

June 2014 - July 2014

Volume 17 Issue 3

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

# ARC INK Magazine



Published Bi-monthly by the Australian Reiki Connection Inc.

## Proposed National Code of Conduct for Health Care Workers

**AHMAC**, the **Australian Health Ministers Advisory Council** has recently held Public Consultation Forums throughout Australia to inform and discuss the terms of the first National Code of Conduct and the proposed policy parameters to underpin nationally consistent Code implementation, for consideration by the Ministers.

The ARC President John Coleman represented the Association at the Victorian forum held on 8th April 2014 and the ARC Committee of Management have since made a written submission to AHMAC on the proposed National Code of Conduct for Health Care Workers.

Among various changes from the NSW and SA code of conduct, ARC is pleased to note that in response to previous submissions:

- the item; *Health Practitioners required to have Clinical Basis for Treatments* is not included in the National Code of Conduct *and*
- the title; *Code of Conduct for unregistered health practitioners* has been changed to *National Code of Conduct for health care workers*

The reasons for these changes are outlined in the full copy of the Consultation Paper - which is available to read at: [http://www.ahmac.gov.au/cms\\_documents/A%20National%20Code%20of%20Conduct%20for%20health%20care%20workers-National%20Code%20consultation%20paper.pdf](http://www.ahmac.gov.au/cms_documents/A%20National%20Code%20of%20Conduct%20for%20health%20care%20workers-National%20Code%20consultation%20paper.pdf)

ARC has been actively involved in and made written submissions to previous complaints regulation proposals for New South Wales and for South Australia. Those Codes of Conduct have the title Code of Conduct for Unregistered Health Practitioners and are legally binding.

*Here is a timeline of the process.*

In November 2010 Health Ministers agreed to conduct a national consultation on options for strengthening the regulation of unregistered health practitioners. The majority of unregistered health practitioners practise in a safe, competent and ethical manner. However, there are instances where practitioners engage in conduct that may be so serious that, if the practitioner had been registered, would have resulted in cancellation of their registration and removal of their right to practise.

New South Wales strengthened its health complaints regulation in 2008, with additional powers for the Health Care Complaints Commissioner in NSW to investigate breaches of a Code of Conduct for Unregistered Health Practitioners, and to issue prohibition orders or place conditions on the practice of unregistered practitioners found to be in breach of the Code. A prohibition order may prohibit a practitioner from practising for a limited period of time, or permanently, or place conditions on a practitioner for a limited period of time, or permanently.

South Australia has enacted a similar scheme which commenced operation in March 2013, and legislation is before the Queensland Parliament, which is due to be implemented on July 1st 2014. **\*\***

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**\*\*** There are powers in the Health Ombudsman Act 2013 (Qld) to make a code of conduct by regulation. However, no code has been made as yet because as ARC understands it, Queensland is waiting for work on the National Code of Conduct to be completed. It is the Health Ombudsman Act 2013 (Qld) itself that ARC understands is to come into force on 1 July 2014. The way the Act is drafted, the powers of the Ombudsman apply regardless of whether a code has been made by regulation.



## 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

PO Box 525, MONBULK, VICTORIA 3793

Telephone: **1300 130 975**

president@australianreikiconnection.com.au

editor@australianreikiconnection.com.au

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

Website: [www.australianreikiprofessionals.com.au](http://www.australianreikiprofessionals.com.au)

## ARC INK the Magazine of the

### Australian Reiki Connection Inc.

#### The Association of Australian Reiki Professionals

This magazine is published six times a year for the information of **USUI System of Reiki Channels** and persons interested in Reiki Healing, Reiki Teaching and Complementary Therapies

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

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ARC welcomes your comments - 1300 130 975

## 'Editorial Comment'

by John M Coleman - President ARC Inc.



Welcome readers, to this the third edition of the **ARC INK Magazine** for 2014. In Australia there is a progressive move towards preventative medicine and along with alarming statistics relating to our rapidly growing aging population, Reiki Treatment is positioned near the top of the list for safe, economical and user friendly complementary therapies. There are more healthcare facilities now introducing Reiki treatments as part of their integrative medicine programme. Yet while Reiki is one of the fastest growing natural healing modalities it still remains unregulated. There are the professional Associations such as the Australian Reiki Connection

who have codes of ethics and professional practice that members agree to adhere to upon joining. But what about the many thousands of Reiki Practitioners who choose not to join a professional association? Up until 2008 they were not bound by any codes or practice. This was what led to the legally binding Code of Conduct for Unregistered Health Practitioners being introduced in New South Wales in 2008 and later the similar Code of Conduct in South Australia in 2013.

Now there is a proposed **National Code of Conduct for health care workers** to ensure that all Reiki Practitioners and other Health Care Providers are bound by Law to abide by this code. This should provide confidence to administrators in health care facilities and to the general public and be of great benefit to professional Reiki Practitioners.

ARC supports this move and has been actively involved in the existing codes in NSW and SA and now the proposed National Code.

