



President's Comments - John Coleman

Greetings and welcome to this edition of your ARC INK Magazine.

A new year and a new autumn season is upon us, unfortunately for many the natural disasters of fire and floods have had a disastrous and ongoing impact on those affected by them. I urge all members to send and / or continue sending Reiki to mother nature and to all those affected by these tragic events. If you know of someone affected you could perhaps contact them with offers of free Reiki treatment,

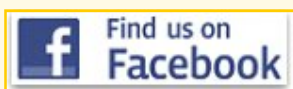
It is in times like this that the importance of being still, calm and avoiding stress when Possible. Daily self Reiki is a great way to help you achieve this. Are you doing daily self Reiki? When we get caught up in the busyness of daily routines it can be easy to forget or put it off for another time. A good way to remember is to set aside a time in the day, preferably morning for your self Reiki. It can set you up for the whole day and allow you to go with the flow. The article on page six of this edition is full of another and additional way of helping you to go with the flow. Well worth the read.

Members will by now be aware that I sign off on all my emails in a certain way which includes "Lots of Laughter" There is an old saying that Laughter is the best medicine. Well now there is proof that watching comedy videos (which can make you laugh) reduce post-surgical pain. Read the article relating to this, on page four.

I look forward to working with the volunteer committee of management throughout the year on behalf of Reiki and ARC members. There is a great deal of work to be done in running this large National Not for Profit Association. If you have any suggestions or requests that you believe could benefit yourself and others in the association, or if you have an article for the ARC INK Magazine please send to me.

I hope you enjoy reading your ARC INK Magazine.

Love Light lots of laughter and wellness - John Coleman - President



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

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Welcome to the ARC INK Magazine - Volume 21 Issue 5

This Magazine is published four times per year for the information of **USUI Reiki Channels** and persons interested in Reiki Healing, Reiki Teaching and Complementary Therapies
visit: www.australianreikiconnection.com.au

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ARC welcomes your comments

ARC Committee of Management for 2018/2019

President John Coleman
Treasurer Tony Carroll
Secretary Andonna Gotsi

Ordinary Committee Members (Total of Eight allowed)

Anita Kyriazopoulos
Sue Lake Harris

Membership Officer

William Secker

Social Media Co Ordinator - Vacant

ARC is seeking expressions of interest and would like to hear from those who may be interested in joining the Committee of Management as Ordinary Committee Members in order to become involved and through training learn committee responsibilities. Please phone or email, if you would like some further information.

Members are sincerely asked to contribute toward the management of their Association through volunteering their talent by participation in sub-committees or specific projects that are there to be worked on, which do not get completed ,simply because there are not enough offers of help. If you would like to become actively involved in your Association, then ARC would like to hear from you. Your participation and skills would be most welcome

Contacting the Australian Reiki Connection Inc.

TELEPHONE: 1300 130 975

Questions relating to:

Reiki Manuals, Global issues and the activities of Reiki in Australia contact the

President - at Email: president@australianreikiconnection.com.au

ARC Inc. membership and for general enquiries contact the Treasurer -

Tony Carroll Email: treasurer@australianreikiconnection.com.au

Mail can be posted to: ARC Inc. PO Box 827 SOUTH MELBOURNE VIC 3205

[Allow up to 7 days for post to arrive]

ARC WEBSITE INFORMATION

Please add no-reply@parastorage.com to your safe email list

When someone contacts you via the ARC directory of Practitioners and Teachers the email comes into your inbox with the heading: no- Reply@parastorage.com

Subject line New message via your website

Followed by who it is from.: Example president@australianreikiconnection.com.au

Why not visit the directory, look up your listing and send a test message to yourself. Your email address cannot be accessed or seen by others.

Have you signed up to the Members Area of the new website. ?

If not why not do so now.

Remember your old password will not work.

