



February 2007 - March 2007

Volume 10 Issue 1

ARC INK is for the information of ARC Inc members

'Presidential Comment' by John Coleman



Greetings fellow ARC members and welcome to our first INK newsletter for 2007. A warm welcome to all the new members who have joined our wonderful association.

I trust your New Year has started out successfully and that 2007 will bring your hearts desires. May it be a joyous, prosperous, healthy and meaningful year for one and all.

This is the time of year when many of us make the resolutions for improving our lives, in one way or another. Some of these are fulfilled while some may fall by the wayside. Whatever the end result we still continue on our own personal journey.

I would like to suggest to you, a 'resolution' that would be good for you and of benefit to others.

Repeat after me

I resolve to organize and/or participate in a Reiki event for the forthcoming Reiki Awareness Week which is being held from the 4th to 9th June 2007 inclusive. Now how easy was that.

By making and keeping this new year resolution, you show commitment to the task of support for the promotion of Reiki and give yourself time out for a few hours with friends and/or colleagues.

More information on this year's Reiki Awareness Week can be read on page four (4). I do hope you are attracted into becoming involved. Once again there will be a prize for the Most Creative and Effective Publicity for Reiki Awareness week, details to be announced in the next newsletter.

This year ARC Inc. celebrates it's 10th anniversary having been founded in late 1997. The Committee of Management intend to acknowledge this achievement in December. It is hoped to involve members from all the States & Territories.

It is only through the dedication and commitment of past committee members that ARC Inc. has become the recognized and respected professional association that it is today.

There is a lot of work to be done for the further promotion of Reiki and Reiki practices. Your Committee of Management are prepared to voluntarily give of their time to work for this worthwhile and rewarding modality. Are you prepared to assist in any small way? Committee member Maria Lacey is the person to contact if you would like to offer your help in organizing a celebratory event in your area.

During 2006, many of you have spoken to me about your wonderful experiences and joy while working with Reiki. I feel it would be of interest to readers for you to share with them these experiences. Do you have anything you would like to share? if you do why not send them to the newsletter editor who will print them in future editions.

Remember the saying, a little Reiki is better than no Reiki - equally a little help is better than no help.

Finally may I remind you of the benefits of upgrading from Member category to either Practitioner category [level II or higher] or Master Teacher category which includes your free membership of Arc's professional branch - the **Association of Australian Reiki Professionals** together with free listing in the public Directory of Practitioners and/or Directory of Master Teachers. [requires current PI/PL insurance, etc]

Love, light and LOTS of laughter

John Coleman

President of ARC Inc.

"Concerning all acts of initiative and creation, there is one elementary truth - that the moment one definitely commits oneself, then Providence moves, too."

**- W.H. Murray,
The Story of Everest**

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Thank you to those members who have already sent in their thoughts/suggestions regarding Personal & Professional Development activities for Practitioners and Masters.

Just a **reminder**, now that the festive season is behind us, that if you have suggestions or ideas regarding the structure of P & PD for ARC professional members, you still have the opportunity to do so. If we don't know what *you* think, then we can't take it into account. Whether or not you have new suggestions, we would still like to hear your thoughts on the current items in the booklet. We need to know which items members would like to see retained or replaced. Are you prepared to participate as a sub-committee/working group member for P & PD review? Still time to put your name forward!

As before, we would like your suggestions in writing, but if you have any further questions please contact ArcSec via the website email or arcsec@australianreikiconnection.com.au or the president at **1300 130 975** arcpres@australianreikiconnection.com.au

Helen Archer - ARC Secretary

A very exciting 2007 is upon us and with that ARC's 10th Anniversary! This year we will celebrate our anniversary in December but in prelude to this we would like to hear from our members who are at present or have recently worked *officially* in the nursing home or hospital arena as well as those who are giving Reiki in the corporate arena.

As a lead up to our 10th Anniversary we would like to share with the community your stories and testimonials from your clients. ARC is a professional body of many Reiki Practitioners and Masters who are actively working their own businesses within the community. These wonderful people are and can be an inspiration to our existing members and new members coming into our Reiki community. Through these testimonials we can raise the awareness of Reiki and celebrate our Association. Please email Maria Lacey for further details on maria@australianreikiconnection.com.au or if you prefer please phone me: 03 9727 2581 I look forward to your contact and trust that you too will share for all to see. - Maria Lacey

'Things that are good for you' By Elizabeth Thuan

Colostrum is a food product that is produced naturally and is not pharmaceutically manufactured. It has some very interesting characteristics that are being studied by nutritionists and by sporting people interested in that extra edge that makes a champion.

Colostrum is a yellow, milky fluid secreted by the mammalian mothers, including humans, a few days after birth. It contains up to 20 per cent protein, predominantly immunoglobulins, representing the antibodies present in maternal blood. It contains more minerals and less fat and carbohydrate than normal mothers milk.

Colostrum used as a nutritional supplement comes from cows' milk and contains the proteins casein and whey and a number of components including immunoglobulins. The concentration of immune factors is much higher in colostrum than in mature milk. It contains large amounts of an antibody called secretory immunoglobulin A (IgA) which is a

new substance to the newborn. Colostrum has an especially important role to play in the gastrointestinal tract. Colostrum also contains high concentrations of leukocytes, protective white cells that can destroy disease-causing bacteria and viruses. Colostrum actually works as a natural and 100% safe vaccine.

