

February 2011 - April 2011

Volume 14 Issue 1

ARC INK is for the information of ARC Inc members

# ARC INK Magazine



Published quarterly by the Australian Reiki Connection Inc.

## IN YOUR MAGAZINE!

### Pages 6/7 : **A Report on the ARC 2010 National Reiki Conference A NEWS STORY**

*Our October 2010 National Reiki conference was the first major event organized by the Australian Reiki Connection. It brought together a broad range of specialists in front of a Reiki dedicated audience. . . .*

### Page 8 : **Reiki Research Review # Ten**

**By Patrice Connelly B.Nat.Th, Dip. Nutrition**

*Effects of Reiki on autonomic activity early after acute coronary syndrome. This research correspondence reviews a study undertaken on 37 cardiac patients within three days of surgery. . . .*

### Page 9 : **Reiki and STRESS A NEWS STORY**

*Stress-related illness costs the Australian economy \$14.81 billion a year in absenteeism and presenteeism, where people come to work but have low levels of productivity. The direct cost to employers is \$10.11 billion and, on average, more than three days are lost to stress per worker per year. . . .*

### Page 10 : **If Reiki's free, why charge?**

**BY Amanda Helmes - Reiki Teacher - Essential Self - QLD**

*The notion of having basic-necessities such as food, shelter and clothing is accepted by all. So why do many Reiki practitioners question the value of their spiritual services? . . . .*

### Pages 12-14 : **Redefining a "Reiki Master"**

**BY Jeremy O'Carroll - Om Reiki Centre - Daylesford**

*I remember the first time I met a Reiki Master. I was in a chai cafe near Dharamsala, northern India, and was having a conversation with a guy I'd just met. I couldn't help but feel such a title described a rarefied accomplishment - a degree of spiritual and energetic mastery that few would achieve. . . . .*

### Page 15 : **Have they gone too far in their denouncement of Reiki? A NEWS STORY**

*By now Reiki practitioners are used to hearing incorrect and misleading propaganda put out by those who do not wish to see Complementary therapies in any form being accessed by the public. However, when the Roman Catholic church continues to use its media machine to demonise Reiki it shows that we still have a long way to go. . . . .*

### Pages 16 & 22 : **Three - Book Reviews**

**BY ARC Members**

*The Power of Grace - Reiki Stories - By Reiki Master Teacher Valerie Ives*

*My Teachers Wear Fur Coats: Lessons Learned from Reiki with Pets - By Susan Mack and Natalia Krawetz*

*The Way of the Natural Therapist: Inspirational Personal Stories to Guide Modern-Day Healers - By Leisa Millar and James Ketub Golding . . . . .*

### Pages 18/19 **Learning Together and Growing Together with Japanese Reiki**

**BY Sheila Neville - Reiki Master/Shihan - Melbourne**

*Each Reiki class I teach opens me up to new learning: how the student reacts to Reiki, how I can improve on the way I teach the material, how the student integrates the material, and with Japanese Reiki there is a lot to integrate; and as there is more focus on self-healing and self-development, observing the benefits from each step is another learning process. ....*

### Page 21 : **Simplify your Reiki practice**

**BY Frank Arjava Petter**

*Usui Sensei had only four years to develop his teaching before his early death. At first he himself was the only teacher and the only one able to teach others how to reconnect to the cosmic source. . . . .*

## ENJOY YOUR MAGAZINE!

## MISSION STATEMENT

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

PO Box 525, MONBULK, VICTORIA 3793

Telephone: **1300 130 975**

president@australianreikiconnection.com.au

editor@australianreikiconnection.com.au

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

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

# Welcome to the ARC INK Magazine - Volume 14 Issue 1

**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)

This publication is copyright - All rights reserved  
contact the editor for further information - [editor@australianreikiconnection.com.au](mailto:editor@australianreikiconnection.com.au)  
ARC welcomes your comments - 1300 130 975

## 'Presidential Comment' by John Coleman



Greetings ARC Members and welcome to this the first edition of the ARC INK Magazine in 2011. Welcome to all our new members who have joined us since the last edition and welcome back to those who have rejoined ARC. Thank you for choosing ARC as your professional Reiki association.

I express my personal thanks to all who sent messages of condolences at the passing of my brother Paul Coleman in early January. Paul lived for four years and nine months longer than the medical profession said he possibly could. He and I knew that apart from the medical treatments, his positive mind, great sense of humour and Reiki had a great deal to do with his extended journey. He is now

at rest and his spirit soars free.

As you have seen from the contents listed on the front cover, this edition is packed with interesting and thought provoking articles. Thank you to all of our contributors and to those who gave their permission to reprint their articles. If you have anything to contribute please do contact myself or the ARC INK Editor. I trust you will enjoy reading them and sincerely look forward to receiving your comments and feedback.

To quote from Anna Petterson, one of our Reiki Conference keynote presenters "*we are at the edge of a new beginning with Reiki in Australia*" - ARC shares this sentiment and it is hoped that this year will see a greater acceptance of Reiki in mainstream healthcare and other relevant settings. There is broad agreement that Integrative Medicine is vital for the existence of the medical system and Reiki has a prominent role to play in this integration. However it will not be an easy journey and a great deal of work still needs to be done on educating the medical profession about Reiki. Reiki treatment practitioners need to be aware of what is expected from them and be prepared to do whatever is necessary to ensure that high standards and professionalism are maintained in providing Reiki treatments.

I take this opportunity to welcome the two new members to your Committee of Management, Andonnia Gotsi and Janet Barnes (Elected at the AGM in October 2010) - Your Committee members for 2011 are: President, John Coleman - Vice President, Ingrid D'Andrea - Treasurer, Tony Carroll - State Representative Liaison Officer, Hilary McPhee - Ordinary Committee Members, Andonnia Gotsi and Janet Barnes. I thank them all for volunteering their services for the benefit of Reiki and ARC Members.

This year Reiki Awareness Week runs from Sunday June 5<sup>th</sup> to Saturday June 11<sup>th</sup>. I urge each and every one of you to endeavour to organize an event in your clinic or local area or at the very least to participate in an event near you. Remember this is an opportunity to further promote and educate others on the benefits of Reiki while at the same time promoting you as Reiki Practitioners. Event details will be placed on the ARC website and advertised in ARC INK. For more information and assistance please phone me (1300 130 975) or email ([president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au))

Enjoy your ARC INK Magazine  
Love light and lots of laughter, John  
[president@australianreikiconnection.com.au](mailto:president@australianreikiconnection.com.au)



## A Warm Welcome To The New Members of ARC

Tanya Millerand	BUDGEWOI	Level II	Jennifer Valente	FOREST HILL	Level II
Anna Hirst	NORTH BONDI	M/Teacher	Kerrie Parry	HORNSBY	L III / M
Cameron Graves	WEST PENNANT HILLS	M/Teacher	Lee Shirley	BALMORAL	Level II
Jocelyne Larghi	ASHGROVE	M/Teacher	Scott Archer	WOLLSTONECRAFT	L III / M
Danielle Watson	BURLEIGH HEADS	L III / M	Sally-Ann Charnock	RINGWOOD EAST	Level II
Deborah Shepherd	MOUNT COLAH	L III / M	Tina A Green	STANTHORPE	M/Teacher
Miroslava Holiencinova	NEUTRAL BAY	Level II	Eve Lowson	EAST MAITLAND	M/Teacher
Angela Kambouris	MENTONE	Level II	Wendy Lee	BENSVILLE	Level I
Denise McGuane	GEELONG	Level II	Sara Brooke	COBURG	L III / M
Bernadette McGuane	AVONDALE HEIGHTS	Level II	Annette Thompson	PAMBULA	Level II
Rebecca Pike	LEUMEAH	Level II	Christine Laidlaw	HALLET COVE	M/Teacher
Janelle Clavant	MOOROOLBARK	Level II	Shelley Jordan	DROUIN	M/Teacher
Cathryn Prangnell	CUNDERDIN	Level II	Glenda Kelly	WARRAGUL	M/Teacher
Ruth Page	MAYFIELD	Level II	Pam Ashton	ROWVILLE	L III / M
Jennifer Mears	MALVERN EAST	L III / M	Peter De Ieso	PASCOE VALE SOUTH	M/Teacher
Barbara Meneses	FOOTSCRAY	M/Teacher	Marie Millikin	ALDINGA BEACH	L III / M
Naomi Perry	GOSFORD	Level II	Sue Pejic	ROWVILLE	M/Teacher
Brinda Singh Catchpole	ENMORE	Level II	Nicole Strufer	HEALESVILLE	Level II
Eileen Sundin	COLLAROY PLATEAU	Level II	Michelle Sinclair	TEMPLESTOWE	Level II
Julie Said	BERKELEY VALE	L III / M	Miguel Alves	OYSTER BAY	Level II
Stephanie Dunne	NARRE WARREN	Level II	Kay Penfold	TALLEBUDGERA VALLEY	Level II
Joanne Falchi	BANORA POINT / TUGUN	L III / M	Tracy Williamson	KIAMA	Level II
Bruce Harrison	WOODCROFT	L III / M	Deborah Dalziel	RICHMOND	Level II
Tania Goldsmith	MELBOURNE	Level II	Gretel Burgess	CHRISTMAS ISLAND	L III / M
Ginga Delgado	MULLUMBIMBY	M/Teacher	Tina Osztreicher	CHELTENHAM	M/Teacher
Natasha Tuck	PAKENHAM	M/Teacher	Anne Hilarius-Ford	ALBERT PARK	L III / M
Faith Brown	LAKES ENTRANCE	M/Teacher	Lisa Morrison	BURWOOD EAST	Level II
Maya Giampa	NARRE WARREN NORTH	Level II	Susan Lovejoy	LANE COVE	L III / M

## "Reiki Attunement"

By Sonora Potter

I would like to share my experiences with my Reiki 2 attunement. The major transformation for me was the discipline that Reiki taught in being 'present' and in the current moment. This led me to a realisation that the flow of universal energy is reliant on us being unblocked. For me it was a bad habit that I would continually go back and forwards without appreciating the current moment and 'what is'. It is in fact a bad habit of most people and when I mentioned it to my friend, she agreed that it wasn't just me who had struggles with that very issue. I'm sure that Dr Usui realised the power of this when he climbed up that mountain and the earth moment that gave him a revelation that would change millions of lives thereafter.

I do feel that the human ego sets us back in that regard, in always wanting to control moments or not let go of the past. Up until that point, I would constantly know that I was where I was meant to be at any given moment, but I had to add another appreciation point to my perspective. Being in the current moment is more than just focus, it is a way of life and an unblocking tool. We are blocked when we recount past moments, as we are not reconciled and giving thanks for the 'present'. Our path is perfect and I did miss the point that it is a subconscious focus on our path.

