



ARC INK Magazine

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Australian Reiki Connection Inc.

THE ASSOCIATION OF AUSTRALIAN REIKI PROFESSIONALS



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President's Comments: **John Coleman**

Greetings and welcome to this edition of the ARC INK Magazine!

Recently ARC has had a lot of enquiries in relation to Government Legislation as it relates to the National Code of Conduct for Health Care Workers (and yes Reiki Practitioners are classified under the law as a health care worker).

These enquiries have come from ARC members, but also from a number of Reiki and non-Reiki Practitioners who are members of other organisations.

I was surprised to learn that some organisations/ associations have not informed their members about the legally binding Code of Conduct, which has been the Law in some states since 2008. One association recently provided a member with the COAG discussion paper from 2015, telling the member that it was not yet finalised. What practitioners may not realise is that it is their own responsibility to be aware of the Law as it relates to their practice.

ARC has continuously kept its members up to date on the progress of the Code from as far back as 2006 and it was disappointing to be asked by our own members why ARC was introducing these rules on them. Once again, I have to reiterate the Code of Conduct is the Law of the land enacted by Government. They are to protect our clients, ourselves and in reality, are common sense and responsible.

ARC takes seriously its responsibility as a Professional Association to ensure as far as possible, that our members, who are providing treatments to the public are abiding by State and Local Laws.

If you have any questions or issues relating to the Code of Conduct or any Reiki related matter, ARC is happy to receive them.

Love, light, lots of laughter and wellness. **John Coleman, President ARC Inc.**

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



SOUND MESSAGE



Corrine Brown - Institute of Holistic Therapies

Founder and Director, International Holistic Trainer and Counsellor and Ayurvedic Life-Style Counsellor of Institute of Holistic Therapies, **Corrine** embraces all aspects of health, beauty and complementary therapies and travels widely facilitating workshops and trainings both in Australia and overseas.

<http://www.ihtaustralia.com/corrinebrown.htm>

Sound Massage By Corrine Brown...

Sound

It is obvious to anyone who listens to music that sounds play an important part in our emotional lives. All sounds have a profound effect on our emotions, psyche and well-being. What is less widely known is how music works to make us feel happy, tranquil, energized or even to facilitate healing.



Sound Waves/Frequencies

Most researchers into sound therapy agree that sound waves or frequencies are responsible for music's ability to influence us and many believe that they may have therapeutic benefits that go far beyond the ability to alter our moods, believing the right frequencies used in the right combinations may be able to bring about biological changes that can help boost our immune system and even heal the body. Sound waves have a direct effect on the nervous system and it has been shown to alter brainwaves, leading to deep mental and physical relaxation.

Sound Resonance

Science has described in detail how resonance works at many different levels. Everything has a resonant frequency that it naturally vibrates at. Resonance happens when a strong vibration causes something else to vibrate. This strong vibration can be in tune with nature - or not. Resonance is the key to using sound to make changes in your life and it is completely based on science.

Science has even explained resonance at the quantum level, which is now beginning to explain our connections to each other as spiritual beings and how intention works.

Sound Vibration

Everything vibrates. What we experience as sound is the vibration of air molecules at different speeds starting a pattern of vibrations in the ear drum that a complicated system of receiving mechanisms repeat to different nerve endings and send as patterns to the brain. A cell is the basic element of the human body and research has proven that the easiest and most effective way to communicate with the cells is through "vibration". When an external vibration is produced, a sympathetic resonance in the cells starts off the stimulation process.



Sound Healing Therapy

Our complex physiology can be afflicted by physical dysfunctions and pains, as can our mental and emotional being. Sound Therapy is a proven method of relieving the physical, mental and spiritual problems, by producing healing vibrations, which repositions the body's cell into a state of harmony.

Through the act of passive listening to the rich and harmonizing sounds and overtones of various instruments, we can quickly reach a profound state of deep body-mind relaxation to experience inner silence, balance and a heightened state of awareness. When we are no longer limited by our thinking mind, suffering and pain disappear and we are able to move towards a new understanding of our relationships, of nature, and of the profound wisdom that is to be found in stillness, inducing a feeling of well-being and a very effective state of mental and physical relaxation. Sound Healing gently breaks away any tension, giving the body a nurturing massage on a cellular level.

Sound Massage

Sound Massage has its origins in the Eastern Cultures of India, Japan, China, Thailand and the Himalaya regions. For over 5,000 years, sound therapy has been used for healing purposes.