Click on the **ARC MEMBERS AREA** button on the top right of the home page and follow the instructions.

www.australianreikiconnection.com.au

Are you a Professional Reiki Treatment Practitioner and / or Reiki Teacher member of the Australian Reiki Connection?

Are you listed in the ARC Directory of Practitioners and Teachers on the Website?

Can you please check that your current details are correctly listed on the directory. If not, please contact president@australianreikiconnection.com.au or phone 0439 366 185 to have your details updated.

<https://www.australianreikiconnection.com.au/directory-of-practitioners>

Does watching comedy videos reduce post-surgical pain?

By [Michelle Simmons](#)

Watching videos that you enjoy can make you smile, laugh, or even relieve your stress for a short time. But do you know that watching funny videos can actually be helpful to people who recently had a surgery? A study published in the journal *Complementary Therapies in Clinical Practice* revealed that

Journal Reference: Elmalı H, Akpınar RB. THE EFFECT OF WATCHING FUNNY AND UNFUNNY VIDEOS ON POST-SURGICAL PAIN LEVELS. *Complementary Therapies in Clinical Practice*.

February 2017; 26: 36-41. DOI: [10.1016/j.ctcp.2016.11.003](https://doi.org/10.1016/j.ctcp.2016.11.003)

Researchers from [Marmara University Institute of Health Sciences](#) and [Ataturk University Faculty of Health Science](#) in Turkey examined how watching videos, funny or not, can help reduce pain by people who underwent surgery.

In the study, they enrolled 90 patients who were then divided into three groups. One group watched funny videos, another group watched unfunny videos, and the third group did not watch any videos. The researchers measured the pain levels of the patients before, right after, and 30 minutes after watching the videos.

Based on the results, patients who watched videos, both funny and unfunny, experienced lesser pain than those who did not watch any videos. These findings suggest that watching videos that you enjoy can reduce pain.

The researchers concluded that watching videos can reduce pain felt after a surgery. This is an easy and economical way to relieve pain without using drug pain relievers.

Watching funny videos can boost productivity

Who would have thought that watching videos is helpful to most people? Watching videos, such as those funny animal videos, can [increase one's productivity at work](#). Research published in the *Journal of Business and Psychology* revealed that people who watched a funny video clip worked twice as long on a boring task than those who watched neutral or positive, but not funny, videos.

The researchers, who were from the [University of New South Wales](#) in Australia, said that humour may have a beneficial effect on important behaviours in the workplace and that getting exposed to humour may enhance the efficiency of employees. (Related: [Don't Take Life Too Seriously – A Healthy Sense of Humour May Prolong Your Life](#).)

They conducted the study in order to determine whether humour may offer a “mental break” from stressful situations. This may prevent work-related mental decline and replenish mental resources, which, in the long run, may enable people to work longer on difficult tasks.

In the study, they recruited 74 students to participate in the study. The participants performed a mentally-draining task wherein they had to cross out every occurrence of the letter “e” in a two- page text. Then, they were randomly assigned to watch a video clip that was humorous, satisfying, or evoked neutral emotions. Right after watching the videos, the participants reported their emotions using a standard seven-point scale of 16 discrete emotions. Then, they worked on a persistence task wherein they played an unwinnable game in a computer program. They were allowed to give up the task at any time.

Results revealed that those who watched a funny video clip performed better and spent more time working on the task compared to the other two groups.

Does watching comedy videos reduce post-surgical pain?

By Michelle Simmons

“Although humour has been found to help relieve stress and facilitate social relationships, the traditional view of task performance implies that individuals must concentrate all their effort on their endeavours and should avoid things such as humour that may distract them from the accomplishment of task goals,” explained David Cheng and Lu Wang, researchers of the study.

Based on the findings of the study, the researchers concluded that watching funny videos is not only enjoyable but also replenishing. Just keep in mind to take a “humour break” in moderation, or else you will end up doing nothing at all.