Love light, lots of laughter and Wellness, John - President of ARC Inc.

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

### WHAT TO EXPECT IN YOUR MAGAZINE THIS EDITION:

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By **Colin Powell - Reiki Master Teacher - UK**

*Mikao Usui the founder of Usui Reiki Ryoho died only in 1926 yet there are surprisingly few documented facts about him. Some of Usui's descendants in Japan are either unwilling to speak about him or admit to knowing virtually nothing about him! ...*

Page 6 : **Mindfulness Skills**

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*Mindfulness Based Therapies have gained recognition in the formal field of psychology. However it is not new. Mindfulness is based upon Buddhist teachings (Kabat-Zinn, 1982) and the modern adapted mindfulness has now found its way into Western society. ...*

Page 10 : **A Case for Natural Health Treatment - a commentary**

By **Travis V. Meyer - USA**

*These days, open-minded, or more accurately, fact-minded, professionals are beginning to realize that the best approach to medicine is a combination of mainstream/alternative. Yet we see every day articles bashing vitamins, herbs, other alternative therapies. ...*

## Contact the Australian Reiki Connection Inc.

TELEPHONE: 1300 130 975

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

Questions relating to ARC Inc. membership and for general enquiries contact the Editor - Tony Carroll  
Email: [editor@australianreikiconnection.com.au](mailto:editor@australianreikiconnection.com.au)

Mail should be posted to: ARC Inc. PO Box 525 MONBULK VIC 3793

AOO35912F ARBN 097 727 234 ABN 16 324 495 886



## Proposed National Code of Conduct for Health Care Workers

A national consultation was undertaken in 2011 that sought submissions on whether regulatory protections such as those in NSW and South Australia are required in all States and Territories, and the extent to which uniform arrangements are necessary or desirable for the terms of a code of conduct and for its enforcement. Consultation forums were held during 2011 in each State and Territory to enable all interested parties to contribute their views.

At the Standing Council on Health (SCoH) meeting of 14th June 2013, Ministers considered the final report of the national consultation, titled;

*Decision Regulatory Impact Assessment: Options for regulation of unregistered health practitioners.*

Ministers agreed in principle to strengthen state and territory health complaints mechanisms via:

- a single national Code of Conduct for unregistered health practitioners to be made by regulation in each state and territory, and statutory powers to enforce the Code by investigating breaches and issuing prohibition orders;
- a nationally accessible web based register of prohibition orders; and
- mutual recognition of state and territory issued prohibition orders.

Under the proposed arrangements, each State and Territory will be responsible for:

- enacting new (or amending existing) legislation and regulations to give effect to the national Code of Conduct, the national register of prohibition orders, and mutual recognition of prohibition orders across state boundaries;
- determining a suitable local body to receive and investigate breaches of the Code of Conduct and issue prohibition orders, noting that existing Health Complaints Entities (HCEs) already have statutory roles to investigate complaints about unregistered health practitioners but only NSW and South Australia have a code of conduct and prohibition order powers.

The full copy of the Consultation Paper is available to read at: [http://www.ahmac.gov.au/cms\\_documents/A%20National%20Code%20of%20Conduct%20for%20health%20care%20workers-National%20Code%20consultation%20paper.pdf](http://www.ahmac.gov.au/cms_documents/A%20National%20Code%20of%20Conduct%20for%20health%20care%20workers-National%20Code%20consultation%20paper.pdf)

The draft / proposed National Code is available to read at: <http://www.australianreikiconnection.com.au/News/attachments/Appendix%201%20-%20Draft%20National%20Code%20of%20Conduct%20for%20Health%20Care%20Workers.pdf>

For further information on this project, please contact:

Catherine Russo  
Department of Health Victoria  
Tel: 03 9096 3270

Email: [Catherine.Russo@health.vic.gov.au](mailto:Catherine.Russo@health.vic.gov.au)

Anne-Louise Carlton  
Department of Health Victoria  
Tel: 03 9096 7610

Email: [Anne-Louise.Carlton@health.vic.gov.au](mailto:Anne-Louise.Carlton@health.vic.gov.au)

### Governance for Safety and Quality in health service organisations in SOUTH AUSTRALIA

Since the 14th March 2013 health practitioners in South Australia who are not covered by the Australian Health Practitioner Regulation Agency are required to adhere to the Code of Conduct for Unregistered Health Practitioners (Code of Conduct). The purpose of the Code of Conduct is to promote safety and quality in the provision of health services and to protect the health or safety of the public. The Code of Conduct and the associated powers for the Health and Community Services Complaints Commissioner (HCSCC) to make orders is similar to the scheme which has been in operation in New South Wales since 2008.

Further information about the Code of Conduct may be found at:

<http://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Clinical+resources/Safety+and+quality/Governance+for+Safety+and+Quality+in+health+service+organisations/Credentialling/Unregistered+Health+Practitioners+Code+of+Conduct>

The Code of Conduct sets a range of minimum standards for unregistered health practitioners. Amendments to the Health and Community Services Complaints Act 2004, which also came into operation on 14th March 2013, enables the HCSCC to make prohibition orders against unregistered health practitioners in certain circumstances where the health or safety of the public is considered to be at risk.