Sound massage is a gentle, nurturing, non-invasive cellular form of massage where singing bowls are placed strategically either on or around the clothed or subtle bodies.

The pace, intensity, direction of the path and the striking of the bowls are performed gently with right attitude and mindful intentions. This supports the client's path of personal development, growth and healing.



The rhythmical and harmonious sound vibrations and pure frequencies are received by the ears, transmitted and absorbed by every cell in the body, bringing about a deep relaxation and meditation. It is used to de-stress and align mind, body and soul to bring about a deep sense of calm, balance and peace. Our body, being made up of about 80 percent water, is the perfect medium for sound massage. The soothing vibrations are transmitted to the body and spread from there into concentric waves, affecting the structure and health of cells and organs positively, providing a gentle healing cellular massage for each of the 100 trillion cells in the body.

Modern Day Application Of Sound

Disease is a disharmony of the vibration of the cells, tissues and organs. Sound therapy has an immediate beneficial effect vibrating the cells back into its harmonious state. The subtle vibration can be very precisely directed by placing the singing bowls on or near a tensed area of the client's dressed body. Striking the bowls with a felt mallet, the vibration loosens the stagnant energy and helps it to be rearranged.



Sound patient at Peter MacCallum Cancer Centre

Sound Massage is not a new modality though it is having a strong emergence in Australia in recent times. Sound in the traditional medical system in the form of Sound Massage, has been used successfully throughout Europe for many years now in the medical and health professions, trade, education, counselling, disability and in therapy.

Benefits Of Sound Massage

- *Holistic treatment approach*
- *Promotes health and wellbeing from within facilitating personal transformation and healing*
- *Regenerates and revitalises body, mind and spirit*
- *Improves body awareness*
- *Profound state of deep relaxation on all levels thus experiencing inner silence and a heightened state of awareness with release of neurotransmitters endorphins and dopamine*

Continued/

- *Induces a state of meditation*
- *Improves quality and quantity of sleep and fine tunes the circadian rhythm*
- *Comforting, soothing and supportive*
- *Harmonises the aura, balances the chakras and detoxifies at a cellular level*
- *Breathing slows down, heart rate drops, body temperature sinks, neurotransmitters (dopamine and endorphins) are produced bringing about a happy state*
- *Releases stress, tension, blockages and toxins from the body*
- *Alleviates physical pain – joints and muscles, sciatica, headaches and migraines, digestive system, damaged discs, neck, shoulder and back aches, abdomen, poor circulation, organs as well as high blood pressure*
- *Alleviates mental and emotional pains – low self-esteem, fears, anger, doubts, worries, depression, anxiety, insomnia and any feelings that have a negative impact on health*
- *Increases energy and strength*
- *Improved immune system by stimulating the self-healing mechanism within the body*
- *Mental clarity*
- *Brings balance, harmony, inner calm and bliss in your life*
- *Brings you closer to your needs and inner wisdom*
- *Strengthens self-confidence, creativity and motivation*
- *Gentle, non-invasive massage that harmonises body cells*
- *Activates innate self-healing forces and creative energies - feel vibrantly alive and light*
- *Complements, supports and maximises the effectiveness of any primary therapy, healing process, rehabilitation or medical treatments*

Corrine Brown of the Institute of Holistic Therapies, is a certified and qualified Peter Hess Sound Massage Practitioner.

Corrine performs Sound Massage in various ways:

- Sound Massage with Reflexology
- Sound Massage with Cancer
- Sound Massage with Reflexology on cancer patients (at Peter MacCallum Cancer Centre, Victoria)
- Sound Massage as a form of Massage
- Sound Massage as a form of Healing
- Sound Massage with Reiki
- Sound Meditation
- Sound Baths

See link here for more information

<http://www.ihtaustralia.com/soundhealing.htm>



Further Information and Resources

- Advances in the fields of sound treatment were highlighted by the BBC in 2011, when they reported that Orthopaedic surgeon Angus MacLean has been using ultrasound in the Glasgow Royal Infirmary's fracture clinic. He uses the technology as a pain free method of treating fractures that are not healing well, based on good evidence that the sound vibrates the cells which stimulates healing and regeneration in the bone. This method can also be applied to treatments for abdominal, digestive, circulation and other ailments.

www.bbc.co.uk/news/uk-scotland-glasgow-west-15262297

- **Dr Mitchell Gaynor**, Director of Medical Oncology and Integrative Medicine at the Cornell Cancer Prevention Centre (New York) states, "If we accept that sound is vibration and we know that vibration touches every part of our physical being then we understand that sound is heard not only through our ears but through every cell in our bodies."

