

February 2008 - April 2008

Volume 11 Issue 1

ARC INK is for the information of ARC Inc members

# ARC INK

## Magazine



Published quarterly by the Australian Reiki Connection Inc.

## 'Presidential Comment' by John Coleman

Greetings everyone and a warm welcome to this the first edition of the new ARC INK Magazine (formally the ARC INK Newsletter) published quarterly in February, May, August and November.

It is hoped, with this format that the volunteers who produce it will have more time to source articles and news that will be of interest to members. If you have any news or articles do send them to the editor for future editions. I hear of some wonderful Reiki stories from members who phone or email me and it would be great if these could be shared with others.

Thank you and welcome to the new Committee of Management members, Sanjay Ranchhod and Ingrid D'Andrea. Your enthusiasm and support is uplifting. Thank you also to the Committee members, State Reps and event organisers, who have volunteered to continue acting on behalf of ARC and all members for another year. I believe that together we can make great strides for ARC and Reiki in 2008.

By all accounts 2008 is looking to be a fantastic year and a great time for new beginnings. Do you know with clarity, what it is that you desire to have in your life or to bring into your life at this time? When I ask this question of clients many of them reply by stating what they do not want to have. They are not clear on what specifically it is that they do want. I suggest to them that they are in the moving away from stage, ie focusing on what they do not want and therefore allowing those issues to loom large in their subconscious. I ask them to shift the focus positively on that which they do want, thereby becoming a moving towards person. This process can bring about amazing results. If you have not already done so then now is the perfect time.

2008 is also a great year for Reiki with more people and healthcare facilities seeking information. One of committee's aims this year is to further raise the profile of professional Reiki practitioners. Another is to further integrate Reiki into mainstream health. Both of these require the support of you the members. In this edition are requests for Reiki

volunteers and for information and feedback. I urge you to consider what you can do to assist. Together, let us become moving towards people.

Enjoy your magazine and I look forward to receiving your comments and feedback  
Love light and lots of laughter  
John

### IN THIS EDITION:

- Australian and UK News pages 20-21
- Reiki for Cats page 22
- Book Reviews pages 2, 4, 15 and 23
- What is Reiki Worth? pages 18-19
- Request for Volunteers pages 12, 17
- Anthony Turner Special Offer page 6
- ACT Retreat Report pages 3 and 4
- NEW ARC email addresses page 23

### INCLUDED WITH THIS EDITION:

- Special 10th Anniversary ARC INK
- October 2007 AGM Minutes
- Annual CoM Reports 2007

### Message from the Editor

**Dear Members, My sincere apologies for the delay in the publication of this ARC INK edition, Tony**

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Welcome to the ARC INK magazine from the Editorial Team

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

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

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

Send it to [president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au)  
or by post to **PO Box 145 KALORAMA VIC 3766**  
If we don't have the answer then we'll ask the membership!

*ARC Inc. 10th Anniversary Celebration in VIC ... Helen Archer*

The anniversary of the birthday of ARC falls at a very busy time of year, so it was good to see the thirty people who were able to fit this day into their social calendar.

There was a party atmosphere to the day thanks to those who were out-and-about early in the morning, collecting decorations and consumables; a special thank you to Helen O'Connor and Elizabeth Secker for their 'morning dash' to pick up balloons, decorations, cake, party food, etc and to Tony Carroll for organizing the 'liquid' refreshments.

It was especially good that a number of the founding group were able to be present for the celebration, including some with continuous membership and two former members. Unfortunately, WendyJoy Smith was unable to attend in person, but was still a part of the celebration. Members acknowledged and applauded her vision and efforts that provided an excellent foundation for our association today.

Shirleyrose Rowe shared reminiscences of the founding days. Betty and Bob Thuan also recalled the early meetings at Ross House in the city. As usual, much lively discussion ensued.

Everyone happily participated in a couple of different party-type fun activities organised by Helen O'C and Helen A. We learned a bit more about life experiences of some members that were unique within the group!

For this special day, refreshments and birthday cake were provided by ARC and organised by Elizabeth, served on tables beautifully decorated by Helen O'C who also arranged for the floating groups of ten balloons. A toast was made to ARC past and future then John Coleman blew out the candles and cut the yummy hazelnut torte.

Thanks to everyone who attended and helped to make this a special day!

Helen Archer Events Sub-Committee

**BOOK REVIEW :** *I AM LIGHT* *Suzannah Taylor (Author)*

At first glance; I thought this book to be just a collection of insights, condensed methods and theories of all the great spiritual classics ... Then after thoroughly reading it TWICE I realized "IT IS" a condensed version of all the great spiritual classics! Anyone who is just starting on their path, who takes the advice and practices the methods, will save themselves a lot of time, as well as speeding their progress towards improving their lives. For those of us who believe ourselves to have much knowledge and experience, it serves as a reminder for those things we always forget! Suzannah also gives a scientific explanation on how energy works that's easy to understand and the most wonderful aspect in the book for me are the many reminders of the secret to THE SECRET!!!

*Reviewed by Deborah Richter (January 2008)*



## NEWS & VIEWS from the Australian Capital Territory

with Vickie Hingston-Jones in Canberra

Contact Vickie on 0422 008 759  
vickie@confidentbirth.com.au  
Australian Capital Territory  
State Representative

*The Committee of Management together with the ACT membership would like to thank Lynnette Munchenberg, who retired from the position of state representative due to her relocating from the ACT to NSW. We offer Lynnette and her family our best wishes for the future. Together we welcome Vickie Hingston-Jones as the new ACT State Representative.*

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### REIKI RETREAT - CREATING COMMUNITY IN REIKI PRACTICE

By Dallys Baker

About an hour's drive from Canberra, on the way to the south coast of NSW, is a quiet historic town called Braidwood. It has a collection of beautiful old buildings, and is surrounded by attractive countryside, an ideal location for our second Reiki Retreat.

Lynnette Munchenberg and I ran the first Retreat in April 2007, at the same place. It was so well received that we immediately began planning our second, for the equinox weekend in September.

Once again, we chose the Braidwood Townstay as our venue. This former bank building has been converted to a B&B, with a fabulous workshop space in the old banking part of the building. As well as being a bank, it was home for the manager's family, and contains roomy and comfortable accommodation for 8-10 people.

The concept for our Reiki Retreats has been to gather Reiki people together in a supportive environment where they can share their experiences, meet new friends, experience new activities and simply enjoy sitting with the Reiki energy. Choosing a venue a distance away from Canberra (where most attendees live) gave people the chance to get away from day to day distractions and immerse themselves in Reiki.

Following feedback from the April Retreat, we made some changes to the program format and catering arrangements. I'll outline what we included, why, and some of the lessons we have learned.

#### THE LESSONS

At the first retreat, people could choose to come for the whole weekend, or for either Saturday or Sunday. We had a few people arrive on Saturday evening or Sunday morning, and found that it was difficult for them (and for us as facilitators) to integrate smoothly into the group.

This time, if people wanted to come for one day only, they could come on Saturday. One person took up this option and it worked very well.

Our second lesson had to do with catering. In April, we catered for morning and afternoon tea, and asked people to make their own arrangements for lunch. We also asked everyone to bring something to share for Saturday dinner.

Saturday dinner proved to be quite chaotic, especially as we had several people with food intolerances or allergies to cater for. Ultimately, it just didn't fit together.

So we decided to cater for Saturday dinner this time, and it was great. We had a wholesome home cooked meal, with Lynnette's awesome chocolate dipped strawberries for dessert. We asked attendees to specify any dietary requirements on their registration form, and all their needs were handled.

This worked so much better, and the sense of sharing and camaraderie was fantastic. The evening was characterized by much laughter and chat, and a good time was had by all.

Continued on page 4 ...

*Keeping ARC records up to date ... William Secker - Membership Officer*

Dear Members, every so often we make changes to our personal information, such as Email addresses or Postal addresses or Telephone numbers. Keeping ARC advised of these changes is vital so that ARC can keep in touch with you! Most changes can be done online in the members area - so log on and keep up to date. If you have any questions please telephone 1300 130 975

## REIKI RETREAT - CREATING COMMUNITY IN REIKI PRACTICE

By Dallys Baker

### THE PROGRAM

Feedback in April indicated that we could have included more actual Reiki and directly related activities. We took this on board, and made some small changes to the program to accommodate that.

We allocated about an hour and a half each day for Reiki share. In the retreat environment it needed to be fairly tightly structured to cater for different levels and Reiki backgrounds, and to keep vaguely to time. We asked everyone to adhere to a short list of agreements for Reiki share for this purpose. This included a system of rotation, notes about energetics and having a person to lead so that channels moved hand positions in a gentle and coordinated way.

We took time to go through the agreements with the group, and all agreed that it made Reiki share a very positive experience and provided guidance and certainty for all concerned.

On Saturday, everyone had an opportunity to introduce themselves and talk about their background, journey and experience with Reiki. This was fascinating and allowed us to get a feel for the diversity of the group.

