly, we need member feedback regarding the Personal & Professional Development Booklet. Do you have any thoughts, ideas, as to activities that you believe should/should not attract CEP points? This is your opportunity to be involved or even just have your say. We also need Master level members to be a part of the sub-committee who will prepare the review for CoM. (No discrimination intended – will be working on both practitioner and master level requirements)

For Practitioner and Master/teacher members, it is important that review of the P & PD (CPE) system gets underway as soon as possible. We are hoping to begin using this new booklet in 2007, so in the meantime, suggest that you begin to document those activities that you think are relevant to your P & PD.

We would like your suggestions in writing, but if you have any further questions please contact ArcSec via the website email or the president at the 1300 130 975 number.

**Helen Archer**  
**ARC Secretary**

## Why Share? Compiled By Tony Carroll

**William Shakespeare** once wrote (to us) *"To be, or not to be: that is the question"* (Hamlet Act III, Scene I). I would ask you, (with apologies to the bard) *"To share, or not to share: that is the question"*. Of course I am not talking about the singer Cher, but about Reiki share!

At this time there are thirty-eight Reiki share groups (nation-wide) who advertise in ARC INK. More groups could be set up and more people might attend at the existing groups. I recently spoke with the convenors-organisers of some share groups in ACT, NSW and VIC. Some of what they told me I would like to share with you.

Question: Why would anyone want to start-up a 'Share'?

*"I run a Reiki share group as a service to my students and to anyone who has learnt at least Reiki Level I to give them the opportunity to practise and to receive Reiki in a warm, friendly*

*environment where people feel comfortable sharing their experiences of Reiki and their lives"*.

*"My reasons for Reiki share maybe different to most - many years ago, I saw that a number of people who went to workshops, were attuned to Reiki energy and then stopped using it and from what I could see the reason was that they didn't have a "support group"*.

Question: What sort of gathering is a Reiki share group?

*"My group is very informal and usually starts with a chat over a cuppa before we split up into groups of up to about 5 per table. Sessions are about 20 minutes each and it is always great to get the feedback of a number of Reiki channels after a session"*.

*"A place to give Reiki and a place to receive it to participate, share stories, questions, doubts, laughs, give and receive Reiki 1:1 and in a group situation. It*

*can encompass regular practice and connection with like minded others and can be a place to ask questions and hear others experiences. To re-connect and be inspired with Reiki and as a collective to send energy to a 'healing list'. It allows people who are practitioners, to re-connect on a personal level with the energy"*.

Question: Would you advise other members to seek Reiki shares in their local area or if none exist, set one up?

*"Being part of it means feeling free to come and join in each month with no ongoing commitment and also being free to leave at whatever time a person wants to. People build up some good friendships, so it is a social as well as a healing event. I send out a monthly email reminder about the share group to my past students the week before. There is a definite benefit in that I always get a beautiful healing too!"*

*"I believe in the principle of tithing so it makes sense to me to give something for free by offering a Reiki share group when I get paid for my normal consultations and workshops"*.

Talk with your State & Territory representative or with your Teacher and with your friends, see what, if anything is now happening in your area. Maybe make contact with an existing group and attend an established share.

It is always your choice as to what you want to be part of but a Reiki share can be a wonderful event. I will leave you with another thought from William; *"This above all: to thine own self be true"*. - (Hamlet Act I, Scene III).

See page 12 for a full listing of the current share groups.

## A Warm Welcome To The Newest Members of ARC

Stefanie Allen	Edens Landing	Level 2	Virginia Kehoe	New Farm	Level 2
Debra Allison	Castle Hill	Level 2	Emily Kisvarda	Glen Iris	Level 3
Trudy Anderson	Coogee	Master/Teacher	Megan Krollig	Carey Park	Level 2
Ruby Antica	Quinns Rocks	Master	Grant Lang	Taylors Lakes	Level 2
Kirsten Baird	The Gap	Master	Angela Lo Casto	Doncaster East	Level 2
Valerie Bartley	Bundanoon	Level 2	Janice Loftus	Camp Hill	Level 2
Fiona Benck	Inglewood	Level 1	Jane Lorkin	Delacombe	Level 1
Francisca Bourgonje	Hemmant	Master	Louise Lucas	Yerrinbool	Level 2
Karen Commisso	Taylors Lakes	Level 3	Jennifer Martin	Mitcham	Level 3
Janice Cruse	Lota	Level 2	Michael McElroy	Waterloo	Master
Ethel Daniels	East hills	Master	Jo-An McKay	Mosman	Level 3
Glen Dowler	Burrumbeet	Level 1	Maureen McKenzie	Burswood	Level 2
Stephen Duff	Manly West	Master	Cathrine Okaro	North Curl Curl	Level 2
Amanda Easthorpe	Beecroft	Level 2	Russell O'Connell	Farrer	Level 2
Caroline Edwards	Cooks Gap	Master	Angela O'Connor	Scarborough	Level 2
Vivien Findlay	Como	Master	Bridget O'Shannassy	Blackburn	Level 2
Adam Formica	Fairlight	Level 2	Lida Parker	Seaford	Master
Amanda French	Carramar	Level 2	Tara Peiris	Nunawading	Master
Gian Garambone	Brunswick	Level 2	Brianna Rankin	Port Macquarie	Level 2
Leanne Hagerty	Hawkesbury	Master/Teacher	Suzan Rideout	Brighton	Level 2
Klaudia Harding McCann	Jewells	Level 2	Sarah Robinson	Coogee	Master
Penelope Hallett	Balgowlah	Level 1	Nikki Rogers	Point Cook	Level 2
Alanna Harrison	Waubra	Level 1	Pauline Smith	Narrabeen	Level 2
Karen Henderson	Traralgon	Master	Rosemary Stade	North Lakes	Master
Vickie Hingston - Jones	Condor	Level 1	Elizabeth Stayner	Cheltenham	Level 2
Robyn Holmes	Victoria Point	Level 2	Lilian Tansing	Clovelly Park	Level 2
Diane Howarth	McKinnon	Level 2	Catherine Taylor	Brighton	Master
Lisa Hynd	Thornbury	Master	Lea Thompson	Glen Haven	Level 2
Chris Johnson	Currambine	Level 2	Miriama Timms	Henley Brook	Master/Teacher
Jacqueline Jones	Port Moresby	Master	Donna Ward	Coomberdale	Level 2
Yoshitaka Kanasugi	Kingsgrove	Master	Irma Watson	Raby	Master/Teacher
Jennifer Keen-Richards	Mt. Martha	Level 2			

*Welcome to ARC INK, your newsletter, from the Editorial Team*

**ARC INK** the Newsletter of the  
**Australian Reiki Connection Inc.**  
 The Association of Australian Reiki Professionals

This is an online publication for the benefit of all members of ARC. It is available in the Members area of the ARC website. [www.australianreikiconnection.com.au](http://www.australianreikiconnection.com.au)  
 The Editorial team welcomes your comments.

### Have your say!

Have you a story to tell or an opinion to air? Can we have your feedback?  
 Is the newsletter fulfilling a role? Contact the Editorial team at:  
[arced@australianreikiconnection.com.au](mailto:arced@australianreikiconnection.com.au)

**PHONE: 1300 130 975**

# ARC Inc. 2006 AGM

Minutes of the 2006  
**ANNUAL GENERAL MEETING**  
Australian Reiki Connection Inc.  
October 14<sup>th</sup>, 2006

Meeting opened at 10.10 am by Bronwen Stiene our Vice-president.

Members Present: [22]

Rodney Swart, Frank Mitchell, Lorraine Mitchell, Alex Hayes, Foina Drummond, Fred Jeffrey, Bronwen Stiene, Shirleyrose Rowe, Inge Schmidt, Bridget O'Shannassy, Helen O'Connor, Michelle Mayur, Elizabeth Secker, William Secker, Ines Radwell, Angela Bekker, Frans Stiene, Claire McLeod, Yvonne Werner, Carol Stafford, Chris Turner, Tony Carroll.