<http://www.gaynoroncology.com/sound-healing.html>

- **Dr. Masaru Emoto** has proven in his extensive research that water is an excellent carrier of information (our body consists of about 80% water) and carried out experiments which exposed water samples to music and all photographic records show a definite response from the water.

- <http://www.nytimes.com/2005/11/24/fashion/thursdaystyles/whats-the-buzz-sound-therapy.html>

- <https://bengreenfieldfitness.com/2012/05/how-you-can-use-sound-and-music-to-change-your-brain-waves-with-laser-accuracy-and-achieve-huge-focus-and-performance-gains/>

- <https://www.fightdementia.org.au/sites/default/files/1530-Bulsara.pdf>



HONOURING YOUR REIKI STORIES

POLICE AND CHILDRENS CHECK

A Police Check or Working With Children Check may be a compulsory requirement in some organizations where contact with children or vulnerable persons is required.

“ As of June 2013, all jurisdictions in Australia have some form of child-related employment pre-screening legislation. These laws make it mandatory for certain individuals engaged in occupations such as education and childcare, child protection, child and family welfare, health, entertainment and recreation, and religious instruction to meet screening requirements. here are differences across the states and territories in who is required to undergo screening, and how different occupations are identified. If you are unsure whether you need to obtain a Working With Children Check, it is advisable that you check with the relevant body in your state or territory. “

Click on the link below for further information.

<https://aifs.gov.au/cfca/publications/pre-employment-screening-working-children-checks-and-police-checks/export>

DO YOU HAVE A REIKI STORY?

If you have a Reiki experience that you would like to share with our readers, please forward to the following with permission to publish

EDITOR – ARC INK

www.australianreikiconnection.com.au

Rosemary's Story

I have been privileged on my Reiki journey to meet Alex, of Naturally Vibrant Reiki, and attend the “Reiki for seriously ill and palliative clients” course that she conducts, and subsequently work with the charity Heart2Heart.

There are several women (ranging from Reiki II – Reiki Masters) who are on a weekly roster to visit two brothers who suffer from Austin's Syndrome which is a rare metabolic disorder resulting in a variety of physical and developmental abnormalities.

The boys aged 7 and 9 have outlived their lifespan predictions by four years or more.

They are beautiful boys trapped this lifetime in unresponsive bodies and experiencing growing levels of pain and frustration.

Providing gentle massage and Reiki to them is both humbling and rewarding.

Both boys have delicate and very dry skin therefore we use natural cream and essential oils to improve skin quality and to stimulate the nervous system (in a gentle way). Both boys are fed by feeding tube into their stomachs and as their bodies are very delicate, traditional Reiki hand positions are not always possible, practical or relevant. We each use our intuition and awareness of their needs and comfort levels to administer Reiki for pain management and reduction, increased rest and peacefulness. Their carer and immediate family comment on how peaceful the boys are after we leave and for a day or more afterwards.

Bringing Reiki to seriously ill clients, and clients and their families who are on the palliative journey is uplifting. I see this area as fairly untouched in Australia and crying out for Reiki practitioners to embrace.

Working with Alex who has over 30 years experience across the nursing spectrum has helped give me the knowledge and confidence to work in medical facilities, peoples' homes and palliative facilities, and allows us to open doors for healing in the most needy of medical settings.

It is a very rewarding experience and gives a sense of personal fulfilment and understanding of the depth of healing that Reiki can provide outside of the traditional setting.

Rosemary Meads



Pamela Miles

Pamela is a prominent (U.S.) Reiki master pioneering the use of Reiki practice in conventional medicine. Pamela collaborates with prestigious healthcare institutions on care, education and research and has been published in peer-reviewed medical journals. Teaching Reiki in both private practice and in leading medical schools within the United States she has also appeared on The Dr Oz Show promoting the benefits of Reiki. She is the author of an award-winning book. **Reiki: A Comprehensive Guide**. Pamela was also a presenter (via weblink) at the 2015 ARC International conference. <http://reikiinmedicine.org/>

Back to (Reiki) Basics

Let's take a moment as students of our practice to review Reiki basics.

Reiki practice basics are... **Simple. Practical. Common sensible.** They keep us grounded in our practice, no matter our practice style.

These basics reflect timeless values that support practitioners from all practice styles and lineages.



Reiki Basic #1

As Mrs. Takata famously said, once you are trained, practicing Reiki is really this simple: hands-on, you're practising; hands-off, you're not.