Unregistered health practitioners are required to display the following documents at their premises since the 14th March 2013:

- A plain English version of the Code of Conduct;
- A document that gives information about how a complaint may be made to the HCSCC and
- A document that is evidence of a relevant qualification held by the health practitioner.

A document which combines the first two requirements, and is entitled "Unregistered Health Practitioners: Code of Conduct (Plain English Version)", is available through:

<http://www.sahealth.sa.gov.au/wps/wcm/connect/0afc48804e8ed20caf40af3a30168144/Code+of+Conduct-PC-PL-20130214.pdf?MOD=AJPERES&CACHEID=0afc48804e8ed20caf40af3a30168144>

**Although Mikao Usui the founder of Usui Reiki Ryoho died only in 1926 there are surprisingly few documented facts about him as a person.**

This may be due in part to the many records that were lost during World War II, together with the fact that most of the people who knew him or were taught by him are either unknown or are no longer alive. Some of Usui's descendants who have been tracked down in Japan are either unwilling to speak about him or admit to knowing virtually nothing about him! Unfortunately, many myths and speculations have grown up around his life to fill this void. Some of these unsubstantiated stories are passed on as fact. In this article, I attempt to present credible information, using contemporary or near-contemporary documentary evidence and sources within Japan, supported by more than one source whenever possible.

### **Separating Reiki history from Reiki fiction**

The main source of information about Mikao Usui is a huge memorial stone erected by some of his students on the family grave plot in February 1927. However, even the information obtained from this monument is subject to interpretation. The stone is inscribed in Old Japanese, which has to be translated into Modern Japanese before being translated into other languages. *Mikao Usui was born in Taniai village (now part of Miyama village) in Yamagata county, Gifu Prefecture, on 15th August 1865, into a family whose ancestors were Samurai, of the Chiba clan. Usui's father was called Taneuji, and was also known as Uzaemon. His mother was from the Kawai family.* Japanese Reiki master Hiroshi Doi visited the village with a group of Reiki practitioners in 2000 and spoke to an elderly villager. According to this woman, Mikao, who was sometimes also known as Gyohan (possibly his Buddhist name), had two younger brothers, Sanya and Kunji. Sanya became a doctor in Tokyo and Kunji became a policeman in Gifu Prefecture. Mikao also had an older sister, Tsuru. In 1923, the four siblings donated a Torii Gateway to the Amataka Shrine in the village. The woman mentioned that Mikao left the village at an early age and did not return very often. The memorial stone and various grave markers on the Usui Family plot indicate that Mikao Usui was married to Sadako, from the Suzuki family, and that the couple had two children. According to the old villager, their son Fuji became a teacher at Tokyo University and died on July 10th 1946, at age 39. Their daughter Toshiko died at 21 on September 23rd 1935.

### **Mikao Usui, the student**

As a child, Mikao Usui showed a great aptitude for hard work and study. According to the memorial, his abilities were far superior to those of his friends. He loved to read as a child, and continued to study on his own even as a grown man. Usui's interests ranged from biographies, history, medicine, psychology and theology (including Buddhist and Christian) to astrology, incantations (such as for removing sickness), physiognomy (face reading), shinsen no jitsu\* (God Hermit Technique) and divination. His studies also took him abroad to Europe, America and China. The memorial describes Usui's nature as gentle, humble and prudent and says he tended to show his true feelings. He was quite a large man who always had a smile on his face (except when having his photograph taken, it seems!) As an adult, Usui had a variety of occupations, including public servant, office worker, industrialist, reporter, missionary, supervisor of convicts, and politician's secretary (Usui was secretary to Shinpei Goto, a railroad director who later became mayor of Tokyo and who was responsible for the Shokosha Watch company being renamed "Citizen," in the hope that one day all citizens would be able to afford a watch. Despite Usui's knowledge and ability, the unusually large variety of jobs he held suggests a restlessness in his nature. Although he was not always successful in life and was often quite poor, Usui was determined not to let these setbacks worry him, and he threw himself more deeply into his studies. Given the extent of his studies, Mikao Usui may well have formed his own perspective on deep philosophical questions such as Why are we here? and What is the purpose of Life?, but if he did, there is very little documentation that he taught his theories or ideas until very late in life. There are stories purportedly from people who knew and studied with Mikao Usui from around 1915, including a group of Buddhist nuns, which indicate he originally taught a spiritual system to help students reach enlightenment. Supposedly this system included some healing practices. However, some of those sources are contradictory and there is at this time no hard evidence to back up those claims. For example, the existence of the nuns was never corroborated by a third party. However, an article written in 1928 by Shou Matsui, a student of Chujiro Hayashi, says, "It has been more than 10 years since Reiki Ryoho was founded." That statement suggests Usui might have started teaching earlier than the commonly accepted 1922.

