



ARC INK Magazine

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Australian Reiki Connection Inc.



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President's Comments: John Coleman

Greetings and welcome to this edition of the ARC INK Magazine!

I remember, some years ago, subscribing to a good news channel where only positive and good news items were transmitted. Unfortunately, due to lack of support the channel was removed.

Switch on any news channel these days and you are guaranteed to be informed of a natural disaster, war, inhumanity, terrorist activity, etc. which can instil fear and anxiety in many of us. Seldom, if at all do we see or hear of a good news story. As those in charge often say, there is not enough money in good news stories.

There has never been more need for good news stories than now and we as Reiki practitioners can play an important role in spreading this good news, for there is indeed a great deal of it out there.

At the ARC Victorian gatherings attendees share great Reiki stories and successes from their clients (with permission) and it is hoped to compile these for sharing further afield. If you have such a story do send it to me for inclusion in the compilation.

Of course, we can also help create a change in world issues by sending Reiki to them and to the perpetrators. You can do this by sending Reiki every Thursday night at 9.00 pm to the issues, in the same way as many members currently do to names in the Absent Healing Book.

There is remarkable success in participating in group events such as this, as was proven by the month long, Washington DC meditation project in June 1993 when despite Police ridicule, the crime rate which was three times the National average, was confirmed by the Police Commissioner to have been reduced by 23.3% (Source http://www.worldpeacegroup.org/washington_crime_study.html).

Together as Reiki channels we can help achieve similar outcomes.

Love, light, lots of laughter and wellness. **John Coleman, President ARC Inc.**

ARC INK is for the information of USUI System of Reiki Channels



Kathleen Prasad

As a leading animal Reiki expert and author of many books and journal articles, Kathleen is passionate about educating audiences about the benefits of Reiki on animals and travels globally both on speaking engagements and when conducting classes.

Kathleen's passion for Animal Reiki is both empowering and inspiring. She co-founded The Shelter Animal Reiki Association (SARA) whose mission is to improve the lives of animals and their caregivers by promoting the use of Reiki in animal shelters, sanctuaries and rescues. All members follow "The SARA Way," a commitment to daily Reiki spiritual practice that incorporates compassion, humility and respect for animals.

See Kathleen's website for upcoming classes and courses as well and Practitioners.

Approaching Animals With Reiki

The approach is key when working with animals and Reiki. Animals appreciate being given control of the treatment: in other words, being allowed to say "yes" or "no" to the treatment as well as determining the way the treatment will unfold. This means the practitioner needs to follow a few basic rules to be successful in the treatment:

1. Always begin by asking permission of the animal directly OR by setting your intention that you are open to facilitate the healing process for the animal for as much energy as they are open to receive, or none at all (this is a form of permission).
2. It's best not to initiate hands-on contact when working with an animal. Always allow the animal to be the one to initiate contact.
3. Allow the animal to move freely in the treatment space. Pay attention to what your animal is telling you by their behavior about how he or she wants you to give the treatment.
4. Animals appreciate a passive and open approach. Do not "beam" or "send" energy to the animal or to a specific health issue the animal has that you "think" needs healing. Instead, try "offering" the energy in a non-assertive manner. Imagine you are creating a Reiki bubble around yourself which the animal can move into and out of freely, or build an imaginary "Reiki bridge" which the animal can cross if he or she wants to participate in the healing treatment. In this same vein, your body language should match this passive intention: in other words, don't initiate and hold eye contact, don't make yourself "big" and dominant in your body position. For example, try to stay on the same physical level with the animal and remain in a non-threatening pose -ideally, don't stand up over a small animal on ground level or have your hands up and palms facing out like a predator about to pounce.
5. Let go of your expectations about how an animal should behave during the treatment (they usually do not behave like humans, lying down motionless for 60 minutes). The typical treatment consists of an ebb and flow of hands-on/short distance Reiki as well as short periods of movement and relaxation. Also, let go of your expectations about what healing result the animal should manifest.
6. After you finish the treatment, always thank the animal for participation in the treatment.