On Sunday, in the morning time slot, we had the privilege of hearing a cancer patient (and Reiki channel) tell her story, and especially how Reiki was supporting her treatment. Her husband was also there, as were two Reiki practitioners who had treated her almost every day for 6 months. Hearing all of these different viewpoints had everyone riveted, and the tissue box was passed around several times.

Each day we had one or more meditative practices, including Gassho, chanting the precepts in English and Japanese, Reiki shower and guided meditation.

Outside the Reiki content, we included a moving session each day to get people out of their chairs and doing something different. On Saturday this was Tai Chi, and on Sunday sacred dance. Both were extremely well received, even by those who assured us they had two left feet and no coordination!

A special treat on Saturday afternoon was to create a collage, from old magazine picture and words. The theme was 'My Reiki Journey', and the creations were both diverse and beautiful. This was followed up with a meditation on the collage. We provided art boards, scissors and glue, and everyone brought some old magazines to share. The buzz before and during this activity was like a joyful class of children!

All up we had thirteen participants at this retreat, with nine staying at the venue and others staying at B&Bs close by. It was a good number to work with, and we think the upper limit for such an intimate event is probably about twenty.

Feedback this time was very positive, with some suggestions for sessions at the next one. We had a great time too. Our next retreat is the weekend of 30th/31st August 2008 in Merimbula. Running these retreats has proved very rewarding and I would encourage you to do something similar if this story inspires you.

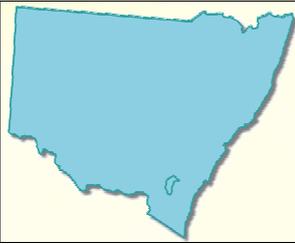
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## BOOK REVIEW : *The ALCHEMIST* Paulo Coelho (Author)

The Alchemist by Paulo Coelho is one of those deceptively simple books. The book is about a young man who is a shepherd and who is seeking a treasure he was told about in a dream. In the process he finds wisdom and knowledge and understanding of the soul of the world. Its a book about following your heart and the wonderful things that happen when you do. Its just a joy to read and is written as a story that could be read aloud for the sound of it. I'll give you an example - early in the story when the boy is reflecting on how lucky it was that he became a shepherd and what that has meant for his life he thinks "I couldn't have found God in the seminary, he thought, as he looked at the sunrise." The poetic language is just lovely.

Paul Coelho is one of the bestselling and widely translated authors in the world and has written on everything from love to magic to suicide to the meaning of life. I had never read any of his books before, but having really enjoyed the flow of this one I'll look forward to the others. Incidentally the author has a website with inspirational questions and an email newsletter and so on. If you're interested in finding out more about this remarkable man and his books and ideas go to: [www.warriorofthelight.com](http://www.warriorofthelight.com)

*Reviewed by Sue McCormack (January 2008)*



## NEWS & VIEWS from NEW SOUTH WALES

with Veronica Doppler in Killarney Vale  
and Erica Bagshaw in Sydney

Contact Veronica on 0408 494 807  
mdoppler@bigpond.net.au  
New South Wales State Representative

Contact Erica on 0414 598 262  
erica@thealignmentgroup.com  
New South Wales State Representative

### GREETINGS

Welcome to 2008 everyone. I hope you all had a truly joyful, safe and blessed start to the New Year and I pray that your blessings will continue throughout 2008 and beyond.

A small request ....

I understand that we all have very busy lives, children to get to school, houses to clean, shopping to do and then there's the day or night job and somewhere in between we might actually get to rest .....!!

Having said that, I would really appreciate it if all our NSW members could seriously consider sharing for publication in the ARCINK either a Reiki story or it could be about a small miracle that you witnessed, even a kind gesture that someone offered to you (just when you needed it the most) with other members no matter how small you may think it is, you just never know sharing your story or news, may be just what another member needs to hear!!

So please email me at mdoppler@bigpond.net.au with your stories or news and I will happily compile them and submit them for the following newsletter.

Also, just a reminder that any NSW members holding a Reiki share day please email me the details at the beginning of each month and I will forward to other NSW members for you. The details I need are - date, location address / suburb, times, cost, contact person and phone number.

Thank you and much joy and blessings to all!

Veronica Doppler  
NSW State Representative



Veronica

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

## Member Advertisement

### 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 is scheduled for **APRIL 2008**, at the  
**Firebird Centre** in Oakleigh Melbourne.

Please telephone Robert & Elizabeth Thuan on **03 9568 1777** for class details.



### BECOMING AN INDEPENDENT REIKI MASTER

Are you aspiring like to become part of a professional, caring, healing, supportive network of Reiki Masters & Masters-in-Training? Ask now about learning to become an **Independent Usui Reiki Master or Registered Karuna Reiki® Master** - at your own pace, with understanding, experienced and compassionate mentors, teachers and friends.

Phone: **Robert & Betty Thuan - Asia Pacific Reiki Institute - 03 9568 1777**

## Working from home - a benefit or a menace? By Anthony Turner

Like many Practitioners and small business owners, I share in the delight of working for myself and being my own boss. Also, like many of these people, I work from home.

However, getting the rhythm right and working with the positives of working from home rather than getting caught in the trap of the menaces of working from home has not been easy.

It took me over a year of interruptions, frustrations and poor results to first find and then get the balance working. I fell into all the traps - you know what they are - sleeping in a little longer when tired or after a big night out, going for a coffee with friends, watching a bit of TV (business programs for research purposes of course), doing the household messages and shopping whilst out and about, running after family because I have a time freedom I never had before, getting distracted by household chores and much more important (I mean interesting) things other than those tedious accounts that stared at me from the in-tray on my desk. I've had to face the fact that it's pretty lonely at times with the only person to discuss an important issue being my dog - and her advice has been useless to both of us.

So is it all a menace? - NO it is not.

After a while I woke up to how I was the problem and that for my home based business to be successful I would have to create a business approach. So I made several changes in my life and work habits.

The first thing I did was to create physical separation between my home and work

environments by converting a spare room that I can shut the door on, into my office. This way I work at work and live at home.

Next I created some boundaries with family and friends. The rules are that family and friends treat me as if I am *away at work* in a regular business environment and only interrupt me if there is an emergency that needs my specific attention. Naturally I have interaction when they are around by coming out of the office for breaks and lunch or for agreed interactive times.

Next I have a separate telephone line and answering service on the business phone. So, before 8.00 am and after 6.00 pm on weekdays plus on weekends, the answering machine looks after clients in the same way as most other businesses do.

Lastly, I recognized that I don't have all the answers and certainly can't do it all on my own. To break the loneliness and to get rid of the bad advice from my dog, I took a leaf out of the book of all successful athletes and business people - I engaged the services of a Mentor, someone with business expertise to bounce ideas off and to get meaningful feedback from. I also attend development programs and business workshops, both to build my contacts of people and to share experiences with.

Not only has this created a handy list of people who, like me are willing to share their experience with individuals sharing the isolation dilemma, it has turned my business around into one that is meaningful and fast reaping success from my efforts.

### Anthony Turner Special offer to ARC Members



Anthony has kindly offered the following special offer to ARC members who are interested in his Heal Your Healing Business Workshops

The offer is based around the DVD program which is \$95 per DVD or \$225 for the set of 3. I have constructed a telephone conference based workshop which is being sold for \$395 which includes the 3 DVD's, the Workbook and 6 telephone sessions. However if any ARC Members enrol before Easter 2008 - they can have the Workshop package for the price of the 3 DVD's (i.e. \$225 instead of \$395 - a saving of \$170)

All you have to do is register on [www.healyourhealingbusiness.com.au](http://www.healyourhealingbusiness.com.au) and put ARC into the price box. Or contact Anthony directly on 1300 856 303

### Have your say!

Have you a story to tell or an opinion to air? Can we have your feedback?  
Is the magazine fulfilling a role? Contact the Editorial team at:

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

**PHONE: 1300 130 975**



## NEWS & VIEWS from QUEENSLAND

with Jan Lay in Runcorn

Contact Jan on 3219 5989  
jan\_love29@hotmail.com  
Queensland  
State Representative

### GREETINGS FROM QUEENSLAND

Hello from a somewhat 'damp' state.

We have had another successful ARC gathering in November on the 3rd. Held again at Carolynn Milne's in Capalaba. It is planned to have the next gathering in Manly. QLD members will be advised of the details.

There is still some time to celebrate ARC's 10th Birthday, by having a gathering of members in Queensland. How do you feel if we are able to organise a newspaper release in your area, having an open day in a community centre where people can experience the benefits of Reiki. Please let me know your feelings and whether you are interested in organising something. I am willing to help in what ever way I can.

I contacted the Redland Bay Hospital and although they would love to have some voluntary help they do not wish to have Reiki coming in on a voluntary level - they see Reiki as a therapeutic modality where they could employ someone and do not wish to jeopardise the opportunity of employing someone in the future.

The Hopewell Hospice, 11 Dunkirk Close ARUNDEL 4214 welcomes Reiki people who would like to volunteer a little of their time. If you would care to donate some of your time to this Hospice then Deirdre Hanna the founder and president may be contacted on 07 5563 2930 or by email on enquiry@hopewell.org.au or to find out more visit: [www.hopewell.org.au](http://www.hopewell.org.au)

I send great love, light and blessings to you all  
Jan

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

### Member Advertisement

**Shi Zen** is a system that uses the Universal life-force energy to channel the healing vibrations available in **nature**. It can be used to enhance **Reiki** treatments or as a healing system on its own.