In my training, we were taught to be in a certain frame of mind with a patient, and now I am thinking of the greater macrocosm impact on our energy and magnetic field. I feel energy very acutely with sound, sight, feel and vibratory levels. My senses of energy became heightened with attunements and co-ordination of mind, body and spirit. Everything suddenly made sense, and I was able to 'switch off' to unnecessary things so much easier in my everyday life. We all unintentionally bring forth negativity from the past when we are allowing it to be in our conscious mind. The current moment is the positive building block and filter that fuels the future. For the first time in my life, I felt what it was like to have totally unblocked chakras. This was aided by the fact that my body has PH nutritional balance and my meridians are now very happy with me. Body health really does help me to have clear communication with energy.

My guides have assisted and given me thought processes to go through when I feel I am like a see-saw. I am conscious of three things:

1. I am glad that I am not in the past
2. I check my focus to ensure that I am thinking necessary things for the moment I am in
3. I take each day as it comes just like the daily cycles of earth

When I made the decision to learn Reiki, I didn't anticipate at the time how powerful the integration of energy work would be. The ancient Hebrew style of communication is time defined in terms of events, not chronological sequences. I encourage everyone to think about the current moment and the energy importance of it.

## REIKI SHARE GROUPS

Here is a list of locations and contact details where Reiki events are held on a regular basis, organized and facilitated by ARC/AARP members, your participation is welcomed. 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
<b>ACT</b> - Chapman Only Reiki Channels / Monthly	Alison McLean <b>AARP</b> Ph:0428 873 262	<b>VIC</b> - Caulfield Open to All interested / Monthly	Sharon Tal <b>AARP</b> Ph:0402 117 701
<b>ACT</b> - Tuggeranong Open to All interested / Monthly	Vickie Hingston-Jones <b>AARP</b> Ph:0422 008 759	<b>VIC</b> - Craigieburn Only Reiki Channels / Quarterly	Doreen van Boxtel ..... Ph:0415 558 425
<b>NSW</b> - Albury - Wodonga Only Reiki Channels / Monthly	Karen Hutchinson <b>AARP</b> Ph:02 6024 4891	<b>VIC</b> - Delacombe Open to All interested / Monthly	Wendy Rattray <b>AARP</b> Ph:0409 362 349
<b>NSW</b> - Engadine Only Reiki Channels / Monthly	Sue Khallouf <b>AARP</b> Ph:0407 661 164	<b>VIC</b> - Eltham Only Reiki Channels / Weekly	Inge Schmidt <b>AARP</b> Ph:03 9434 4228
<b>NSW</b> - Killarney Vale Open to All interested / Monthly	Veronica Doppler <b>AARP</b> Ph:0408 494 807	<b>VIC</b> - Fitzroy Open to All interested / Monthly	Jeremy O'Carroll <b>AARP</b> Ph:0417 328 457
<b>NSW</b> - North Sydney Only Reiki Channels / Quarterly	Erica Bagshaw <b>AARP</b> Ph:0414 598 262	<b>VIC</b> - Lilydale Open to All interested / Weekly	Lorraine Mitchell ..... Ph:03 9735 0642
<b>NSW</b> - Saratoga Open to All interested/2 Monthly	Pamela Northcote <b>AARP</b> Ph:0419 432 344	<b>VIC</b> - Oakleigh South Open to All interested / Weekly	Liesl Meuris <b>AARP</b> Ph:0421 490 983
<b>QLD</b> - Reedy Creek - Gold Coast Open to All / Weekly & Monthly	Rachel Holmes <b>AARP</b> Ph:0420 238 933	<b>VIC</b> - Ormond Open to All interested / Monthly	Lida Parker <b>AARP</b> Ph:0403 861 638
<b>SA</b> - McLaren Vale Only Reiki Channels / Monthly	Christine Sinclair <b>AARP</b> Ph:0411 604 753	<b>VIC</b> - Pascoe Vale South Open to All interested/2 Monthly	Veronica Ulicni ..... Ph:03 9386 3853
<b>SA</b> - Mount Gambier Open to All interested / Monthly	Kathy McKie <b>AARP</b> Ph:0406 355 249	<b>VIC</b> - Preston Open to All interested / Weekly	Helen O'Connor <b>AARP</b> Ph:03 9484 7276
<b>TAS</b> - Lindisfarne Open to All interested / Monthly	Joy Nicholson <b>AARP</b> Ph:0415 416 168	<b>VIC</b> - St Albans Open to All / Fortnightly	Waltraud Scharhag ..... Ph:0413 372 036
<b>VIC</b> - Airport West Open to All interested/2 Monthly	Hilary McPhee <b>AARP</b> Ph:0438 561 124	<b>WA</b> - Joondalup Only Reiki Channels / Weekly	Judith Sims ..... Ph:0422 198 273
<b>VIC</b> - Beaumaris Only Reiki Channels / Monthly	Louise Riley <b>AARP</b> Ph:0418 391 809	<b>WA</b> - Mullaloo Open to All interested / Monthly	Vicki Marshall <b>AARP</b> Ph:0438 700 122
<b>VIC</b> - Brunswick Open to All interested / Monthly	Sylvia Kovacevic <b>AARP</b> Ph:0412 332 077		

## Share Group Reflection

By Rachel Holmes

### A 2011 Reflection from the Reedy Creek - Gold Coast Share Group

"At first people refuse to believe that a strange new thing can be done, then they begin to hope it can be done, then they see it can be done - Then it is done and all the world wonders why it was not done centuries ago" (Frances H. Burnett)

*As we learn Reiki and feel attracted to this medium we really don't know where it would lead us, but as we learn and practice energy work with Reiki, the energy comes to our life bringing signs of miracles, and healing in to our daily life.*

*Reiki giving us strength and protection so we can take more control of our life. We become creative and more compassionate towards our loved one and our surrounding. Yes we are blessed - individually and as a group. As we take our step by step with Reiki, may we reach to wonderful places in our heart and allow us to flower in a full bloom capacity with our talents, direction, missions, and calling.*

*I wish you happy days ahead, Much love, Rachel Holmes, Gold Coast*

**NOTICE: AARP Practitioner Category Members & Teacher Category Members are reminded that their [P&PD] - Personal & Professional Development Booklet [Green Card] should be submitted annually on 31st August**

# 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

Kathy McKie	February 2011 & March 2011	0406 355 249 [Mobile]	kathym7@bigpond.com.au
Barbara Gutte	April 2011 & May 2011	08 8379 7328 [BH/AH]	soulgirl@adam.com.au
Marian McQuinn	June 2011 & July 2011	03 5334 4152 [BH/AH]	theenchantarium@gmail.com
Veronica Doppler	August 2011 & September 2011	02 4334 4657 [BH/AH]	angelheart444@optusnet.com.au
Suzanne Tyssen	October 2011 & November 2011	03 9439 0147 [BH/AH]	tyssensuzanne@hotmail.com
Merry Pearson	December 2011 & January 2012	02 9913 7799 [BH/AH]	pearsonsp@optusnet.com.au



*Helen O'Connor of the Reiki Cottage here and as some of you may know I have recently reconnected with my original Reiki teacher Valerie Ives Valerie and I are having a wonderful time sharing our Reiki stories It is so good to spend time in the presence of one of our Reiki elders Her wealth of knowledge and experience in many modalities is amazing and she has agreed to run some special workshops in the Reiki Cottage*

The first is a transformational course which runs over several months (from **March** to **June**) on the **2nd** and **4th** Tuesdays of the month and introduces you to Your Twelve Chakras (yes there are 12 major chakras!)

You will be given information about each chakra, how they work, how they affect you, the Ascended Masters associated with each chakra and practical tools to access them

Dates are the 2nd and 4th Tuesdays of the month from 7.30 to 10.00pm commencing Tuesdays 8th and 22nd March, 12th and 26th April, 10th and 24th May and 14th June and finishing with an all day Saturday on 18th June from 10.30 – 5.00pm.

\$200 secures your place and the balance of \$95 is due on the April 12th class

**Get in quickly! Bookings via Helen on (03) 9484 7276 or Valerie on (03) 9754 2991**

### Member Advertisement

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

## Sacred Celebrations with Valerie Ives, Reiki Master

With Love, Laughter, Gentleness and Great Respect, you are invited to share a weekend with Valerie and friends to experience and participate in our own unique programming as Women and to see how that has influenced our lives

*In these two days (from 10.30 - 5.00 each day) we will create the space to observe and find the gifts in our "Rites of Passage". With rituals and sharing, we will observe and transform the time of Menstruation, Miscarriage, Abortion, Divorce, Hysterectomy and other issues that are experienced but never honoured in our society and of course, celebrate the gifts of the Feminine*

As there is prior preparation to be done by each participant, it is important that you contact Valerie at least 2 weeks before the workshop which is being held at the Reiki Cottage on the Weekend of **March 19th and 20th**

\$100 secures your place and the balance of \$195 is due on the 19th

**Bookings via Valerie on (03) 9754 2991 or Helen at the cottage on (03) 9484 7276**

*Numbers are limited to ensure individual attention - Confidentiality assured*



### Member Advertisement

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

# Report on the ARC 2010 National Reiki Conference

Our October 2010 National Reiki conference was the first major event organized by the Australian Reiki Connection. It brought together a broad range of specialists in front of a Reiki dedicated audience. Speakers and audience brought together academics, nurses, general practitioners, complementary health professionals as well as non Reiki people. It illustrated how different disciplines can be united to ensure that patients receive a more integrated approach to treatment, ultimately to maximizing the chance of integrating complementary therapies including Reiki into mainstream healthcare. Feedback from delegates has been positive and judging from many of the comments the conference was informative, enlightening, and supportive. The panel of presenters proved to be an excellent choice and their professionalism and subject matter has had a very positive effect for many of us on our Reiki journey.

In his opening address the ARC President John Coleman spoke of the recognition and growing acceptance that a more integrated approach to patient healthcare is needed. Integration, where patients are treated not just for their presenting symptoms, but also as individuals, where it is acknowledged that body, mind and spirit interact and that what affects one affects all three.

Of how hospital budget blowouts combined with the rising tide of chronic disease a rapidly growing elderly population are a fact and these together with other forces will continue to affect our healthcare system for the foreseeable future.

He quoted Professor David Peters, who in an editorial in the *British Medical Journal*, had said, *"perhaps the emphasis should shift from purely scientific observation to that of patient observation, that evidence of what works is crucial to medical progress. However the over-valuing of a single research method is so unsuited to the complexities of everyday practice that it now threatens to turn medicine into drug-prescribing and little else."* He went on to say: *"It is quite simply bad science to rely exclusively on one particular type of research, valuable though it might be in assessing single interventions. Good science should aim to serve both the everyday practice of medicine and policy development. That means closing the evidence gap by broadening the base of the evidence we use. The notion of researching WITH people rather than ON them has much to recommend it"*. Reiki and the benefits of Reiki treatments for patients have a vital role in this form of research.