### **Mikao Usui, the teacher**

The first documented evidence of Usui's teachings comes from the memorial stone, which describes his period of fasting on Mount Kurama, near Kyoto, during which he experienced a "great Reiki" around his head,



or a shock in the centre of his head (depending on the translation accessed), an effect of which was that he obtained a Reiki Ryoho (Reiki healing method). After practicing the method on himself and his family with much success, Usui opened a dojo (training hall) in Aoyama, Harajuku, Tokyo in April 1922, and began teaching people and offering healing sessions. Usui was so popular that people travelled great distances to receive his guidance and healing. The memorial states that there was often a long line of shoes outside (people took off their shoes before entering). Usui was a progressive thinker in a very traditional society. He made a bold decision to teach his practice to the public, rather than keeping it as a family secret or just for a close-knit group of people as was traditional in healing systems and martial arts. In Usui's Kokai Denju (thoughts on the teachings), which appears in a handbook of the Usui Reiki Ryoho, he says: *In times like these, the happiness of humanity is based on working together and the desire for social progress. This is why I would never allow anyone to possess it [Reiki Ryoho] just for himself! Our Reiki Ryoho is something absolutely original and cannot be compared with any other [spiritual] path in the world. This is why I would like to make this method [freely] available to the public for the well-being of humanity. Each of us has the potential of being given a gift by the divine [Reiju can be translated as Divine Gift], which results in body and soul becoming unified. In this way [through Reiki practice] a great many people will experience the blessing of the divine.*

### Usui's fame spreads

A devastating earthquake hit the Kanto district in September 1923. The crisis was worsened by large fires which started from the wood-burning hibachi stoves that were destroyed in the quake. There were many injured and homeless people, and Mikao Usui took some of his students to "reach out their hands of love to suffering people." Usui became even more popular after this charitable effort, and moved to a larger building in Nakano, just outside Tokyo. Around 1925, he was visited by a group of naval officers. Among the officers was Chujiro Hayashi, who became a master student of Usui and the teacher of Hawayo Takata, Chiyoko Yamaguchi, and many others. Usui's system became very popular with the armed forces, and particularly the Imperial Navy, because they were looking for traditional ways of healing that did not require large stocks of equipment and drugs to be taken on board ship, where space was at a premium. Later that year several more naval officers arrived, including Rear Admirals Jusaburo Ushida and Kanichi Taketomi. Taketomi took over the running of the dojo, which eventually became the headquarters of the Usui Reiki Ryoho Gakkai. Usui sensei began to receive requests from all over Japan to teach his Reiki Ryoho. In response, he travelled to Kure and Hiroshima, then Saga and Fukuyama, where at the age of 60, he died of a stroke on March 9, 1926. According to his memorial, Usui taught over 2000 people to practice his Reiki Ryoho, and trained 20 teachers. In spite of the popularity of Mikao Usui and his Reiki Ryoho in the 1920s, both he and his method were virtually unknown in Japan after World War II. Those who practised Usui Reiki Ryoho after World War II either did so in secret, as the Gakkai practised, because of their military connections, or in secluded villages, as Chiyoko Yamaguchi practised. Due to this isolation Usui's students had no knowledge that Takata's teaching in the United States, Canada and the Caribbean had led to Reiki being practiced worldwide.

### Usui and Christianity

In the years after Hawayo Takata and her Reiki master Chujiro Hayashi brought Reiki practice to Hawaii, Mrs. Takata described Mikao Usui as a "full-fledged [sic] Christian minister" and also "Principal of the Doshisha University in Kyoto," a Christian institution. Usui's Christianity was accepted without question for more than half a century. However, as Western Reiki practitioners began connecting with Japanese practitioners of the Usui and Usui/Hayashi lineages in the 1990s, many Western Reiki teachers rejected the possibility that Usui might have been a Christian or even influenced by Christian teachings. As noted above, Usui's memorial stone states that Usui studied the theology of many religions. Although Christianity was repressed for many years in Japan, during the period when Japan was shut off from most of the world, Christianity continued to be practised by Secret Christians (Kakure Kirishitan). By the time Usui was born, Japan had been opened up again and Christianity was flourishing once more, with many Japanese interested to learn about this once forbidden religion. The Japanese are known for their liberal attitude toward religious beliefs and practices, to the extent that the total number of people practicing various religions in Japan is greater than the total Japanese population. As one source states: "it is common in Japan for a person to have Shinto ceremonies shortly after they are born and at certain ages (3, 5 and 7 years old) throughout their childhood, have a Christian wedding when they get married and have a Buddhist funeral after they die. It is also relatively common for individuals to be unaware of what Buddhist sect they and their family belong to until after a close relative dies and they need to contact a temple to summon the priests." All of the above cautions against assuming Usui

**Mindfulness** is a “buzz word” in the self-growth industry today with large numbers of people attending Mindfulness seminars.