Apologies: [16]

John Coleman, Helen Archer, Merle Forrest, Ted Kelly, Amber Feltham, WendyJoy Smith, Betty Thuan, Bob Thuan, David Neiger, Karen Cottrell, Terry Clinton, Coralee Asker, Kate March, Maria Lacey, Trudy Lam. Peter Chapman.

Members Guests: [10]

Celeste Milano, Shiv Baichoo, Sujata Baichoo, Miroslav Susa, Dragana Susa, David Hellenen, Asa Moyle, Margit & Robert Peachey, Liesl Meuris.

Minutes of previous AGM 08/10/2005 were presented. Proposed addition of Kate March and Maria Lacey to the names listed for apologies.

Motion that the minutes of the 2005 AGM [As amended] be accepted:

Moved: Alex Hayes

Seconded: Elizabeth Secker

**Carried**

Reports presented and read:

Presidents [Read by Bronwen Stiene]

Secretary's [Read by Tony Carroll]

Treasurer's [Read by Tony Carroll]

Committee of Management - [Tony Carroll on behalf of the COM]

Reports presented but not read:

State Representative Liaison.

Membership Officer - William Secker.

NSW State Representative.

VIC acting State Representative.

WA State Representative.

NT State Representative.

SA State Representative.

Motion that the reports of the President, Secretary, Treasurer and Committee of Management be accepted:

Moved: William Secker

Seconded: Shirleyrose Rowe

**Carried**

All reports, including those from State Representatives, will be available to read in full, on the Australian Reiki Connection website.

The existing [2005-2006] Committee of Management stood down.

Rodney Swart / Returning Officer and Elizabeth Secker / Scrutineer with the assistance of Helen O'Connor were asked to count the votes for the two positions of Ordinary Committee Member put before the membership in accordance with the Rules. The result of the count was:  
Maria Lacey 122 votes, Miriama Timms 89 votes, Cathy Wood 65 votes.

The new [2006-2007] Committee of Management is as follows:

John Coleman, *President*. Bronwen Stiene, *Vice-president*. Helen Archer, *Secretary*, Tony Carroll, *Treasurer*. Maria Lacey and Miriama Timms, *Ordinary Committee Members*.

The 2006 AGM of ARC Inc. closed at 11 am.

Tony Carroll / Secretary 2005-2006

\* \* \* \* \*



*Elizabeth Secker & Helen O'Connor enjoying a chat after the AGM*



*ARC AGM October 2006 Mt Waverley Community Learning Centre*

*L-R Front row: Frans Stiene, Dragana Susa, Bronwen Stiene, Tony Carroll, Lorraine Mitchell, Ines Radwell, Frank Mitchell.  
Second row: Elizabeth Secker and Miroslav Susa.*



## Rei Ki - Universal Energy

*What does this mean to you?*

*What is spiritual about Universal Energy?*

The spiritual aspects of Reiki originated long before the birth of Mikao Usui the man credited with bringing Reiki to the world.

Whether one considers oneself to be religious, spiritual, pagan, divine spirit, whatever term you want to put on it, the underlying premise is that all living beings are part of the whole that is the universal life force; we are healing energy, living breathing healing energy.

The feelings of connectedness that we have to each other come from the understanding that in essence, we are a manifestation of the consciousness of this universal energy, the divine force. We are, in this regard, each of us, built of the same material. So why is it that we start to disconnect, to feel apart, to follow the thinking path that leads us to believe it is okay to cause pain and suffering to other beings? or that the only life possible is one of pain and suffering?

As healers, we need to have a different view. As Meister Eckhart said, *"Only the hand that erases can write the true thing"* The divine source is the hand and it is also us. Only we can erase our false beliefs and write our lives using our divine source. The basic premise of all the teachings of Usui followed the general sense of this premise, that in order to be a healer, first one needed to be healed within oneself.

If one expects to channel healing energy to others, one must be the most clean and open channel. How can we do this if we are constantly, even during healing, thinking about our own problems, having thoughts of resentment, fear, guilt, anger? Even if we believe we are not passing these feelings on to the person being healed, how can we call ourselves healer if we are not actively pursuing our own healing?

What does it mean to be called a master? Does it have something to do with self-mastery? Does it mean having suppression of our feelings, with holding on to fear and resentment believing we are justified in holding on to these emotions? Or does it mean having the humility to accept our weaknesses and a strong desire to actively work on them, to turn them into our strengths? It is not about trying to do, trying is not doing, there is no trying, only doing.

Leo Tolstoy said, *"The only thing that we can know is that we know nothing and that is the highest flight of human reason"*

The wisdom of the universal life force gave us free will and the ability to know ourselves as human beings. But somehow in this knowing, we have come to believe that what we know about ourselves is what we are, that whatever label we put on ourselves defines what we can do, see, feel etc. This knowledge becomes our false self, our ego, and we follow whatever it tells us, tripping merrily down pathways that lead from these beliefs to the actions that demonstrate them.

The Buddha said, *"We are what we think. All that we are arises with our thoughts. With our thoughts, we make our world"*

Let's look at an example. I decide at some point in my life that I have been a victim; I have suffered at the hands of another. I can live my entire life believing that I will always be a victim, that nothing I do will ever change this, that it is in fact, not possible to change this. Everything that happens in my life will be the result of this belief. I will remain a victim all my life and every decision I make .. (*conscious or otherwise*) will be made on the basis of this belief. This is fine if I am happy with this.

As someone from the outside looking in, I do not want to, nor can I, change your belief for you, and if you are happy with your decisions, that is it.

But as healers, we follow a different path. We have committed, perhaps through our Masters Oath, to constantly review our beliefs, our feelings, our thoughts, our habits. We are striving to be aware of our failings, and when we are, we do not blame or condemn or judge ourselves (which is the same as doing this to others) We accept, we decide and act upon doing something different, to actively change what it is we do not like.

We can do as Gandhi said *"If you don't find God in the next person you meet, it's a waste of time looking for him further"*

How well then do we believe we are a manifestation of God, universal life force, divine energy, whatever name you wish to put? When we truly believe this, we will find our healing practice in every aspect of our lives, in our relationships, our community, career and family.

This is what the divine gift of Reiki is, the ability to live the best life we can. Thus by belief and demonstration, with the deepest commitment to ourselves, we honour and acknowledge the divine force and presence in our lives and the lives of everyone we are privileged to meet in our healing role. A true gift of the divine.

# STATE & TERRITORY NEWS



*Lynnette*  
*0419 011 591*  
*ACT*  
*Representative*

## What's been happening in the ACT?

Well firstly, Lynnette is here as the Territory Representative, having been ARC contact for the last number of months for which we all say, Sincerest Thanks Lynnette.

**Welcome** to Vickie of Condor & to Russell of Farrar new ACT ARC - Members.

## Volunteer appeal!

Would you like to be part of Lynnette's team, there is lots to be done. Organising events, setting up share groups, 10th birthday anniversary celebrations! Contact Lynnette for more information

## What a wonderful day for some Reiki!!

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## May the rain keep coming and the dams be filled!

We are writing to you today to invite you to participate in creating or coming along to some Reiki share groups across the State.

NSW is a large State and so there is no possibility of us all getting together simultaneously, yet what many Members have asked for is more connection and community within ARC.

So how do we create it? (If you have some ideas, please tell us, we are all ears.)

The consensus so far after discussions with Members at our gatherings in September was to start with what is already in existence and expand from there. What is already in existence?

There are a good number of wonderful Members across NSW running Reiki share groups, who are extending an invitation for Members to come along. This has been published in ARC Ink but perhaps is not widely known in the community. Community is built through showing up and by supporting each other and this is perhaps the best way to start.

## To specify what a Reiki share is:

A share is a gathering of people already trained in Reiki who want to come together and to share experiences, ask questions and practise Reiki with each other. It is typically free or a minimal cost to cover expenses. We are happy to provide a format and support to anyone who would like to start one up but is not sure how to go about it.