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.

For more information, please visit: [www.vibrational-alchemy.com](http://www.vibrational-alchemy.com)

Cost of training: \$120 (prerequisite: Reiki I)  
Training by correspondence also available.

Free sample absent healing treatments are available on request. Please contact  
**Peter Chapman 03 9544 1604**, email: [peter@vibrational-alchemy.com](mailto:peter@vibrational-alchemy.com)



### Readers Delight!

Are you interested in writing a Book Review for publication in the ARC INK Magazine?  
The reviews will be on ARC approved material

Contact the Editorial team at: [editor@australianreikiconnection.com.au](mailto:editor@australianreikiconnection.com.au)

# A Warm Welcome To The New Members of ARC

Margaret Allen	Avoca Beach	Level 3	Mary Lam	Greenacre	Master
Linda Baldwin	Wandana Heights	Master	Joanna Leahy	Fitzroy	Level 3
Megan Barlow	Joondanna	Level 2	Maeva Li-Euva	Port Douglas	Master
Rosemary Bateman	Mt. Barker	Master	Raffaella Mastroianni	Dee Why	Level 2
Pauline Brown	Norah Head	Master	Jennifer Mazalevskis	Kardinya	Level 2
Christine Caban	Bulga	Master	Glendor McFawn	Umina Beach	Level 2
Celina Ching	Lindfield	Level 2	Marjorie McKercher	Mt Claremont	Master
Avril Cook	Suffolk UK	Level 2	Ornella Michelini	Karana Downs	Level 2
Donna Cook	Leumeah	Master	Natalie Oakley	Yarraville	Level 2
Yolanda Darbyshire	Russell Vale	Master	Ann O'Hara	Pakenham	Master/Teacher
Kathryn Dopierala	Panania	Level 2	Kendra Ottrey	Bendigo	Level 1
Andrea Dryden	Yaroomba	Master	Angela Palmer	Lysterfield	Level 3
Mona El-Husseini	Brighton Le Sands	Level 2	Faye Ranson	Docklands	Level 2
Steve Farago	Warragul	Level 2	Ravneel Singh	Williamstown	Level 2
Linda Finch	Hawthorn East	Master	Monique Schmidt	Gosford	Level 2
Andy Gild	Caulfield	Level 2	David Smith	Mt Isa	Master
Sue Gregory	Hampton	Level 2	Diana Thomas	Joondalup	Master
Rebecca Jones	Hawthorn	Level 1	Howard Tomlinson	Sheidow Park	Master
Emily Karlevics	Rozelle	Level 2	Larry Varley	Boronia	Level 3
Sara King	Donvale	Level 2	Robyn Warwick	Narrabri	Level 2
Alex Klimczak	Padstow	Master	Kathleen Wong	Hong Kong	Level 2

## 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

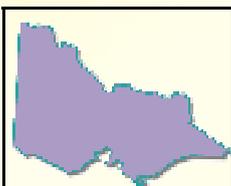
Name	Period	Phone	Email
John Coleman	February 2008 & March 2008	(03) 9016 3951	jcolemanj@gmail.com
Veronica Doppler	April 2008 & May 2008	(02) 4334 4657 [Work] 0408 494 807 [Mobile]	mdoppler@bigpond.net.au
Gail Ridsdale	June 2008 & July 2008	(03) 5941 5401 [Work]	
Christine Sinclair	August 2008 & September 2008	0411 604 753 [Mobile]	motherearth@irimus.com.au

## ARC Inc. Committee of Management - Update

At the AGM on 13th October 2007 the ARC Inc. 2007/2008 Committee of Management was elected as follows: John Coleman - President. Bronwen Stiene - Vice-president. Tony Carroll - Treasurer. *Vacancy* - Secretary. Ingrid D'Andrea and Sanjay Ranchhod - Ordinary Members of CoM.

The Committee convened on the 14th November 2007 for the first meeting and convened again on the 16th January for the second meeting of the new committee year.

If you have anything that you wish to be considered by the CoM you can either do so through your State Representative or directly to any committee member. Items for consideration at the next meeting, would need to be submitted two weeks before the scheduled date. The next scheduled meeting of the Committee of Management is 12th March. *Tony Carroll - Acting Secretary ARC Inc.*



## NEWS & VIEWS from VICTORIA

*with Helen O'Connor, Elizabeth Secker,  
Helen Archer and Hilary McPhee in Melbourne*

Contact Hilary on  
0438561124  
ozangel@inet.net.au  
Victoria State Representative

Contact Shirleyrose on  
(03) 5367 1680  
Bacchus Marsh - Regional  
Victoria State Representative

**Victorian ARC Gathering**  
**APRIL 12th 2008 (2nd Saturday of the 2nd month)**  
**Waverley Community Learning Centre**  
**5 Fleet Street Mt Waverley. Mel. Ref: 61 G12**  
**10 - 2 pm Please bring a healthy lunch to share**

### PROFILE OF HILARY MCPHEE

Greetings everyone and thank you for the warm welcome. Let me tell you a little of myself. I was born in Warragul so am Victorian born and bred. At university I studied Microbiology and Genetics, undertook human genetic research in France and trained in assisting anaesthetic and surgical procedures in England. Before returning to Australia in 1997, I had the privilege to visit many different countries, but Australia will always be home. I have been drawn to healing all my life but it wasn't until I attended one of Doreen Virtue's angel courses in 2004 that I knew that it was the direction I had to take.

I was intrigued by the idea of Reiki as many of the people attending the course were Reiki Masters and I did level I two months later. I completed Reiki Master Teacher level in 2006 (thank you Lida!) and again in 2007, studying Japanese traditional Reiki (thank you Frans!) I am now establishing a Reiki practice, working and teaching from home under the auspices of the NEIS programme. If you need any tips, I am happy to help.

How did I become the Victorian State Rep? It all began at the CARO convention last year. I was inspired by the profusion of wonderful people and how they integrated Reiki into their lives in many different ways and by the quality and enthusiasm of the speakers, especially by Frans Stiene whose talk resonated so much with me and what my own Reiki Master had taught me. Also by the most "energetic" Reiki treatment I have ever had, from the wonderful Shanny Gordon, as it helped set me on my current path, the path of Reiki.

I joined ARC officially shortly after and the rest they say, is history. Actually it's really John Coleman's fault for being such a great President and instilling such enthusiasm and passion for everything to do with ARC. I blame Tony as well, just because, he made me and everyone who joins ARC so welcome. Thanks guys!

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### MELBOURNE WESTERN REGION

Along with the ARC gatherings at Mt Waverly, we now have the Western Region Gatherings, usually held two weeks later in airport West, for those unable to make the Mt Waverly venue.

The first Melbourne Western Region Gathering was held on December 16th as part of ARC's 10th Birthday celebrations and it was wonderful to meet Doreen Van Boxtel, Paul Harris and Rosemary Fedole. We had a great time with good food, stimulating conversation and we shared Reiki too! The next gathering is on Sunday February 24th at 40 Hart Street Airport West. Gathering starts at 1pm and hope to see some of you there. Contact me for further details and to RSVP.

Reiki blessings,  
Hilary McPhee

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### REGIONAL VICTORIA BALLARAT.

March 15th 1.00-4.00 pm. at Cafe Phoenix 626 Sturt Street. Come straight through the city and after passing the block with the cathedral either side of the road [St. Pats on the left and St. Paul's on the right] its the next block on the right. ALL Reiki practitioners are welcome contact Shirleyrose Rowe - Phone (03) 5367 1680 or Fred Jeffrey - Phone (03) 5342 0446 for further information.



John is the kind of guy you love to hate. Always in a good mood and always with something positive to say. When asked how he was doing, he would reply, "If I were any better, I would be twins!"

He is a natural motivator. If an employee was having a bad day, John was there telling the employee how to look on the positive side of the situation. Seeing this style really made me curious, so one day I went up and asked him, "I don't get it! He replied, "Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or .... you can choose to be in a bad mood. I choose to be in a good mood." Each time something bad happens, I can choose to be a victim or ... to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or... point out the positive side of life. I choose the positive side of life.

"Yeah, right, it's not that easy," I protested. "Yes, it is," he said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. The bottom line: It's your choice how you live your life."

I reflected on what he said. Soon thereafter, I left the Tower Industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it. Several years later, I heard that he was involved in a serious accident, falling some 60 feet from a communications tower.

I saw him about six months after the accident. When I asked how he was, he replied, "If I were any better, I'd be twins...Want to see my scars?" I declined to see his wounds, but I did ask him what had gone through his mind as the accident took place. "The first thing that went through my mind was my soon-to-be born daughter," he replied. "As I lay there I remembered I had two choices; I could choose to live or choose to die. I chose to live." Weren't you scared? Did you lose consciousness?"

He continued, "...the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read 'he's a dead man'. I knew I needed to take action."