Humans use bovine colostrum as a dietary supplement. It has been attributed with curative powers and used as an ingredient in food dishes for invalids and is also used in dietary supplements used by athletes and bodybuilders. Colostrum is considered a food substance and so is not prohibited under the World Anti-Doping Code 2007

Some research studies have looked into the role of bovine colostrum in immune system support. Athletic performance and Gastrointestinal disorders such as diarrhoea. No significant bovine colostrum side effects have yet been reported in the medical literature. A study published in the

British Journal of Sports Medicine, found that bovine colostrum seemed to help male cyclists retain more energy during a bout of intense training. Volunteers who used bovine colostrum performed at a higher level, with fewer signs of fatigue, during tests taken after a five-day run of intense training.

Other studies provide preliminary evidence that bovine colostrum, which is already currently available as an over the counter preparation, may provide a novel approach to the prevention of NSAID- induced gastrointestinal damage in humans and there is research evidence that supplementation with bovine colostrum (20g/d) in combination with exercise training for 8 weeks may increase bone-free lean body mass in active men and women.

COLOSTRUM: the first in a series of articles by Elizabeth Thuan.

Email: firebird@corplink.com.au
Phone: 03 9568 1777

A Warm Welcome To The Newest Members of ARC

Irene Barics	Traralgon	Master	Ellen O'Loughlin	Dongara	Level 1
Lyndon Bowring	Scarborough	Level 1	Jannine Ord	Hornsby	Master
Narelle Collins	Bundoora	Master	Kiyoko Patzward	Noarlunga	Level 2
Ian Davies	Caboolture	Master/Teacher	Michael Popplewell	Mornington	Master
Shannit Gordon	Carnegie	Master/Teacher	Deborah Richter-Muir	Cornubia	Master
Paul Harris	Melton	Master	Simone Schuch	Double Bay	Level 2
Ruth Horsfall	Lewisham	Level 2	Suzanne Serelle	Ultimo	Level 3
Brian Kapea	Currambine	Level 1	Matt Smith	Parramatta	Level 3
Ema Madureira	Quinns Rocks	Level 1	Debra Webb	Maida Vale	Master
Debra McCormick	Hornsby	Level 2	Kay Williams	Pitt Town	Master
Sara Miguel	Dondingalong	Level 2			

REIKI in Hospitals

by Bronwen Stiene

A Unique Way of Getting Reiki into Hospitals in the UK

In 2006 the Sam Buxton Sunflower Healing Trust raised over 90,000 pounds to go toward getting energetic healing into hospitals in the UK.

This occurred at a Rock 'n' Roll fundraiser called The Sunflower Jam which was supported by people like Deep Purple band members (yes THAT Deep Purple).

During the evening donations came from the likes of **Jeremy Irons** and **Nicko McBrain** from Iron Maiden and you could win a dream date with **Liz McClarnon**. The lots included a autographed **Robert Plant** plaque, Sunflower Jam Band autographed Gibson, Ovation and PRS guitars, **Red Hot Chili Peppers** autographed Fender guitar, Yamaha Guitar painted by **Rolf Harris**, **Ian Paice's** autographed Pearl drums, **Sir Paul McCartney's** book, **Damon Hill** autographed limited edition print, **Abba** autographed gift box collection, and Dinner with **Sir John Mortimer** and **Kathy Lett**.

Playing at the Sunflower Jam were **Robert Plant**, **Ian Paice**, **Jon Lord**, **Paul Weller**, **Phil Manzanera**, **Linda Lewis**, **Sam Brown**, **Paul 'Wix' Wickens**, **Bernie Marsden**, **Margo Buchanan**, **Nick Fyffe**, **Mario Argandones** and **Aitch McRobbie** and the set included a track never sung live by **Led Zepplin - Good Times Bad Times!**

Money raised has already been put into use and the University College Hospital London has been able to employ a further 3 complementary therapists to work within cancer services of the hospital. This means that the complementary therapy team can now provide an extra 7 day's of therapy to cancer patients and their carers.

* * *
Reiki practitioner **Angie Buxton-King** is a founder of the Sam Buxton Sunflower Trust which she named after her young son Sam who died of leukaemia. Angie says of her son 'Sam lived until the moment he died he was never a child dying with leukaemia'. This she put down to the healing he received from her and other complementary therapists they visited. She realised the value of Reiki (and complementary therapies in general) in hospital settings and was driven to create this trust which pays for practitioners in hospitals. Angie has also written a book called *The NHS Healer* which focuses on her and her sons' journey: the benefits that he experienced from therapies such as Reiki and how she came to be the first paid Reiki practitioner in the UK Hospital system (called the NHS).

It would be truly amazing to see such charities replicated across

the globe. If you'd like to find out how Angie and her friends and family created such a powerful concept and kept the momentum going until it blossomed into this full-blown successful charity follow the links below.