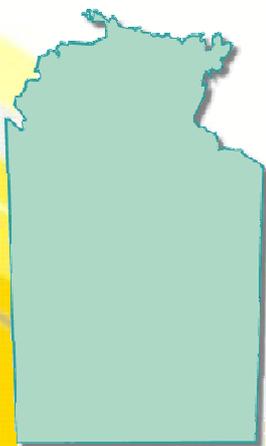
Erica & Amanda

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*Erica*  
*0414 598 262*  
*NORTH SYDNEY*  
*NSW*  
*Representative*

*Amanda*  
*0401 857 244*  
*PENRITH*  
*NSW*  
*Representative*



*Jan*  
*0419 356 862*  
*NT*  
*Representative*

## Thinking about things?

The Northern Territory has fewer ARC members than most of the other states but it has a great number of Reiki Practitioners and Teachers.

The thought is, that most are not aware of ARC or what ARC represents to the Reiki community. The need is to get the word out about the benefits of being part of the 'connection'

If any of our current NT Members has any ideas on the matter and/or would like to be part of Jan's team then please contact Jan for more information on how you can help.

## STATE & TERRITORY NEWS *cont'd.*



### Thinking about things in Queensland?

Hervey Bay is booming and more and more resorts are being built bringing more people to the area. On healing days at our spiritual church, Sundays, the regulars are still coming, and they are starting to bring new friends and we are now getting the occasional walk in.

Money raised from our healing days goes to a children's refugee for food and clothes and we have a big box at the entrance of our spiritual church to collect gifts for the children for Xmas and any money raised will buy them ham, chicken etc.

Our Rev Joan Murray is a wonderful person with a big heart and is always there to listen to your issues or concerns, as are the other Reiki Masters.

Hervey Bay is a very spiritual place we are lucky to have such a great place for overseas visitors to visit and tell others about this great place.

We are able to advertise in the local paper for free, not all the time can the ad get in, but when it does, more and more people will become aware of our healing days, and become practitioners themselves and then hopefully join ARC

Love and Light

Carolyn

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**Carolyn**  
0421 658 385  
Urraween  
QLD  
Representative

### Thinking about things in South Australia?

I am aware that it takes time for any of us to settle into the roles we choose to take in ARC. The representative's role can sometimes be seen as one of 'isolation' yet it is a role of great importance. The state rep is the first point of contact for the members of that state and the reps are available to be contacted. It is good to feel that you have 'achieved' in the role and with each event you know the foundations have been set stronger and that there is always room for growth through improvement.

### What needs to happen?

The State & Territory Representatives teleconferences should happen with more frequency. The more regular our 'chat times' the stronger the fellowship can become between us all. Having just stood down from my Adelaide centre, I can offer a stronger commitment of time and will have a healing day, monthly - information on this will be made available to the members. We may all need to be out there a little more, offering our companionship/friendship as a natural healing companion to medical science.

### SA appeal!

Hands up ARC members of South Australia! From the West to the East and from the North to the South lets get together and help organise events and celebration of ARC's 10th birthday in 2007. Contact Christine for further information.

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**Christine**  
0411 604 753  
Adelaide  
South Australia  
Representative



**Jen**  
03 6423 6380  
Devonport  
TAS Contact

### Thinking about Tasmania?

Jenni has kindly agreed to act as the state members contact while we look for a state rep.

Members of ARC in TASMANIA a question for you! Would anyone be interested in the position of State Representative?

If so please ring Jen or if you prefer ring John 1300 130 975

## STATE & TERRITORY NEWS Cont'd.

### What's been happening in Victoria?

A great time was had by all at and after the AGM on Saturday 14<sup>th</sup> of October. (There are other articles in this edition with more details). Once again many thanks to Bronwen & Frans Stiene for the contributions to the day's events. Special thanks to Helen O'Connor for getting us going!

### What's planned for December's gathering in Mt. Waverley?

Well, it is the **Christmas** get-together! Or as some prefer the **Festive Season** gathering! Either way it is a time to enjoy and that is just what the Victorian events group has in mind.

On Saturday 9<sup>th</sup> December at 10 am sharp at 5 Fleet Street, the gathering will commence with Hatsurei HŌ under the care of Helen O'Connor. This will be followed by a short meditation led by Maria Lacey, the new Committee of Management Member from Victoria. To be followed by lots of Reiki as it going to be a Reiki Day. So bring along your table and coverings and your HANDS. Join in and be part of, Giving & Receiving Reiki.

After a shared lunch, (please bring a plate of goodies, be it savoury, lollies, chocolates or cakes, I'm sure we'll get through them) Festive dress is most welcome, but not a requirement. It has been decided that this year there will not be a Kris Kringle or a collection. Its Reiki all the way.

Members of committee will be available to talk to you about the plans for next year and take the names of members who would like to become involved in some of the State & National activities. Remember 2007 is ARC's 10<sup>th</sup> Birthday.

### VICTORIAN appeal!

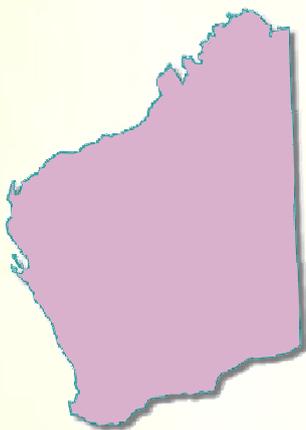
Victoria is a large state with a large number of ARC's members resident there. At present we have the wonderful Shirleyrose Rowe as the State Regional representative based in Bacchus Marsh and John Coleman as acting State Representative. We need volunteers to take on the roles of additional Regional representatives as well as the role of State Representative. It is not an onerous task but one of simple enjoyment and connectivity. From the West to the East and from the North to the South lets cover all the regions of Victoria. Contact John for further information.

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**Shirleyrose**  
(03) 5367 1680  
Bacchus Marsh  
Regional VIC

**John**  
1300 130 975  
Acting  
VIC



### What's been happening in Western Australia?

The WA Polynesian Festival is held once a year in November, it is how my Reiki Master Ruby Antica and myself are able to express how very passionate we are about what we do and how it is done. We have also been able to introduce Reiki to our People (from New Zealand) in a way that is non-threatening and as naturally as possible (by being ourselves).

It was our second year here and we are now recognised as the "Healing Tent". We were blessed with an extra 12x12 tent (3 tents!!!)

It was good to have the ARC Pamphlets, as it is so self-explanatory to new members and those intending on joining. It was really great to see John and Joanne Lavers and the students who were with us were really honoured and impressed to have him there, and are looking forward to seeing him again at our final gathering. Love and blessings Miriama

[Ed. Note: Miriama has joined the committee of management of ARC, and has taken on the role of State & Territory Representatives Liaison Officer - "Waiho i te toipoto, kua i te toiroa" ...

*"Let us keep close together, not wide apart"]*

### Volunteer appeal!

Western Australia is a very large state with ARC members resident throughout the whole state. At present we have a wonderful State Representative in John Lavers. John is based in Perth. We need volunteers to take on the role of Regional representatives throughout the state to work with John and his team in the further building of the 'connection' of all ARC members both current and future. It is not an onerous task but one of simple enjoyment. From the North to the South and from West to East lets cover all the regions of Western Australia.

Contact John for further information.

*You will find a news item on the Perth Gathering of the 26th November, elsewhere, thank you.*

**John Lavers**  
(08) 9342 3328  
Western Australia  
Representative



'Breath' by Sandra McArthur Oil on Canvas

It is in our breath that knowledge expands and when knowledge increases so do our choices and our well being. Emotions affect our thoughts and influence the way we see ourselves. Sometimes we can limit our thinking by reacting the same way in situations that occur in our lives. As we discover that we always have choices, we regain our personal power and can make decisions that are better for us. We can choose not to let emotion rule our lives.

We can experience the emotion and then decide if we want to repeat the experience, taking a breath, seeing our life from a calmer or detached perspective, we can make new choices so that we can experience new, more uplifting emotions. In our breath, we can forgive ourselves for the mistakes we think we have made.

As we look upon the past we can choose to react to situations differently, to forgive ourselves and others knowing that we did our best given the circumstances and what we knew. We become free to change our way of thinking and create a new future free of the past. There is always choice and once we recognise our own power we become creators of our own lives, our own thoughts. The world around us then reflects like a mirror, our creations. We can breathe into life wondrous thoughts and in so doing, create a beautiful world around us, full of joy.