"What did you do?" I asked." Well, there was a big burly nurse shouting questions at me," said John. "She asked if I was allergic to anything. 'Yes, I replied.' The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Gravity.'" Over their laughter, I told them,

Sharing Reiki with each other is one of life's great pleasures and we are so blessed with the ability to do it. Yet I meet so many people who have been to a Reiki training and not had the opportunity to practise or share with others. Sometimes they feel too inexperienced or shy to ask people if they can try some Reiki with them. Other times they have travelled interstate or overseas and have lost their network. I have met some people who feel that they need to re-train because it is so long since they learned and not had any experience. We assure them that they don't need to retrain of course. Reiki will flow as soon as they begin to put hands on again. Can you imagine life without having the pleasure of your Reiki flowing every day?

This is why regular group Reiki shares are vital for our community to flourish. A regular place for beginners and experienced Reiki channels to come and share stories, experiences, questions and Reiki. It is a powerful affirmation of the energy and it is a simple thing to do. A Reiki share group is simple to run and at first it tends to start small but with consistency and commitment it will grow. If your Reiki teacher isn't running one, perhaps offer to support them in starting one, or start your own.

When I first started I used to attract between 3 and 5 people to the group regularly. Now after 5 years of consistently holding them we have between 10 and 20 people attend. It is a lovely time of affirmation of the 5 precepts and healing each other.

A typical format is to gather and introduce ourselves, our training, and share an experience or question. We sometimes choose a precept to discuss and relate to our daily lives. Then we gather around massage tables and determine a time frame for each person to receive Reiki by the group. Each recipient giving feedback after their Reiki so the channels can grow and improve. Last Sunday we had 20 people at our share in North Sydney and the energy and love in the room was extraordinary. Everyone floated home in a state of bliss.

If you would like to run a Reiki Share group but aren't sure how, ARC has an easy guide for you, or you can email me for a copy. Erica Bagshaw, Reiki Master Teacher ([erica@thealignmentgroup.com](mailto:erica@thealignmentgroup.com)) Co NSW ARC Representative

"I am choosing to live. Operate on me as if I am alive, not dead. "He lived, thanks to the skill of his doctors, but also because of his amazing attitude ..

After all 'today' is the 'tomorrow' you worried about 'yesterday'



## NEWS & VIEWS from TASMANIA

with Joy Nicholson in Lindisfarne

Contact Joy on 0415 416 168  
joynicholson@aapt.net.au  
Tasmania State  
Representative

### GREETINGS FROM TASMANIA

We, down south, wish everyone a year filled with peace, love, and growth.

December was a busy month, as I am sure it was for all of us. All the hype that goes with the built up to Christmas, - buying gifts, wrapping them, writing and posting cards, decorating our homes, organising the festive meal and then the day comes when hopefully we can relax and enjoy the company of loved ones.

January is often a time to catch our breath - do those things we haven't had time to do before Christmas and most importantly take stock of the year passed and plan for the year ahead.

Our monthly Reiki Share have been a little oasis during this time - allowing us to recharge our batteries, feel the love and share wonderful company. Thank goodness for Reiki.

Monthly Reiki workshops start again in February. I look forward to meeting new people, seeing old friends and to sharing this beautiful modality.

Love, light and laughter to all  
Joy

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### STATE REPRESENTATIVE ANNUAL REVIEW & FORECAST

In the 2006/2007 year two events were held during Reiki Awareness Week - one in a local Aged Care facility and the other open to the public. Reiki Shares were held once a month

The main constraint through out the year would be the lack of ARC members in the state.

For the 2007/2008 year I would like to see an ARC sponsored national Conference, the raising of the ARC profile and ARC continuing its work towards having Reiki recognised as an acceptable modality within Aged Care and other health facilities.

On a state level for 2007/2008 I would like to see an ARC membership drive and a growth in Reiki Share Groups. Possibly the commencement of regional gatherings with guest speakers.

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

## Member Advertisement



### NATIONAL REIKI RETREAT 2008 14th-19th June

Join Reiki practitioners from all over Australia in one of the country's most magical spots ... the tropical rainforest eco-sanctuary Retreat of Mission beach, North Queensland.

Organised by the International House of Reiki

Stay on for the Shinpiden Level III Master/Teacher course 19th-22nd June!

Request a brochure now: 1800 000 992 or [www.reiki.net.au](http://www.reiki.net.au)



## 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)

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

The Linen Co. Australia *Salt lamps*  
Wholesale prices on the entire product range\*  
Phone: (03) 9899 9800  
[www.linenco.com.au](http://www.linenco.com.au)

*The Reiki Sourcebook by Bronwen & Frans Stiene*  
10 % off from the International House of Reiki\*  
Phone: 1800 000 992 (free call)  
[www.reiki.net.au](http://www.reiki.net.au)

**\*REMEMBER TO CHECK POSTAGE DETAILS WHEN ORDERING\***

## MEMBER ADVERTISEMENT

### Seeking Reiki Volunteers for Palliative Care

We are looking for experienced Reiki Level 2 and Master Level practitioners to volunteer their services at a not-for-profit palliative care facility based in an inner south-eastern Melbourne location

As the requirement for this service is expanding we are in need of volunteers who are trained and experienced as Reiki practitioners

Reiki volunteers need to multi-task, for example, giving hand / foot massage, assisting with meals, letter writing, and providing social contact to clients. Comprehensive training and ongoing support are provided to assist you in these activities

Time requirement is 3-4 hours a week, with a commitment for 2 years

Email: [ming-rosenberg@netspace.net.au](mailto:ming-rosenberg@netspace.net.au) (please provide a contact number) for further information

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The editorial panel reserves the right to decline any advertising that does not reflect the philosophy of ARC. The publishing of member advertisements in the ARC INK Magazine does not indicate endorsement by Australian Reiki Connection Inc. of the products / services offered

## MEMBER ADVERTISEMENT

### Reiki Volunteer Network

ARC member (VIC) Perri Hillier, has recently been contacted by a staff member of a Kensington Community health service, who is looking for practitioners to offer Reiki treatments to disadvantaged people for either a no/low cost (eg. gold coin/small note donation)

As a follow on to this request, Perri has decided to create a network of Reiki Practitioners in Melbourne, with a view to providing a list of willing Practitioners to various community centres in Melbourne

Are you willing to put your name forward for this service? Then simply contact Perri with the following information:

Full Name, Address, Contact Numbers, Geographical Area you are prepared to work in (example: St. Kilda)  
Do you have Insurance, Do you work from a center/space and can offer that space. If you've a car and a table and are happy to travel, Email: [irrep@hotmail.com](mailto:irrep@hotmail.com)

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## MEMBER ADVERTISEMENTS IN THE ARC INK MAGAZINE

There are currently advertising spaces available in the ARC INK magazine where ARC members may advertise.

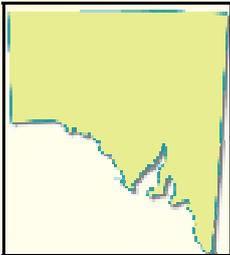
An advertising space consists of a TEXT box measuring 150 mm x 85 mm approximately and an IMAGE box measuring 25 mm x 35 mm approximately, both with a black surround.

The font type is 'Trebuchet MS' and the font size is '10' - 'lowercase / bold / italics' - Font colours can be applied for the online colour edition. The total number of words per advertisement is currently restricted to 200 maximum.

There is no charge made for including a .jpg or .gif format image. The cost of the text box advertising space is currently \$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 10<sup>th</sup> day of the month prior to publication.

The editorial panel reserves the right to decline any advertising that does not reflect the philosophy of ARC. The publishing of member advertisements in the ARC INK Magazine does not indicate endorsement by Australian Reiki Connection Inc. of the products / services offered.



## NEWS & VIEWS from South Australia

with Christine Sinclair in Adelaide

Contact Christine on 0411 604 753  
motherearth@iprimus.com.au  
South Australia  
State Representative

### PROFILE OF CHRISTINE SINCLAIR - SUN SIGN IN VIRGO

Christine has 30+ years experience & wisdom in the New Aged World to share. The mother of two beautiful indigo daughters and wife to her best friend. In addition to being the SA state representative Christine is also a Reiki Master, Teacher, Practitioner and Author.

Christine is the founder of Mother Earth's Healing Centre in Adelaide (2003) and in Mount Gambier (2005) and has supported both John Edwards & Doreen Virtue when they were in Adelaide.

*"I believe that everyone is intuitive and channels energy and in their own unique way. I also believe that I am here to support, guide and help to bring out and develop the ancient gifts/energies that are within each and every one of us today"*



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### STATE REPRESENTATIVE ANNUAL REVIEW & FORECAST

I thank you all for your support during 2007 and I am looking forward to connecting with you all again in 2008. An exciting year is planned. One of the main events this year will be 'Women In Reiki' and another will be 'Reiki Awareness Week'

I would also hope to organise a gathering for the weekend of the 15-17th May and I am looking for ideas and venue .... What does SA suggest?

I am also looking for Area/Regional Reps, are you interested?

Email: [motherearth@iprimus.com.au](mailto:motherearth@iprimus.com.au) or by post to: PO Box 69 Findon 5023.