Information about The Sunflower Jam is available from the website <http://www.thesunflowerjam.com>
Information about the Trust is available from the website <http://www.cancertherapies.org.uk/>

Listen to Angie and her husband **Graham King** speak about the work they are doing in UK hospitals: www.thereikishow.com

Donations can be sent to:

**Jacky Paice for
The Sam Buxton -
Sunflower Healing Trust
The Sunflower Jam
PO Box 4736
Henley on Thames
RG9 9BT
ENGLAND**

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

PHONE: 1300 130 975

REIKI AWARENESS WEEK 2007

Last year ARC Inc. facilitated the highly successful **Reiki Awareness Week** throughout Australia.

Feedback from participants and from recipients was extremely heartwarming and positive.

The dates chosen for this year's event coincide with a similar **Reiki Awareness Week** being held in the UK. It is hoped that Reiki organisations in other countries will come on board and give the event a truly international flavor.

The dates chosen for 2007 are from **Monday 4th June to Saturday 9th June** inclusive. During the week, Reiki Practitioners, will provide Reiki treatment tasters, talks on Reiki or hold Reiki shares at a time and day that is suitable for them. These events could be held in your own home, a treatment room or clinic, as well as at Community Services units, shopping centers, fetes, or local markets.

The events can be provided free of charge, or by a donation to a local charity. It has been suggested that ARC members could collect donations for the SolarisCare Center (formerly Brownes Dairy support center for cancer and leukemia) in WA.

This is a purpose built center attached to Sir Charles Gardiner hospital, offering complementary touch therapies, including Reiki, alongside the mainstream medical treatments. Staff at the center have carried out research into the benefits of these therapies and are hoping to obtain funding to expand on this extremely important research. If participants would like to support, they can send any donations to the ARC treasurer who will forward a cheque to the center.

Please do consider being part of **Reiki Awareness Week**, which will help promote the wonderful gift of Reiki to members of the public who may not be aware of the great benefits to be obtained. It is also a great way to promote your own business/practice.

If you have an event in mind, send all the details to miriamatimms@hotmail.com or if you wish, phone in details to John on: 1300 130 975.

Together we can make this year's **Reiki Awareness Week**, the biggest Reiki event in the Australian Reiki calendar.

[SAMPLE FLYER]

REIKI AWARENESS WEEK MONDAY 4TH - SATURDAY 9TH JUNE

DO YOU KNOW:

- That Reiki is now practised in hospitals, palliative care hospices, addiction centres, nursing homes, as well as in private health centres?
- That there are now over **1,000,000** Reiki practitioners worldwide?
- That animals too can benefit from this gentle healing therapy? Many racehorses have been treated successfully with Reiki.

During Reiki Awareness Week - Reiki practitioners will be offering free, 'taster' treatments in many different locations around the country.

In 2005 and 2006 Reiki practitioners from the Australian Reiki Connection Inc. gave 'taster treatments' in a variety of locations such as *shopping centres, supermarkets, garden centres, county fairs* etc which were all well supported.

In 2007 hundreds of our members from all over the country will again be giving their Reiki treatments to the public, free with donations to charity

AT:

ON:

TIME:

CONTACT:

WE ARE COMMITTED TO MAKING REIKI
AWARENESS WEEK 2007 THE MOST
SUCCESSFUL EVER! LOOK OUT FOR
EVENTS IN *YOUR* AREA.

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

The Editorial team welcomes your comments.

STATE & TERRITORY NEWS



Lynnette
0419 011 591
ACT
Representative

ACT Volunteer appeal!

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



ARC NSW is encouraging Reiki shares to be held across NSW by Members. Each month an announcement is made highlighting all of the shares being held that month. We are thrilled that more Members are volunteering to run shares and a "How to" guide is being developed for Members who want some hints and tips on running one.

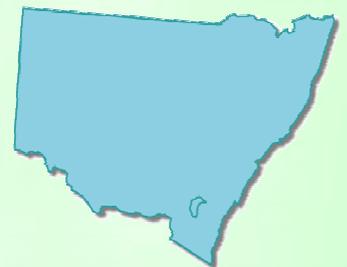
We are also looking into the feasibility of running talks for Members about topics of interest. If there is anybody who would like to offer any ideas about the kind of topics they would like to know more about, please let Amanda or Erica know. Your ideas are always very welcoming. Stay tuned...

Any **NEW WORLD MUSIC** orders, just forward your requests onto Amanda. She is only too happy to help with any thing that may tickle your fancy.

At any time if there are any questions you may have or topics of interest you would like to let us know or talk about, please feel free to contact either Erica or Amanda.

We would love to hear from you and welcome any suggestions. Best Wishes.

Thank you all, Erica Bagshaw and Amanda Squassoni



Erica
0414 598 262
NORTH SYDNEY
NSW
Representative

Amanda
0401 857 244
PENRITH
NSW
Representative



Christine
0411 604 753
Adelaide
South Australia
Representative



SA Volunteer appeal!

Would you like to be part of Christine's team? there are lots of tasks to be done. organising events, setting up share groups, 10th birthday anniversary celebrations! Contact Christine for more information

STATE & TERRITORY NEWS *cont'd.*



Queensland

QLD [North] Volunteer appeal!

Would you like to be part of Carolyn's team?
there are lots of tasks to be done.

Organising events, setting up share groups,
10th birthday anniversary celebrations!
Contact Carolyn for more information

QLD [South] Volunteer appeal!