## The Reiki Show

a Review

by Donna James

Hi everyone, if you love to be inspired by the magnificent things that are happening throughout the world with Reiki, then I highly recommend to you that you listen to The Reiki Show Podcast at [www.thereikishow.com](http://www.thereikishow.com)! Each week I'm captivated by the guests from all around the world that Bronwen and Frans Stiene interview, as they discuss who they are and the wonderful things that they are accomplishing with Reiki.

Some of their guests have included Kathleen Prasad (USA author of Animal Reiki), Phyllis Lei Furumoto (granddaughter of Hawayo Takata), Angie Buxton-King (UK author of The NHS Healer), Dr Jeri Mills ("coming out" as a Reiki practitioner), and on topics such as Reiki and breast cancer, Reiki and children, Reiki and tarot, Reiki in hospitals, Reiki in war zones, Reiki and massage and so much more.

If you're reading this thinking "wow that sounds great...BUT what is a Podcast?" Well, podcasting is a way of listening to sound files of interviews, articles or music on your computer or you can transfer them to your ipod. So quite simply you can listen to each interview when and where you like and as often as you like, it's easy to do and it's FREE! It is well worth checking out... enjoy! Love, Donna

## Western Australia

## PERTH Gathering

A gathering of ARC members and guests took place at the High Wycombe Community Centre in Perth on Sunday 26th November. The event organiser John Lavers [WA State Representative] has reported a very good attendance of 22 members/guests in total resulting in a most successful day.

A letter from John Coleman was read to the assembly after which discussions took place on a range of interests. Miriama spoke about ARC's plans for 2007 and invited members to become involved in developing ARC's future. The guest speaker was David Oliver of SolarisCare Cancer Support Centre (formerly Brownes Cancer Support Centre) Sir Charles Gairdner Hospital. After a break for a refreshing lunch, a Reiki share took place.

A meeting of the WA working group is planned to take place on Sunday 21st January 2007. More details, including the venue will be provided to all WA members soonest. Members who wish to be part of the group should contact John on 9342 3328 without delay.

**Congratulations go to John and his team, Cathy, Shona and Miriama. Well done everyone!!**

### NEWSFLASH!

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**ARC has  
Upgraded its  
Message Board  
NEW Version**

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**Available online**

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# REIKI Touching Lives Conference

In October, ARC President John Coleman and ARC Secretary Helen Archer, represented ARC members interests at the Reiki Touching Lives conference in QLD. The venue was a conference centre at Margate Beach on the Redcliffe Peninsula, about half an hour from Brisbane

It was a very full program with both Australian and International presenters.

Peter Bird, an indigenous Community Elder, who welcomed us on behalf of the Mereki people, traditional landholders of the area, opened the proceedings. The aboriginal word Mereki, translated means Peacemakers.

The next speaker was Lindy Hou, Gold medallist at the Athens Paralympics. Lindy is vision impaired and competes in tandem cycling events. She shared with us, in an amusing and uplifting way, some of her life story and the ups and downs of her journey to becoming a gold medallist. Lindy also shared examples of how Reiki helped her during some of the strenuous events.

Throughout the four days, presentations were given by:

Margaret Gargan, founder Bloomhill Cancer Help, Cath Maddox and Lizzi Swatland, Hopewell Hospice Cancer Support Centre. These speakers spoke of the history and work of their respective centers with the emphasis on natural modalities provided, of which Reiki is the most popular among the clients.

Eileen Chapman, founder of the Windana Reiki program spoke of her journey to bring Reiki treatments to those living with Aids, and those recovering from drug and alcohol abuse.

Di Lawson, Community Services and Health Industry Skills Council spoke about the need for skills training for Australian industry and the Skills Council's role in writing training packages.

David Oliver, Solaris Care (formerly Brownes Cancer Support Centre). This unit, which is attached to Sir Charles Gairdner Hospital, integrates natural healing modalities alongside the conventional cancer treatments. Reiki is one of the most accessed treatments and recent research carried out by David and his team found that Reiki was chosen by the majority of participants as their preferred option. Solaris Care is a pioneer and leading light for Reiki in the health care system.

Dr Craig Hasted, MBBS, (Melb.), FRACGP, who teaches at Monash University - Department of General Practice and also works with Gawler and Petrea King Foundations, spoke about Mindfulness. His amusing and interesting discourse on stress management systems was very well received. He teaches this method to medical students. His book "Know Thyself" is recommended reading.

Michelle Mrozik a representative from Health Quality and Complaints Commissioner (QLD) spoke about how complaints are received and dealt with including those against natural therapists. She stated that her department has received nine complaints against CAM practitioners but no complaints against Reiki practitioners. She also informed the attendees that in the future the commission would be writing a standard for development of quality monitoring. Relevant professional associations will be involved in this process.

Elizabeth Curry, Reiki New Zealand, spoke about "Reiki and The Arts" and also conducted a mini experiential workshop, on creating artistic collages with a number of participants using various objects and material. The results were stunning.

Dr Ranga Premaratna's presentations focused on his Journey with Reiki Jin Kei Do and an overview of Reiki Jin Kei Do. There was no evidence presented to support the lineage or history of Reiki Jin Kei Do.

Pamela Miles is a Reiki Master, researcher, author and creator of Reiki programs in hospitals in New York City. Her presentation subject was Reiki in Conventional Health Care. Pamela also conducted a practitioner seminar in which the focus was on the place of Reiki alongside conventional medicine in the Health Care setting, the understanding, skills and qualities necessary to practise Reiki in these settings.

Phyllis Lei Furumoto shared the story of her Journey with Reiki and gave an overview of Usui Shiki Ryôhō. An interesting topic was the difference between Reiki as a folk art or as a public practice and how to support both.

Following the conference, Phyllis Lei Furumoto and Ranga Premaratna both conducted a Practitioner Intensive and Master Circle for students of their respective lineages. We both attended Phyllis Furumoto's Practitioner Intensive but unfortunately couldn't take the extra time for the Master Circle.

Although most of the time was taken up by Conference activities, much networking and Reiki discussion occurred over meals and in any spare time. For many of us, our Reiki practice is carried out in comparative isolation so it is good to have the chance to swap stories and experiences with others that we would not have met during our usual activities. Communication forges greater understanding.

Although time consuming and tiring, our attendance was positive for ARC. The contact and discussions with Pamela, Phyllis, David Oliver and others has led to an exchange of ideas and agreement to work more closely together on ways to promote and integrate Reiki into the mainstream healthcare system.

Many of the attendees, who were not aware of ARC, now have a greater understanding of our Association and what we do for the benefit of Reiki in the wider community.

## What do I do with the Colours I see with REIKI?

Many people who experience a Reiki treatment or enjoy a Reiki course also have the experience of seeing colours. It is a common phenomenon - though not one experienced by everyone. Some of us are more prone to visual experiences than others. So for those of you who may have experienced this, here is a brief understanding of what it might mean for you.

It is commonly asserted that human beings have five senses - sight, hearing, touch, smell and taste. We use these senses to learn about, and navigate in, the world. These senses are our antennae and as we grow up we begin to intellectually understand what it is to use these senses and what each of their benefits are. To cross a road we use our ears to listen out for traffic, our sight to see the oncoming cars and the path we are about to walk, our touch to move easily from the footpath onto the road, perhaps our smell to check that everything is 'safe', and our taste on this occasion takes a backseat (unless, of course you happen to be licking a lollipop at the time).

We are born with a natural ability to use one or more of our senses more than another and at the same time we also hone separate senses depending on our life choices. Some of your senses will be more sensitive than others depending on how you use them. If you are a cook then perhaps your sense of smell and taste will be very sharp. If you are a sculptor your sense of touch, and perhaps sight, might earn you your living. A data analyst would use his or her sense of sight to read (or ears to hear an audio tape), sense of touch to use a computer and taste to slurp endless

cups of coffee (oops, I've already used that joke).