Mindfulness Based Therapies has also gained recognition in the formal field of psychology. However it is not new. Mindfulness is based upon Buddhist teachings (Kabat-Zinn, 1982) and the modern adapted mindfulness has now found its way into Western society. Kabat-Zinn (2000) suggests that mindfulness practice may be beneficial to many people in Western society. Two thousand six hundred years ago Gautama Buddha taught a way of life that can lead to supreme happiness and calm. In fact his entire teaching was devoted to helping human beings overcome struggle and suffering and find a deep and lasting contentment. However, does such a teaching have relevance in today's society?

We live in a fast moving world with many complexities, perplexities and struggles. As the world moved further into the industrial and technology age with an ever growing consumerism the world's mental well-being has gradually deteriorated. In Australia it is reported that one in five people have been diagnosed with a mental health illness with depression being the most prevalent presenting issue. According to WHO, the World Health Organization, depression will be the most prevalent disease in the world outstripping heart disease and cancer. There are alarming increases in the incidence of mental illness throughout the world. This is not to mention the unreported issues of loneliness, separation and divorce, grief due to job loss and downsizing, general stress, attempted suicide and so on. This has had a huge impact on our society from so many angles including lost productivity and quality of life, not to mention ever increasing crime rates.

None of us are immune from the struggles and pain that life so often throws upon us. Life is often a roller coaster of happy times and not-so happy times. The Buddha was a little more forthright when in one of his first teachings after his enlightenment he taught that life is suffering. Life is struggle. Some of us may feel this is a little over the top. However, if we look at life from birth to death we can see that it is so often earmarked with times of struggle and pain both physically and mentally. So how do we normally tackle this problem?

Generally speaking humans will tackle problems in one of two ways. Either we will try to avoid the problem or we will fight it full on. We can see avoidance in such behaviours as alcohol and illegal drug consumption. We can see avoidance of problems in things such as going shopping or working hard. An American woman came to our temple in China for retreat and told me she was trying to get a handle on her deep sense of depression and loneliness. She had tried to cope back in the States by going shopping – retail therapy! Normally this would not be so bad, except she had come to the limit of three credit cards with no means of repayment, come to China to escape the debt collectors and somehow obtained a credit card in China which was also depleted of credit! She was in trouble big time! You see, her attempt to solve her original problem, that of loneliness created even greater problems and exacerbated her depression. A young Dutch man also came to the temple for help after struggling from a business collapse in the Netherlands. He found that working longer and harder helped him forget his problems. However, in the same way as the American lady, his problems never went away, instead he found himself exhausted with a host of physical health issues.

Other times we will beat up on ourselves, get angry with others or ourselves and try and endure. We may try to “fight” the problem with affirmations or self-talk, but again most often the problems do not go away, at least not in the long term. Mindfulness is a way of paying attention. It is a way of remaining calmly in the present moment non-judgmentally and with purpose. Mindfulness does not aim at ‘getting rid of’ or ‘avoiding’ the problems but rather focuses on the thoughts and body sensations which cause the problems in the first place. Mindfulness further enables the body-mind's natural homeostatic system to right itself thus self-healing in a space of peace and calm. Mindfulness creates psychological flexibility.

Mindfulness is not a way of pretending there are no problems. No! The Buddha did not tell us we can eliminate all our problems. Instead he taught a way in which we could walk the road of life with meaning, purpose and joy *in spite of the problems* that so often beset us.

The Chinese word for Mindfulness is 念 *nien* and it is in fact made up of two individual characters - 今 *jin* meaning ‘now’, ‘present moment’ and 心 *xin* meaning “heart” or “mind”. So it is about placing our mind into the present moment.

In Buddhism we understand the present moment is the intersecting point of the past and the future. It is in the present moment that thought forms generated in the past accumulate the energy of the present thought form and that energy as a new thought is passed along to the next thus creating another present moment. In other words it is thoughts which create our external world. The problems and struggles we are faced with are a result of



past thoughts accompanied by the effects of the actions and behaviours such thoughts produced. In Mindfulness we allow ourselves to be present in the present, “now” moment and objectively see the thoughts for what they are, mere thoughts. Thoughts are language. Language is a combination of sound and script. Could it be that all that bothers us is a combination of ‘ums’ and ‘ahs’, swiggles and strokes? However, thoughts also contain great energy which enable us to either move more towards our suffering and struggle or more towards our true potential self. Mindfulness creates space for us to choose the direction we wish to go. This can only occur within the power of the present moment.

Struggle and suffering are a result of the mindset that in the first place created the thoughts. We are the creators of our own heaven and hell. Once we can deeply understand and experience this then we are no longer at the mercy of thoughts and feelings. We can choose what thoughts and feelings are useful and growthful. It is in the NOW moment that we become creatures of a new future.

Many believe that Mindfulness is little more than being aware of your thoughts. That is not so. Mindfulness is far more than that; it is the doorway to creating a new destiny. Mindfulness also offers us a new awareness of a Universal Energy which we are integrally part of. For Buddhists we call this the Light of the Buddha within us. Other spiritual traditions will call it by other names. Reiki also works with this very cosmic energy. Mindfulness and our connection to what is intrinsically important to us, our core values, guides us to both physical and mental well-being. Mindfulness and Reiki essentially go hand-in-hand even more so given the Buddhist roots of this great practice.