NOT ALL FORMS OF ENERGY MODALITIES ARE REIKI



Sue Lake-Harris (Dip. Teach., B.Ed., HSR)

Sue is the owner of Reiki Education Services and has been involved in education for over 30 years, and commenced her journey with Reiki in 1997. She has worked as a professional practitioner, teacher, and consultant to various national groups in relation to training standards, codes of conduct and ethics, and professional and personal Reiki practice.

www.reikieducationservices.com

Not all forms of energy modalities are Reiki:

There are many forms of energy modalities - Reiki is one. Not all forms of energy modalities are Reiki, however. This is an issue that I constantly come across when meeting people who have done "Reiki", yet when we chat about their experiences, it's clear they haven't actually completed Reiki at all, but a different form of energy work.

I don't object at all to these other forms - energy work involving the use of the hands has been around in many ways for centuries, and it seems there are new ones nearly every week!

What I do have a problem with is the incorrect labelling of these forms of energy work as Reiki...

Now I can understand how that's come about. In the West, the Usui System of Reiki (as taught by Mrs Takata) was the first form of energy work that gained a wide audience and popularity. So when other founders of bodywork systems involving energy named their system, they often used the familiar term "Reiki" within that name. Sometimes these people were inspired in their initial energy work by receiving or learning Reiki.

Sometimes people have learned "Reiki" and decide they want to blend it with their own ideas and additional practices. I personally feel that any changes/additions/amendments, or indeed anything that is entirely original and not derivative, should never use the word "Reiki" in the name of the system.

I have no objection to people describing similarities and differences, but if what is being taught and practiced is not actually Reiki, then it's not appropriate to label it as such. Call it "Fred's Energy System" or "Heavenly Heart Light Work" or some other name.

So how do you know the difference?

Traditional Reiki (whether the Western Takata line or some of the Japanese lines), will NOT teach you about spirit guides. You won't be working with angels or other spiritual beings. You won't be invoking deities or praying. /2.

Not all forms of energy modalities are Reiki (continued):

You won't learn levels one, two, and teaching in a single day or weekend. You won't be offered levels of training beyond levels one, two, and three. You won't be told that it originated in Tibet or Nepal or Atlantis or Egypt. Any form of "Reiki" that tells you this may indeed have been *inspired* by Reiki, or founded completely independently of Reiki, but it is NOT Reiki...

In traditional Reiki, you will receive attunements to enable you to access the energy so that your hands will "work". You will be taught where to place your hands on your (or someone else's) body - and where NOT to put them - to obtain support for healing on all levels (physical/mental/emotional/spiritual).

You will undertake meditations. You will practice with fellow students. You will be taught your teaching lineage which should definitely commence with the founder of the system of Reiki - Mikao Usui. You will NOT learn any symbols or distance energy work until the second level, and you will only be taught three symbols at that time.

Learning to teach should take place after you've been practicing with Reiki for some time and not be something undertaken over a single day or weekend, or immediately after completing the earlier levels. You will not be told that you have to complete all three levels of training - it will be up to you how much training you wish to receive. You won't be pushed to learn to teach unless you actually want to teach.

Am I saying these other "forms" don't have value or don't work? Not at all. I don't know. I'm sure there are forms of energy work aside from Reiki that do have value and do work.

I however, only work with the Usui System of Reiki, and am a committed custodian of that tradition...

Sue Lake-Harris - Reiki Master

NATIONAL REIKI AWARENESS WEEK 2017 **from Friday 10th November to Sunday 19th Inclusive**

The Australian Reiki Connection Inc. (ARC) proudly supports NRAW

Each year Reiki Practitioners and Teachers are invited to take part in **National Reiki Awareness Week** which occurs between the second Friday and the third Sunday (over 10 Days) in **NOVEMBER**

Practitioners can be of any Reiki Lineage as long as they are Level II attuned and do not have to be Members of ARC or any Association

Practitioners can organise their own event or work with other Practitioners to organise group events. Event details can be submitted to ARC in September and October which can then be advertised on the ARC website and on the ARC FaceBook page to help attract public attendance at events

Practitioners are reminded that they are subject to the National Code of conduct for health care workers, which imposes an obligation on them to provide health services in a safe and ethical manner including the maintenance of necessary competence in the practitioners' field and only providing services within the practitioners' experience, training and qualifications.

BEING A MASTER...