Among the Keynote Presenters at the conference were Professor Marc Cohen, Anna Petterson, Molly Carlile, Pamela Miles and Eterpi Soropos.

**Professor Marc Cohen**, In his fascinating and varied presentation spoke on the subject of Wellness and the power of connection. On topics such as current chronic conditions from Obesity to world hunger (*every 3.6 seconds someone dies from hunger*) from toxic pollution to toxic bodies.

Through the clever use of informative and enlightening slides he guided the delegates through the world of facts and statistics of the Illness – Wellness continuum while at the same time showing why there is a need for a paradigm shift in the medical system.

Comparisons, of costs and procedures between orthodox and complementary/alternative medicines.

How orthodox procedures can cost up to \$40,000 compared to alternative/complementary procedures would cost \$400 - \$4,000 yet Doctors choose the more expensive.

How in the current health system it is considered **conservative** to strip a vein from a leg, open the chest, place the vein across a blocked artery AND continue the process every 10 years

While at the same time it is considered **Radical** to relax, exercise, eat good food and share your feelings.

He showed examples of the Power of Touch, how touch works on many levels and how Touch is more important than Food

Professor Cohen ended his presentation by highlighting the future challenges facing Complementary and Alternative Therapists in today's world. All in all, a truly riveting presentation.

**Molly Carlile** in her educational and at times very amusing presentation guided us through the journey of struggle faced by the pioneering nurses of the past. How they overcame opposition to become the highly respected professionals that they are today. Molly demonstrated how we as complementary therapists need to present ourselves and our profession to mainstream in order to raise our professional profile.

She spoke in depth on how we as Reiki Practitioners cannot continue to fight the medical model, but *need to engage with the language and culture that informs it. We cannot continue to stand on the outside and shout (or meditate as the case may be). We need to discard the flowing robes and metaphysical language and meet the traditional medical disciplines on their turf, speak their language and influence from within. We can only do this by validating our practice and applying the same rigorous standards and evaluation processes to the education, accreditation and development of complementary practitioners as is applied to*

Continued on page 7

# Report on the ARC 2010 National Reiki Conference

our colleagues in the mainstream disciplines. Until we 'come out of the closet' we will always be at worst 'alternative', at best 'complementary'. I look forward to the day when we are regarded as "mainstream". She explored the essential components required for complementary therapies becoming accepted as part of the mainstream health model, emphasized the importance of clinical research, information, education and credentialing. She identified the influence of a range of population health issues such as the aging demographic, the aging health workforce, the reducing health dollar and cultural and spiritual diversity on the expectations of patients as consumers and how this can advance the uptake of complementary therapies in mainstream environments. Finally her presentation explored the application of complementary approaches to health professional self care and resilience.

**Anna Petterson** - Anna started her presentation by expressing her belief that we are "*at the edge of a new beginning with Reiki in Australia*".

She related how the SolarisCare Foundation in Perth started as a result of observations made by the head of Haematology, Dr. David Joske in a number of cancer patients who were "changing or having shifts" not because of mainstream medicine. When asked, these patients reported that they were receiving complementary therapies including Reiki. Dr. Joske brought his findings to the heads of departments and as a result SolarisCare (then called Brownes Cancer Support Centre) was formed.

She spoke of the work being undertaken at SolarisCare and through the use of slides and graphs relayed the process and outcome of the eight years of evidence in providing complementary therapies, including Reiki for cancer patients and their carers. How complementary therapies have been proved to improve the quality of life, manage stress and anxiety, prevent carer burnout and empower individuals to be responsible for their own health. Anna's presentation is a powerful aid for Reiki practitioners in their approach to healthcare facilities and other relevant bodies for the integration of Reiki into their services.

**Pamela Miles** - via live satellite link, spoke about Health Care Collaboration and what Reiki Practitioners '*Need to Know*' - Pamela stated that this is an exciting time to be a Reiki practitioner. The health care climate is shifting and conventional medicine has increasing interest in complementary therapies. She pointed out that Reiki practitioners who understand conventional health care culture and can speak about Reiki in neutral language are poised to carry Reiki into mainstream medicine and the public. She discussed in detail skills and strategies that will increase Reiki practitioners' effectiveness and strengthen their professionalism. Strategies, that if used by Reiki practitioners will assist them in presenting a strong case for the integration of Reiki into mainstream healthcare.

**Efterpi Soropos** - spoke about the "Disambiguation Room" she has created as part of a multifunctional interactive art space, at McCulloch House, Monash Medical Centre, which is offered as part of their palliative care treatment, designed to keep people as pain free and comfort-able as possible with maximal quality of life before they die. How the space uses a number of elements such as film, sound, light and colour, with other aural and sensorial stimulation, in accordance with the wishes of the participants. She is now developing a new program for the child and adolescent mental health unit (*Stepping Stones*) aimed at reducing escalation of psychotic and aggressive behaviour in children and adolescents.

Over the two days, **Maria Lacey, Ingrid D'Andrea, Louise Riley, Valerie Ives, Sarah Messina, Helen Pike** all shared their journey with Reiki. Maria through personal stories and meditations facilitated being in the now moment and set the scene for the two days. The other speakers related the use of Reiki in areas as diverse as the Victorian Prison System, a Palliative Day Care Hospice, helping Bushfire Survivors, caring for the carers and importantly, working with animals.

Thank you most sincerely to everyone involved in making the inaugural **ARC National Reiki Conference** such a success. To all those who attended, to all the Reiki volunteers who provided treatments over the two days, to the wonderful team of volunteers who so professionally managed the event from beginning to end, we extend our gratitude to each and everyone of you.

**ARC Reiki Retreat - Spring 2011**

*Take a relaxing country break. Share Reiki with Reiki channels.  
Enjoy an energising weekend.*

For more information contact:

**Hilary McPhee - [liaison@australianreikiconnection.com.au](mailto:liaison@australianreikiconnection.com.au) - 0438 561 124**

# Reiki Research Review # Ten By Patrice Connelly

Source: Friedman, R.S.C., Burg, M.M., Miles, P., Lee, F., Lampert, R. Effects of Reiki on autonomic activity early after acute coronary syndrome. *Journal of the American College of Cardiology*, 56(2), 2010

This research correspondence reviews a study undertaken on 37 cardiac patients within three days of surgery. The Reiki was performed by Reiki-trained clinical nurses at the hospital, who had standardised their procedures. It's interesting to note that the Yale-New Haven Hospital units have a recognised group of Reiki-trained staff.

The initial selection of patients was randomised, but it appears that the selection for the three arms of the trial was not. A resting group formed the control. A second group rested, listening to classical music with a beat slower than the normal heart beat, while the third received Reiki to the head and shoulders. The organisers of the trial went to some lengths to ensure the validity of their results, screening the participants to make sure there were no exclusion criteria, rating them on demographic and clinical criteria and using an emotional rating questionnaire, the Likert scale.

During the sessions, a continuous electrocardiograph recording was done for each patient. The results showed a statistically significant improvement in two baseline physiological factors: High Frequency Heart Rate Variability (HF HRV) and peak troponin. These effects were adjusted for perceived confounding factors, but the improvement in the Reiki group against the other two groups was upheld.

Reiki treatment was also associated with an increase in positive emotions in the Likert scale scores and a reduction in negative emotions. The music group had some increase, and the resting control had none. The authors conclude that Reiki is completely safe in an acute-care setting with no adverse events, and that with Reiki-trained nurses in the unit, Reiki can be incorporated into hospital care with no extra costs but demonstrable improvement. They suggest further research be carried out in this field.

## Commentary

This paper is invaluable to add to the body of research surrounding Reiki. I found it particularly pleasing and important to show that nurses trained in Reiki can be deployed within hospital units to improve the quality of care for patients. The demonstration of Reiki with cardiac surgery patients in a mainstream US hospital only three days after surgery with no adverse events is excellent. I also found the care taken by the study administrators to rule out or try to prevent confounding factors was thorough and that this study is perfect for giving to hospital administrators to persuade them to allow Reiki in their facilities.

© Patrice Connelly

**Contributor:** Patrice Connelly B. Nat. Therapies, Dip. Nutrition, Reiki Practitioner

Thank you to Patrice for submitting the above article. We look forward to receiving more research/study articles in the future. Q: Do any members/readers have any comments and/or questions on the above study? Do you know of any Reiki related research or studies?

Visit [www.saraband.com.au](http://www.saraband.com.au)

Call Patrice by telephone on (07)5422 0806



## Have you always wanted to help your community by becoming a volunteer?

SolarisCare Foundation is a cancer care organisation with a vision to improve the lives of cancer patients and their families  
With increasing demand for our services YOU maybe able to assist us in continuing to support the community of Western Australia.

**We need people to be 'meet & greet' volunteers and volunteer 'complementary therapists' at St John Of God Hospital Subiaco & Sir Charles Gairdner Hospital Shenton Park**

Volunteering is fun, rewarding and training is provided

Your time spent with SolarisCare will be appreciated by the people you serve

For details on how you can assist please contact Lorraine: 9381 3097 or go to [www.solariscare.com.au](http://www.solariscare.com.au)

# Reiki and STRESS

Stress-related illness costs the Australian economy \$14.81 billion a year in absenteeism and presenteeism, where people come to work but have low levels of productivity. The direct cost to employers is \$10.11 billion and, on average, more than three days are lost to stress per worker per year.

And when stress at work becomes overwhelming it can cause a workplace psychological injury. While these injuries represent less than 10 per cent of the total workers compensation claims in Australia, figures suggest these numbers are increasing. *Source ABC online July 2010*

As Professional Reiki Treatment Practitioners we know from feedback and experience that Reiki can help reduce stress. Therefore the above snippet of information should encourage each one of us to inform all relevant parties /employers, that Reiki can save them money and time.

Here is what **Kim Allen** from the **HeartMath** foundation has to say about stress.

Just imagine what life would be like with less stress! Perhaps you would be calmer. Maybe you'd not worry as much or feel as anxious. You just might have more time for the things you enjoy doing, with the people you care the most about. Or, for some of you, you'd finally get a good night's sleep.

If these are not good enough reasons to start doing something about the stress in your life, here's another one: Every time you experience a stressful event, 1400 biochemicals are released throughout your body and one in particular, cortisol, in excess can accelerate aging.

While cortisol is necessary for a variety of things, including the production of cholesterol which together with cortisol fuels the body, it's also known as the stress hormone. And when you experience chronic stress, you can have too much of it.

I'm not talking about one bad day at the office. But every stress-related burst of cortisol in response to the traffic, the deadlines or that guy in your department who drives you crazy accumulates in your system. And eventually, over time, the ratio of cortisol to DHEA, the vitality hormone, could get out of whack.