T'ai Shendo Buddhism, a school of Chinese Pure Land Buddhism to which I belong, asserts that there are 6 core skills of Mindfulness. (1) To become rooted in the present moment (2) To develop the skill of noticing thoughts for what they are (3) To develop the skill of acknowledging our thoughts & feelings while remaining present to our cosmic breath (4) To develop the skill of pure observation without judgment (5) To know what is intrinsically important in the grand scheme of things – our core Values (6) Taking the necessary actions that need to be accomplished to bring us closer to what is really important to us. With these new skills we are able then to begin the journey into aligning with and becoming one with Universal Light and Love however we each individually understand that to be.

I think we can adequately see that the practice of Mindfulness has tremendous application in today's world. So what are some things you can begin to do to develop a mindful mind today? Here are four things:

**Practice being present to your breath.** The Buddha first taught the Anapanasati Sutta or the Mindfulness of Breathing Sutra as a method that we can further use to develop deep mindfulness. You see, there is nothing more present than breathing. Practice the meditation of following your breath, not struggling with thoughts as they arise (and they will!) but simply letting them go and bringing your attention back to your breathing.

**Practice *Duan Nien*:** Your day is a stream made up of individual segments. Take a few moments before each segment to align yourself with your core purpose and your True Inner Nature. This is a meditation exercise in Pure Land Buddhism but has great application for ordinary daily life. For example before you have a meal, be aware of what you want from the meal. “I want to eat to nourish my body and mind. I will eat in a mindful way and be grateful for the fruits of the earth. I will be filled with vibrant energy from the food.” Each segment can begin like this, be it driving to work, commencing work, sitting down to read. *Duan Nien* moves us closer to the Source Energy.

**Practice 5 Section Mindfulness** with your Tea or Coffee at the start of each day. So often we begin the day in haste, rushing down that cup of coffee or tea and dashing off to work. On the other hand this can be a time of mindfulness practice. Take time to sit and observe 5 colours, listen to 5 sounds, sense 5 feelings e.g. your body on the seat, your feet on the ground, the warmth of the clothes against your skin. Sense as many of the aromas as you can including the aroma of your tea or coffee (also maybe light incense while drinking the tea) Finally slowly taste the tea or coffee following it as it moves from the mouth down to the stomach. Take a few moments to follow your breath between sips. This becomes a beautiful moment of mindfulness before you start the day.

**Practice Gratefulness** often. Take time during each segment of the day to be grateful for what you have. Be mindful of the gifts each day brings. Each moment of the day brings many gifts. A grateful mind is a deeply contented mind.

Whether Mindfulness is used within a therapeutic setting, life enhancement or for the spiritual journey, it has a potent application in today's world and combined with the gentle healing arts of Reiki and the practice of compassionate Dharma may well be the medicine that our world most disparately needs most.

## Mindfulness Skills

*By Master Zhi Sheng*

**Notes:** Kabat-Zinn, J. (1982). An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. *General Hospital Psychiatry*, 4, 33–47. Kabat-Zinn, J. (2000). Indra's net at work: The mainstreaming of Dharma practice in society. In G. Watson & S. Batchelor (Eds.), *The psychology of awakening: Buddhism, science, and our day-to-day lives* (pp. 225–249). Nork Beach, ME:Weiser.

**About the Author:** Master Zhi Sheng is an Australian who spent 6 years as a Buddhist monk in China. He trained in the Chinese Buddhist Esoteric Pure Land tradition studying Sutras, Mindfulness and Meditation, Mantra and Qigong. During his time at Guang Jue Temple he developed an international retreat centre and worked to develop Buddhist networks. Nearly 1,000 people had attended retreats from 42 different nations. Though regularly under surveillance from the Chinese Public Security Bureau and having been taken in for many interrogations, Master Zhi Sheng finally gained approval from the Chinese government and was authorized to be ordained and teach Buddhism widely. Master Zhi Sheng returned to Australia to establish a Dharma centre and presently teaches Meditation and Chinese Qigong and is a Mindfulness Trainer and Coach in Melbourne.

**Contact the Author:** <http://www.taishendo.com/default.html> Tel: 0420 923 045



## Australian Reiki Connection presents THE FUTURE FOR REIKI - Pathway to Wellness

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was exclusively Buddhist on the basis that his grave marker and memorial are in a Buddhist Pure Land cemetery. There may be an element of truth in what Mrs. Takata taught us about Usui. There are so many details of Mikao Usui's life and practice on which we do not have certainty, and perhaps never will. All Reiki practitioners owe a debt of gratitude to Hawayo Takata for keeping Reiki practice alive, to Chujiro Hayashi for agreeing to teach Mrs. Takata and for supporting her in bringing the practice to the world outside Japan, and of course to Mikao Usui, without whom there simply would be no Usui Reiki Ryoho.