Alexandra Browne-Hill

Alex is a Registered Nurse , Midwife, Counsellor, Workplace Trainer as well as a Reiki Master and Speaker. The owner of Naturally Vibrant Reiki Centre, Alex conducts training in all Reiki levels and Reiki within Palliative Care. Alex is also the author of 'The Flowering Gum' a personal journey into grief and bereavement endorsed by the TAC amongst others.

<http://healingbodymindandspirit.com.au/>



Being a Master...

It seems to me that there is a lot of easy banter about the term Master these days and my mind fills with such terms as Master Craftsmen, Master Builder, Master classes in this skill or that, Master Chef, Masters of House Flip....it goes on and on. I have often contemplated the word “master” and what it means to individuals and even society as a whole.

For me the word Master carries strong connotations of great skill, wisdom and powerful understandings that are beyond my daily limited knowledge.

With this title being used so easily and frequently, I couldn't help but wonder if in my mid fifties, I could ever call myself a master and if so, a master of what?

As the parent figure of five children, two nephews and two foster children perhaps I could be a Master Parent. Considering how the children of today are arriving with a different set of skills to the previous generation, it becomes obvious that I am now out of date in anything I might have picked up about children and as I recall my battles to keep even one step in front of my gang, I laugh at the idea of being a Master Parent!

Instead I refocus on my nearly 40 year career as registered nurse and midwife with various other specialties. Surely I could claim the title of Master Nurse? My mirth again bubbles up and trickles into gurgles with the knowledge that it is impossible to keep up with the speed at which research develops and technology leaps forth with new equipment. Nope, change is a given in the medical world and it is beyond tricky keeping up.

Finally I succumb and check the dictionary for the standard meaning of Master as a title.

At this point things become even more convoluted. Various words associated with Master include: very great proficiency and skill, leading, great, grand, overcome, control, become expert in, conquer, defeat, know backwards.. and many more words with a variety of “overcoming” type references.

So with Reiki in mind instead, I check and see that the Bible and other religious study refers to a Master as both a master of servants and as a revered religious leader. All comments refer to accumulation of power and knowledge in some format. /2.

Being A Master... (continued)

But what are we referring to when we mention the title of Reiki Master?

Mrs Takata made mention that a teacher who has given attunements to another is granted the name of Master. However, when we look further, added to this requirement are mentions of Respect, Compassion and continued self work. In Fran Brown's book "Living Reiki, it can be seen through Mrs Takata's diary how strongly she encouraged respecting the Sacred path of Reiki. She stressed the importance of a clean diet and self healing along with development of intuitive ability. She focused on kindness, respect and humour.

Master Usui says it all with the Five Precepts encouraging the commitment to living the life of being the best you can be. Literally walking the Path of a Master is the only authentic method of being able to pass on your knowledge as a teacher in a true, genuine sharing of knowledge.

In the world of Reiki, we are discovering Universal topics with opportunity to become the very best version of ourselves. We have a purpose to being here and as healers we have been granted an authentic space in our timeline to present work that is specifically unique to ourselves. Our theme is to both find method for self development and also to provide service for others. A tall order given the dense energy of earth that we must navigate!

I recall time spent studying with Willaru, a Quechan Shaman of Peru with generations of wisdom and knowledge under his belt. He taught that we bring into our lifetime only 3-4% of our previous knowledge from our "Heavenly Home" (whatever you perceive that to be)! This is so that we can arrive in this life with free will to experience humanness and also to fulfil our blue prints based on our heart decisions.

ONLY 3%?? Well that silenced me for a while! Yet it began to make sense.

In my research I found that other indigenous communities are in agreement. So I wondered how much knowledge do we leave this life with if we bust our chops to be our best??? If I spend my life doing good and growing into a compassionate, understanding, warm and wise person then that number jumps to 6-7%!

I nearly choked! What if I dedicate to becoming a tolerant, patient, loving and humble teacher, I asked?

Well that scores between 6-15% Willaru answered me..!!! I am shocked and hugely humbled at the idea that there is approximately 97% of knowledge and wisdom that I do not currently have!

And guess what? That feels about right in my gut and heart which is my checking station. And it explains much about human kind and the limiting lives we create for ourselves.