Thank you all, Christine

## Member Advertisement

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

### 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 a copy of your master certificate and a declaration that you have received a hands on attunement/(s) by your lineage master, **with your order**

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

**The Firebird Connection Pty Ltd**

Telephone: 03 9568 1777 Facsimile: 03 9568 1733

email: [firebird@corplink.com.au](mailto:firebird@corplink.com.au)

**PO Box 123 Oakleigh VIC 3166**



# 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: vickie@confidentbirth.com.au	Vickie Hingston-Jones Phone: 0422 008 759	VIC - Bacchus Marsh	Shirleyrose Rowe Phone: 03 5367 1680
NSW - Bundanoon Email: mival@waterfront.net.au	Valerie Bartley Phone: 02 4883 7557	VIC - Box Hill South Email: michelle_mayur@yahoo.com.au	Michelle Mayur Phone: 03 9888 0138
NSW - Cranebrook Email: squazzi30@hotmail.com	Amanda Squassoni Phone: 02 4729 3563	VIC - Carrum / Chelsea Email: deidre_rae56@hotmail.com	Deidre James Phone: 0407 558 183
NSW - Engadine Email: sue88@aapt.net.au	Sue Khallouf Phone: 02 9520 0464	VIC - Caulfield Email: sharontal@iprimus.com.au	Sharon Tal Phone: 0402 117 701
NSW - Engadine	Melanie Hofsteters Phone: 02 9527 0995	VIC - Clayton Email: lia_mills@bigpond.com	Lia Mills Phone: 03 9543 4980
NSW - Heathcote Email: pama8@bigpond.net.au	Pamela Allen Phone: 02 9520 2501	VIC - Creswick Email: tjt@cbl.com.au	Hendrika Thomas Phone: 03 5345 2358
NSW - Hornsby Email: jord55@optusnet.com.au	Jannine Ord Phone: 02 9940 3481	VIC - Croydon	Lorraine Mitchell Phone: 03 9723 1133
NSW - Killarney Vale Email: mdoppler@bigpond.net.au	Veronica Doppler Phone: 0408 494 807	VIC - Delacombe Email: wendyratray@hotmail.com	Wendy Rattray Phone: 03 5336 2349
NSW - Narrabeen Email: pauline.segundo@hotmail.com	Pauline Segundo Phone: 0433 121 190	VIC - Eaglehawk Email: isleofavalon@aapt.net.au	Janet Sporton Phone: 03 5446 1996
NSW - Newtown E: southerncrossreiki@optus.com.au	Laurence Burgess Phone: 02 9550 5385	VIC - Eltham Vic Email: reiki_inge@yahoo.com.au	Inge Schmidt Phone: 03 9434 4228
NSW - North Sydney Email: erica@thealignmentgroup.com	Erica Bagshaw Phone: 02 9923 1852	VIC - Emerald/Upper Beaconsfield	Simon Lee Phone: 0432 567 904
NSW - Saratoga Email: pam.northcote@gmail.com	Pamela Northcote Phone: 0419 432 344	VIC - Frankston Email: dhovenga@westnet.com.au	Nicole Hovenga Phone: 03 9781 0109
NSW - Shellharbour Email: JennysHS@bigpond.net.au	Jennifer Blake Phone: 02 4295 1184	VIC - Maidstone	Bernadette Polleggioni Phone: 03 9318 2408
NSW - South Curl Curl Email: sarah@merlinsoracle.net	Sarah Christie Phone: 02 9939 3778	VIC - Mickleham Email: sunzmoonz@hotmail.com	Doreen van Boxtel Phone: 03 9745 2376
NSW - Wadalba Email: atlantis@reiki-seichem.com	Leonie Entwistle Phone: 02 4353 3441	VIC - Oakleigh Email: firebird@corplink.com.au	Robert Thuan Phone: 03 9568 1777
QLD - Arana Hills Email: cathzoo30@yahoo.com.au	Catherine Aitken Phone: 0416 257 770	VIC - Pascoe Vale South	Veronica Ulicni Phone: 03 9386 3853
QLD - Broadbeach Waters Email: alidagp@bigpond.com	Lida Parker Phone: 0403 861 638	VIC - Preston Email: reikicottage@optusnet.com.au	Helen O'Connor Phone: 03 9484 7276
QLD - Hervey Bay	Carolyn Packer Phone: 0421 658 385	VIC - St Kilda Email: annieforliving@yahoo.com.au	Annie Slaughter Phone: 0414 742 728
TAS - Lindisfarne Email: joynicholson@aapt.net.au	Joy Nicholson Phone: 0415 416 168	WA - Mullaloo vickimarshall@kahunabodyworks.com	Vicki Marshall Phone: 08 9307 8878
		WA - Woodvale Email: miriamatimms@hotmail.com	Miriama Timms Phone: 0432 281 836



Vicki Marshall, Brian Kapea, Peter Van Rooijen, Diana Thomas, John Lavers (top),  
Ema Madureira, Ctive Adams, Keran Price, John McQuade.

WA  
Celebrates  
ARC's 10th  
Birthday



John McQuade and Vicki Marshall



## NEWS & VIEWS from the NORTHERN TERRITORY

with Jan Hordern in Darwin

Contact Jan on 0419 356 862  
janhordernindarwin@westnet.com.au  
Northern Territory  
State Representative

### GREETINGS FROM DARWIN

Hello from all of us up here. Normally I say up here in the sunshine, but we have had our share of the monsoon season and have had mostly cloud cover for lots of the time since the end of December. We almost had a cyclone in early January - fortunately it did not hit Darwin itself. Mind you we all had to pack up and prepare for it just in case. It always takes longer to unpack and you cant always remember where you put things! But the sun is shining again for most of the days, and it only seems to rain in the afternoons.

Lots of people go away for the holiday time and life only returns to normal once school goes back. Our Reiki group will start again on the first Wednesday in February and we go through to early December. I came back from my Southern holiday to lots of Reiki classes and Clients and so feel my year is well under way.

This Chinese New Year is the year of the Rat. Being the first year of the Chinese Zodiac, it is good for new beginnings. So all of you with new relationships, new jobs, new projects or with a new way of looking at life will have a wonderful year!

I am always trying to promote Reiki and talk to lots of people about maybe giving it a go. I am happy to report that more Clients are booking in for just Reiki. I believe that all of my students are doing a Community Service when they do a Reiki workshop, as they go back to their friends and families quite changed. They have different Energy about them and live their lives in a more positive way.

Sending you Love, Light, Laughter and Sunshine, Jan Hordern.

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### BOOK REVIEW : *An ANGEL At My SHOULDER* *Glennyce S. Eckersley (Author)*

Often the hardest part of putting together a collection of stories - true, short or otherwise is creating a flow to the book, *An Angel At My Shoulder* was a little "clunky" in this department.

As the title suggests *An Angel At My Shoulder*, is a collection of stories from interviews with various people who have encountered Angels/or feel they have encountered Angels in their lives. The experiences vary "Children...describe bright lights, shining eyes, and the colour of their gowns. Adults describe feelings of love and peace in addition...although children may experience these...they find them difficult to articulate." (Pg. 120.)

The book covers many different areas surrounding Angel sightings/experiences, and perhaps this is why it flails a little. The intellectual and anecdotal weren't pieced together as well as I had hoped. The most fluid and enjoyable part of the book was when Eckersley discussed Angels. This really engaged me, where as the True Stories were more "hit and miss".

I found the content interesting, and occasionally inspiring. Eckersley certainly immersed herself in all things Angelic to produce this collection. However the overall style of writing lacked the flow and weaving that I feel is required for a collection of anecdotes.

*Reviewed by Perri Hillier (January 2008)*

Books reviewed in this edition of the ARC INK Magazine have been supplied gratis by  
**The Mind, Body & Spirit Internet Store of Books, Music & Movies**  
(02) 9440 7828 - [www.holisticpage.com.au](http://www.holisticpage.com.au)

We, who learned our Reiki in Australia, from American Masters in the 1980's, were taught among other things that Dr. Usui was a Christian, and that he studied at Chicago University. When Western Reiki people went to Japan, in the early 1990's, and discovered that Reiki was still alive and well, and Usui's Buddhist roots were recovered, questions arose about what we had been taught. When investigations could not confirm Usui's attendance at Chicago University, more questions were raised, which led some to discredit Mrs. Takata.

I understand that Mrs. Takata was made a Master in 1938, by Dr. Hayashi, and given the responsibility of introducing Reiki to the west. Did Mrs. Takata change history and tell untruths? I would suggest she did, and this of course is something which is almost as old as history itself. Let me give you just one example of this.

At the time when Rome's influence extended from the Italian peninsula to the east and Carthage had established areas of influence throughout the western Mediterranean, Hannibal had the audacity to take a Carthaginian army with some elephants over the Alps, and proceeded to humiliate the Roman soldiers throughout the Italian peninsula, and eventually escaped back to Carthage. Rome never forgot or forgave Carthage. Rather than acknowledge the strengths of the Carthaginian society, Rome proceeded to blacken the reputation of Carthage, including the shocking lie of *child*

*sacrifices* having been part of their culture. Winners in wars have always re-written history.