Read more news stories and studies on natural ways to relieve pain by going to

<https://www.naturalnews.com/Index.html>

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A Reiki Story– John Coleman

Recently, I travelled on a long haul international flight . I was sitting in the second row of the cabin. In the row in front of me was a woman and two young children. Shortly after take off and only twenty minutes into a fourteen hour flight, one of the children became ill and started vomiting (thankfully into a sick bag).

His mother and two air hostesses attended to him and it was obvious to me that they were worried. They covered him with blankets as he was shivering and apparently quite pale. The vomiting continued.

Soon after, other family members who were seated elsewhere on the plane joined them and there was talk of checking to see if there was a doctor on board and it appeared there could be possibility of making an unscheduled landing. Should the boy's condition not improve.

I decided to project Reiki to the boy and the situation for the highest good of all.

After approximately fifteen minutes, the situation appeared to calm down and a short while later I heard the boy saying that he was feeling a little better.

Ten minutes later the boy was up and about and for the remainder of the flight he had no relapse and joined other children from their group in playing games.

Reiki works wonders in all situations.

Have you ever had a situation for which you projected Reiki to ? Why not send your story to the ARC President or ARC INK Editor

Wu Wei: The Ancient Art of Non-Doing

By Chip Richards. Author, story teller, holistic coach and creative artist across multiple mediums.

Reiki as we all know, promotes relaxation, helps reduce stress and many other benefits. When we are in a state of relaxation and destressed, we are more easily able to cope with life has to throw at us. The following article provides an additional and interesting way of coping or as the article says, going with the flow. (Editor)

Aligning with the Natural Flow of Life

Nature does not hurry, yet everything is accomplished. – Lao Tzu

A few mornings ago, the surf was rising, so I drove down to one of my favourite spots at sunrise with the vision of catching some sweet waves before the world woke up and the water got crowded. Apparently, I wasn't the only one with this idea. As the first rays lit up the ocean, I paddled out to find about 30 other surfers already out there. Instantly I felt behind, like I'd missed something. So, I hit the water with a sense of urgency, trying to make up for lost time – paddling this way and that to dodge people, ducking under big waves, navigating currents and looking for my groove. But every wave I paddled for seemed to have someone else on it, or it broke too soon or too late for me to catch. The harder I tried, the more difficult it seemed to find my flow with the ocean... Until eventually I got so tired, I couldn't keep paddling – so I stopped for a moment, sat up on my board and just let the current take me.

Before long I had drifted away from the main peak where everyone was jockeying for waves, to a quiet little area where I was sitting all alone. Catching my breath, I started noticing the way the light was dancing on the water, the way the dawn air brushed against my face. As my lungs slowed down and I let go of trying, I started feeling good just being out there. Just feeling the ocean, and me in it. Right about that time, I glanced up to see the rising face of a beautiful wave picking up right before me. "What are you doing way over here?" I smiled, turning to meet it, stroked once or twice and popped up onto a clear blue wall that carried us both all the way to shore.



As my lungs slowed down and I let go of trying, I started feeling good just being out there.

Accessing Flow

Wu Wei is a Chinese concept central to Taoism and a core theme of Lao Tzu's *Tao Te Ching*.

Translated literally as 'non-doing,' *Wu Wei* is not so much about 'doing nothing' as it is about aligning our movement with the greater flow of life. Often referred to as 'natural action,' *Wu Wei* does not involve excessive effort or struggle, but a kind of 'going with the flow' where we are able to move with the

energy of the moment and respond freely to whatever situation that arises. We each have moments in our life when we access flow. In these moments – through sheer focused intent or absolute letting go (or a combination of both) – we enter a state of connectedness to what we are doing, and our movements become simultaneously highly productive and effortlessly expressed. The world around us seems to slow down, and in that space, it is as if we become one with the very thing we are trying to do.

Wu Wei: The Ancient Art of Non-Doing

By Chip Richards. Author, story teller, holistic coach and creative artist across multiple mediums

The words pour onto the page revealing what to write, the waves of the ocean carry us, and we are part of them, the rhythm of the song we are dancing to comes right through us... and becomes a pure expression of who we are.