/3.

Being A Master... (continued)

Why then are we so egotistical and competitive? Why would we think a piece of paper with the words Master on it would automatically endear us with major expertise in anything let alone spiritual knowledge and most especially Reiki which is directly influenced by the changes of Universal Energy?

Jesus, Buddha, Quan Yin, Sanat Kumara, El Morya and all the Ascended Masters struggled greatly with their lives, learning compassion and love based choice. Their learning has continued upon return to other dimensions. Walking the path of a Master is complicated, challenging and sometimes utterly exhausting when living in a world of anger, violence and judgement.

The Universe and all within it are developing and evolving, creating change. The one consistent in life is change and it is Universally guided.

Therefore if the Universe and The Ascended Masters continue to grow, learn and create then what makes us think we can ever obtain final levels of learning? Why would we think "I know it all"??

To top this thought, when we understand that we all have different strengths, understandings, karmic lessons and blueprints then it is glaringly evident that we be cannot be competitive, judgemental and demanding simply because this behaviour is not effective for any reason at all!

Since we all have so much to learn then obviously we are not *really* Masters of Reiki.

So what am I then, after studying with my Reiki teachers, learning hand placements and discovering a zillion ways that Reiki can be used?

Think of Level 3 Masters and the Japanese term Shinpiden. This name refers to the "Mystery Teachings". Knowledge that comes from Source. There is so much we don't know...

Instead, I love that I am a Student of the Mystery School of Reiki and Life. Yes, we are individual students of Universal Light gathering together to share positive and loving snippets of wisdom discovered so that Loving Energy can build and create a lighter Higher frequency of existence here on this planet.

We all have aspects of knowledge and individual strengths and we all are in different stages of our learning. It takes many, many years to accumulate additional knowledge infused with compassion along with loving detachment from the unnecessary details of life that hold us back.

Being guided by the Five Precepts of Reiki automatically takes us back to a place of gentle humility, loving support of others and importantly, quiet acceptance of others.

Being A Master... (continued)

We cannot know it all on our Journey to Planet Earth so perhaps it is simpler to be a student with an open mind and allow your life lessons to arrive unimpeded into your mind so that you can reach your 15% of growth with wisdom. And if you don't, then being a Student of Life makes that unimportant anyway!! We learn continuously so there is no need to wave your qualifications around and no need to compare with anyone.

The term Master is a mere word.

Taking the word and actually focussing on one day becoming a Master is a forever journey with no end which begins with dedication and commitment to put just your big toe on the Master Path. Repeatedly.

Wherever we are on our Path as Life Students is absolutely ok and needs to be celebrated with respect, humility and the Sacred understanding that everything we learn is a beautiful gift.

We are all in this together.

Unbox your world and fill it with real, uncomplicated Light and enjoy being a Student.

Thanks must go to Willaru and the other communities that have shared their indigenous knowledge with me.

Alex Browne-Hill - Naturally Vibrant Reiki Centre



GENDAI REIKIHO TRAINING

Gendai Reikiho, developed by Hiroshi Doi Sensei is a traditional Reiki practice that focuses on spiritual development and embodying the truth of Reiki as its primary intention.

In this weekend you are invited to open to all 4 levels of the tradition:

Shoden, Okuden, Shinpiden and Gokuikaiden

To open to level 3, **Shinpiden** and Master level 4, **Gokuikaiden**, you will have completed Shoden and Okuden in the Gendai or another Reiki path (level I and II). All lineages are welcome.

Saturday and Sunday - July 8th and 9th 2017 - Melbourne

Full details will be available in June at www.gendaireiki.com.au

To register interest now or for enquiries Email: kworkman@nectar.com.au
Telephone: **0403 932 223**

Karen Workman - Shihan Gendai Reiki, Yoga Wisdom and Meditation teacher



THE LEGACY OF JAN (HORDERN) MOLLER - REIKI MASTER



In the February edition of ARC INK, we reported the sad passing of Jan Moller (nee Hordern) of Moil, NT. Jan was a State Representative for ARC in the Northern Territory and a member of the Australian Reiki Connection for over 15 years.

Here are some reflections on Jan's healing career and personal thoughts of those who were privileged to have been a part of her life and whose lives she touched.