### Addendum from Colin Powell:

Following the first publication of my article, I decided to do a little more research of my own, concerning the statement by Hawayo Takata that Mikao Usui was a Principal of Doshisha University (a Christian Institution). After looking through a list of all the past-Presidents (President rather than Principal appears to be the title used by the University) of Doshisha University, which is available on line, and not seeing the name Mikao Usui mentioned, I emailed the office of the University and asked them whether they had any record of Mikao Usui as a member of staff (Principal or teacher) at Doshisha University. Here is their reply:

*Dear Mr. Colin Powell,*

*Thank you for your e-mail. In response to your question of Mikao Usui, we have contacted several sections in charge of these matters at our university. According to them, they have been receiving e-mails regarding Mikao Usui once every couple of years, but unfortunately, he has never belonged to Doshisha University in the past. Thank you for your kind understanding, and we wish you the best of luck on your research.*

*Sincerely yours, Office of International Affairs Doshisha University*

This article was first written by Colin for Reiki Teacher and advocate [Pamela Miles](#)

ARC thanks Colin for his permission to reprint it.

Learn more about the author of this article Colin Powell from the UK at: <http://homepage.ntlworld.com/reiki.colin/reiki.htm>

Learn more about Pamela Miles at <http://reikiinmedicine.org/>

### Contributor: Colin Powell

Colin has been teaching Reiki since 1998 and believes that Reiki should be kept simple and as true to the way it was taught in Japan as possible. Hence 'Reiki: pure and simple'. To this end he teaches Usui Reiki Ryoho, which is the traditional form of the Reiki system and do not knowingly include New-Age concepts or practices that have been added into Reiki since the mid-1970s. He lives in Eccles, Manchester in the UK.



## BOOK REVIEW OF: "My Mum Does Reiki" Written by Eve Lawson - Illustrations by Tony Bishop

*In the words of Tadao Yamaguchi "Reiki is Powerful Profound and Beautiful in its Simplicity"*

If you search GOOGLE for books on Reiki you will be presented with many thousands of results, many genuine and good, and many more not so good for Reiki.

The same goes for books on Reiki for Children so it was delightful to receive a copy of this book which unlike other books was written from the child's viewpoint.

In this short 12 page children's book, ARC Member, Eve Lawson with the skills of Illustrator Tony Bishop, manages to explain in a simple manner a short history of Reiki, the benefits of Reiki and the different people and facilities that provide Reiki treatment.

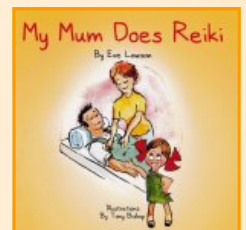
This book will make a great addition to the other presents we give to our children and will explain Reiki to them in a language (with illustrations) that they will understand.

**My Mum Does Reiki by Eve Lawson with Illustrations by Tony Bishop**

**ISBN Number 978-0-924610-0-3**

Contact the Author: [evelowson@reiki-central.com.au](mailto:evelowson@reiki-central.com.au)

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**Membership of the Australian Reiki Connection Inc. is available to persons who have been trained and hands-on attuned (Reiki Level I, Reiki Level II, Reiki Master Level) in the Usui System of Reiki (additional criteria apply) For a copy of the ARC Membership Application form please telephone 1300 130 975 or email: [editor@australianreikiconnection.com.au](mailto:editor@australianreikiconnection.com.au)**

# A Case for Natural Health Treatment

*Commentary by Travis V. Meyer*

**There seem to be two camps in health care: the mainstream pharmaceutical driven approach, and what is being called the alternative approach. [Ed. In Aus, complementary rather than alternative]**

These days, open-minded, or more accurately, fact-minded, professionals are beginning to realize that the best approach to medicine is a combination of the mainstream and the alternative.

Yet every day we see articles bashing vitamins, herbs, and other alternative therapies. These articles aren't factual. It's widely understood that treating illness with natural and essential vitamins, minerals, and other nutrients is safe and effective. Why then do medical professionals prefer to treat with engineered pharmaceuticals that have known side effects, such as heart attacks or death?

*"Drugs make a well person sick. Why would they make a sick person well?" (Abram Hoffer, M.D.)*

According to a 1998 report in the Journal of the American Medical Association (JAMA), prescription drugs kill about 106,000 Americans each year from known side effects. (1) That figure excludes mistakes made by doctors such as prescribing the wrong drug, and by pharmacists such as filling the wrong prescription, and by patient taking the wrong dosage. Even when the drugs were correctly prescribed and taken, they killed. Although that report was published more than a decade ago, the trend hasn't stopped. According to an analysis by the LA Times, "Drugs exceeded motor vehicle accidents as a cause of death in 2009, killing at least 37,485 people nationwide, according to preliminary data from the U.S. Centres for Disease Control and Prevention" (2). Equally horrifying is a report by Dr. David Phillips and Gwendolyn Barker of the University of California at San Diego, who searched through 62 million death certificates that spanned from 1979 through 2006, and found almost a quarter-million deaths occurred in a hospital setting due to medication errors for inpatients and outpatients (3).