While each of us catch glimpses of this state of flow in peak moments of movement, love and creative endeavor, we often believe that these extraordinary experiences are the realms of the elite, only accessed through miracle or mastery. But what if this sense of flow was actually meant to be our normal way of being – available to each of us in every moment? What if, beyond the many details and mixed agendas of our daily life, we each had direct access to experience a sense of oneness and flow every day, no matter what we were doing?



Wu Wei is a Chinese concept central to Taoism and a core theme of Lao Tzu's Tao Te Ching.

How Do We Learn to Do, without Doing?

Historically, many Taoist adepts chose to explore the essence of Wu Wei by withdrawing from society – wandering freely through the mountains, meditating for long periods in caves, and cultivating a daily existence which was nourished and guided directly by the energy of the natural world. According to Lao Tzu, the ultimate expression of Wu Wei is found not only in retreat *from* the world but in our experience of flow in the way that we live *in* it.

When we learn to work with our own Inner Nature, and with the natural laws operating around us, we reach the level of Wu Wei. Then we work with the natural order of things and operate on the principle of minimal effort. Since the natural world follows that principle, it does not make mistakes. Mistakes are made—or imagined—by man, the creature with the overloaded Brain who separates himself from the supporting network of natural laws by interfering and trying too hard. – Benjamin Hoff, *The Tao of Pooh*

While many of us wake into our day with multiple 'to-dos' stacked on our list and a sense of urgency to get things done, it's powerful to consider that there is a natural order in everything we do. If we tune in and follow the order, things get done effectively, efficiently and without extra effort. If we go against the order, it takes extra time and energy to get things done and, in some cases, (like me in the surf) nothing will get done, no matter how hard we try.



If we go against the order, it takes extra time and energy to get things done.

Following the Way of Nature

Whatever our intent or outcome may be, and whatever our mind may be saying about how urgent or pressing things are, Wu Wei tells us that ultimately the most effective way of doing anything is to follow the way of nature. As we tune into the natural flow of any task, we may find that there are critical actions for us to take, but by aligning with the energy of what we are pursuing, we can often achieve way more by doing less.

How nature does its work reveals many perfect examples of Wu Wei. The cycles of the sun, the rotation of the earth, the orbit of the moon, the flow of rivers to create and feed valleys, the life of a tree to grow and give life to so many others...

Wu Wei: The Ancient Art of Non-Doing

By Chip Richards. Author, story teller, holistic coach and creative artist across multiple mediums

Each is highly productive, fit for the purpose to naturally deliver that which it was born to deliver. Each does its work without doing it.

Some people intuitively interpret 'non-doing' as something passive, laid back or lazy. In the eyes of Tao, there are times for action, but if no action is needed based on the laws of nature, then doing anything may be 'overdoing'. In fact, sometimes action can do more harm than good.

If we are growing a plant and we have created the right conditions for growth with healthy soil, sun and water, there comes a time when the very best way to ensure the growth of the plant is simply to leave it alone. More water, more sun, more fertiliser won't help, in fact, too much of any of these may stifle the growth of the plant. We remain attentive, connected to the plant's needs but for the time being, doing nothing is just what is needed. Wu Wei teaches us to not force actions but to let them take their course of nature.

When you work with Wu Wei, you put the round peg in the round hole and the square peg in the square hole. No stress, no struggle. Egotistical Desire tries to force the round peg into the square hole and the square peg into the round hole. Cleverness tries to devise craftier ways of making pegs fit where they don't belong. Knowledge tries to figure out why round pegs fit into round holes, but not square holes. Wu Wei doesn't try. It doesn't think about it. It just does it. And when it does, it doesn't appear to do much of anything. But Things Get Done. – Benjamin Hoff, *The Tao of Pooh*



For the time being, doing nothing is just what is needed.