In the early 2000s Jan studied and gained a Diploma in Reflexology as well as becoming a Reiki Master Teacher. In late 2004, in her early sixties, Jan moved to Darwin. Jan studiously networked with all the therapeutic modalities in Darwin through the auspices of the Darwin Holistic Centre. This centre was established in a suburban shopping complex to provide a resource and meeting place for therapists.

In 2005 Jan purchased an elevated house in the northern suburb of Moil from which she set up her therapeutic practice providing Reiki Healing, Reiki Training, Reflexology, Stress Management and Therapeutic Massage. Jan transformed her house and garden into a tropical paradise that radiates positive energy, peace and unconditional love.

Jan had an intuitive interest in essential oils and the healing and spiritual qualities of crystals. Each room of her house features a variety of crystals collected by Jan on her numerous travels interstate and locally. A huge quartz crystal the size of a large watermelon resides on the front veranda. Jan's bookcase is filled with a variety of books on therapeutic healing techniques, complementary therapies and metaphysical and Eastern spiritual learnings.

Jan's networking, personable and sharing nature soon resulted in a steady stream of referrals for both Reiki healing and training sessions.

The meditation sessions run by Jan were full of colour, peace and beauty. Jan soon became a respected and valued member of the alternative therapy group in Darwin as well as a go to person for personal healing sessions that could include Reiki, Reflexology, Massage or a combination of all three. Jan's varied life experiences and intelligent reasoning also saw her clients and friends seek her advice on many life related issues.

Creating a community of Reiki and Reflexology healers was important to Jan who would organise regular gatherings to share experiences and knowledge with like-minded people. Jan ran a Reiki Awareness Day at the Parap Markets each year where the public could have a free Reiki session from Jan and her students. It was a great way to give people a taste of Reiki with love and light.

Jan's limitless ability to learn new aspects of alternative and complementary healing led to her supporting local, interstate and overseas healers to run workshops in Darwin.

It also led Jan to seek information and training on modalities that would complement her existing set of skills and enhance her healing abilities.

Jan's special interest was lymph drainage. She networked with the Midwife Group at Royal Darwin Hospital to assist pregnant women with her skills in this area (Jan wrote an article on this in the June 2014 issue of *FootPrints*, the Reflexology Association of Australia Magazine). For most of her life Jan had a special interest in young mothers and their babies.

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Jan, the person, was a very intelligent woman with a big heart and a strong will. She was a strong advocate for protecting the environment and increasing positive energy and love on this planet. Jan was an accomplished Scottish country dancer, ceramic potter, fashion designer and model. Sun worshipping at the beach; bush walking; nature in general; and gardening and remote bush camping were among Jan's passions. Jan enjoyed any music she could waltz to and classical dancing, which included watching the ballet. Jan was also a voracious reader.

Jan met her soul mate in 2007 and they married in 2010. This relationship resulted in a very close and loving partnership which brought completion and contentment to both their lives.

Jan's response to the very painful and debilitating illness that led to her transition into the afterlife was like the rest of her life... positive attitude... no complaints... meditation with her spirit guides and angels... and giving her close family and the staff of the hospice the same approach she gave her clients and friends, making them feel good and positive about themselves.

Jan had a positive impact on those who were fortunate enough to have known her. Jan leaves behind a legacy of clients, students and friends, all of whose lives she influenced for the better and who miss her greatly.

Written by -

Steven Moller, her Family and Teachers that Jan taught

DEEPENING YOUR PRACTICE: The Final Goal – Absorption

A series of Audio Skype advanced workshops for Reiki Practitioners

Sundays May 7th, 14th and 21st 2017 > 7.00pm - 9.00pm EST via audio Skype

During these classes you will enter deeply into some aspect of traditional Gendai Reiki practice. In this *new* series through the lens of the Symbols and the 5 Gokai, we study the interweaving strands of Consciousness that shape our limited existence and the path of Right action... what is the purpose of my life and how is Reiki guiding me to know and be this? We practice to rise - to unlock and realise the embedded teachings that underlie every moment of Usui Sensei's grace filled legacy. Please join me... Open to all Reiki students of all traditions and training.