When you begin to consciously work with energy you may not know what energy feels like or how you will 'read' it. No matter what age you are the experience may surprise you. Say that you are enjoying a wonderfully relaxing Reiki treatment, you're almost dozing off in a beautiful twilight space of awareness crossed with 'who cares' when BANG - the sky lights up and you are enjoying the most amazing fireworks. First blue explodes followed by emerald green and a red that melts into a golden haze. What on earth was that? Aaaaah well, you're still very relaxed and unconcerned, your eyes have remained closed throughout and only if you're lucky do you remember afterwards what happened during the treatment. Does it matter? Does it mean something? .....

Yes, it can mean a number of things. Some metaphysicians will state that a certain colour indicates a specific state of mind, activity in an energy centre, or even use the colours to decide upon a client's spiritual development. Some of these statements may well be interesting and in some cases true and yet no-one can guarantee that they are correct. Red may well indicate passion, but it could also symbolise anger. Cultural consequences can also affect the interpretation with red representing Good Luck in some Asian countries. Who decides which of these is the correct energetic translation?

Judgements made about the results of sense stimulation are in fact attachments to the senses. Both the client and practitioner

can become attached to the idea that the colours are the important part of a treatment and once this occurs they become side-tracked and taken away from the profound experience that a Reiki treatment can be.

Attachment leads the practitioner to want to have the same outcome in the next treatment, boosting the ego with a sense of personal validation. And as a client you may want to repeat the same experience because it really was 'amazing'. Both of these viewpoints will only obstruct the free flow of energy.

So, does it matter what these colours might represent? No. By attaching to specific interpretations we limit our true understanding of the practice of Reiki. We should see the colours as they are - and what they are in essence is simply energy but please don't be misled into thinking that colours are not important. ....

When you are lying on the massage table and those colours begin to move and snake their way around your inner world, the universe is definitely speaking directly to you. It is saying, "Things are beginning to change in your life. Let go, and open up further to experience this treatment, to let the energy flow freely. As a human you have been given the gift of the senses; these senses are indicating by their flow and ebb that your life too is changing and flowing. Be thankful - enjoy."

This understanding, might in itself be the healing you require.

By Bronwen and Frans Stiene  
The International House of Reiki

[www.reiki.net.au](http://www.reiki.net.au)

# REIKI SHARE GROUPS

Here's a list of locations and contact details where Reiki events are held on a regular basis. **ARC** members are most welcome to participate. However, you will need to contact the convenor for more details as to the frequency, times, days, cost, etc. Further inclusions cheerfully accepted!!

If you are listed and should not be **OR** if you should be listed and are not **PLEASE** contact the editor today

## Location

### ACT - Kambah

Email: allumer@a1.com.au

### NSW - Berowra

Email: vicki@naturalreiki.com.au

### NSW - Drumoyne

Email: angela@wellandtruly.com.au

### NSW - Engadine

Email: sue88@aapt.net.au

### NSW - Engadine

### NSW - Hamilton South

Email: kaz@healinghub.com

### NSW - Manly

Email: jill@higherawareness.com.au

### NSW - Shellharbour

Email: JennysHS@bigpond.net.au

### NSW - South Curl Curl

Email: avril@perfectunison.com

### NSW - North Sydney

Email: erica@thealignmentgroup.com

### NSW - Wadalba

Email: atlantis@reiki-seichem.com

### QLD - Caboolture

Email: theferngarden@bigpond.com

### QLD - Caboolture

Email: clare@cth.com.au

### QLD - Capalaba

Email: carol.milne@optusnet.com.au

### QLD - Molendinar

Email: benaura@hotmail.com

### VIC - Bacchus Marsh

### VIC - Box Hill South

Email: michelle\_mayur@yahoo.com.au

### VIC - Brunswick East

Email: aocollege@optusnet.com.au

### VIC - Carrum / Chelsea

Email: deidre\_rae56@hotmail.com

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Leonie Entwistle

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Carol Hogarth

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Email: tjt@cbl.com.au

### VIC - Croydon

### VIC - Eaglehawk

Email: isleofavalon@aapt.net.au

### VIC - Eltham Vic

Email: reiki\_inge@yahoo.com.au

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### VIC - Knoxfield

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### VIC - Mickleham

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Email: gregdoyle@alphalink.com.au

### VIC - Mount Waverley

Email: w.e.secker@bigpond.com

### VIC - Oakleigh

Email: firebird@corplink.com.au

### VIC - Preston

Email: reikicottage@optusnet.com.au

### VIC - St Kilda

Email: annieforliving@yahoo.com.au

### WA - Beckenham

### WA - Bedfordale

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### WA - Wattle Grove

Email: rkmw@iprimus.com.au

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Janet Adcock

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Nandita Shari Jackson

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Rosslyn Wilson

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Judy Fox

Phone: **0397430047**

Doreen van Boxtel

Phone: **0397452376**

Gregory Doyle

Phone: **0397088170**

Elizabeth Secker

Phone: **0398883466**

Robert Thuan

Phone: **0395681777**

Helen O'Connor

Phone: **0394847276**

Annie Slaughter

Phone: **0414742728**

Deanna Stewart

Phone: **0894513809**

Ronald De Waal

Phone: **0894937479**

Catherine Wood

Phone: **0893592946**

*John Coleman presents life-time membership to William Secker ARC Membership Officer.*



*Marita Lajs - Helen O'Connor - Inge Schmidt Master Teachers, formerly Helen's students*



## Spiritual aspects of the Japanese Art of REIKI

On Saturday 14th October 2006, a bright and clear morning, a very early flight from Sydney brought Bronwen and Frans Stiene to Melbourne. Bronwen, as Vice-president of ARC was here to chair the AGM, while Frans was guest speaker for the event. In attendance we had thirty two members including guests. Following the AGM Frans spoke to us on the spiritual aspects of the Japanese Art of Reiki.

Many Reiki practitioners today work mainly with hands-on healing within the system, either for themselves or others. Yet from research it appears that early teachings may well have focussed more on the meditative aspects of the teachings.

Meditations were developed to strengthen the practitioner's inner energy. These meditations help you, the practitioner, to more fully discover who you are and the connection between you and the world around you. The more you connect to your own being, the easier it becomes to connect to another being. These meditations, like Hatsurei-ho for example, are practiced daily. Naturally, the more you practice the meditations, the stronger your connection to universal energy becomes. This in turn leads to you becoming a clearer channel for the energy to move through.

While studying Reiki Level Two you can also include the three Reiki symbols and mantras in your meditations.

In many modern Reiki systems, symbols and mantras are used externally e.g. for helping others. Yet traditionally, in Japan, you would begin with the first symbol and mantra and meditate on it for approximately 20 minutes a day for about 6 months to a year until you had become the symbol and mantra. Only then would you learn the next tool, the second symbol and mantra and so on.

The ultimate goal of the Japanese way of Reiki was self discovery, which ultimately is also known as Enlightenment. When you move into that space you realise the non-duality of existence and transcend the concepts of good and bad. This realisation would entitle the practitioner to finally be called a Spiritual Teacher. Enjoy the journey of Reiki and let it guide you to self discovery.

This report of the talk given by Frans is only a synopsis of what he spoke about and then later discussed with the group. We are very grateful to Frans and to Bronwen for making the journey to share with us their experience and kindness. It is most fair to say that all present has a pleasant and fulfilling day on Saturday 14th October 2006.



## 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 always to quote your membership number)

#### Ultra Style *Body Therapy Massage Tables*

contact Angelo Parisi for 10% discount\*

Phone: (03) 9470 2123

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

#### New World Music *CD's, DVD's, Videos, Books*

33% off the recommended retail price\*

Order through your State or Territory Representative

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

#### The Linen Co. Australia *Salt lamps*

Wholesale prices on the entire product range\*

Phone: (03) 9899 9800

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

#### *The Reiki Sourcebook by Bronwen & Frans Stiene*

10 % off from the International House of Reiki\*

Phone: 1800 000 992 (free call)

[www.reiki.net.au](http://www.reiki.net.au)

### MEMBER ADVERTISEMENTS IN THE ARC INK NEWSLETTER

There are currently **six** advertising spaces available over two pages, in the ARC INK newsletter where members may advertise.