Finding Our Wu Wei

If you are depressed, you live in the past. If you are anxious, you live in the future. But if you are at peace, you live in the present. – Lao Tzu

When we look around at the world today, it seems there is so much to do. Amidst our striving for progress, personal achievement, and in some cases, survival, the idea of 'non-doing' can feel out of reach. Fortunately, the essence of Wu Wei is simplicity and there are some small things we can do (and not do!) each day to help us align with the natural flow of life. Here are a few you could try for yourself:

Spending time in nature – If our fundamental aim is to align with the natural flow of life, there is no better teacher and no better place to connect with this aspect of ourselves than in the natural world. When we step into nature (ideally without plastic-soled shoes) we plug into a Wu Wei world, where natural, generative, flow-filled systems abide on all levels. Connecting with all that is around us helps connect us with all that is within us, which naturally makes space for Wu Wei.

Giving without condition – As we come into alignment with the natural world, we are reminded of the generosity that comes when living systems are in harmony with themselves and each other. A single seed produces fruit which feeds many and gives forth a thousand more seeds. The sun gives everything that it has without being drained. A river gives life each step and turn of the way as it follows its calling from mountain to the sea. One of our most natural expressions of flow we experience in life is to give freely to each other. When we allow ourselves to follow our spontaneous callings to give – even in small ways – we bring ourselves into alignment with the generous nature of life and (without trying or looking for it) open ourselves to receive in ways that we could not have imagined.

Wu Wei: The Ancient Art of Non-Doing

By Chip Richards. Author, story teller, holistic coach and creative artist across multiple mediums



When we step into nature, we plug into a Wu Wei world

Letting go of how we think it's supposed to look – There may always be elements of our life that we consciously plan for, but every step along the way will invariably reveal passageways and possibilities that we could not have predicted. Sometimes our efforts to fulfill the plan and gain a predictable outcome shuts us off from seeing what other possibilities may be waiting to reveal. When we find ourselves struggling (as I did in the surf this week), often it's because we have a fixed idea of how things are supposed to be, according to our desires or 'the plan.' As we let go of our agenda and attachment to have it be a certain way, we open ourselves up to how it actually is... and in that space of acceptance, we become available for flow to find us!

If you're in tune with The Way Things Work, then they work the way they need to, no matter what you may think about it at the time. Later on, you can look back and say, "Oh, now I understand. That had to happen so that those could happen, and those had to happen in order for this to happen..." Then you realise that even if you'd tried to make it all turn out perfectly, you couldn't have done better, and if you'd really tried, you would have made a mess of the whole thing. – Benjamin Hoff, *The Tao of Pooh*



Sometimes our efforts to fulfill the plan shuts us off from seeing other possibilities.

Staying open to spontaneous emergence – One of the fundamental principles of Wu Wei is that the essence of flow is not premeditated but arises spontaneously. We can play our part to create the right conditions, we can bring ourselves into the ocean, but we can't make the waves. My family has a beautiful, well-planned veggie garden, but amidst our consciously planted rows of lettuce and kale, one of the most productive crops this season was an entire patch of pumpkins that rose spontaneously from the compost. As we take steps in any area of life, one of the great invitations Wu Wei offers is to remain open to what is emerges spontaneously (inside and out!). What whispered calling or fresh impulse may be giving us an opportunity in this moment to experience our intended outcome (and more!) in ways that we could never have planned.

What simple things can you 'not do' today to begin opening yourself to the greater flow of Wu Wei in your life?

Be still like a mountain and flow like a great river. – Lao Tzu

Born as a festival of transformation in Byron Bay, Australia in December 2012, UPLIFT has rapidly evolved into a thriving global community of events, new projects and vibrant collaboration in service of humanity and the Earth. The overall goal: contribute to the shift in global consciousness by creating a dynamic space of fresh collaboration, where the unique gifts, wisdom and skills of each individual can weave into the collective and be revealed in ways that are beyond what any of us could imagine or achieve on our own.