Would you like to be part of Jan's team?
there are lots of tasks to be done.

Organising events, setting up share groups,
10th birthday anniversary celebrations!
Contact Jan Lay on **0427 778 114** for more information

Carolyn
0421 658 385
Urraween
QLD
Representative

NEWS from the Northern Territory

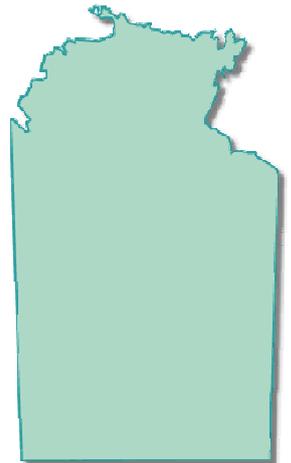
As we are a small group - our main activity is meeting twice a month for Reiki share nights. We all look forward to these. We love the sharing of knowledge and just being with like minded people. Of course we just love it when it is our turn to receive - power Reiki in action is a magical experience. I intend to have another Reiki Awareness Day at one of the local markets as soon as the Dry Season begins. It is no fun battling a Tropical Downpour! I have started talking to local Therapists again and have had one success. I remind them that becoming a member of ARC Inc. is a good way to obtain Insurance and enjoy the other benefits of being a member.

We welcome 2 new members from the South - I hope they enjoy their stay up here in Paradise. Mind you, it is most unfair when people are required to move up here during the Wet. The climate change is quite extreme at this time. So we hope that joining our group helps them along the way.

This might surprise other States - but we have had a drought too. Until this last couple of days, we have been watering the gardens again. The frogs have been silent and they were so happy to feel the rain that they croaked all night the first day of the rain. But today the sun is out again so I too, am happy.

In Love and Light, Jan.

Jan
0419 356 862
NT
Representative



Tasmania
Contact
Number
1300 130 975

Thinking about Tasmania?

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

If so please ring John on 1300 130 975

STATE & TERRITORY NEWS Cont'd.

What's planned for the February gathering in Mt. Waverley?

5 Fleet Street

Mt Waverley

Saturday, February 10th, 2007

10.00 a.m. – 2.00 p.m. Please bring a plate of goodies to share for lunch.

If you already have a Reiki practice or are thinking about starting your own business, then our February meeting will be especially of interest to you.

Our guest presenter for the February meeting is Anthony Turner whose topic will be "The Aspects of Business". Through his business, *e-motivation*, Anthony conducts "Heal Your Healing Business" workshops.

The focus is on business and marketing skills particularly relevant to practitioners in the Natural Healing Industry. Anthony's corporate background is in sales and marketing but most recently he has created his own marketing, training and business development consultancy (*e-motivation*) which specialises in helping small businesses within the Natural Health market.

He both uses and teaches many easy to learn, simple to use and highly effective business and marketing tools which are drawn from his own 'real life' successful experiences.

Anthony will share some of these with us at the Melbourne gathering.

We have another interesting presenter lined up for the following Melbourne gathering on April 14th, at the above address. Remember, the date for Melbourne gatherings is always the 2nd Saturday of the even number month – put these in your diary now!

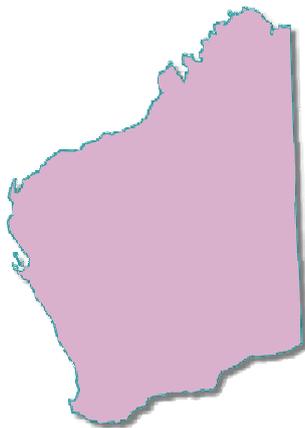
EVENTS COMMITTEE

Elizabeth Secker, Helen Archer, Helen O'Connor



Shirleyrose
(03) 5367 1680
Bacchus Marsh
Regional VIC

John
1300 130 975
Acting
VIC



News from Western Australia

The next ARC gathering planned for WA is to take place on Sunday 29th July, at 1 pm - 5 pm. The venue will be confirmed to the membership at a date nearer the event.

The gathering of the 21st of January had a good response from the membership.

The first interstate, 'State & Territory Representatives' teleconference took place recently and it was really good to hear the voices of the other reps and to take part in an exchange of ideas and future plans.

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 21st January, on page 11, thank you.

John Lavers
(08) 9342 3328
Western Australia
Representative

Sound therapy can be defined as a modality that has its basis in what we commonly refer to as music/sounds and this works with life forms in many different ways. It is all encompassing both in perception and interpretation. For example, babies before they are born will respond to sound in various ways and this applies equally to all forms of life.

With music in our culture we structure the sounds so that they assume a meaning and a feeling that enables us to respond in a manner that we feel appropriate. There are many different genres/styles and each individual will have their own perceptions about each style. For example, classical Beethoven compared with current top 40 popular music materials.

It is not a question of what is right or wrong but what is relevant and this is the uniqueness of the modality. Music has as many facets as people and each practitioner has their own unique approach, which is determined by their background and perception. The term "sound world" allows all aspects to be presented and with computer technology sounds are able to be 'cloned' and reproduced – usually with a keyboard (normal technical term sampling); this allows the practitioner to a greater or lesser degree to use this raw material to assist their client/s to bring about what is required for their highest good when using this modality.