Here's a partial list of what can happen with chronically high cortisol and low DHEA levels:

- Brain cell death (*Kerr et al., 1991; Sapolsky, 1992*)
- Impaired memory and learning (*Kerr et al., 1991; Sapolsky, 1992*)
- Decreased bone density; increased osteoporosis (*Manolagas, 1979*)
- Reduced muscle mass (*Beme, 1993*)
- Reduced skin growth and regeneration (*Beme, 1993*)
- Impaired immune function (*Hiemke, 1994*)
- Increased blood sugar (*DeFeo, 1989*)
- Increased fat accumulation around waist / hips (*Marin, 1992*)

Just as stress chemicals accumulate in your body, so do the 'feeling good' ones! So next time you're quick to anger or feel frustrated or irritated or annoyed, remember all that's at stake and give your DHEA levels a little boost. Take a deep breath and recall a positive or fun time in your life and attempt to re-experience it. Doing so is quicker, cheaper and longer lasting than a couple of hours at the spa!

© **Kim Allen - HeartMath Foundation**

**ARC INK acknowledges with gratitude the cooperation of Kim Allen - Director, Training and Licensing Programs HeartMath LLC in the production of this article. <http://www.heartmath.com/news/>**

November 2010 - January 2011  
Volume 13 Issue 4  
**ARC INK**  
MAGAZINE  
The ARC 2010 National Reiki Conference Edition  
INTEGRATION OF REIKI AS A COMPLEMENTARY THERAPY INTO  
MAINSTREAM HEALTH CARE AND COMMUNITY SETTINGS

## ARC 2010 National Reiki Conference

### INTEGRATION OF REIKI AS A COMPLEMENTARY THERAPY INTO MAINSTREAM HEALTH CARE AND COMMUNITY SETTINGS

**PRINTED COPIES OF THE SPECIAL EDITION ARC INK ARE AVAILABLE  
IF YOU WOULD LIKE A COPY POSTED TO YOU PLEASE CONTACT**

## 1300 130 975

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

November 2010 - January 2011  
Volume 13 Issue 4  
**ARC INK**  
MAGAZINE  
The ARC 2010 National Reiki Conference Edition  
INTEGRATION OF REIKI AS A COMPLEMENTARY THERAPY INTO  
MAINSTREAM HEALTH CARE AND COMMUNITY SETTINGS

# If Reiki's free, why charge?

By Amanda Helmes

The notion of having basic-necessities such as food, shelter and clothing is accepted by all. So why do many Reiki practitioners question the value of their spiritual services? While many practitioners, and spiritual workers in general, believe that this Divine energy received freely to them should be passed on freely to others, we must remember gone are the days of the community at large providing for those whose humanitarian pursuits prevent them from providing for themselves.

Practical necessities aside, not accepting payment for time spent working for the benefit of another poses two specific issues; free loading and ingratitude. And experience tells many the two can go hand-in-hand. How many times have you done a good deed only to find the recipient leaning on you for more? Coming back time-and-time again, drowning or bombarding you with their problems (which usually only they can solve) and getting indignant if you stop paying them enough attention? Payment is as much about valuing our self and self worth, as it is about stopping people from abusing goodwill. The abuse of goodwill is more human nature than the disintegration of community value or spirit. History from all ages is littered with such characters.

Jude Priest uses a simple, yet highly effective analogy; "Do we not pay the farmer for the food that sits on our table? You can readily accept this form of exchange for something physical, so why not for something spiritual. It is all the same Divine energy." And what of Professional Service? As a practitioner, do you not provide a friendly, yet professional service to your client, in an environment in which they are the centre of your skilled attention? While Reiki may stem from a traditional "cottage" industry, it is an industry nonetheless and those practising in it would be wise to start reconciling themselves to this notion. It is also about education; educating the client. An accountant or solicitor may only speak to you for five minutes on the telephone, yet you receive an end of month account for 60 minutes. Behind-the-scenes work is just as important as the in-person work.

So where is the balance?

1. Let us start with our self.

a.) By understanding yourself and your product, (and yes, Reiki is a product) how you specialise is paramount. What sets you aside from another Reiki practitioner two suburbs over? Your environment ie the set up, do you have particular experience or skills such as helping those to grieve or connect with a specific age group or species?

b.) Become known in your area first, before widening your market. Always 'Narrow but deep, rather than wide and shallow'. Typical marketing strategies such as online advertising, joining community groups, volunteering at a care facility or your church only get people to and through your door. It is 'you', people will come back for.

c.) Market your practice, but make sure you are ready to market yourself. Your physical presentation, how you speak and general views on the world are all important when looking to build your practice. People always want to be with those who are a little different, that makes them interesting, but similar enough to make them feel comfortable. The adage, "Never talk about religion or politics in public", can also be very good advice.

2. Our Client

Do you want eight clients a day at \$35 each or three to four clients at \$80 each? Experience, specialty and reputation will edge up your fee, reduce your workload and more likely than not build a loyal and regular client-base. Being booked out four weeks in advance is preferred over the constant hunt for more income or worse still, stuck between two worlds especially if your "job" does not leave you feeling inspired. So how much really? That is entirely your call and the world is your oyster when you can look in the mirror of your physical body and mental mind and see your uniqueness. Price is often only a consideration and not a deciding factor when presented with quality.

**Contributor:** Amanda Helmes - Reiki Master Teacher - Practitioner

*"Reiki deserves to be an equal complementary therapy;*

*I'm committed to helping make that happen"*

Visit: [www.essentialself.com.au](http://www.essentialself.com.au)

Email Amanda: [eis@helmes.com.au](mailto:eis@helmes.com.au)



The Editorial Team of the ARC INK depend on the Membership of ARC to provide commentary on any articles printed in your Magazine

**FEEDBACK IS ENCOURAGED**

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

Letter Post: Editor ARC INK - PO Box 525 - MONBULK - VIC 3793

## **Here is my writing on starting the journey that is the Reiki master class.**

I have written this with a pure heart and pure truths. At times, reading over this I want to add more to give you a further insight on why I am on this journey. I feel though by the end of this course I will most likely add to this story. The journey ahead will be long I feel, and it makes me excited and nervous at the same time. I know I will grow so much more for it and answer some of the questions I have been searching for.

I have been searching for something for such long time. As a child you search for fun, freedom, friendships and love. As a teenager you search for similar things, but realize the world isn't as small as it was when you were a child, and you keep searching. You search your home land to find the answers and try to find your place in society.

Sometimes you travel far across the oceans, learn new languages, eat new foods and experience the seasons in complete contrast to what you know. For some people this is all they need. They are fed from such adventure and feel this has filled the void. For me, this makes me want more. Crave more and want the answers that I have searched long and far to find.

As an adult, this sense of adventure or longing to find what I have been searching for has been reignited by life's gains and losses. Without some of these losses, my Reiki origins would never have happened and I wouldn't be embarking on my master training and writing this today.

My Reiki journey started nearly 6 years ago and today, I am hoping that this journey will help me in my master training feel comfortable with who I am, my place in society, deliver on my learnt skill and learn how to grow with this sacred skill to offer support to those in need.

I know that I will develop over the course of the year and make changes that will assist in my searching and journey. I also know that this journey will never be completed in a year. I endeavour to make this part of who I am whether that be in community practice or private practice for as long as I can.

So within my quest to find what I have been searching for; learning the art of Reiki has quenched my thirst for now. I don't expect this to quench my thirst forever; I think this is only part of the journey I am on. The journey, the searching will always be part of who I am. The gypsy soul that I am and known for in my family. It is what makes me tick and for so long this searching has made me feel on the outside of settled life. Now, I know this is what makes me a great woman. This is what makes me feel most like me. The universal energy that makes up Reiki is within us all. It's only when it is awakened, does it become part of the burning desire to know and learn more about some of the greatest universal forces that exist.

Thank you for reading this Helen, I look forward in learning from you and growing with you.

**12 months later...** What a year 2010 has been. My master year has been a year of massive spiritual change. I wrote this essay in the beginning of the year not knowing what the year ahead would bring or the changes that would be made. My master year brought together a beautiful and strong friendship with 3 amazing women who helped me on my journey to motherhood. The journey was tough emotionally however with the love and support that was shared was stronger than I could have imagined. Thank you Helen O'Connor for bringing us together, sharing our journey and providing a greater insight into the Reiki light.

**ARC INK acknowledges with gratitude the cooperation of Fiona Marino in the production of this article.**

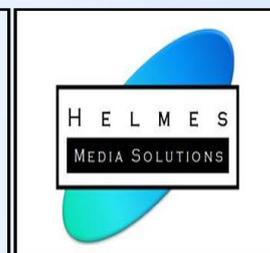
## Podcasting

A great way to grow your business

Helmes Media Solutions takes the hard work out assisting you with planning, scripting and audio / video production.

Get your message on iTunes, YouTube and Facebook today!

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



I remember the first time I met a Reiki Master. I was in a chai cafe near Dharamsala, northern India, and was having a conversation with a guy I'd just met. I can't remember how it happened, but at a certain point he mentioned that he was a 'Reiki Master'. I wasn't sure what this meant, since back then I had no idea what Reiki was; but it sounded impressive. Even more so when he explained that Reiki was a system of healing that worked with energy. After that my mind couldn't help conjuring up images of healing-saints, Christ-like figures and mystical enlightened monks. I realized these images probably weren't an entirely accurate representation of what 'Reiki Masters' were. But even so, I couldn't help but feel such a title described a rarefied accomplishment - a degree of spiritual and energetic mastery that few would achieve. So I sipped my chai and chatted, thinking that here was a guy who had something special going for him. Someone I was quite blessed to have met. He didn't demonstrate any immediate miracles, however, and after finishing our chai we went our separate ways, never to meet again. It was a day simply to remember: the day I met a Reiki Master. No doubt it was an event that would be unlikely to ever happen again.

You can therefore imagine my surprise when a few days later I met another Reiki Master. He too - so he told me - could tap into this miraculous healing energy. He, too, had reached the highest level of proficiency in the art.

This seemed like a remarkable coincidence; but we were all staying within a few kilometres of the Dalai Lama, so I accepted that he probably had a hand in attracting these sorts of masters. Either that or - and here was my favoured theory - it was a sign. A sign that I ought to take Reiki seriously. A sign that I ought to take a course. All the more so when I bumped into several more Reiki Masters over the following weeks. It was only years later that I began to question the worth of the title 'Reiki Master'. Only after I, too, could proudly call myself one. It was then that I realized that in and of itself the title meant next to nothing. The reason for this is simple. It actually doesn't take much to become a 'Reiki Master'. Not these days anyway.