A 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 'Times New Roman' 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 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 \$25 per each advertisement.

Your payment should be sent with your advertisement to the ARC INK editor at PO Box 145 Kalorama VIC 3766 by the 15<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 ARC INK Newsletter does not indicate endorsement by Australian Reiki Connection Inc. of the products / services offered.

\*REMEMBER TO CHECK POSTAGE DETAILS WHEN ORDERING\*

The other day I was pondering the 'healing' people I had met and was wondering what it was that made being in their presence such a balm. There was Sister Mary Malone, the charge nurse on a children's ward; a gorgeous Creole woman - another nurse who called everyone 'honey chil', the Dalai lama and others. What they all had in common was that by being with them you felt totally safe, that everything is ok - no matter what. They all generate the feeling of spaciousness, warmth and nurturing and that I could be anyone or thing and their love and compassion would never waiver even for an instant; that they can see all of me and it is just fine.

Where everything, no matter how frightening can just Be and people can trust themselves and their feelings more. They reflect back, not just the parts of my being that I reveal, or my pain and my stories, but All of me.

In such spaciousness much is possible; there is a lot of freedom to move. We don't need to hold onto our beliefs so tightly or our fears and anxieties or insist we are right. All too often we just focus on the bits we don't like of our being. They offer a gift of whole self. These people teach me the value of simply 'being with' someone. That nothing really needs to be done except seeing the person for who they really are and acknowledge our common humanity. Imagine the relief and freedom at being with someone who's not judging us in any way, not making assumptions, not wanting anything.

These people inspire me because they are so 'real'. They seem to see the Truth of reality not just our facades and projections.

Their heart seems constantly open and not 'pulling back' or dodging issues. It's the withdrawing or not seeing of all that people are, of limiting them with our perception that reinforces pain. Our attitude and presence is often more important than the modality we practise.

I was 20 when I met Sister Mary back in the mid 80's. Inspiring me and triggering off years of question asking: *how can one stay in an open hearted space without being overwhelmed by the suffering and pain of others?* What is 'helping' and is what I'm doing actually 'helping'? In 1991 I found my way to a Reiki workshop and felt that I had touched a way that could help me find some answers to those questions.

Reiki is a form of spiritual healing. The word Reiki in Japanese simply means Universal or all pervading nature or 'God' force (Rei). 'Ki' represents the chi, prana or personal energy/vitality of the body. In simple terms it means the merging of spirit with matter, the manifestation of spirit in physical form.

Reiki as a practice and philosophy was created by Mikao Usui in the early 1900's in Japan. Combining different teachings and spiritual practices, Usui wanted people to be able to connect with our true nature - that luminous being, the clear light nature of mind; to be able to acknowledge our Unity with all and deepen our connection with life. He wished for all beings to be happy and that people could be motivated by compassion to help reduce suffering for self and others.

Mikao Usui wanted his teachings to be available for everyone and easily accessible, not limited to one particular spiritual tradition. Although there is a Buddhist basis to much of the Reiki philosophy, Mikao Usui drew upon his martial arts background (he was born into the Samurai class), as well as Shintoism, Buddhism and Shugendo, which

is an amalgamation of ascetic aspects of Buddhism, shamanism and Shintoism. (refer to Frans and Bronwen Stiene's book 'The Japanese Art of Reiki' for more details)

The aim of Reiki practice is to break down our old patterns of being and perceiving, to clear our obscuration to recognising the true nature of our being and that of the world around us. It is also an invitation for us to understand that healing need not be an externalised process we receive from a practitioner but that one that lies within all of us. The only 'prerequisites' for practising Reiki are a body, an intent and choosing to practice being within a heart space.

Reiki is a way of connecting with the wisdom of the body. Reiki energy doesn't 'cure', in and of itself but supports the body's inherent vitality and healing capability. The energy always flows to the cause. Often people will say 'oh I can feel the energy in my knee', when my hands are on their head or elsewhere.

As practitioners we need to leave our expectations and assumptions at the door. It is not up to us to decide what needs to be 'done' for or to a body. We don't need to direct the energy flow. I leave that up to the person's being, and focus on being as present as possible and centered in a heart space. As we 'be with' a person and acknowledge them as whole, just as they are, much can shift. The most profound gift we can offer anyone is to be fully present with them, to see them as greater than their issues and diagnoses. In this way we are not reinforcing a person's perceptions and projections. Such neutrality allows an opportunity to shift many things. It is only our perception that creates limitations.

The role of intention, motivation and focus is very important. They are the guiding force of how we connect with another being, how we perceive them,

the rapport we develop, enabling us to 'listen' wholeheartedly to their being. Every thought we have is generating pattern that is emitted into the world. Every breath and thought has impact and collective impact. We are accountable for what we're choosing to communicate to another being. I like to think of practising Reiki not as 'doing' another modality but as a space of Being. As such, it enables us to develop further awareness of unconditional love and compassion. You don't 'do' love, you are love. Unconditional love has no object. Such a space creates a profound invitation for us to recognise more of who we really are, the Truth of our Being and this allows the potential for much movement and change.

Energy is continually flowing through us, through our subtle anatomy, our meridians, through every atom of our being. Matter is composed of light and sound. All we are is energy, in constant vibration. With Reiki we are starting to work with frequency a little more consciously. Reiki is 'taught' by a series of attunements. These attunements don't give us anything new or different but support an increased awareness of ourselves as energetic and spiritual beings. They provide an invitation for the heart chakra to open more, allowing the heart to be a balancing point of the body. This encourages our development of compassion and love and our ability to acknowledge the Oneness of being. The attunement process is not a magical 'gift' or makes a teacher 'special' in any way. All it is, is a reminder of who we really are.

As we start to shift our focus from the ways we separate ourselves from other people and experiences, then automatically there is a greater flow of energy through our being. We are already connected, already at One with all, the only thing that alters is our awareness of it. This is the gift of the Reiki attunement. I think of it like a tool or a vehicle

to enable us to get from A to B, to go from dualistic awareness and the way we clutch onto some things and reject others, to a space of recognising that there is nothing that we are not, that all exists in Unity. Meditation techniques and other spiritual practices are also just as effective. I think the reason why Reiki is so incredibly popular is because of the ease at which we can start to experience these insights.

As we still ourselves and bring our focus to connecting with the heart, energy flows through the practitioners' body, 'topping them up' then radiating through the auric field, through the hands and other chakras. Reiki practitioners usually say that they feel less tired when working and more energised at the end of the day. This is because energy is continually flowing through us. We are not using our own 'reserves'. Reiki can be of assistance in many ways for clients, animals, or plants. People commonly say that they've never felt so relaxed (many fall asleep) or it's the first time they've been without pain (or in less pain) in ages.

Reiki can be useful for some people in supporting pain relief.

Working with Reiki is a spiritual practice, not just something I 'do' when clients come in. It is something I can practice throughout my day, a state of mindfulness. It is so easy to sit on my hill and meditate and feel virtuous, it's another to get off my cushion and act within this state; when stressed, with clients, when cleaning my teeth, driving. When we are centered in the heart and choosing to Act from within this space it impacts on our whole environment and all within it. I like to do 'community service' work by walking down the street or in Coles in this space. My intention is that it be an offering to be of benefit in any way, for anyone. Practicing Reiki supports the

development of us learning to be kinder, more loving, generous and hopefully wise. To understand that we are not all separate but exist in Unity. As my own heart gradually chinks open a little further then I recognise the levels to which all beings experience pain and suffering in their lives. All that any of us really wants is to be happy. Reiki promotes alleviation of suffering not by addressing a 'problem' or by a 'fix it' approach, but by inviting us to recognise the True nature of reality, that we are all, always whole and don't actually need to be 'healed'. As we can acknowledge more that we really are then our perception can start shifting and our reactions and judgements. This has a flow on effect through our physical body.