I cannot be sure, but my instinct tells me that Mrs. Takata, having been given the responsibility for spreading the word about Reiki, and beginning in America, realised that Americans would be suspicious about anything Japanese, particularly during and immediately after World War 2, and because America was a Christian country they would be doubtful about something with a Buddhist tradition. My instinct suggests that Mrs. Takata tinkered with history so that Reiki would be acceptable to Christian Americans, and this has resulted in a world wide Reiki community. If she had not so tinkered, would there be a world wide Reiki community today? I think not.

I would like to thank Mrs. Takata for all the work for Reiki which she did during her life.

The recovery of the knowledge of the Japanese Reiki tradition has led to a re-examination of Mrs. Takata's contribution to Reiki, with the dismissal of some of her teachings and practices, but her work should not be forgotten or ignored.



Bruce is a Usui Reiki Master and is Treasurer of the Australasian Usui Reiki Association - AURA

## PROFILE ON COMMITTEE MEMBER INGRID D'ANDREA

My involvement with ARC throughout the coming year will be predominantly with research. We are very interested this year in collating information about the integration of Reiki into Australian organizations and institutions in the medical/health industry, which are using Reiki openly.

In the upcoming months, we are reaching out to ARC state representatives and members to assist in this process, and we would greatly appreciate your cooperation. The information will be collected in the form of a questionnaire or survey.

We are currently in the process of developing another form that will provide us with feedback from the staff, patients and practitioners involved.

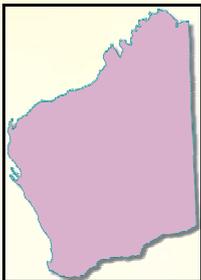
We are very excited about the prospects of collecting all this information for we envisage lifting the profile of Reiki as a professional service, one that is credible and has integrity.

As a brief overview of who I am, I actually began

my journey with Reiki about 6 years ago. I am a teacher of traditional Japanese Reiki and I have my own business - the Australian Academy of Reiki. I am currently completing a Certificate IV as an Advanced Practitioner in Life Coaching and Business. I have recently relocated from Perth, Western Australia to Melbourne, Victoria. I am very happy to be here and I feel truly grateful for the amazing gift of this experience.

I am very passionate about the integration of Reiki into the medical/health industry and have been working in this area for the last four years. Our vision at ARC is to assist as many members as possible, who wish to implement Reiki into conventional medical settings in a professional manner.

I look forward to an incredible year working alongside an extraordinary committee, and all ARC members. Best wishes to you all for a wonderful and magical 2008. Ingrid



## NEWS & VIEWS from Western Australia

*with Vickie Marshall in Mullaloo*

Contact Vickie on 0438 700 122  
vickimarshall@kahunabodyworks.com  
Western Australia  
State Representative

*The Committee of Management together with the WA membership would like to thank John McQuade, who retired from the position of state representative. We offer John our best wishes for the future. Together we welcome Vickie Marshall the new WA Representative.*

\*\*\* \*\*

### ARC INC. 10TH ANNIVERSARY CELEBRATION

A gathering took place on Sunday 9th December at Granny Spiers Community House in Heathridge to celebrate the 10th Birthday of ARC Inc.

New Members Diana Thomas, Keran Price, Jennifer Mazalevskis and Marjorie McKercher, were welcomed and congratulated on their membership of ARC.

A list of centres available for Reiki practitioners to volunteer at has commenced. John McQuade is emailing to Vicki the contact numbers. Vicki will forward this list on to members. A list of Benefits and Code of Ethics to show at these centres is currently being put in place.

Articles for the ARCINK Magazine were requested. These need not be restricted to Reiki and can be on other modalities, for example, Crystals, Massage, Personal stories/experiences and healings, etc.

Speakers for ARC gatherings are being sought, if you are aware of anyone who may be interested or if you would like to give a talk about your business then please contact Vickie. Maureen McKenzie has been kind enough to provide a Symphonic Gong Session at the next gathering.

### Regional ARC Gathering

Regional meetings were discussed for the Northern Region of WA and for the Southern Region. Vicki will liaise and organise with ARC members in those areas.

### News from WA

A list of Reiki Share Groups in WA is currently being prepared and will be forwarded to members. The list will then be published in the ARC Newsletter. Please forward Reiki Share Clinics (open for all lineages) in your area.

### Next Gathering Date

Next WA Gathering will be on Sunday 2<sup>nd</sup> March 2008 from 1pm at Granny Spiers Community House, 2 Albatross Court, Heathridge.

WA members and friends are urged to support the forthcoming SolarisCare Red Sky Ride which begins on Sunday 2nd March, 2008. Any help you can offer will be appreciated. All money raised will support the Red Sky Ride but if you wish you may link your donation to a team member to help riders meet their commitment to each raise \$10,000. All donations over \$2 are tax deductible and directly help the SolarisCare Foundation. For more information on how to help/donate contact Margaret Wilson on (08) 9346 7631 or look up the Red Sky Ride website: [www.redskyride.com.au](http://www.redskyride.com.au)

**The Red Sky Ride** is a way for ordinary people to achieve something extraordinary - a ride that exists to make a difference to those diagnosed with cancer or caring for someone with cancer. Twenty dedicated cyclists will test their physical and mental endurance over 750 kilometres in eight days to raise funds for the SolarisCare Foundation - Cancer Support Centres.

Accompanied by a large support team, and multitudes of sponsors will all contribute to achieving the extraordinary - they will broaden the access to support services that achieve a reduction in pain, and a big improvement in sense of wellbeing, whilst undergoing treatment for cancer, be it chemotherapy, radiotherapy or surgery. They will promote awareness of a service that provides support and touch therapies, including Reiki to the carers of people with cancer, the very people that shoulder the huge range of concerns whilst trying to provide a positive and supportive environment for those they care so much about.

Q. What is Reiki (spiritual energy) worth?

A. It is priceless

Q. What is a Reiki Teacher or Practitioner worth?

A. That's another question entirely...

The base concept of the system of Reiki was developed in the early 1900's, by a man called Usui Mikao. It is believed that he simply taught others what he practiced for himself. Originally a spiritual practice, it has become better known as a hands-on healing practice through the teachings of Hayashi Chujiro.

We have little factual knowledge of Usui Sensei's life and are therefore unsure how he earned a living or what his business skills were-though it is stated on his memorial stone that he tried his hand at a number of jobs, not always successfully.

*"Despite his will to succeed in life, he was stalemated and fell into great difficulties"*

Thereafter, moving deeper into a spiritually aware arena of his life, he began teaching others.

*"Later on, as the 'dojo' became too small, in February of the 14<sup>th</sup> year (1925 A.D.) the new suburban house was built at Nakano according to divination. Due to his respected and far-reaching reputation many people from local districts wished to invite him"*

Usui Sensei died one year later in 1926. It is thought that he lived on donations from his students and supporters throughout these last few years. Traditionally, the local community would have supported such an individual as a respected spiritual teacher or shaman.

In our world today, however, that critical role of gifting financial support generally occurs within structured religions alone - with the system of Reiki falling outside these boundaries.

So how do Reiki practitioners/teachers, with the professional standards that are required from Reiki treatments and courses, make a living and how do they set up professional systems that provide quality ongoing support for their students without financial backers?

**Reiki Treatments** today are provided in a more clinical manner than ever as they become integrated within the modern medical world. The practitioner is generally required to be a member of an organisation and pay fees accordingly, renew yearly insurances, have a current first aid certificate, pay for a suitable venue, have Reiki tables, music, and advertise to let people know that he or she is practicing. Many practitioners are also required to keep up with personal and professional development, which includes paying for further education.

**Reiki Courses** have altered greatly since their origins in the early 1900's. A teacher is required to offer students a high level of Reiki education acquired through the teacher's personal and practical experience. To ensure this he should continue along the road of self-education. Education also comes in the guise of providing comprehensive material for students such as up to date Reiki information and student manuals. Student support is the other important element that belongs to a professional Reiki course - being able to find the time to offer a multitude of support systems perhaps through forums and the availability of a teacher, student clinics and practise groups. Support to us is something that is a requirement. Students must be able to access education, inspiration and motivation from their teachers as well as a listening ear.

There is a small section of the Reiki community that believes that Reiki treatments and courses should be free - our question would be .. how can you offer all that we have listed for nothing? You cannot. To be able to achieve all of this without payment would be ludicrous unless one is financially independent.

Naturally there are different levels of quality in the Reiki community and these will charge varying rates. Some may practice from home, some may offer brief classes, some may offer no support, some may offer no manuals, some may offer no personal experience of Reiki at all. In these cases the price of the course gets lower and lower, as does the quality.

To ensure quality professional Reiki treatments and courses one must not become overwhelmed by the ever-growing list of requirements needed to practice today. To combat this and to ensure stability it is integral that practitioners and teachers understand the laws of tax, accounting and good business practices. This requires yet another layer of personal education for the professional practitioner and teacher.