In Mikao Usui's time, of course, it was a little different. After founding Reiki, he originally set it up so you only advanced to the next level when you had demonstrated proficiency in certain designated skills. And it didn't matter how long it took you to master these skills, until you had, you didn't move on.

Now it is simply a question of money and, sometimes, time. If you pay, you get to go to the next level - the only inconvenience being that certain teachers make you wait in between levels to - so we hope - practise your skills. Of course, there may be a few exceptions to this pattern, but in 99.5% of cases it holds true.

Think about it. You pay someone, you get to do level 1. You pay someone some more, you get to do level 2. You pay someone more still, you get to do Master Level. And even under reputable teachers working within the guidelines of Reiki associations, this could actually mean receiving your Master Level after only 7 days' practice (two for both Level 1 and 2, three for Master Level).

The point is that there is almost never any prerequisite for practising between levels. As a rule it is expected, yes; but it is not an *absolute* requirement. It is not rigorously checked and enforced. So if all you care about is the accreditation, then to advance through the levels you simply have to pay some money, wait some time - and show the certificates you get for doing these things. That's it. Hence the possibility that you are a Reiki Master after only 7 days of practice (i.e. the time you spent in courses).

And with Internet degrees it gets even worse. These days, seven days is too long. Why wait? Why pay more than you need to? How about becoming a Master in just 24 hours? How about \$49.95 for all three levels? Not surprisingly, certain people and organizations have been reluctant to use the title 'Reiki Master' anymore. One newly formed Reiki association, for instance, only allows its members to call themselves 'Reiki Teachers' and 'Reiki Practitioners'.

Of course, given how entrenched the term is, trying to call a 'Reiki Master' anything but a 'Reiki Master' is fighting a losing battle - no matter how sensible it might be. So rather than gnashing our teeth, maybe what we really need to do is redefine the term. Because perhaps our problems all stem from how we perceive it. After all, in and of itself, the term 'Reiki Master' simply denotes someone who has been *initiated* into the 'Master Level'. Nothing more. In other words, Reiki Masters have been *shown* the skills required to master this level; but this has nothing whatsoever to do with whether they have actually mastered these skills! That is why all of my certificates - from Level 1 to Master - state that a person has been 'initiated' into whatever level it is. From there on, it is up to the student to practise the techniques taught - to own them. Admittedly, these are subtleties that non-Reiki practitioners are unlikely to appreciate, but if associations and practitioners are clear on what the term actually means - and use it appropriately - then perhaps, over time, the general public will also gain a better understanding of its significance.

## Adding Layers to the Term 'Reiki Master'

While the above approach might ultimately help ensure that both practitioners and the general public don't have an inflated view of the term 'Reiki Master', it still doesn't help us differentiate one Reiki Master from the next. This, admittedly, is a difficult thing to do as Reiki skill is tough to measure; but it is also true that some healers - on average - tend to produce better results, while some teachers - on average - tend to produce better students.

This line of thinking may offend some; but I suspect there are few people who would argue that all Reiki Master teachers and healers are of an identical standard. If we accept this and agree that no two Reiki Masters are alike in their ability, then it might make sense to develop a means - even if only general - of distinguishing one Reiki Master from the next. This would not only be useful to prospective Reiki clients and students, it would also provide a motivation for Reiki practitioners to work hard on their craft after achieving the Reiki Master title.

Interestingly, in some parts of the world - for instance, India - there has been an attempt made to differentiate those teachers with a lot of experience from those with little. Here a 'new' title has sprung into existence, that of the 'Reiki Grand Master'. The title is rather grandiose and hasn't caught on in the rest of the world, but it does, as mentioned, create a meaningful distinction. How else to easily know whether someone is a 'Seven-Day Reiki Master', or a 'Ten Thousand Hour Reiki Master'?

Unfortunately, while 'Grand Master' is a common enough title in the chess-playing world, most people would feel uncomfortable with it in the spiritual community as here it tends to connote something more lofty - a title only achieved by the select few (as in the realm of the martial arts).

That said, the problem may in fact be created not by inherent issues with the title 'Reiki Grand Master', but rather the lack of intermediate titles between 'Reiki Master' and 'Reiki Grand Master'. After all, before the term 'Reiki Grand Master' became popular in India it had been successfully used to indicate the head of the Western Reiki Community (e.g. Mrs Takata and, later, Phyllis Lee Furumoto).

What we therefore need is a system of levels - something like *dans* in the martial arts - that work upwards from 'Reiki Master' to 'Reiki Grand Master'.

On this model, the title 'Reiki Master' would be the equivalent of 'black belt' which, while impressive to some extent, is nothing exceptional. Rather, it is simply one step on the chain to real mastery, a chain that might include Reiki Master 2nd Dan, Reiki Master 3rd Dan etc., all the way up to ultimate level: 'Reiki Grand Master'.

I understand that some Reiki practitioners might find a level structure like this not in keeping with the egalitarian nature of spiritual pursuits; but before we reject such an idea we ought to remember both that the system of Usui Reiki has always included levels and that levels are useful to the general public in assessing an appropriate healer or teacher.

## How to Evaluate Reiki Practitioners

The problem with a more finely tuned level system in Reiki is that Reiki ability - as mentioned - is hard to measure. That said, I propose to open the debate by suggesting some key things we might take into consideration. This list is in no way comprehensive and should be seen only as a starting point. The basic idea is that each item on it would be worth a certain amount points (this would vary depending on importance), and a practitioner would need to accrue a predefined number of points to be eligible for the next level (e.g. Reiki Master, 2nd Dan).

### Practitioner Evaluation List - Possible Inclusions:

Reiki Experience. This can be subdivided up into several different categories:

*Years a Reiki Master has practised Reiki.*

*Hours a Reiki Master has practised Reiki.*

This is more relevant than 'years practised', for someone may have taken Level 1 twenty years ago and never used Reiki. Admittedly it is impossible to know with any precision how many hours you have practised Reiki for; but you could nevertheless make an estimate based on the average amount of daily practice, multiplied by the amount of days since you first learnt Reiki. The problem here, of course, is that we are relying on the honesty of practitioners. That said, it is an important measure, even if it cannot be weighted as highly as it ought to due to the potential for abuse.

*Number of students a Reiki Master has taught.*

*Number of clients a Reiki Master has worked on.*

# Redefining a "Reiki Master"

By Jeremy O'Carroll

*Number of Master Levels gained.* Although there is no necessity to train in more than one lineage, doing so will often help a Reiki Master develop his teaching skills and practice. That is why many of the world's top teachers have studied with several well-known teachers.

*Spiritual Experience.* Since other forms of energy work and meditation generally help a Reiki practitioner connect to 'ki', experience with them might also count. Examples of closely connected disciplines could include:

Qigong  
Tai Chi  
Shiatsu and  
Meditation

*Theoretical Experience.* This, naturally, is far less significant than practical experience; but scholarly excellence in the field of Reiki should also be worth something. Certainly an ability to explore and articulate ideas is a crucial part of being a good teacher, just as knowledge of things such as anatomy, common illnesses and Reiki healing methods often improve one's ability to treat clients. Reiki Masters could here be awarded points both for Reiki articles and publications as well as for the successful completion of written tests that might be made mandatory for those wishing to gain access to the next dan level.

*Certified Healings.* If a Reiki Master has healed a patient of a medically documented illness and this has been verified by an external arbiter, then this, too, demonstrates a degree of proficiency in healing.

*Reiki lineage.* Not all lineages are the same, so the higher the ranking (dan) of a Reiki Master's teacher and the shorter his lineage is, the better. (Note: It is generally considered to be a good thing to have less teachers in your lineage, as that way - it is hoped - you are closer to the original teachings of Usui.)

*Personal Conduct.* You would not necessarily be granted any points for proper personal conduct, but it would be a condition for holding any of the 'dan' levels. 'Personal conduct' would involve both maintaining a professional code of ethics and reputable behaviour in the general community. Behaviour that brought Reiki into disrepute (even if only by association) would lead to a review of a Reiki Master's current dan level.

Naturally, a system like this does have its weaknesses and you could have excellent teachers and practitioners who for some odd reason do not score highly on it. Also, it might be difficult for 'low dan' Masters to attract the students needed to gain experience, since prospective students would most likely be attracted to the 'high dan' teachers. That said, 'low dan' Masters would no doubt be able to find ways to offset these disadvantages. For instance, they could provide more personalized service, charge lower fees, offer better post-course follow up and the like. This, ultimately, would be in line with general market conditions where people with higher 'qualifications' find it easier to attract customers, but by no means always dominate their industry.

## Conclusion

The term 'Reiki Master' does not, in itself, currently carry much weight. It fails to distinguish serious practitioners from those who have done little or no work to advance their Reiki skills and, as such, can be misleading to the public. We therefore need a way - like the dan system in the martial arts - to differentiate one Reiki Master from the next. Since this system cannot be subjective we will need certain criteria with which to evaluate Reiki Masters. Reiki associations are in the best position both to create these criteria and impartially award *dans*. This will be a big help to the general public in choosing an appropriate teacher or healer and will also motivate Reiki Masters to continue their journey towards true Reiki Mastery.

## Contributor: Jeremy O'Carroll - Founder of the Om Reiki Centre

*The centre is totally committed to and specializes in Reiki*

Jeremy is a traditional Usui Reiki Master. He studied Reiki in India, Thailand, Australia, the USA. Reiki is his passion and he is committed to giving the best energy work possible.

Visit [www.om-reiki.com.au](http://www.om-reiki.com.au)

Call Jeremy on 1300 853 356



## IMPORTANT NOTICE for AARP PRACTITIONER & TEACHER MEMBERS

All listings on the ARC-AARP Public Referral Directory are subject to the Member meeting with and maintaining certain criteria, among which is the submission to ARC of;

a completed (annual) P&PD - Personal & Professional Development Booklet and

a valid (annual) Certificate of Currency of Insurance which requires renewal of Membership of ARC.

Insurance obtained through membership of ARC Inc. becomes null & void without financial membership

# Have they gone too far in their denouncement of Reiki?

## ***Has the Roman Catholic church gone too far in its denunciation of Reiki?***

By now Reiki practitioners are used to hearing incorrect and misleading propaganda put out by those who do not wish to see Complementary therapies in any form being accessed by the public. Thankfully the numbers are diminishing as associations like ARC and others raise the standards and professionalism in providing Reiki treatments as well as educating the public and relevant bodies on the low risk and effectiveness of using Reiki.

However, when the Roman Catholic church continues to use its media machine to demonise Reiki it shows that we still have a long way to go. Based on the following abstract it appears that the practice of Yoga, Massage and Tai Chi have now joined the ranks of Reiki as an invitation to invite demonic trouble. Perhaps we as Reiki practitioners could write to our local Church minister asking them what their opinion and policy is on Reiki. If they do have concerns and itemise them, then we may be able to provide them with a balanced and informed reply.