Reiki Basic #2

Daily hands-on self-practice is the primary way to develop your practice (and yourself!). No matter what classes you've taken or you plan to take, you're not going to mature as a practitioner through classes the way you will with consistent self-practice over time.

Reiki Basic #3

First degree Reiki training is the only training you need. You might *want* more — I sure did, and I offer more — but you don't *need* more. No need to take Second degree training unless you feel a heart yearning. No need to become a Reiki master unless you want to teach. No need to collect classes and certificates because they won't bring the confidence that you'll gain organically from actual practice on yourself and with others.

Reiki Basic #4

Reiki is a practice; we place hands as an offering, without attachment to the outcomes. Our inner posture is passive. The person receiving the session - yourself or someone else - responds to the practice on his own. While we wish the best for everyone, we are not in control of the other person's experience or benefits. /2...

**Reiki Basic #5**

When you practice consistently and mindfully, your Reiki practice continues to deepen and to teach you. As a spiritual practice, Reiki can take you deeper and deeper into mystery and the experience of Oneness, if you dedicate yourself to being a good student, practicing regularly and contemplating your experience, rather than jumping to conclusions.

Reiki Basic #6

Professional Reiki practice takes more than 1, 2, 3. First, Second and Reiki master trainings are practice trainings, meaning you learn the specific practice that is unique to that level: hands-on, distant, and initiating/teaching.

Professionals in other fields are mentored by experienced professionals in internships that usher them from learning their practice skills to learning the skills of professional practice. That's best for them, and best for the public who deserve to be served by experienced Reiki professionals.

Reiki Basic #7

The Reiki Precepts are basic to Reiki practice. Today only, do not worry, do not anger. With thankfulness, work diligently. Be kind to others.

Those are my proposed Reiki basics. Are there more you would add? Why not gather with your Reiki buddies to share your thoughts.

Thank you to Pamela for granting permission to print this article from your blog.

Visit Pamela's website at

<https://reikiinmedicine.org/>

ARC EVENTS and INFORMATION**2017 Calendar and Upcoming Events**

ARC Gatherings are held on the following dates:-

- 12 August
- 14 October - **AGM**
- 9 December

Waverley Community Learning Centre
5 Fleet Street
MT WAVERLEY VIC 3149
Commencing at 10.00 am

National Reiki Awareness Week
10 - 19 November (inclusive)

**Annual Membership Renewal
2017/2018**

ARC would like to remind Members that Membership subscriptions for the year 2017/2018 are now due.

Please check you have received your Membership renewals for this period.

Please contact the Treasurer if you have not yet received your renewal notice.

Telephone **1300 130 975**.

The Autism File

Providing help and hope to autism families since 1999.

Autism FILE™

<http://www.Autismfile.com/>

Our Journey Into Reiki

While pharmaceuticals are sometimes used to treat the symptoms of Autism, many parents worry about potentially toxic conventional drugs and instead (or alongside more conventional treatments) turn to natural therapies to ameliorate symptoms of the disorder. This “alternative” medical approach treats the individual rather than the diagnostic label, and addresses underlying imbalances rather than concentrating on symptoms.

Reiki is an option that can help maintain harmony, health, and systemic balance in the brain and nervous system without side effects. It’s a healing technique I’ve used to great effect with my son Lucas, seven, who was diagnosed with Autism in 2008. At that time, I utilized various educational therapies, along with the GF/CF diet, and began seeing two holistic/homeopathic doctors with Lucas. But I knew in my heart that although these approaches were helping him, there was still something missing. We found it in Reiki, and since I started using it with Lucas he is expressing himself much more, and his behavior and coping skills have improved.

What Is Reiki?

Reiki is a simple, yet powerful technique for stress reduction and relaxation that also promotes healing. The earliest archaeological evidence for the treatment was found in Tibet, dating back approximately ten thousand years, and was rediscovered in Japan, in 1922, by Dr. Mikao Usui. Reiki is administered via the “laying on” of hands, and is based on the idea that an unseen “life force energy,” or aura, flows through us and nourishes us. There are various words for this force in all the different cultures and religions of the world—to the Japanese it’s ki, to the Chinese it’s chi, Christians call it light, Hindus say prana, Muslims call it baraka, and in our modern language, we use the words bio-energy, or cosmic energy.

/2...