UPLIFT is actually an acronym.... for **U**nity, **P**eace and **L**ove **I**n a **F**ield of **T**ranscendence.

<https://upliftconnect.com/uplift-world/>

4 Reasons Reiki Belongs in Hospitals

By Kay Metzelaars

One of ARC's goals is to have Reiki treatments provided in mainstream healthcare facilities openly and as a stand alone complementary therapy. Thankfully there are a number of hospitals that do allow Reiki treatments as part of their patient well being programs. The following article provides a logical, common sense reasons why other hospitals should do the same (editor)

Those who are familiar with Reiki can attest to the powerful healing experience it can bring about. The human body is capable of miracles and its healing potential is limitless. Reiki simply assists the body in activating the processes needed for true healing to manifest. Reiki heals holistically, allowing the body, mind and spirit to find balance and restore wellness to the whole person. After all, dis-ease is the lack of ease, thus Reiki seeks to bring peace and ease back into the body so that it can eliminate the source of the problem.

Here are four compelling reasons why Reiki should be included in the hospital setting.

1) Reiki reduces pain and suffering

Receiving Reiki feels like being embraced by something warm and soothing. It brings calming energy to the mind and body. Research indicates that Reiki affects the body's autonomic nervous system. It lowers heart rate, respiration and blood pressure. While receiving a Reiki treatment the parasympathetic nervous system is able to function more efficiently. This is the branch of the nervous system in charge of internal activities while the body is at rest, sometimes called the "rest and digest" system. During a Reiki session the sympathetic nervous system, which is in charge of "fight or flight" behaviours, takes a back seat. In this state of deep relaxation, the body is more capable of healing itself, producing neurochemicals that make you feel good and circulating the body's fluids and energy more efficiently.

Even if a Reiki treatment does not completely heal a disease or ailment it does can still greatly reduce the impact of stress and anxiety. It is not the pain we feel that causes our suffering; it is our reaction to it. Reiki is an efficient tool for helping individuals cope with the situation that is causing their pain, thus greatly reducing their suffering and improving their overall wellbeing. A study at Hartford Hospital in Connecticut that indicated that Reiki improved patient sleep by 86%, reduced pain by 78%, reduced nausea by 80 % and reduced anxiety during pregnancy by 94%. These statistics indicate that Reiki can be used to treat pain and discomfort as effectively, if not more, than many pharmaceuticals on the market. Reiki can also help patients recover from surgery faster than normal treatments.

2) Reiki has no negative side effects

Reiki is a safe and gentle form of healing. It is non-invasive and can easily and quickly be administered by anyone trained in Reiki therapy. It is non-addictive, unlike many chemical therapies for pain reduction, especially opioid pain medications which are the most commonly abused medicinal drugs on the market. It does not cause any unsafe side effects, nor does it create new potential problems for the recipient.

In one study researchers tested the effects of Reiki on the autonomic nervous system of patients with heart related complications. The researchers make it clear that no adverse effects were reported and that they considered Reiki safe for acute-care settings. The results of the study itself showed that Reiki not only improved the patients' heart rate variability (which could reduce their risk of heart attack), but also their emotional well-being. The Reiki in this study was administered by Reiki-trained nurses in the cardiac unit, thus indicating that it could easily be incorporated into standard hospital care, which leads me to my next point...

4 Reasons Reiki Belongs in Hospitals

By Kay Metzelaars

3) Reiki can be easily implemented into pre-existing hospital treatment programs

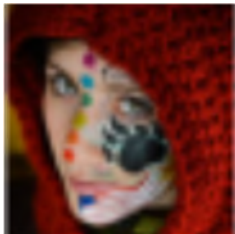
There are a variety of options for implementing Reiki available to hospital administrators. A great place to start would be to offer Reiki training to nursing staff. Reiki training can be done fairly quickly and inexpensively. Nurses generally have good rapport with patients and would be able to apply Reiki when and where it is needed without adding to their workload.