### ***In November 2009, one of the world's leading exorcists quietly slipped into Sydney at the invitation of the Catholic Church.***

It was a long journey for 74 year old Father Jeremy Davies, exorcist for London's Westminster Archdiocese, The destination for Davies, co-founder of the International Association of Exorcists in Rome, was Mary MacKillop Place in North Sydney. Waiting for him were 27 other priests, including Bishop Julian Porteous, the Auxiliary Bishop of Sydney, second only to Cardinal George Pell in the Sydney Archdiocese. For the next two days Father Davies led a discreet forum on the ancient rite of exorcism: the expulsion of demons and evil spirits from those who fear they are possessed. "It was done quietly," Bishop Porteous says. "Some of those who attended were not officially exorcists, but I brought together those who had some involvement in this area. Priests who work in this area have little support and so I wanted them to reflect and talk about it."

The underlying reason for Father Davies' visit was one that is usually only talked about in whispers within the church itself. Father Davies claims that a growing number of people are approaching the church to seek help in expelling what they believe are demonic spirits. "Many of these people who approach the church for exorcism have got involved with various new-age or occult practices," says Bishop Porteous. "What starts off seeming innocuous and not creating any difficulties at some stage turns dark. They start to experience quite frightening personal phenomena and it is at this stage that they turn for help."

Auxiliary bishop Porteous, warns that pursuing such "alternative" relaxation techniques as **yoga, reiki, massages and tai chi** may encourage experimentation with "deep and dark spiritual ideas and traditions". *On a positive note it is good to read that they have used the words "relaxing techniques" which indicates that perhaps they do accept this as one of the benefits of Reiki*

He also points his finger at popular culture, saying the Harry Potter books and films, and the vampire-themed Twilight series, have revived curiosity with the supernatural.

Bishop Porteous argues that when it comes to exorcism, science is in retreat. *"I think we have come through a period in history when there was a tendency to dismiss the miraculous and devils and angels and so forth. I think we are now shifting back to realising that all things cannot be explained medically and scientifically."*

An interesting statement considering that the last church attack on Reiki by the US Congress of Catholic Bishops used as one of their arguments - *"Since Reiki therapy is not compatible with either Christian teaching or scientific evidence, it would be inappropriate for Catholic institutions, such as Catholic health care facilities and retreat centers, or persons representing the Church, such as Catholic chaplains, to promote or to provide support for Reiki therapy."*

It would appear that the church representatives have no problem changing the goalposts when it suits their propaganda against Reiki.

SEE FULL ARTICLE HERE: <http://www.theaustralian.com.au/news/features/deliver-us-from-evil/story-e6frg8h6-1225967837921>

### ***ARC INK kindly acknowledges Cameron Stewart of The Australian in this reproduction of his article***

**The Editorial Team of the ARC INK depend on the Membership of ARC to provide commentary on any articles printed in your Magazine**

**FEEDBACK IS ENCOURAGED**

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

**Letter Post: Editor ARC INK - PO Box 525 - MONBULK - VIC 3793**

# Valerie Ives - Author of "The Power of Grace"

## **The Power of Grace - Reiki Stories - By Reiki Master Teacher Valerie Ives**

Valerie Ives was trained by Martha Getty who was one of the first Reiki Master teachers to bring Reiki to Australia. Many Reiki practitioners struggle with the question "what is Reiki?" There are many hundreds of different answers to this question on the World Wide Web. In her book Valerie starts off with a very down to earth, easy to understand explanation of what Reiki is and what Reiki is not.

During a recent interview Valerie was asked why she had decided to write a book?

*The book "Power of Grace" came about because of my Mother's death in 2000. I, as the eldest child spoke the Eulogy, and when the service was over, my youngest daughter commented that she did not know that her Grandmother had done so many things in her life. She also said that she wanted me to write my life stories, because she did not want to find out about me when I am dead & gone.*

*So I started writing a few stories, and then began to realise that in my travelling and teaching of Reiki in Australia and England, I had noticed that so many people who had done Reiki classes, were so confused, lost and angry about Reiki, and in most cases, their Teachers. I then expanded the stories I had written and tried to explain how I understand Reiki, in a way that is TRUTH and simplicity.*

*I feel it is important to tell the Reiki stories, as in all verbal traditions down the ages; stories have been what keep their Truths alive. I have discovered through Reiki that I am a storyteller. I cannot explain Reiki scientifically; I get lost in all the words. Telling stories about real life experiences in peoples' lives through using Reiki is how I feel I can best explain it, or rather Reiki explains itself.*

The book is a wonderful journey with Reiki, the strong belief and wonderful outcomes for Valerie as she placed her trust in Reiki. It also describes how Valerie was instrumental in bringing Reiki into the Victorian Prison System and how at one stage over 10% of the prison population was trained in Level One Reiki. For information on purchasing the book contact Valerie by Phone: **(03) 9754 2991**



## **VALERIE IVES REIKI REVIEW CLASSES**

**Valerie Ives, one of Australia's Reiki Elders  
is now offering REIKI REVIEWS for Reiki 1, 2, & Master**

- Do you feel confused about Reiki?
- Have you forgotten your symbols?
- Have you forgotten how good it feels?.
- Do you remember how to use Reiki daily.
- Do you remember how to use Reiki in your life?

**Valerie, is offering the opportunity for you to come back to the  
Essence of Reiki in these REVIEW Classes.**

**It is an opportunity to work one-on-one with Valerie,  
and refresh, and renew your Reiki.**

**For more information about this personal program and process contact Valerie  
Telephone: (03) 9754 2991**

### *Member Advertisement*

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

**Members - Payment of your Annual Membership Renewal Fee is due on or before the  
31st August every year. Paying 'on time' is most appreciated and helpful - ARC Inc. CoM**



**Our aim is very simple - to provide YOU with  
as much specific information as possible about  
HOW Natural Health, Complementary, Chinese and  
Alternative medicine may assist with healing  
health issues or creating wellness in your life.**

**naturalhealthlibrary** has been designed to provide a comprehensive single source collection of Natural Health Articles and up to date natural health information from a wide range of contributors, many of whom are acknowledged experts in Natural Health, Complementary Medicine, Chinese Medicine and Alternative Medicine. [www.naturalhealthlibrary.com.au](http://www.naturalhealthlibrary.com.au)

Recently, I participated in an online discussion about using other healing methods as “add-ons” to Reiki. For the discussion’s sake, aromatherapy was used as an example. Because of the rapid fire nature of online conversations and the speed with which we multitask, time for thorough contemplation isn’t always an option.

During this particular conversation, I offered the comment that I personally would not combine aromatherapy with Reiki, but I wasn’t sure why. After the discussion had ended, I came to this conclusion: Reiki, by its very nature, addresses the recipient, rather than a symptom. The use of essential oils in aromatherapy is largely to target specific conditions. This doesn’t mean that aromatherapy and Reiki can’t be used together, but I think the question becomes, what’s the add-on, Reiki, or aromatherapy?

For myself, I think if Reiki were the primary modality, using another method that treats a symptom might cause me to develop an expectation for an outcome. Perhaps just putting an essential oil that promotes relaxation, like lavender, on one’s hands before a Reiki treatment is not the same as applying an oil to treat a specific condition, but a Reiki treatment is so relaxing, I’m not sure it needs help. On the other hand, if I choose to use aromatherapy to address a condition first, then Reiki becomes a wonderful way to support that method.

The distinction is important for those who offer more than one service to clients, and reinforces the importance of clarifying to clients what the difference in purpose and intention for using each method is. Often clients who know nothing about Reiki are referred to me, so it’s important to help them understand what it is that Reiki can do to help them or their animals as opposed to a different method, for instance, massage. And while I can certainly use Reiki to support massage, I would obviously never incorporate massage into a Reiki treatment.

I don’t think it’s a question of right or wrong when it comes to using multiple healing methods at the same time, but I think being clear in one’s practice, and explaining the details to clients is important so that they can understand the implications of each and make informed decisions about the care that they choose to receive for themselves and their animals, as well as explain it to others. After all, how can they give you a good recommendation if they can’t really explain what it is that you do?

## To ALL Members from the ARC Inc. Committee of Management

### ‘Membership of the ARC Inc. & Membership Category’

Everyone joining ARC Inc. does so in the standard “**MEMBER CATEGORY**” Membership - making a one-off payment of \$40 Administration/Joining Fee plus the initial (current) \$40 Annual Membership Fee - Members can be Level I / Level II / Master/Teacher and remain in the standard member category for as long as they remain financial members of ARC Inc. [Current Annual Renewal Fee \$40 Due 31st August]

Upgrading Membership is only by application : 1st stage is AARP “PRACTITIONER CATEGORY” Membership Cost: \$20 valid until the next 31st August [Current Annual Practitioner Renewal Fee \$60 Due 31st August] Members must be Level II Practitioners or higher. Meet with Business and Insurance requirements - Keep Annual P&PD [Personal & Professional Development] Record. Request entry on the public referral directory

2nd stage is AARP “TEACHER CATEGORY” Membership - upgrade is by application - (*see form for criteria*) Cost: \$20 valid until the next 31st August [Current Annual Teacher Renewal Fee \$80 Due 31st August] Members must be Teacher Level and Teaching to request entry on the public referral teaching directory

*Annual Membership Fees are based on the Category of Membership a Member holds and NOT on the Members Reiki Level - EXAMPLE: A Level II Practitioner or Master Teacher in the standard “MEMBER CATEGORY” only pays \$40 renewal fee unless they have upgraded to either “PRACTITIONER/TEACHER CATEGORY” Membership*

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

Dear Members, every so often we make changes to our personal information, such as our Email address or Residence/Postal address or Telephone numbers, etc. **Keeping ARC advised of these changes is vital so that ARC can keep in touch with you!** Send me an email with any changes to your current information and I’ll update your record. Changes can also be done online in the members area - so logon and keep up to date. If you have any questions about your Member record please telephone **1300 130 975 - Thank You.**

**Visit: <http://www.australianreikiconnection.com.au/MembersArea/?p=details>**

# Learning Together and Growing Together with Japanese Reiki

By Sheila Neville

***If you wait until you reach enlightenment before you train others, it may be too late in these fast changing days so: follow the way of “learning together and growing together”*** (Source: Hiroshi Doi, Gendai Reiki-ho).