There is one point we have not yet mentioned in relation to what a practitioner or teacher must also provide. "What there's more?" you ask. "It must be something way over the top and unnecessary - you seem to have covered all the bases!"

Well actually, we haven't. There's also the point that Reiki practitioners and teachers need to earn a living - otherwise the ramifications for the client and student can be serious.

To earn a living means financially supporting a man woman and child (in our situation where both parents work as Reiki practitioners and teachers). Earning a living entails enabling the family to be able to clothe themselves, feed themselves, buy a car or pay for public transport, rent or buy a house, educate their child and themselves, have some spare cash for extra living expenses and even enjoy a holiday once in a while - everything you would expect a regular member of society who works hard to be able to achieve. These are the basic standards of living in modern society today.

After reading through these basic standards do you believe that professional Reiki practitioners and teachers should be worthy of being treated as equals to the rest of the workforce? We believe so - and everything listed above must come from the money earned from the Reiki treatments and courses if they are to retain their professionalism.

Without all these professional requirements something will have to be sacrificed and the client or student may end up seriously disappointed. Initially, by the quality of the class and later, by the fact that their practitioner, or teacher has disappeared as the business was no longer viable. So much for ongoing support.

In the whole of Australia we can count on one hand the number of full-time Reiki centres teaching the system of Reiki. And that is no exaggeration. Most of these schools also have some by-line where they earn income from, something vaguely related to their treatments and courses (eg products) because otherwise it would just not be viable.

Apart from these few centres there are naturally a number of other Reiki centres, which are run on a part-time basis being supported by a fulltime job in another field or an income-earning partner.

Interestingly, the current situation for Reiki practitioner and teachers in Australia appears to be relative to that in most other countries.

Ultimately, Reiki practitioners and teachers should be afforded the same level of respect that other workers in the community expect and receive. This can only reflect on the system of Reiki as a whole, engendering respect and a more secure livelihood for the teachings and its practitioners and teachers

Perhaps the only difference with other workers in the community is that - in contrast to many today- we love our jobs and that should never be a crime.

*Translated quotes of the Usui Memorial Stone are by Hyakuten Inamoto*

### **ARC Reiki Awareness WEEK 2008**

**Reiki Awareness Week 2008 - MAY 19th to MAY 25th**

This year's event will run from Monday 19th May to Sunday 25th May inclusive

It is envisioned that an emphasis be placed on the benefits of Reiki to all members of the community but especially to those living with life limiting illness such as Cancer. There is a growing need and request for Reiki practitioners to volunteer their services in Palliative Care facilities. With this in mind Reiki Awareness Week 2008 is being organised to run the week before National Palliative Care Week and culminating on the opening day of that event. It is hoped that event organisers will endeavour to raise funds for research into the benefits of REIKI in palliative care. ARC CoM member Ingrid D'Andrea has taken on the role to work with others in this Reiki specific field. What better way to promote the system of Reiki, yourself and your business, than providing free short Reiki treatments to the public nationwide. Reiki practitioners do not have to be members of ARC Inc. to participate, so ask your friends to join in. If you and/or your friends would like to organise an event and I urge you to consider doing so please contact **John Coleman** or **Sanjay Ranchhod** or Phone **1300 130 975**

**NEWS**

ARC is consistently and actively working at raising the professionalism and integration of Reiki into the Health System. There is a lot happening in Australia and elsewhere that has relevance to Reiki Practitioners and it is important that committee and members keep up to date. The following items are of current interest and should be noted.

**News from Australia****Queensland**

The Health Quality and Complaints Commission (HQCC) is an independent body established in July 2006 in response to recommendation contained in the Queensland Health Systems Review. Its functions are to:

- oversee and review improvement in the quality of health services
- independently review and manage health complaints.”

*(source The Health Quality and Complaints Commission Jan 7th)*

The draft Code is available at: [www.hqcc.qld.gov.au](http://www.hqcc.qld.gov.au) or by phoning (07) 3120 5999.

Currently practitioners and healthcare providers in Queensland (**only**) are invited to respond.

While ARC is in agreement in principle, there are concerns and reservations about some of the processes proposed for the complaint mechanism. ARC believes that Professional Organisations representing Reiki Practitioners must be involved in the process rather than complainants going directly to the HQCC first. These concerns will be made known to the HQCC. Failure to include ARC and other professional Reiki organisations could lead to a situation where Government regulators may, in the future, be able to strike off Reiki Practitioners who they see as errant or incompetent. Yet those regulators may not know the first thing about the System of Reiki.

This is not imagination at work here. You have only to look at what is going on in the UK to see what is happening, where the Federal Working Group are trying to implement (force?) regulations and complaint procedures. (see news from UK below)

**New South Wales**

The Health Care Complaints Commission (HCCC) is to be given greater powers disciplining naturopaths, herbalists, homeopaths and massage therapists, NSW Health Minister Reba Meagher released a draft code of conduct that will give the HCCC powers to crack down on unregistered health practitioners such as counsellors, psychotherapists and **Reiki therapists**.

These proposed codes are in the main in keeping with ARC's codes of ethics and practice. Feedback and submissions have to be provided by the end of Feb. ARC will be providing a submission. NSW members are urged to keep a look out for the advertisements that the Department of Health will be placing in the State Newspapers in February and to make any feedback they feel necessary. Alternatively send feedback to ARC CoM.

The relevant proposed amendments to the Public Health Act and the Health Care Complaints Act are designed to provide a basis for the effective enforcement of standards of conduct and practice by unregistered health practitioners. It is important for relevant professional associations to be involved in the process. ARC will be keeping in touch with the departments involved.

**News from the UK****UK Complementary therapists to be regulated by new Natural Healthcare Council from April 2008**

A new UK regulatory body called The Natural Healthcare Council is due to launch in April 2008, marking an historic milestone in healthcare regulation. *(source The Prince's Foundation for Integrated Health)*

Read the full press release at [http://www.fih.org.uk/media\\_centre/natural\\_healthcare.html](http://www.fih.org.uk/media_centre/natural_healthcare.html)

**Regulation - RRWG leaves the Federal Working Group**

During 2007 the RRWG (Reiki Regulatory Working Group) had been part of a group looking at a federal, multi-therapy approach to self-regulation. This has been called the Federal Working Group (FWG) and is held under the auspices of the Prince's Foundation for Integrated Health. The RRWG was excluded from the September and October meetings and therefore unable to input its views directly at that key time.

The UK Reiki Federation supports the decision of the RRWG (Reiki Regulatory Working Group) to withdraw from the regulatory process within the FWG with the main concern being lack of opportunity in the future for Reiki professionals to advise or contribute to the process.

It should be emphasised that the Complementary therapy groups, which make up almost 50% of the UK practitioners have stated that they will NOT be supporting this process.

Without the support of the largest therapy groups it is very difficult to understand how the public can have any confidence or be protected. (source UK Reiki Federation website)

The following, are extracts from recent newspaper articles in the UK. on the process. There is little mention of the fact that so many complementary Therapy organisations have withdrawn.

(Unfortunately, such articles influence the Public: Arc Pres.)

## **New laws to regulate alternative medicine in bid to weed out dodgy practitioners** By LUCY BALLINGER of the Daily Mail in the UK-.January 5th 2008

Complementary therapies are set to be regulated for the first time from April 2008.

*A new voluntary self-regulation body will be able to strike off incompetent practitioners and set minimum standards of qualification for therapists.*

*Patients who are treated by a registered practitioner will be able to complain to the Natural Healthcare Council if they believe their treatment has been sub-standard or boundaries breached. Among the practices to be covered will be aromatherapy, reflexology, massage, nutrition, shiatsu, reiki, yoga, homoeopathy, cranial osteopathy and the Alexander and Bowen techniques....*

## **New laws to govern alternative medicine**

By Nigel Hawkes of The Times Newspaper UK-Jan 5th 2008

*...The new Natural Healthcare Council will be able to strike off errant or incompetent practitioners. It will also set minimum standards for practitioners to ensure that therapists are properly qualified. Patients will be able to complain to the council about practitioners and the new body will be modelled on the General Medical Council and other similar statutory bodies ... ..*

## **Quackery and superstition - available soon on the NHS**

By Polly Toynbee of The Guardian Newspaper UK- January 8th 2008

*....A sharp line has to be drawn between fact and fiction when it comes to spending public funds on alternative therapies, put not your trust in princes, especially not princes who talk to plants. But that's what the government has decided to do. The Department of Health has funded the Prince's Foundation for Integrated Health to set up the Natural Healthcare Council to regulate 12 alternative therapies, such as aromatherapy, reflexology and homeopathy. Modelled on the General Medical Council, it has the power to strike therapists off for malpractice.*

*This is perplexing. How does a regulator decide what is good practice and what is charlatany when none of it has peer-reviewed, scientific evidence that it works? The prince's foundation says the new council will only register those who have qualifications from their "professional" bodies. ..*

*....But these next 12 therapies step further into fairy realms. Just to give you a flavour, the Natural Healthcare Council will register reiki. It means "universal life energy", claiming, "when spiritual energy is channelled through a reiki practitioner, the patient's spirit is healed, which in turn heals the physical body". What is the exam?...*

This journalist goes on to claim that introducing complementary therapies into the NHS will bring about its downfall. Unfortunately It is this sort of prejudice through lack of knowledge that makes the integration of therapies like Reiki a difficult process.