It is important that the practitioner see this as a tool that can serve, not as a means of mastery in the negative sense – sound therapy has enormous potential to assist clients with all aspects of healing – mind, body and soul.

The practicalities;

Chakras in the human body are loosely related to the broad pitch ranges commonly referred to as keys – these can act as a guide for the therapist.

Example:

A practitioner finds that a client hearing music played in the key of C major is quite grounding and yet that same piece of music played in the key of F sharp to be quite unsettling and disturbing. On investigation the real or created sound of a trumpet is quite exciting in C, but can leave our client feeling somewhat flattened in any other sound structure such as the key of A flat. This information now gives the practitioner a guide as to what their client requires to bring about the required balance. If the client wishes to investigate this more closely then the imbalances can be addressed in many different ways through the use of the keys/sounds, and fast/slow material.

It is possible that recorded music can achieve a similar outcome, but the problem of this is that as the client with the help of the therapist changes in their various emotional / physical / spiritual states that the music changes with them to meet

their changing states of balance, harmony and being. The realm of music/sound is enormous in that the imagery evoked by the masters both past and present can have completely different and profound effects on an individual as the opening of the Phantom of the Opera compared with Finlandia.

Sound therapy in its truest sense has many parallels with Reiki in that the practitioner feels/senses and allows what is needed to flow through them in the form of sound, thus allowing their client to receive/take all that they require.

In response to a request from my cousin Jan (Butler) Lay a Reiki Master Teacher / Practitioner - we worked together to combine and use the two modalities of Reiki and Sound Therapy. I used a fairly subdued volume on the keyboard in an intuitive manner on a number of occasions with Jan and then later on with Jan her now husband John (also Reiki Master/practitioner) and we all came to the same conclusion that the two modalities complemented and assisted each other and because they were both coming from unconditional love for the highest good of the client worked brilliantly.

In the beginning we asked our clients if they were happy to have gentle sound played in the background that could be beneficial as we were interested in how Reiki and sound would come together. We tried not to pre-empt any outcome so explained that we were unsure of any outcome and left it at that. After each of the sessions we would discuss with our client what they had felt and what the difference was to having a CD or tape playing in the background in comparison to personalised background sound – all had concluded that that the modalities were mutually supportive and yet unique enough to be able to identify predominant modalities at a particular moment. All felt a great deal better afterwards and found it very beneficial.

We also found that the outcome of the sound therapy work was not always immediately evident and that days or weeks would elapse before the true depth of the change emerged. As an example – one of clients went into a deep sleep and was quietly almost imperceptibly sobbing – the reason for this emerged in a subsequent session when the person felt that they were able to look at the issue without going into a tailspin (this was about three weeks after the second session).

Jan would often request that I come and allow Reiki Masters that she was training to experience the energy of sound therapy – this they found to be very uplifting and enlightening.

As with Reiki this is a stand alone modality and yet is extremely compatible with other modalities.

John Brehaut
Open Door Music
P.O. Box 556
BAIRNSDALE
VIC 3875
(03) 5152 6250

ARC Inc. Committee of Management - Update

The Committee of Management has convened twice since the AGM, on November 8th 2006 and January 10th 2007 plus one extra teleconference. Meeting schedule for the remainder of the year is March 7th, May 9th, July 4th, September 5th. As CoM members for this 2006/7 year are based in three different states, all meetings will take the form of a teleconference.

Action Plans for the year have been formulated for the following ARC Inc areas under review or to be established:

- Personal & Professional Development Structure/System
- Policy & Procedures Manual
- Rules of Association
- Redesign of Website
- Reiki Awareness Week
- AGM
- 10th Anniversary 2007
- ARCINK Editorial Panel
- Public Relations & Marketing
- Criteria for Membership of Arc & AARP
- Structure Reiki Lineage Tree
- Health Insurance Rebates & Professional Insurance Providers

Subcommittees headed by a member of CoM, will be formed for each of these.

Members have already been asked for input on the P & PD structure and CoM will be looking for sub-committee members for other areas throughout the year.

If you have anything that you wish to be considered by Committee of Management you can either do so through your State Representative or directly to a committee member.

(You can find out who they are, elsewhere in this newsletter.)

For consideration at the next meeting, items would need to be submitted two weeks before the above dates.

Helen Archer
Secretary ARC Inc.

Next scheduled meeting of Committee of Management: March 7th 2007.

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
Shirleyrose Rowe	February 2007 & March 2007	(03) 5367 1680	
Di Van Vliet	April 2007 & May 2007	(03) 8746 1100 [Work] (03) 5369 4373 [Home]	divm@djhs.org.au
Wendy Rattray	June 2007 & July 2007	0409 362 349 [Mobile]	wendyrattray@hotmail.com
Pamela Morrison	August 2007 & September 2007	0418 784 477 [Mobile]	geoffnpam@hotmail.com

The Integration of Reiki into my Counselling Practice

Time has passed very quickly since I established my counselling practice five years ago after graduating as a professional counsellor. I started off in what I consider to be a very traditional and clinical way of working in this field. Over time and with my own personal journey of healing and spiritual development, (which of course still occurs every day), I altered my approach to be far more holistic, spiritually minded and nurturing.