Each Reiki class I teach opens me up to new learning: how the student reacts to Reiki, how I can improve on the way I teach the material, how the student integrates the material, and with Japanese Reiki there is a lot to integrate; and as there is more focus on self-healing and self-development, observing the benefits from each step is another learning process. Attending a class and putting the manual away after the weekend is so easy to do, and to put the techniques into practice takes a little commitment, but it is well worthwhile. So together with my students, I have found that reviewing the Japanese Reiki techniques over a 12-week practice period not only helps to establish them into a daily routine but also reinforces the benefits of what we have learnt, and with the permission of my students, here are a few quotes from their home practice, commenting on their self-development and also the treatment of others:

Self-development:

*“During Joshin Kokyu-ho I have been getting ‘showers’ of energy/light flooding through my crown and down my spine”*

*“Golden light floods streaming down all over me... very blissful...whole body tingles.. filled with a sense of light”*

*“I enjoy Joshin Kokyo-ho and Gassho Meiso...sometimes the increased energy is quite marked.. with an increase in physical wellbeing.”*

*“Can feel a shift in emotional wellbeing as well”*

*“(This technique) aids digestion, helps relax the abdomen and seems to balance the whole system as well as increase energy.”*

*“When chanting the kotodama my body becomes very hot.....chakra system is aligning and becoming balanced.....a clarity in consciousness”.*

*“I like the energy of the kotodama, can feel it clearing the house”.*

*“Really amazed at the development in skills and sensitivity to energy work that these exercises are building up”*

*“My life is changing. It’s like the practice with the Reiki energy and the building of skill is clearing my decks in all sorts of interesting ways.”*

*“I am finding that the Gokai is working on me – being more accepting and appreciative of self is coming through strongly at this time.”*

*“Just stating that I will start this practice opens my crown and activates my Tanden. It’s really special....colours are clearer, outlines sharper.....feelings of things being right, and just the way they should be”.*

*“I am increasingly drawn to fresh and vibrant foods”.*

And for others:

*“In the treatment of others.. seems to increase the focus and effectiveness of the healing as well as centring me as I work”*

*“When I give myself Reiki or for my husband I feel the treatment is much stronger. Quite exciting really.”*

*“I can feel how the energy ‘clumps’ and can smooth and shape (it) into the body’s natural flow. Like massage without the muscles”*

*“So many effective techniques to use for others as well as acceleration of development/skills/self-healing resources for myself”*

Continued on page 19

**Are you taking Reiki into Hospitals, GP Surgeries, Prisons, Cancer Support Groups, HIV / AIDS Centres, Hospices, Palliative/Aged Care, etc?**

Please send any information you or someone you know may have to:

ARC President - John Coleman

PO Box 525 MONBULK VIC 3793

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

Thank you to all who have already supplied information.

# Learning Together and Growing Together with Japanese Reiki

By Sheila Neville

I have found that by working alongside my students, we are then 'learning together and growing together' as Hiroshi Doi suggests. Setting aside a time each day for meditating and working with the Reiki energies have proved to be most beneficial for me. Sometimes we can seem to get so busy that we don't find time for ourselves, but keeping those few minutes each day for our own spiritual growth can really make a difference in our lives. Meditation is such a wonderful healing tool and by combining it with the Japanese Reiki techniques I can feel the centring and balance that my students mention, and the integration of the Reiki energies for connecting with the universe is strengthened.

All healing is self-healing but that does not mean that we cannot assist others in order for them to benefit from our skills as Reiki Practitioners. A Reiki session can help to soothe the stressed, uplift the depressed and relieve pain in the suffering, however as the old saying goes "Give a man a fish and you will feed him for a day, but teach him how to fish and it will feed him for a life-time" So it is important that we encourage others to be responsible for their own healing; we cannot 'do it for them'. This is where I have found Japanese Reiki to be so valuable. Yes it does give you more healing skills to help others but the focus is more on your own healing and spiritual development, in other words it is 'Usui's way'.

Another way we learn and grow together is at the student practice group. Meeting up with my students on a regular basis not only helps them to further integrate the class material but it is an opportunity for me to be one of the group and to enjoy what has been covered in class. This strengthens our practice of Reiki and helps us to expand on what we have learnt. We also develop the best way to use our knowledge for healing through our continual study of the techniques. So the learning process goes on.

## Contributor: Sheila Neville

Sheila is a Reiki Master, Komyo Reiki Shihan, Gendai Reikiho Shihan, teaching 'Japanese Reiki' since 1999. Web: [www.energybeam.com.au](http://www.energybeam.com.au) - Telephone: (03) 5682 2099

### *The Study and Practice of Japanese Reiki Shoden and Okuden*

19<sup>th</sup> & 26<sup>th</sup> March and 2<sup>nd</sup> & 9<sup>th</sup> April 2011 (Pre-requisite Reiki II)  
The classes are followed by a 12 week monitored home-practice program

Study intuitive healing methods  
Increase your Reiki energy  
Learn to incorporate Japanese Reiki techniques into your daily  
meditation routine for self-healing and spiritual growth

As the classes are not regular levels of Reiki they are also available as home study  
Free fortnightly practice groups follow the classes

Please contact Sheila Neville, Reiki Master/Shihan  
(03) 5682 2099 [www.energybeam.com.au](http://www.energybeam.com.au)

*The Energy Beam*



#### *Member Advertisement*

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

## REIKI AWARENESS WEEK 2011 - Sun 5<sup>th</sup> to Sat 11<sup>th</sup> JUNE

It is envisioned that emphasis be placed on the benefits of Reiki to all members of the community. It is hoped that event organizers will endeavour to raise funds for research into the benefits of REIKI - and what better way to promote the system of Reiki, yourself and your business, than providing free short Reiki treatments to the public at large nationwide. Reiki practitioners do not have to be members of ARC to participate, so ask your friends to join in.

If you and/or your friends would like to organize an event and we urge you to consider doing so, and you require assistance or would like to work with the national organizing team then please Phone: **1300 130 975**  
Event details will be placed on the ARC Website and advertised in the ARC INK Magazine

## What are your thoughts on this question?

**They said I must wait at least two or three months before getting my level two attunement? Why? I heard some Reiki Masters will give you level two Reiki straight away after level one, even on the same day?**

The above question is one often asked and debated within the Reiki community. Here is what Reiki teacher James Deacon has to say on the subject.

*"In my opinion, so many people (through no fault of their own) seem to have the understanding that it is the **length of time** you **wait** that is important - where in reality it is **how actively you apply and develop your Reiki during that time**.*

*Sadly, I've known some people who, after receiving the Level 1 attunement, essentially just 'kick back' and focus on the 'waiting' (albeit impatiently!) for 6-12 weeks - not even bothering to self treat, let alone treat others - before taking the Level 2.*

*Interesting isn't it, but while the concept of waiting about three months between 1 and 2 comes from Takata Sensei's teaching format, she herself spent about a year (1935-6) in intensive daily practice - working as an Intern at Hayashi Sensei's clinic - before going on to take level 2*

*I feel that, in their enthusiasm, too many people see the progression through the levels as some kind of race. It is not."*

I have a friend who took level one several years ago, and when I suggested a while back that he might wish to take 'the next step on the journey' and receive the level 2 attunement, his reply was essentially **"Not until I've exhausted all the possibilities of Level 1 - ask me again in a decade or so."**

And, when it comes to the issue of whether Teachers should even be offering Levels one and two 'back to back', I feel we should keep in mind the following:

In the Q&A section of the Usui Reiki Ryoho Hikkei, the question is asked:

*"How can I receive the second degree (Okuden) - what does it involve?" and Usui-sensei responds:*

*"Okuden consists of several methods - hatsu rei ho; patting, stroking and pressing hands; distance treatment; healing of habits/propensities; etc. We will give Okuden to enthusiastic Shoden students who bring good results, are of good character, and behave properly."*

To me at least, this would seem to imply that the Teacher must allow time between levels in order to monitor and assess both the student's *development* and *moral behaviour*.

**ARC INK acknowledges with gratitude the cooperation of James Deacon in the production of this article.**

## Council of Australian Reiki Organisations Ltd. - CARO



### • CARO Professional Reiki Treatment Delivery & Business Skills Course

The Australian Reiki Connection is an authorised facilitator for the CARO Limited **Professional Reiki Treatment Delivery & Business Skills Course** leading to practitioner registration with CARO

- How to start your practice, ensuring you comply with legal requirements at state and federal levels
- Pointers on administrative and book-keeping requirements
- Setting up and furnishing your practice premises
- Taking a thorough case history
- Maintaining client records and ensuring privacy and confidentiality
- Obtaining informed consent
- Communicating with your clients (being compassionate, objective, realistic without getting personally involved)
- Treatment hygiene, for yourself and the client
- Occupational health and safety
- Explaining Reiki and giving a first treatment session
- Adapting treatment strategies to deal with client needs
- Scheduling subsequent sessions
- What to do if asked to liaise with other health professionals
- Post-treatment support - what is appropriate, and how much is too much
- How to deal with difficult clients
- When to refer a client

**All  
Practitioners  
For Course  
Information  
Telephone  
ARC  
1300 130 975  
TODAY**

Usui Sensei had only four years to develop his teaching before his early death. He began teaching in 1922 and passed away in 1926. At first he himself was the only teacher and the only one able to teach others how to reconnect to the cosmic source. After the devastating earthquake that destroyed most cities in the Tokyo Bay in 1923, he was faced with seemingly unconquerable suffering. It was then that he decided to show some of his senior students how to initiate others into Reiki. He chose eight students (at that time it was all men) and with them he roamed the area for many months. According to Koyama Sensei, the previous president of the Usui Reiki Ryoho Gakkai, they gave several hundred thousand treatments, and therefore Reiki spread throughout Japan very rapidly. During this time he experimented with his newly-found method and realized quickly that healing begins with the mind. Once the mind is healed the body will follow suit all by itself. This should be our example; this is where our journey begins.

But instead of following his insights, we began at the other end of the spectrum. Reiki has developed in many different ways over the years. Many of us have created new techniques, new schools, and new philosophies. I myself have added to the versatility, and today I would like to dedicate the time we have together to simplify the teaching again, and to put it into the original light.

### **Simple is Best!**

My teacher Chiyoko Yamaguchi said again and again when asked about practical matters: “you think too much. Reiki is the most simple thing in the world.” When asked how to begin a treatment for example, she just laid her hands upon someone and said “**ON**”. Then she took them away and said “**OFF**”. According to her there was no need for any ritual whatsoever. The same rang true for protecting oneself: “Reiki is a one way street” she used to say “there is no backflow and no possibility of a negative charge disturbing the practitioner”.

After having completed the book “Reiki, best practices” with Walter Lübeck, someone brought me a copy for an autograph. Before I could think, I had written: “The best technique is the one that you don’t use anymore”. Thinking of it now, I remember a saying I came across in India 30 years ago that says “The master musician breaks his instrument”. A technique is not a magic potion that heals or fixes something that is broken. A technique gives you safety net, persuades you that it is ok and gives you self-confidence. Once you have gained self-confidence you don’t need techniques anymore.