In my role as president of the Australian Reiki Connection I regularly communicate with overseas Reiki organisations and search for relevant Reiki issues that are of concern to us here, it is not possible to do this on a daily basis. If ARC Members come across any such issues, could you please pass them on to me with the relevant information regarding origin, at [president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au)

Thank You

John Coleman

Cats understand Reiki energy because they are in touch with the Universe at a different level. Their minds are tuned into frequencies of which we have limited comprehension. Animals can in fact receive and send energy at a distance. They can pick up mental pictures even when far away. Rupert Sheldrake, a biologist who has studied this phenomenon, has anecdotal evidence, which demonstrates a powerful emotional connection between animals and people that is transferred across time and space. Scientific studies have also shown that cats do have a navigation ability that cannot be explained through the traditional five senses.

Many cats are very attracted to the energy of Reiki while others will reject it. Reiki Master and author Diane Stein explains in her book *Essential Reiki* that: "Cats are particularly aware of Reiki energy, but they have an attitude about it. They feel that cats invented it, while dogs are more laid back; Reiki energy tickles them". There are many stories of cats acting as assistants to Reiki practitioners. They work intuitively and will often lie on the client where the energy is needed. Some Reiki Masters have even attuned cats to Reiki!

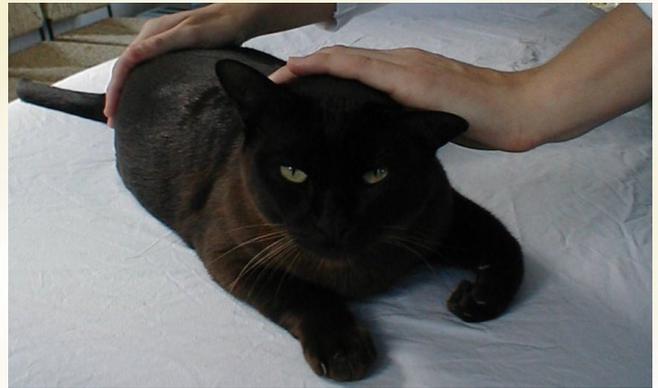
Cats, in my experience, tend to be receptive to Reiki if they need it. So they must always receive a treatment on their own terms. Only work with the areas that they permit you to touch. Cats may sometimes position their body in a way that shows you where the Reiki needs to go. The length of the session obviously depends on the cat itself. When they have drawn enough energy they will leave you immediately.

Reiki can be offered to cats either hands on (physical contact), just off the body (working in the aura) or at a distance (absentee Reiki). Fulton and Prasad, authors of *Animal Reiki*, believe that almost all animals prefer their first experience of Reiki to be at a short distance. But over the course of sessions they may alternate between hands on and distance Reiki. Distance Reiki is especially recommended for cats that are very small, nervous, old or fragile, as they may be better able to relax and absorb the Reiki.

Jackie Segers is a Reiki Master/Teacher based in Auckland, New Zealand. She is the editor of the Reiki NZ association newsletter.

Jackie's first book, which features Reiki, is called: ***Reflexology for Cats - and other natural therapies for your feline companion.***

It is available in Australia through Brumby Books at <http://www.brumbybooks.com.au> or through her website [www.revitalizeme.com](http://www.revitalizeme.com)



REIKI for Morandi

## The Lines of Communication for Members

ARC Inc. has in place lines of communication that benefit members when they are seeking advice, knowledge or assistance regarding membership issues or questions in general. It helps when all enquiries are not directed at only one person. The following guide may assist you when contacting your committee.

Questions relating to membership applications, renewals, category upgrades. contact the membership officer. **William Secker** - Email: [membership@australianreikiconnection.com.au](mailto:membership@australianreikiconnection.com.au)  
Post: PO Box 113 HOLMESGLEN VIC 3148

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

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

Questions relating to ARC Inc. association business records and membership records contact the Secretary. **ARC Secretary** - Email: [secretary@australianreikiconnection.com.au](mailto:secretary@australianreikiconnection.com.au)  
Post: PO Box 145 KALORAMA VIC 3766

## *"THE COW'S MILK CONNECTION TO MAJOR ILLNESS"* *A review of 'Devil in the Milk' - Keith Woodford (Author)*

Some thousands of years ago there occurred a spontaneous mutation, now widespread, in cattle of European origin. This led to a small alteration in the arrangement of amino acids in beta-casein - the protein in the milk.

Only one amino acid out of the string of 207 is different - histidine appears at position 67 in place of the original proline, which still shows up in cows of pure Asian and African origin and in goats.

Digestion of A1 beta-casein produces beta-casomorphin-7 (BCM7) - a tiny protein fragment that functions as a powerful opioid and narcotic and also as an oxidant. This is where it gets interesting.

Keith Woodford shows that the evidence linking A1 beta-casein and BCM7 to heart disease, type-1 (juvenile) diabetes and autism is well established.

There is furthermore increasing scientific evidence of an association between BCM7 and milk intolerance, and a range of auto-immune disorders. BCM7 also appears to work in cahoots with gliadomorphin from gluten - grain protein - and is implicated in schizophrenia and coeliac disease.

Keith Woodford is Professor of Farm Management and Agribusiness at Lincoln University in New Zealand. His book brings together the evidence published in over 100 scientific papers. He looks at population studies from many countries, explains the science in language accessible to the educated non-scientist, and considers in depth the evidence from animal and human studies.

For example, rabbits fed A1 beta-casein develop a lot more arterial plaque in the aorta, in a few weeks, than equivalent rabbits fed A2 beta casein.

The evidence presented by Woodford is very clear and compelling: humans should not be consuming cow's milk containing A1 beta-casein.

Keith Woodford has had the courage to take a clear-eyed look at the scientific and commercial establishments involved in milk research and milk marketing. It makes grim reading. It shows clearly how scientific evidence can be shaped, interpreted and suppressed by vested interests, and how consumer choices are subordinated to the interests of corporate business.

A2 milk is currently available for sale in Australia. It does not contain A1 beta-casein and does not produce BCM7 when digested. Its sale has been subjected to lobbying and legal action from the major milk marketing interests.

This is a must-read book for those of us with current health issues, a family history of health issues and clients with auto-immune disorders, autism or heart disease.

*Devil in the Milk: Illness, health and politics: A1 and A2 milk.* Keith Woodford.  
Craig Potton Publishing, New Zealand. Published September 2007. RRP \$37.50.  
[Reviewed by Elizabeth Thuan \(January 2008\)](#)

## *IMPORTANT CHANGES TO ARC EMAIL ADDRESSES*

### **IMPORTANT INFORMATION ABOUT CHANGES MADE TO THE EMAIL ADDRESSES YOU USE TO CONTACT ARC!**

**Because of the continuing and increasing 'spamming' of ARC email addresses it has been decided to make the following changes to our (ARC) email addresses. PLEASE delete any existing ARC addresses you have in you Address Book and replace them as follows, Many Thanks and apologies for the inconvenience.**

arcpres@australianreikiconnection.com.au is replaced by: [president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au)  
arcsec@australianreikiconnection.com.au is replaced by: [secretary@australianreikiconnection.com.au](mailto:secretary@australianreikiconnection.com.au)  
arctres@australianreikiconnection.com.au is replaced by: [treasurer@australianreikiconnection.com.au](mailto:treasurer@australianreikiconnection.com.au)  
arcmemb@australianreikiconnection.com.au is replaced by: [membership@australianreikiconnection.com.au](mailto:membership@australianreikiconnection.com.au)  
arced@australianreikiconnection.com.au is replaced by: [editor@australianreikiconnection.com.au](mailto:editor@australianreikiconnection.com.au)  
archelp@australianreikiconnection.com.au is replaced by: [information@australianreikiconnection.com.au](mailto:information@australianreikiconnection.com.au)

**[Thank you kindly for your cooperation in this matter - ARC Inc. Committee of Management February 2008](#)**

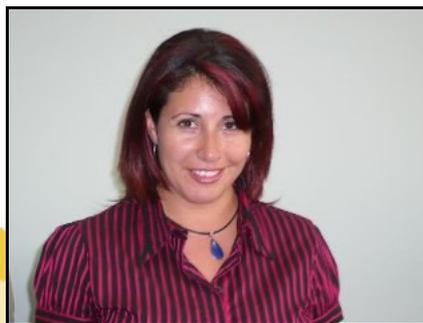
HAPPY 10th BIRTHDAY, ARC



L-R: Helen Archer - Maria Lacey - William Secker - John Coleman - Inge Schmidt - Elizabeth Secker - Bob Thuan Shirleyrose Rowe - Tony Carroll

North Sydney Share Group

New ARC Committee Member



A warm welcome ... Ingrid has been a member of ARC since August 2006. Elected to the CoM in October 2007 for the 2007/2008 committee year



LAUGH and the WHOLE WORLD laughs with you



"I have to say I had a different impression of what Reiki is all about."