Working in this Reiki 'space' of openheartedness enables me to practice being more present with other people in a genuine and more neutral way. Often we 'pull back' from the pain of others, out of our own vulnerability and fear of overwhelm. Reiki is about developing a fearless heart; a heart that doesn't close down in any circumstances, so that I can be with anyone without withdrawing or going into judgements and reactions. Reiki teaches me how much support is available moment to moment. It's never just 'me' but me plus all that is available. As I connect with this space it provides an invitation for others to tap into it as well. It's a process of self-empowerment.

As you radiate joy and love it enables others to connect with their own joy, clarity, and love. For me, Reiki is Coming Home.

\*\*\*\*\*

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We welcome comments on all contents of the newsletter  
[arced@australianreikiconnection.com.au](mailto:arced@australianreikiconnection.com.au)

Sprouts are very special. Sprouts are live food, comprising essential and balanced nutrients for *alive* people, as life proceeds from life. Life and health go together. Good health is precious.

Recently, a lass I was speaking with, summed it up saying, "Our body is such an exquisite gift". What a wonderful and thought provoking statement. Every person needs to work at maintaining health, therefore, we need to learn all we can about nutrients and how the body functions.

My interest in sprouts began over 20 years ago, when I read a riddle that fascinated me. It caught my attention and started my interest in wanting to learn all I could about sprouts.

The riddle went; *what will:*

\* *grow in any climate at any time of the year*

\* *require neither soil or sunshine, but is still rich in vitamins and minerals*

\* *has not been subject to chemical sprays while growing*

\* *is extremely economical and in preparation and has no waste*

\* *rivals meat in nutritive value*

\* *can be grown indoors within a minimum amount of space*

\* *multiplies 400% or more in 5 days*

\* *matures in 3-5 days*

*Why of course ..... SPROUTS!*

I attended a demonstration on growing sprouts. There are such a variety of seeds and tasty ways of enjoying them. I discovered that beneficial changes in nutrients take place, when seeds are sprouted: the starch converts to simple sugars, the protein provides amino acids; the fats break down into essential fatty acids and minerals chelate or merge with protein in a way that increases their function. All these actions increase the nutrient value, and enhance digestion and assimilation. Due to these dynamic influences, sprouts are considered pre-digested food. As I became more aware of the value of live food, I started to see that little things, like sprouts, can have a big impact on health, as they provide a high degree of vitality and rejuvenation to the body.

Sprouts provide concentrated quality nutrients, and by weight, are an extremely rich source of vitamins, minerals, protein, fibre, essential fatty acids and antioxidants; in fact, they have a much greater nutrient content than the original seed. Sprouts increase our ability to reach our full health potential, supplying an ideal balance of nutrients to nourish the brain and every other organ of the body. Sprouts help to alkalise the body, clear acidic toxic wastes enabling the body to heal itself and build a stronger immune system. These are some of the benefits I found.

*'How can I grow and use sprouts as living food?'* Every one can grow sprouts in their kitchen, to provide a ready source of food, teeming with living enzymes that are essential for building energy and vitality. We require lots of enzymes for the body to work efficiently, so that the body can meet its highest potential.

Enzymes act as biological catalysts they are essential to the digestion of protein, carbohydrates & fats.

When we are born, we are provided with a limited supply of enzymes. Then, the pancreas produces a fluid, called pancreatin, which contains enzymes for digesting food. However, if the pancreas becomes exhausted, then foods are not digested properly and the immune system suffers. Fortunately, we can have a back-up supply, if we eat enzyme-rich foods. As we consume enzyme-rich sprouts, we can actually make enzyme deposits... like money in the bank. To get the benefits of the enzymes, the food must be raw, as heat above 45 degrees centigrade can destroy the enzymes. If a person eats mainly cooked and processed foods, the main gland that produces digestive enzymes, the pancreas, is often enlarged, due to overwork. The first signs of lack of enzymes may be: indigestion, bloating and diarrhoea. Enzyme deficiency has been including lack of energy, chronic fatigue, pain, arthritis, gout, irritable bowel, diabetes, heart disease and cancer... to name a few.

Don't underestimate the importance of enzyme-rich foods. Our very life span is governed by the total enzyme supply, their process and activity. As we age, the digestive enzymes can decrease 30% or more, by age 80. Research shows, people who consume a diet high in enzyme-rich foods, have increased vitality, as when acid alkalinity, which brings energy and wellbeing. Eating sprouts regularly can help to freshen the breath, cleanse the blood, lower high cholesterol and blood pressure and act as a tonic to the body. Sprouts have been called 'the fountain of youth' and acclaimed as the most enzyme-rich food on our planet. People who are fatigued and lack 'get-up-and-go' may well be lacking enzymes, as the vitamins and minerals in the food they eat may not be utilised efficiently, causing toxicity, tiredness, pain and disease.

A; Alkaline state in the body:

Healthy, happy cells receiving essential nutrients and oxygen.

B; Acid state in the body:

Unhealthy cells, deprived of nutrients and oxygen, due to a build up of fluid and toxins around the cells. This state is the cause of all





pain and disease. Enzymes are extremely important, as they are the very basis of every action in our body, from digestion to the repair of tissue. Without enzymes, efficient nutrient absorption is impossible and all metabolic functions slow down, making the body age faster and become more susceptible to diseases. Real benefits to health will come from eating sprouts regularly, as they are rich in living enzymes.

Enzyme-rich foods generally are alkaline, which is another important factor garden grow well in a neutral pH (where the soil is not acid), so too, our body, can be more efficient, if given alkaline foods. In an acid state, the cells cannot adequately take in nutrients and oxygen, and they cannot expel toxins. I came to see that it is in the miracle action of seeds sprouting, that they change from acid seed... to alkaline sprouts.

Acidity (acidosis) is common in our society, due to high intake of cooked, processed and take-away foods, with fruit and vegetables being very neglected, causing an acid state in the blood, tissues and lymph. An overly acid state reduces the amount of oxygen and nutrients that the cells can receive. When a cell is oxygen deprived, all kinds of serious health problems may be created, including cancer, as cancerous cells are acid. However, when acid wastes are discarded from the body, there is an increase in oxygen and alkalinity, which brings energy and wellbeing. Healthy cells are alkaline. If the food we eat is rich in alkaline minerals of calcium, potassium, magnesium, iron, sodium and manganese, this will help the pH of the body to be alkaline. An alkaline body is a clean system that is able to play a vital role in maintaining natural immunity and optimum health. Eating a variety of sprouts regularly is most beneficial, as they are nature's wonder food, rich in essential alkaline minerals, the most nutrient dense foods we can eat. When we eat sprouts at a meal, we can know, without a doubt, that they will be the best food on the plate... with the highest nutritional value. Degenerative diseases plague many people, today. We need to realise that pills and surgery are not fixing all the problems. What we can all do, is correct the acid/alkaline balance in the body, and sprouts are the easiest, most economical way to do it... it's so easy to sprout seeds... every person can do it, and even children can learn to grow sprouts.

Life is a precious gift and health is a valuable asset. Sprouts are for people who want quality tomorrows. Staying biologically young and healthy... is a matter of keeping enzyme activity in our bodies at a maximum. Living enzymes of sprouts, from so many varieties of seeds are very economical and ready to eat in several days. Sprouts are alive... food can't get any fresher than that!