I have always placed great emphasis in working with my clients on an emotional level, not just processing events within the intellect. This has involved my clients sitting and breathing through the multiple layers of emotions from past wounds in various parts of the body until the feelings move to the heart for release. Once all feelings have been released, there is usually a feeling of peacefulness and forgiveness. This has importance as I have worked with clients with Eating Disorders and deep seated issues of low self worth.

This process however, can be quite challenging for many clients who have little awareness of their feelings, let alone how to process them comfortably. Many of us become very skilled at avoiding our feelings and turning to flight or fight mode to survive the pain and fear. We can become highly effective at leaving our bodies and not being present to support and nurture our feelings and needs at this time. Therefore, I have found that it can be very confronting for clients to sit in front of me and be asked to close their eyes, let go and face the emotions held within their body. This is where Reiki has been an absolute blessing in my counselling practice.

In 2005, I completed traditional Usui Reiki levels 1 and 2 and utilised the Reiki energy mostly for self healing. Then in 2006 I studied Crystal Heart Reiki and Crystal Heart Reiki Sekh'm. My confidence built dramatically in utilising this form of Reiki and

after a journey of letting go and really being able to trust the Reiki energy, I was prepared to introduce it to my counselling clients. Quite quickly, I found myself beginning to integrate it into my counselling sessions without even being conscious of how natural this process actually felt. From this experience, I have witnessed so many miracles at work within my counselling sessions.

When I began to conduct all emotional healing work on the Reiki table I began to notice how much easier this healing process was for my clients. To me, my clients appeared more calm, peaceful and content as they processed past emotional wounds and feelings. My clients were able to sense the energy of their feelings move from various parts of their body to their heart space for release. They reported feeling the energy dissolving and a sense of "lightness" occurring in their heart area. They were able to move more easily to a place of forgiveness for themselves and others and were able to willingly cut energetic cords where necessary. Many of them felt a sense of peacefulness never felt before.

My clients would also report feeling calm, grounded and centered after the healing. The Reiki energy has been wonderful for relieving headaches caused by being un-grounded or bringing stillness to clients who arrived feeling scattered or emotional. I have been blessed to open the hearts and minds of sceptics to the Reiki energy and for them to experience a peace that they have never imagined possible.

I have also noticed it has been far easier for my clients to use visualisation with Reiki energy flowing through them. They seem to be able to see images more clearly and comfortably and retrieve old memories that require healing. Clients have also been able to receive their own inner guidance more clearly whilst in this loving space. It has

been wonderful to be able to ask the universe to duplicate the healing as many times as is safe and appropriate for the client when they leave the counselling room until the healing is no longer required.

Each morning, I use the Reiki symbols to cleanse, balance, protect and energise myself. If not, I really feel out of balance, unprepared and literally "naked". I certainly don't feel ready to start the day and be of service to others without having used my morning Reiki routine. I also create a Cosmic Bank with all of the Reiki Symbols for myself, my family and all of my clients so that each person's higher self may draw upon the symbols needed for their highest good at any time. This has proved to be such a safe and loving process and has created amazingly peaceful counselling sessions where clients have come in with an openness and a willingness to fully engage in the counselling process.

I cannot give enough gratitude to Bernadette Saulenier, my Crystal Heart and Sekh'm Reiki teacher and Ros Wilson for teaching me the traditional Usui Reiki and giving me these fabulous tools and processes.

It has also been wonderful to be able to cleanse my counselling room using the Reiki symbols and to fill the room with love and protection prior to every session. Under my counselling chair, I have placed all of the Reiki symbols to assist me in my work. I have had a number of clients go on to undertake a Reiki course themselves. Reiki has certainly brought a new dimension and depth to my counselling practice and has clearly made the journey for my clients more nurturing. I could never imagine working without this incredible healing modality. It is now a normal part of my every day existence and has brought such light and love to the work that I do.

Lisa Stammberger

Lisa Stammberger
Reiki Practitioner
& Counsellor
Mountain View
Counselling
Melbourne
Email:
lisa.stammberger
@bigpond.com

The third gathering of WA ARC members took place on Sunday 21st January 2007 at 1 pm at the Hamersley Community Centre - Belvedere Street, Hamersley.

The early session took the form of a discussion by the attendees on matters relevant to WA [the best State in Australia] and included a very warm welcome to the new members of ARC with a report that new memberships are continuing to grow at a steady pace.

It was commented upon that so far the response to Reiki Awareness Week had been slow but it was hoped that this would pick up after the holiday period.

Discussion also took place on the increase in Reiki becoming more accepted in some aged care facilities, hospitals and hospices.

Cathy Wood and Maureen McKenzie have become part of the working group/events team with John Lavers and Shona

Brooks-Goth to advise on and organise State matters.

It was expressed that hopefully those present had enjoyed the day and that the gatherings would become a regular feature. A break for afternoon tea was taken and was followed by Reiki sharing.

New Zealand Day in WA
Saturday 10th February 2007
Contact: Miriama Timms
Phone: 0432 281 836

GET INVOLVED!

Contact YOUR State Representative NOW

There is so much to do and willing hearts are so very welcome

OVERDUE!

Membership Renewal

Have you paid your 2006/2007 FEES?