### **Discarding your techniques**

If you have worked with Reiki successfully for a while, discard your techniques, but watch out that you don’t do flaky Reiki. Koyama Sensei writes in her teaching handbook “Usui Sensei went to Mount Kurama to end his life, and we should practice Reiki with the same intense devotion”.

### **The practice**

Hayashi Sensei suggested that you begin a treatment by touching the head for at least 30 minutes when you don’t know what is going on with your client’s body/mind. In this way the body is energized and the Byosen (byo-sick, sen-accumulation) comes up from the deeper tissue and reveals itself to you. Byosen has been wrongly coined as scanning by myself in 1994 when I first came across it. However, it is much more than that: it is the body’s healing process that you watch and listen to while giving a treatment or a series of treatments.

Koyama Sensei said that the Byosen attracts the attention of the practitioner and shows him where and how long a specific area should be treated. She also taught that the first treatment is especially important and should be administered in the following way: You treat the problem area for a long time, perhaps for two hours or so. In this way Reiki penetrates the body deeply and helps the cells grow healthily. She suggested that you don’t move your hands at all in the initial treatment, and stay in one area (in case of a diagnosed illness). When the Byosen begins to diminish, you incorporate other areas in your treatment. The only exception in this way is a cancer treatment. In this case you begin around the tumour, not on top of it. This way you make sure that the cancer does not spread. After the area around the tumour has a Byosen of level one or two, you close in on the tumour slowly.

Working in this way, you will be watching your client’s healing process and this is such a blessing that it is bound to become your favourite Reiki Music!

**Copyright© by Frank Arjava Petter 2010**

**ARC INK acknowledges with gratitude the cooperation of Frank Arjava Petter in the reproduction of this article. Email: [Arjava@ReikiDharma.com](mailto:Arjava@ReikiDharma.com)**

## TWO BOOK REVIEWS

### ***My Teachers Wear Fur Coats: Lessons Learned from Reiki with Pets***

**Authors: Susan Mack and Natalia Krawetz** - ISBN 9781886940765 / 1886940762

This book took a chance. It risked being taken as all moon beams and fairies. I am happy to report that this is not the case. This book delivers on a multiple of levels.

At the risk of over simplifying; the book is simply about performing Reiki on animals as opposed to Humans. Making this book an easy read for either the lay person who has an animal and is considering enlisting the use of a Reiki Practitioner or practitioners themselves interested in either diversifying their practice or just starting out and wanting to have an animal practice.

Some key points that the book covers include, how preparation for a Reiki treatment differs for animals as opposed to treating people... How pets use Reiki energy and how pets manipulate the energy differently in comparison to a humane clients.

The Author covers the environment where the treatment is to be held. Giving advice on how to deal with the owners and their expectations and safety concerns of the Reiki practitioner and other humans present during the treatment.

I was impressed that she stressed that she keeps in touch with her clients (the animal) via distance work and that she contacts the animal via distance work prior to actually meeting the animal so that the animal knows her "energetic signature". This is extremely important. I was not aware that many other practitioners of Reiki had discovered that animals "tap in" when you are sending to other clients or when you are treating another client within the radius. Animals really can be energetic vampires. It was a relief to see that another Master has found this to be the case too.

In summary this book is a very easy to read book on how to run and operate a Reiki business dedicated to animals and their owners. Covering possible problems you may encounter along with suggestions on how to overcome them. Having said this it is not only a book for Reiki practitioners but a book for the owners of animals who maybe thinking about employing the services of a Reiki practitioner for the health and well being of their companion. Giving sound practical advice on finding a practitioner and giving you a realistic over view on what to and what not to expect from Reiki. All in all a good read.

### **The Way of the Natural Therapist:**

#### ***Inspirational Personal Stories to Guide Modern-Day Healers***

ISBN 978-0-646-5344-5

**Authors: Leisa Millar (Editor), James Ketub Golding (Editor), The Gawler Foundation (Foreword)**

The book is a unique collection of 22 personal stories written by experienced natural therapists from around Australia. Some of the therapists are more well-known such as Jost Sauer and Chandrika Gibson who write articles in national magazines whilst others are less known but equally as dedicated to practising their modality. The autobiographic style of the book gives the reader an intimate glimpse into these remarkable therapists, who like everyone else, experience the ups and downs of being a therapist.

Combined, the therapists have over 250 years of wisdom which gives readers an invaluable insight into what excellence and success means as a therapist. Although the contributing therapists practice a wide range of modalities including Reiki, you realise after delving into a few chapters that the modality practised is not relevant in the context of inner growth because self-discovery transcends modalities. The therapy practised is simply the tool or technique that guides therapists towards self-realisation and excellence in their work.

Many of the experienced therapists in the book reiterate the need to cultivate a driving passion in their work. Some express their passion as a service to others and in that way the therapy becomes an extension of the therapist's life. It appears that if the focus is on the business outcomes rather than the service provided then the therapist is not clearly seeing the client in front of them.

The stories are easy to read, heart-warming and filled with spiritual wisdom for contemplation. Whether you are a Reiki practitioner and/or teacher or you are simply interested in deepening your own Reiki self-practice, this book offers inspiration for personal enrichment.

Leisa and James are donating ten percent from the sale of each book to The Gawler Foundation as they believe it is a leading example of how therapists can work together to provide a comprehensive and holistic approach to individual and collective wellbeing.

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

The story of how I came to Reiki is, I think, interesting. I grew up in the bush in Queensland. It was a very practical life and I loved it. I had a very pushy mother who thought as many did, that she owned her children "body and soul". When I finished secondary school I wanted to become a Deaconess in the Presbyterian Church. To my amazement my mother would have none of it. I could not defy my mother which shattered my belief in God. In the next few years I did quite a lot of reading on various religions but did not find any firm belief. I was not negative or positive but "maybe, maybe not". Anyway I was pushed off a off to University of Queensland to do Science. From the control of boarding school the freedom of Uni meant I only attended some lectures. I knew much of the first year Maths and Chemistry anyway but found Botany and particularly Geology interesting so went to those lectures. After 2 years dalliance I had passed 3 first year subjects, my mother was carrying on as usual, and I heard of jobs for people with a bit of maths at the Long Range Weapon Establishment in Adelaide (the base establishment for Woomera). Adelaide was a long way from my mother so I broke free and went to Adelaide. I did well there and finally married and raised four children and applied myself to the needs of the community. I then went back to university part time in Adelaide and Melbourne and after 5 years had a B Sc. with a geology major and worked in exploration eventually setting up my own successful business working in the field as a service provider to exploration companies who were short handed. Women are common in exploration now but at that time I was one of only two in Australia. To do this successfully you will realise that I was then and still am, a very practical person.

After years of this life I went, for interest, to a couple of "alternate" courses like Touch for Health. I became friendly with one of the women there. Because the classes were full of people at least 20 years younger than us, we ate our lunch together and she was on about Reiki. I did not like the sound of this airy fairy thing but eventually I had to be rude to her, or have a Reiki treatment, after which, with virtually no preparation, she gave me an attunement saying that when I got back to Adelaide I should buy Diane Steins book. (*I would like to record that I don't approve of this method of doing attunements and do not follow it myself*). I had to shut my eyes, but I kept sneaking looks, while she wandered round the room making signs in the air. When she finished she said "You can open your eyes and move now". So I opened my eyes but I could not move. I felt absolutely wonderful but after a while of not having any control of my body at all I though it was odd that I was not worried in the least about it but just felt marvellous. After a while my friend became concerned about my sitting there like a stone and started asking if I was alright etc. I could not answer, smile or do anything to reassure her. As she became more disturbed I began to see the funny side of the situation, her upset and concerned and me sitting radiant and immobile and I started to "giggle" silently, in side. That broke the spell and it took about half a minute, starting at my feet, for my body to normalise. I concluded that some very powerful, very good, being or force, wanted me to do Reiki and here I am. People, who have had Reiki before, have some times commented that my Reiki was "better or stronger" than they had experienced before.

I have never heard of an experience like this but then generally people having an attunement have been prepared and WANT it. I dare say some young men who were "press ganged" loved being sailors and were good at it. So there we are and that is how I came to Reiki. Laugh and love a lot.

## HOPE: Its goals, chances and limits!

After centuries of dualism in science it has become more evident now that our mental experiences are linked to processes in various parts of the organism. There appear to exist strict and most probably bidirectional relationships between psychic processes and the biology and chemistry of the physical sphere. To answer the question "**Why hope?**" it would be more reasonable to look for a better quality of life with illness emphasizing the comfort of freedom in coping with disease, and in spite of disease.

Hope may serve as a catalyst for positive transformations, as an accelerating factor in healing processes, as a trigger of the specific energy of personal existence in such a way that the program of intentional optimism is carried beyond the mind as an order for extraordinary mobilization in various systems and parts of the body. Hope in this sense presents itself as a self-active element of therapy producing effects that are similar or greater to those of chemical substances introduced into the body. One should expect that the physician will fulfil the difficult obligation of causing the patient to believe in the success of therapy and in the sense of life. The front for the creation of hope should be as wide as possible, but also internally coherent. The greatest value should be attached to words of good, warm climate of meetings, an aura of unselfishness, and to physical - almost touchable - proximity.

Source: PMID: 17385362 [PubMed - indexed for MEDLINE]

# Contacting the Australian Reiki Connection Inc.

**TELEPHONE: 1300 130 975**

ARC Inc. has in place lines of communication that benefit members and the general public 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 the ARC.

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 [also 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 -

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

Mail for the President, the Treasurer, the Secretary should be posted to:

**ARC Inc. PO Box 525 MONBULK VIC 3793**

AOO35912F ARBN 097 727 234 ABN 16 324 495 886

## 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 to always quote your membership number)

**HolisticPage** No 1 Internet Book Store  
*Books, Music & Movies*  
contact Judy or Michael for **10% discount\*\*\***  
Phone: (02) 9988 4215

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

**The Linen Co.** *Salt lamps / Dr Detox® and more*  
**Unbeatable** prices on the **entire** product range\*\*\*

Phone: (03) 9899 9800

**Retail & Wholesale Catalogues NOW available**

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

**Massage Tables / Health & Lifestyle Equipment**

**Additional 10 % off** 'our prices' - contact Jenny\*\*\*

Phone: (03) 9558 0008

Free call: 1800 333 505 (excl Melb)

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

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

### 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 **\$30** per each advertisement.

**Your payment must be sent with your advertisement to the ARC INK editor at PO Box 525 MONBULK VIC 3793 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.

**IMPORTANT NOTICE - ALL MEMBERS OF ARC JOIN IN THE STANDARD MEMBER CATEGORY TO UPGRADE A MEMBERSHIP TO BOTH PRACTITIONER CATEGORY AND TEACHER CATEGORY ADDITIONAL CRITERIA MUST BE MET please email: [membership@australianreikiconnection.com.au](mailto:membership@australianreikiconnection.com.au)**