Reiki is an untapped resource for healing nationwide. Reiki practitioners can be found in almost every community. Some practice publicly, others prefer to self-treat or treat only friends and family. A study done in 2007 by the National Health Interview Survey indicates that 1.2 million adults and 161,000 children received one or more sessions of energy healing therapy such as Reiki in the previous year. Hospital volunteer coordinators could try recruiting Reiki practitioners in their local communities, odds are many would answer the call.

Possibly the most beneficial placement for Reiki treatments would be in the hospice setting. Reiki is especially helpful for patients who are terminal. As mentioned before, Reiki can greatly reduce pain and suffering. It can also help a dying person find peace. The family of dying patients could also use Reiki to help them cope with their loss.

4) Reiki is beneficial to practitioners as well as patients

One of the most beautiful aspects of Reiki is that it not only promotes wellbeing in the recipient, but in the person administering Reiki as well. In my own experience, I have noticed improvements in my mood, energy level and happiness post-Reiki with my clients. It's as if we shared in the healing experience. This phenomenon has been reported by many other Reiki practitioners. The implications of this in the hospital setting are endless. For one, nurses and doctors both experience high levels of job-related stress and anxiety and Reiki treatments could help increase their energy levels as well.



Kay Metzelaars

Kay is certified Yoga instructor, Reiki master, Intuitive Tarot Reader, and public speaker. She is a former Teach for America teacher and studied philosophy and psychology at the University of Portland. She is passionate about empowering individuals to take their health and wellness into their own hands through spiritual practices such as Yoga and Reiki, as well as proper eating and exercise. She teaches that compassion, understanding, empathy and forgiveness are essential to being a happy human. She offers classes, workshops and retreats and runs a small private practice in southern, IL.

ARC GATHERINGS

In Victoria, ARC members organise a bi-monthly gathering of Reiki friends and colleagues.
at Waverley Community Learning Centre - 5 Fleet Street, MT WAVERLEY Mel. Ref: 61 G12

These events start with a group Meditation followed by a short round of Introductions, then some News, Views and some Reiki stories. Attendees share some of their favourite Reiki experiences (their own and/or others that they have witnessed) - this can be inspiring to hear and they are asked to write these down in advance so that they can be included in an 'ARC Reiki Stories Journal' Attendees bring along a healthy lunch to share, after which they share Reiki treatments. This is a great way to network with other Reiki people in your area.

Would You like to organize an ARC Gathering for members and Reiki friends in your area?
Contact ARC President for information and support by Phone 1300 130 975 or e-mail through the contacts page on the ARC website.

The 2019 dates for the VIC gatherings, are ;

9th February
13th April
8th June
9th August
12th October (AGM)
14th December

Have you made a note of NEW postal address for ARC?

**ARC
PO Box 827
SOUTH MELBOURNE
VIC 3205**

www.australianreikiconnection.com.au

ARC OFFICE IS ON THE MOVE

Since becoming president of ARC fifteen years ago, I have set aside a room /office in my home dedicated to ARC. This has incurred no cost to ARC.

I have now sold my property and moving to a new permanent home. Once again there will be a dedicated room for the ARC office. The new postal address has been posted in this edition of the ARC INK and on the ARC website.

Moving home is a huge undertaking at the best of times. Moving an office and all that is required in the smooth running of it adds an additional workload to the move. With this in mind, I would like to repeat the abstracted information below which was mentioned in the previous edition of the ARC INK. *(you can read the full article online in the ARC INK Magazines section of the members area on the website)*

You are asked to make a note of this information and in particular the items highlighted in Bold. Thank you to all those members who regularly supply the information and documents required, it is greatly appreciated.

John Coleman – ARC President.

....The volunteers on the committee carry out their duties on behalf of Reiki and Members with commitment, dedication and they are passionate about Reiki. Most of them either hold down full-time jobs, run their own business or have other commitments.