1300 130 975

From WA - ARC State Representative - John Lavers and his wife Joanne. ARC Committee of Management - Liaison Officer - Miriama Timms with new ARC members Louise & Linda Callopy and Lindon Bowring.



Back Row L-R:
Miriama Timms
Lindon Bowring
Louise Callopy
Front Row L-R
Joanne Lavers
John Lavers
Linda Callopy

Have you written an article?
Would you like it published?
Then send it to the editor!
Photos are also most welcome.

We welcome comments on all the contents of this newsletter
arced@australianreikiconnection.com.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	Convenor / Details	Location	Convenor / Details
ACT - Kambah Email: allumer@a1.com.au	Lynnette Munchenberg Phone: 0262310134	VIC - Caulfield Email: sharontal@iprimus.com.au	Sharon Tal Phone: 0402117701
NSW - Berowra Email: vicki@naturalreiki.com.au	Vicki O'Leary Phone: 0294560740	VIC - Clayton Email: lia_mills@bigpond.com	Lia Mills Phone: 0395434980
NSW - Drumoyne Email: angela@wellandtruly.com.au	Angela Meyer Phone: 0291812888	VIC - Creswick Email: tjt@cbl.com.au	Hendrika Thomas Phone: 0353452358
NSW - Engadine Email: sue88@aapt.net.au	Sue Khallouf Phone: 0295200464	VIC - Croydon	Lorraine Mitchell Phone: 0397231133
NSW - Engadine	Melanie Hofsteters Phone: 0295270995	VIC - Eaglehawk Email: isleofavalon@aapt.net.au	Janet Sporton Phone: 0354461996
NSW - Hornsby Email: jord55@optusnet.com.au	Jannine Ord Phone: 0299403481	VIC - Eltham Vic Email: reiki_inge@yahoo.com.au	Inge Schmidt Phone: 0394344228
NSW - Manly Email: jill@higherawareness.com.au	Jill McAlister Phone: 0413221297	VIC - Hampton	Michelle O'Mara Phone: 0410964604
NSW - Shellharbour Email: JennysHS@bigpond.net.au	Jennifer Blake Phone: 0242951184	VIC - Hampton Park Email: janetadcock@bizmail.com.au	Janet Adcock Phone: 0397980821
NSW - South Curl Curl Email: avril@perfectunison.com	Avril Norman Phone: 0299393778	VIC - Kew Email: nanditajackson@yahoo.com	Nandita Shari Jackson Phone: 0409505696
NSW - North Sydney Email: erica@thealignmentgroup.com	Erica Bagshaw Phone: 0299231852	VIC - Mickleham Email: sunzmoonz@hotmail.com	Doreen van Boxtel Phone: 0397452376
NSW - Wadalba Email: atlantis@reiki-seichem.com	Leonie Entwistle Phone: 0243533441	VIC - Mount Eliza Email: gregdoyle@alphalink.com.au	Gregory Doyle Phone: 0397088170
QLD - Caboolture Email: clare@cth.com.au	Clare Snell Phone: 0754951774	VIC - Mount Waverley Email: w.e.secker@bigpond.com	Elizabeth Secker Phone: 0398883466
QLD - Capalaba Email: carol.milne@optusnet.com.au	Carolynn Milne Phone: 0732063509	VIC - Oakleigh Email: firebird@corplink.com.au	Robert Thuan Phone: 0395681777
QLD - Molendinar Email: benaura@hotmail.com	Carol Hogarth Phone: 0755648761	VIC - Preston Email: reikicottage@optusnet.com.au	Helen O'Connor Phone: 0394847276
VIC - Bacchus Marsh	Shirleyrose Rowe Phone: 0353671680	VIC - St Kilda Email: annieforliving@yahoo.com.au	Annie Slaughter Phone: 0414742728
VIC - Box Hill South Email: michelle_mayur@yahoo.com.au	Michelle Mayur Phone: 0398880138	WA - Wattle Grove Email: rkmw@iprimus.com.au	Catherine Wood Phone: 0893592946
VIC - Carrum / Chelsea Email: deidre_rae56@hotmail.com	Deidre James Phone: 0407558183	WA - Woodvale Email: miriamatimms@hotmail.com	Miriama Timms Phone: 0432281836

The Secret - Reviewed by John Coleman

The motivational and inspiring feature length documentary style film, *The Secret*, brings the art of positive thinking and mindfulness to new levels. *The Secret*, which has travelled through centuries...to reach us, is revealed as simply being the Law of Attraction. The presenters are modern day authors, leading scientists, philosophers, visionaries and financial consultants explaining how *the Secret/Law of Attraction* not only changed their lives but also the lives of legends such as Plato, Newton, Beethoven, Shakespeare, Einstein. In this astonishing film are all the resources one would need to understand and live *The Secret* - how to be able to manifest what one would like to have in their life. By applying *The Secret* they present instances of eradicating disease, acquiring massive wealth, overcoming obstacles and achieving what many would regard as impossible.

The most inspiring section for me was presented by Maurice Goodman, whose light aircraft crashed in March 1981 leaving him totally paralysed as a result of the horrific injuries received. What he communicated was that he was going to WALK out of the hospital by Christmas. Maurice did walk out of the hospital unaided before Christmas. Maurice, who is known as the Miracle Man, is now a motivational speaker who tells audiences that as long as you have a working mind you can accomplish anything. I thoroughly recommend this film.