Full details www.gendaireiki.com.au

To register interest now, receive a flier or for enquiries Email: kworkman@nectar.com.au

Telephone: **0403 932 223**

Karen Workman - Shihan Gendai Reiki, Yoga Wisdom and Meditation teacher



Inge's Reiki Stories

The Dog With the Limp -

We were travelling the Kimberley. On the Tanami track, rain overtook us and we sought shelter at Yuendumu, an Aboriginal settlement. Although we were camped in the local Baptist Minister's back garden, there was an Aboriginal painters' depot next door.

While waiting for the rain to stop and the track to reopen, we drifted next door, watching artists' bring their paintings. Some were busy at work on a concrete porch area which was roofed over. There were several dogs running around.

I noticed one dog has its hind leg flexed, running on three legs. When I had the chance, I beamed Reiki to this dog. It stopped running for a short while, actually lying down. Then it used all four legs for a short period, before chasing its mates again.

And ...

I was visiting my friend J, she asked for some Reiki, as she had a headache.

I proceeded to put my hands on her shoulders (she questioned why not on the head). No need, the energy goes where it is needed!

After a while, J said "you can stop now". It was several months later, that she told me, there had been no headaches since that time of the Reiki.

DO YOU HAVE A REIKI STORY?

If you have a Reiki experience that you would like to share with our readers, please forward to the following with permission to publish editor.arcink@australianreikiconnection.com.au

Reiki for Seriously Ill Clients and in Palliative care

Reiki can initiate such a powerful transformation in your life when opened and attuned to the energy and disciplined to daily practice.

The journey for me so far has been inspiring and has opened doors to many new opportunities and wonderful people.

I started to be drawn to working with seriously ill people and also people on the palliative journey – so many people in this day and age are alone, or frightened or lost especially when facing their own imminent mortality; so imagine how wonderful a renewed connection to the source would be for them through Reiki ?

I discovered the team at Naturally Vibrant Healing Centre through the ARC newsletter and enrolled at once to undertake the "Foundation Care of Seriously Ill Clients for Reiki Practitioners" course in November 2016.

Alex Browne-Hill is the presenter, she has years of hands on experience as a SRN is a Reiki Master/Teacher and has many other qualifications to her name.

That is all great of course, but there is much more on offer to students who learn from Alex ! She is deeply intuitive and caring, very knowledgeable, has years and years of real experience to draw on so you don't feel like you are learning theory you become immersed in real life experience, she runs her course in a well-structured manner but allows for discussions and questions to guide some of the course content and delivery along the way. Her post course contact and follow up means you go into the 3 hours of practical experience feeling supported and confident.

I can't list everything covered in the course but a few areas that I found personally beneficial were : What is Palliation ?

- Illness from the eyes of our client
- Practitioner protection for both the Physical and Spiritual
- Introduction to health care facilities
- Contraindications, wounds and awareness of devices
- When it is time for the soul to depart
- Detachment and Debriefing

As a result of attending the course and undertaking the supported practical experience I am now working part time for a charity and preparing to approach centres around where I live to introduce Reiki in Palliative care situations to Nursing Homes and Hospitals as a support option for patients and their families.

If this is an area that interests you then I highly recommend the course, and the subsequent opportunities.

Rosemary Meads : Equilibrium Healing – for Balance

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The Association of Australian Reiki Professionals

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editor.arcink@australianreikiconnection.com.au

ARC welcomes your comments - **1300 130 975**

MISSION STATEMENT

Australian Reiki Connection Inc. is an Association working with and promoting the spirit of Reiki through teaching, healing, fellowship and research both within the Reiki community and the wider community.

Questions relating to global Reiki issues and the activities of Reiki in Australia contact the **President - John Coleman**
Email: president@australianreikiconnection.com.au

Questions relating to ARC Inc. membership and for general enquiries contact the **Treasurer - Tony Carroll**
Email: treasurer@australianreikiconnection.com.au

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5 Precepts Translation

Kyo Dake Wa - Today Only

Ikaru Na

Do Not Anger

Shinpai Suna

Do Not Worry

Kansha Shite

Be Grateful

Gyo o Hage Me

Do your work diligently

Hito Ni Shinsetsu Ni

Be kind [compassionate] to Yourself and