Reiki replenishes and rebalances this energy, and amplifies our innate abilities to heal ourselves. In doing so, it balances the mind, body and spirit, thus activating a feeling of wellbeing. I learned this during my own investigations into how exactly Reiki worked, and it was an astounding journey that satiated my mind and body with peace and harmony. The stress I had been feeling since Lucas's diagnosis melted away, and most importantly, from feeling lost and unsure of what I could do next to help Lucas, I became determined to find out what this pure form of healing could do for him.

The Chakras and Hand Positions of Reiki

The human body consists of sensory input and integration, respiration, circulation, digestion, reproduction and secretion, and there are seven corresponding chakras for these functions. The brain and the whole being also have a chakra. These chakras are situated at the top of the head, forehead, throat, heart, solar plexus, navel, and at the bottom of the pelvis. A chakra can be overactive, underactive or in balance—in the case of an underactive or overactive chakra, Reiki can promote balance and thus health in the respective organ.

Reiki hand positions also have an effect on various areas of the body. The first four hand positions treat the head and brain and can be helpful for stress reduction, improvement of memory; easing headaches and earaches, improving cold and flu symptoms, relieving fears, and calming the mind. The other hand positions treat the front and back of the body. The front-body positions can be helpful for strengthening the immune system, regulating the heart, blood pressure and digestion, stimulating lymph circulation, promoting relaxation, and helping to increase self-confidence. The back-body positions can help to ease neck, shoulder and back problems, and strengthen the kidneys, adrenal glands and nerves, while also stimulating the immune system, easing worry, and promoting creativity and confidence.

Reiki and Lucas

I can remember the first time I tried Reiki on Lucas. He has an enormous amount of energy and is always on the go, but as I used the various hand positions I'd learned, he started to yawn and tell me he was tired. It was clear that Lucas felt the energy, and it was relieving his anxiety. He stayed next to me, calm and relaxed, and after about 30 minutes he thanked me. I asked him how he felt, and he told me his head felt good and that his tummy was better.

/3...



I knew at that very moment this was helping my son and would continue to do so.

I ensure that Lucas receives a Reiki treatment daily, and since he doesn't always want to sit through a session, I often treat him while he's sleeping. Now when Lucas has a stomach ache, or doesn't feel well, he tells me that he needs Reiki.

He once said it while he was having his therapy, and I gave him a treatment right then as his therapist, Tricia, watched. I could see the amazement in her eyes when Lucas told us he felt better after just a few minutes. Lucas himself knows that Reiki is making him feel better, and I see improvements in him daily.

A Life-Changing Experience

Profound personal revelations can manifest during a Reiki class, so it's best to experience it for yourself. There are many areas that are considered sacred to Reiki practitioners and must be discussed during classes only. It has been a life changing experience for me. I now sleep deeply every night whereas before I'd been waking up and worrying, and though there are still many things that would normally cause me great stress, Reiki has helped me to let them go.

I'm in a place of acceptance and of knowing deep in my soul that my son is continuing to recover from autism, and when I think of this I can't help smiling and am very thankful. I could have never imagined doing anything like Reiki before, but Lucas led me to this path, and on this journey. Reiki is a beloved topic for me personally, and I love sharing it with people who are open to such an astounding experience. I feel blessed that I've become a Reiki practitioner and teacher, as it's a wonderful and rewarding gift.

To access the article online – please click on the link below.

<http://www.autismfile.com/treatment-therapy/our-journey-into-Reiki>

DO YOU HAVE A SIMILAR EXPERIENCE WITH REIKI AND AUTISM – or OTHER CONDITION?

If so we would love to hear the story and how the effects and benefits of Reiki helped.

Please forward to the following with permission to publish to -

EDITOR – ARC INK -- see website contact ARC page

ARC INK

the Magazine of the

Australian Reiki Connection Inc.

The **Association of Australian Reiki Professionals**

This Magazine is published four time per year for the information of
USUI System of Reiki Channels
and persons interested in Reiki Healing, Reiki Teaching and Complementary Therapies

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

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Editor at ARC INK – Australian Reiki Connection – see website for details

ARC welcomes your comments - **1300 130 975**

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.

Questions relating to global Reiki issues and the activities of Reiki in Australia contact the **President - John Coleman**
– see website contact ARC page

Questions relating to ARC Inc. membership and for general enquiries contact the **Treasurer - Tony Carroll**
– see website contact ARC page

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5 Precepts Translation

Kyo Dake Wa - Today Only

Ikaru Na Do Not Anger

Shinpai Suna

Do Not Worry

Kansha Shite Be Grateful

Gyo o Hage Me

Do your work diligently

Hito Ni Shinsetsu Ni Be kind [compassionate] to Yourself and Others