The Secret DVD can be purchased online at www.theseecret.tv - The Book is available from all good booksellers. *The Secret* - made by Prime Time Productions in conjunction with Channel 9 Television.

Why Volunteers?

by Tony Carroll



Volunteer is from the French *volontaire* which in turn comes from the old Latin *voluntas* which is 'free will' - To volunteer, is to enter into, or offer, *any service* of your own free will.

ARC Inc. is a non-profit association and does not have any paid staff or employees - all the work is done on a voluntary basis by members of ARC.

Without 'volunteers' ARC Inc could not function and within a short period would be no more. That is a fact. Volunteers are involved in many varied areas depending on their interest and skills.

There are many jobs that volunteers can assist with such as *State or Territory Representatives* or the newly instituted *Regional Representatives*, called for because of the growing number of members outside of the major metropolitan cities. It is a good feeling to be part of the team working on behalf of the greater membership of ARC.

Why do we have ARC?

ARC came about back in 1997 - as a result of a search for other Reiki Channels to come together in the spirit of friendship, to work within and to promote the spirit of Reiki. ARC has developed a Code of Ethics, Code of Professional Practice and standards for the teaching of Reiki.

A national Association for all channels of the Usui system of Reiki in Australia - ARC provides its professional members with free membership of **Association of Australian Reiki Professionals** the professional branch of ARC recently created

to meet the requirements of ARC's professional Practitioners & Master Teachers.

What is involved in volunteering?

Whether you live in a highly populated area or in a smaller regional area, as a member of ARC your input is paramount to ARC's future success. To give 'time' is the great gift in volunteering. Your interest and skills will be used in the work you contribute but your finding the time is the gift.

Currently, there are a number of opportunities to input into the future of ARC. There are several working groups set up. A review of Personal & Professional Development; 10th Anniversary Celebrations; Reiki Awareness Week for 2007; Public Relations & Marketing and much more.

ARC Inc. is a nationally registered body, properly constituted, managed by duly elected members. It operates like any other business, meeting all legal and financial requirements. It does not have paid employees, the day to day operations are carried out by highly motivated professional members of ARC, who have volunteered their time and skills. There is no desire by ARC to take over or control Reiki in Australia. There is no 'one-voice' setting any agenda by which ARC functions. ARC is a fully democratic body which has always valued the thoughts and feelings of members and through this whole-of-membership approach has become a respected, strong voice in the Reiki Community. An association respecting Reiki and its members.

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

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

The Linen Co. Australia *Salt lamps*

Wholesale prices on the entire product range*

Phone: (03) 9899 9800

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

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.

An advertising space consists of a TEXT box measuring 150 mm x 85 mm approximately and an IMAGE box measuring 25 mm x 35 mm approximately, both with a black surround.

The font type is '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 15th 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



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.

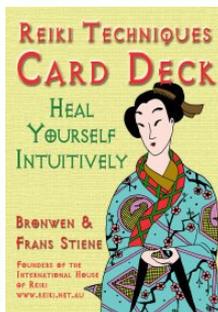
Quan Yin, the eastern goddess of mercy, compassion and healing, is associated with Shi Zen and can be called upon to assist in treatments.

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

Website: www.vibrational-alchemy.com



Reiki Techniques Card Deck — Heal Yourself Intuitively

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.



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 assists 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.

INTERESTED IN BECOMING A REIKI MASTER?

Would you like to become part of a caring, healing, supportive group of Reiki Masters & Masters-in-Training? Ask now about learning to become an **Independent Reiki Master** at your own pace, with understanding, experienced and compassionate mentors and friends. Phone: **Robert & Betty Thuan - Asia Pacific Reiki Institute - 03 9568 1777**



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. Latest include: **Reiki in IRELAND* - **Reiki & Seichem with Patrick Zeigler*

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

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.

Spiral bound, 160 pages, A4, price \$30.00 AUD, plus \$10 p&h in Australia

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 or
PO Box 123 Oakleigh VIC 3166

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 right), 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.

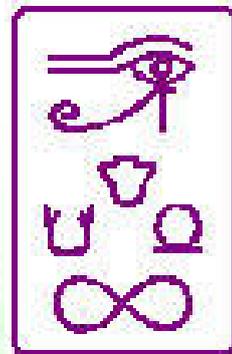
Cost of Training

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

Website: www.vibrational-alchemy.com



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Opinions stated in this Newsletter do not necessarily represent the opinion of Australian Reiki Connection Inc. the Committee of Management of ARC Inc. or the ARC INK editorial team.

This newsletter is copyright and may not be reproduced in any form by any means without the written approval of the President and Secretary of Australian Reiki Connection Inc.

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.

William Secker - Email: 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

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

Email: arcpres@australianreikiconnection.com.au

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

Tony Carroll - Email: arctres@australianreikiconnection.com.au

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

Helen Archer - Email: arcsec@australianreikiconnection.com.au

Post: PO Box 145 KALORAMA VIC 3766

Questions relating to PR & Marketing and the 10th Anniversary Celebrations contact

Maria Lacey - Email: maria@australianreikiconnection.com.au

Post: PO Box 145 KALORAMA VIC 3766