Author: Isabell Shipard  
[www.herbsarespecial.com.au](http://www.herbsarespecial.com.au)

## ARC Absent Healing Book

To have the name of the person (who has asked to have their name) placed in the ARC Absent Healing Book just call or email the member who is the monitor for the period. The ARC Absent Healing Book is kept private, it is never for public view, names and any details are always kept confidential, there are of course 'trust factors' involved. Names are put in for the period and some ask for continuous healing, so it is written in the book in the way asked. Many people do take time to send Reiki daily but together on Thursday nights at 9 pm send Reiki to those in need. It is always appreciated. If you encounter problems contacting the monitor please phone **1300 130 975** and a message will be passed on for you. Requests can also be made online through the ARC website: <http://www.australianreikiconnection.com.au> - **Absent Healing**

### Absent Healing Book - Monitor Roster

Name	Period	Phone	Email
Raymonde Leeumans	December 2006 & January 2007	(03) 9384 2864	aocollage@optusnet.com.au
Shirleyrose Rowe	February 2007 & March 2007	(03) 5367 1680	
Di Van Vliet	April 2007 & May 2007	(03) 8746 1100 [Work] (03) 5369 4373 [Home]	
Wendy Rattray	June 2007 & July 2007	0409 362 349 [Mobile]	

## KARUNA REIKI® MASTERSHIP

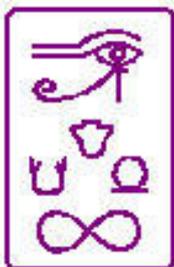
Karuna Reiki® is an international trademark Reiki system. Karuna Reiki® has its roots in Usui and Tibetan Reiki and is a healing energy that assist us in awakening to universal compassion in action. You can only acquire this highly evolved compassionate healing Reiki modality by post graduate Reiki training with a registered Karuna Reiki® Master/Teacher. Upon completion of training, graduates will be able to register with the International Center for Reiki Training (ICRT) and will be able to practice and teach anywhere in the world.

A Karuna Reiki® Master class has been scheduled for **April 2007**, after the Easter Holidays, at the **Firebird Centre** in Oakleigh Melbourne.  
Please telephone Robert & Elizabeth Thuan on **03 9568 1777** for class details.

## 3 DAY REIKI BEACH RETREAT AT MT.ELIZA

Great fun, lots of hands on Reiki and practice, deep healing and relaxing, or just simply walking and meditating in clean and fresh air in your own space...**Weekend 26-28 January 2007**. Vegetarian meals and fruits fully provided...Affordable rates: accommodation and catering inclusive. Open to Usui Reiki channels and masters from all schools and lineages.

Book now with the Firebird Centre **03 9568 1777**, limited places!



**Ka Shen** is a natural healing system that applies channelled spiritual healing energy in a similar fashion to Reiki. Ka Shen is a form of **Sekhem**, an ancient **Egyptian** healing energy. It connects one with Spirit and the earth, develops the heart chakra, and heals on the physical, emotional, mental and spiritual levels. The Ka Shen energy embodies **unconditional love** and can come through in a variety of healing vibrations.

Although the system is called Ka Shen, this is an abbreviation of its Egyptian hieroglyphic name (see the image left), which means "energy for healing the eternal heart and soul".

The ancient Egyptians regarded the heart as being the centre of all consciousness.

**Sekhmet**, the lion-headed Egyptian goddess of regeneration and healing, is associated with Ka Shen and can be called upon to assist in treatments.

### Cost of Training

*Ka Shen is a 7 level system, and each level is complete in itself.  
The cost of training is \$120 per level, with Reiki II being a prerequisite for the first level.*

Free sample absent healing treatments are available on request. For information contact Peter Chapman **03 9544 1604**, email: [shizenergy@yahoo.com.au](mailto:shizenergy@yahoo.com.au)  
Website: <http://au.geocities.com/shizenenergy/kashen>

## REIKI MASTER MANUAL

By William Lee Rand

*In use since 1990, this manual contains the most up to date, accurate and comprehensive information for Reiki Master training. The latest revised version now combined with the Advanced Reiki Training Manual contains important aspects of advanced Reiki practice as well as providing a user friendly guide for giving all the attunements and teaching all the Reiki classes including the master level. Used by over 2,500 Reiki Masters worldwide.*

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Please fax or mail **with your order** a copy of your master certificate and a declaration that you have received a hands on attunement(s) by your lineage master

The Reiki Master Manual can be ordered from the Australian authorised representative

**The Firebird Connection Pty Ltd**

Telephone: **03 9568 1777**; Facsimile: **03 9568 1733**; email: [firebird@corplink.com.au](mailto:firebird@corplink.com.au) or

**PO Box 123 Oakleigh VIC 3166**

**Shi Zen** is a system and technique that uses the Universal life-force energy to channel the healing vibrations available in **nature**. It has been developed for Reiki channels and is used to enhance **Reiki** treatments.

If you like working with **aromatherapy** or **crystals**, you can bring through the vibrations of appropriate essential oils or crystals as part of a Reiki treatment using Shi Zen. You can do the same with Bach Flower Remedies and other **flower essences**. If you like working with Native American Indian Medicine, you can bring through the healing vibrations of **animals**. Other elements of nature can also be applied in healing, for example, sunlight and moonlight.

**Quan Yin**, the eastern goddess of mercy, compassion and healing, is associated with Shi Zen and can be called upon to assist in treatments.

Shi Zen (pronounced "Shee Zen") is a Japanese phrase meaning "Nature" or "100% natural". A treatment leaves you feeling connected with nature.

**Cost of training: \$120 (prerequisite: Reiki II)**  
**The system is easy to learn for existing Reiki channels.**

Free sample absent healing treatments are available on request. For information contact Peter Chapman **03 9544 1604**, email: [shizenergy@yahoo.com.au](mailto:shizenergy@yahoo.com.au)  
Website: <http://au.geocities.com/shizenenergy>



## Reiki Techniques Card Deck – Heal Yourself Intuitively

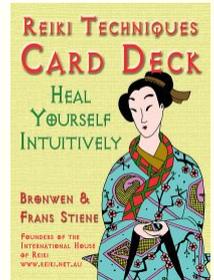
[www.reiki.net.au](http://www.reiki.net.au) 1800 000 992

Created by Frans and Bronwen Stiene, founders of the International House of Reiki.  
Published by O Books, 2006.  
ISBN 1905047193

You do not need to be a Reiki practitioner to benefit from this unusual healing card deck. Everyone on this planet has the ability to initiate self-healing-it is your birthright. The techniques in this deck of 45 cards, selected from the most effective traditional and non-traditional Reiki techniques from around the globe, offer you the opportunity to consciously tap into your healing ability, supporting you on your natural path.

All the techniques in this deck focus on healing the self. Healing the self is the first and foremost task of your journey in this lifetime. Once the energy can flow more freely through you, you become a more efficient and effective practitioner. Once you have gained personal experience, your understanding of energy is heightened. After learning and healing there will come a time when your self-practice begins to affect those you meet - do not rush to that place, savour your personal development.

The techniques in this card deck will give you the time to get to know who you are, to experience energy and its effects, and to gain a spiritual understanding of what it means to work with Reiki.



[www.thereikishow.com](http://www.thereikishow.com)

**The Reiki Show Podcast is the first dedicated Reiki audio Podcast on the World Wide Web! And it's FREE!**

Frans and Bronwen Stiene, founders of the International House of Reiki, interview Reiki people from all over the world on every possible Reiki subject in The Reiki Show Podcast.

You can listen to them from your PC or download them to your ipod.

There are interviews about Reiki and cancer, religion, Reiki regulation, historical research, animals and so much more.

This great Reiki resource has been developed to support the education of, and sense of community for, Reiki practitioners world-wide. Enjoy!

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## 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. Changes to membership status, or to your personal details and share group information. Entry onto the directory of referred Practitioners and Master Teachers contact the membership officer.

Email: [arcmemb@australianreikiconnection.com.au](mailto:arcmemb@australianreikiconnection.com.au)

Post: PO Box 113 HOLMESGLEN VIC 3148

Questions relating to matters and events in your State or Territory can be directed to your State Representative or Regional Representative or to the State Representatives Liaison Officer. Contact details are available in the State & Territory News sections of this newsletter and on the website: [www.australianreikiconnection.com.au](http://www.australianreikiconnection.com.au)

Questions relating to global Reiki issues and the politics of Reiki in Australia contact the President; the public face and officer of ARC inc.

Email: [arcpres@australianreikiconnection.com.au](mailto:arcpres@australianreikiconnection.com.au)

Questions relating to matters of ARC Inc. finance contact the Treasurer.

Email: [arctres@australianreikiconnection.com.au](mailto:arctres@australianreikiconnection.com.au)

Questions relating to ARC Inc. association business records and membership records and for complaint management contact the Secretary.

Email: [arcsec@australianreikiconnection.com.au](mailto:arcsec@australianreikiconnection.com.au)

Post: PO Box 145 KALORAMA VIC 3766