For this reason and to help reduce their workload, you, as members of the association can assist, by fulfilling your commitments and requirements which have been outlined to you through several formats over the years. Unfortunately, each year a great deal of time is spent chasing up required documents and information, which takes away from working on other tasks.

ALL Category Members

Inform ARC of any relevant changes to your membership details eg change of address.

Professional Category Members

Continue to meet formal business requirements, including having an Active status Australian Business Number (ABN) at minimum entity type; individual/Sole Trader.

Notify ARC of any/all changes/additions/alterations made to your professional activities as provided on your application form.

Maintain appropriate combined liability insurance (Public Liability & Professional Indemnity)

Note: *Home insurance is not sufficient* For Reiki teachers' certificate of Currency of insurance should state as a minimum requirement-Covered for Teaching 0-10% of the time.

Provide a copy of your new Certificate of Currency of Insurance to ARC on every renewal of insurance.

Have appropriate first aid available to deal with any event that may arise during treatment or care that would require such first aid. The recommended first aid course is HLTAID003 Provide first aid, which is a three yearly renewal certificate.

Provide a copy of such first aid certificate to ARC on each renewal of first aid course.

Completion of and submission to ARC of the annual P&PD- Personal and Professional Development (Credit Points) booklet which are due on 31st August (for current membership year)

Reiki Story

Submitted by ARC Member

I work with people in a hospital, in a group setting with people with mental health issues, sharing coping skills. I often feel like I'm preaching at them – do this and you'll feel better/cope better... Sometimes one of the group members shares his or her own experience of it. Or occasionally I am able to share a personal story about how it helped me. It's often when these personal stories are shared that people really listen and 'get it'. And the same was true when I was learning Reiki or even when I am teaching Reiki or talking about it to someone. It's the personal stories that make the greatest impact – alongside the actual experience of Reiki. Even a practitioner, I love to hear other people's stories of Reiki. Stories of healing, stories of transformation, stories of life made a better... Please spend time thinking about your Reiki stories...others love to hear them, read them. Write them down. ARC is always looking to publish them, to inspire others...and there is a format that will be available on the ARC website that might help you put it on paper. Here is one of my Reiki stories...

Last year my beautiful little cat, Suzie – my feline best friend – became gravely ill. It was heartbreaking to watch her lose her energy, her appetite, her cheekiness. I knew where it was heading... There was a diagnosis of an aggressive blood cancer and not a lot that could be done. Just after Christmas we had her euthanised. We'd shared some beautiful days and times giving Reiki and lots of cuddles. But it was time.

I knew it would be tough, because she'd been my mother's cat before – and Mum had passed three and a half years prior. Suzie and I had a special bond, but because of this link with Mum, she was extra special. I grieved before and I grieved after, like I'd never grieved before for a pet. After a week I'd got through the worst of it, I thought. A couple of weeks later, contact with the vet set of another period of grieving. This time I was "a mess". I struggled to do all the things I needed to do – work and other responsibilities – and having sensible conversations with people. As it turned out, that week I had contact with a Reiki student for a Reiki swap. It was only a brief session, but it helped a bit. That afternoon, I placed someone on the ARC Absent Healing List, and decided to put myself on the list too. It was Thursday. That night around 9pm, I became aware of a beautiful flow of energy as I sat on the couch. It felt lovely, and I went peacefully off to bed afterwards. That next morning, I woke up feeling so different... The awful feelings of grief and sadness, the struggle to move and act, the trouble I was having concentrating – all gone. I was back to feeling normal again. I felt peaceful, healed, and I was, and am, full of gratitude.

To all you Reiki Angels who send Reiki to the ARC Absent Reiki List, a heartfelt thankyou...

Marita Lajs

Do you have a Reiki story that you would like to share with others.?

*Why not send your story to the ARC President at president@australianreikiconnection.com.au
or ARC INK Editor at editor@australianreikiconnection.com.au*