*"With such a miserable record, why do doctors turn to medicine first without giving a thought to what really works? Good nutrition, through orthomolecular medicine, spreads the benefits around, making everything work better." (Ralph Campbell, M.D.)*

Why would you make pharmaceuticals your first choice? Maybe just ignorance, or is it the profits?

The ultimate test is what really works. Like many out there who have started looking for better ways to keep themselves healthy, I discovered a better, natural, path to health. I had a medical issue that wasn't resolved by the traditional, mainstream medicine approach. That medical issue was prostatitis.

## Prostatitis

In order to explain how I cured my prostatitis, I'll start by explaining the symptoms and my state of mind at the time. I was having a lot of pain and discomfort in my lower stomach area, along with problems urinating and pain in my perineum area. I was miserable to say the least.

I started to research the symptoms online, thinking I had some type of urinary infection, but found that the symptoms seemed to match prostatitis. I therefore went to my physician and told him that I thought I had prostatitis.

You should have seen his face; he just rolled his eyes and said, "Well, let's not jump to conclusions." But after questioning and examining me, he did indeed diagnose prostatitis. And over several months he had me take several different antibiotics, which didn't cure the problem and made me feel worse.

After several months of trying various antibiotics with no change, my doctor mistakenly prescribed the same antibiotic he had first prescribed. Due to this error and the fact that the medication wasn't doing anything, I decided that I needed a better solution and stopped the treatment. I didn't want to add to the statistics.

## A Way Out

It was during this time of misery that I was searching for information and found the film **Food Matters**. After watching the film I was motivated to try a more natural approach and make some lifestyle changes. I looked up the names of the experts presented in the film. I spent many hours reading through their websites which led me to read books as well as seek out and watch other great films related to better health, such as **Forks Over Knives** and **Fat Sick and Nearly Dead**. Reading these books and watching these films taught me a lot of beneficial information about excellent nutrition.

I changed my lifestyle by cutting out coffee, red meat, and eating more healthy foods. I started eating organic yogurt in the morning, snacked on raw nuts and fruit throughout the day, and typically had a chicken salad for lunch. For dinner I had fresh vegetable juice, which I made in my juicer from green vegetables (spinach, cucumbers, broccoli, etc.) and carrots. If I got hungry later, I made another salad or more juice. I also started taking a daily multivitamin powder I got from a local nutrition supplement store, as well as around 6,000 to



## A Case for Natural Health Treatment

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8,000 mg of vitamin C, and took supplements of Saw Palmetto (320mg), quercetin (800mg), lycopene (10mg) and 100 mg of zinc in two divided doses.

### Success!

I did this for only 3 weeks and I went down two belt sizes. Most of this I attribute to the lower calorie diet and the cleansing effect of juicing. Then I started feeling better. Not only were my prostatitis symptoms going away, but my haemorrhoids went away as well. I had suffered from them for many years, so curing them was almost better than getting rid of the prostatitis.

After about a month, people started commenting that I looked better but might be losing too much weight. Although I was still well within a healthy weight, I cut back on the juicing and started adding other foods to my diet. However, I continue to take the vitamins, minerals, and herbs and refrain from red meat. I do my best to eat a more organic diet that consists of raw fruits and vegetables throughout the day and I continue to juice, but as an addition to dinner instead of a replacement. Right now, my favourite is making my own fresh version of commercial vegetable juice. I checked the internet and found hundreds of recipes.

Remarkably, my prostatitis was cured from adopting a lifestyle and dietary change. However, you don't have to take my word for it. Many other people agree that the best way to achieve prostate health is excellent nutrition and supplements. I read an article recently about a gentleman who reversed his prostate cancer by undergoing a weekly intravenous treatment with doses of up to 75 grams of vitamin C. (4) A separate article describing clinical trials on the effect of intravenous vitamin C and cancer tells a similar story. It states that, "PSA levels decreased in 77 percent of prostate cancer patients while 73 percent of breast cancer patients saw decreases in CA27.29/CA15.3 (cancer antigen) and/or CEA (carcinoembryonic antigen) after their treatments." (5)

With those types of numbers, it almost seems like medical malpractice for professionals not to try these treatments before trying dangerous chemical options that have a number of side-effects.

In summary, when it comes to your health, don't get caught up in the rhetoric. My experience with prostatitis made me both a believer and an advocate of natural health. Orthomolecular medicine works, and it's time mainstream medicine started getting on board. If your doctor doesn't want to offer non-pharmaceutical treatments, do what I did and do it yourself.

*(Travis Meyer is an avid OMNS reader. Although we cannot provide individual replies or answer health questions, we welcome your letters by email and may publish more of them.)*

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**One of the founding principles of the Australian Reiki Connection and part of our Mission Statement is to encourage friendship amongst the many members of our Association. The ARC INK E-news [the Members only NewsLetter] introduces the "Member Zone" - which it is hoped ALL Members of the Association will use to connect in fellowship.**

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M-zone**

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