

*Want to find out how you can contribute to the Ink? Contact WendyJoy 03 9791 2564*

**ARC INK is for the information of ARC Inc members**

## **A word from the president's desk—John Coleman**



Dear Members.

Greetings to you all and welcome to our new members, who have recently joined our wonderful association.

This is the last newsletter for 2005 and for the first time this year I write as a President with a full committee. For me this is a great way to end an extremely fast and busy year. Thank you to those who have stepped up and volunteered their time for ARC committee work in 2005/2006.

A list of the new committee can be found on the relevant page on the website. Minutes of the October AGM can be read elsewhere in this edition. Annual reports are also available for reading.

As ARC membership grows so too does the list of referred Reiki Practitioners. I would like to take this opportunity to remind those mentioned in that list, that it is obligatory for you to obtain a minimum of 20 points, by completing tasks outlined in the Personal and Professional Development Booklet.

As a result of the many queries received on this issue, a detailed explanation sheet

together with a revamped booklet is being sent to those referred Practitioners, with this newsletter. Remember if you wish to remain in the directory you must complete the booklet and return it at the end of the current financial year 31<sup>st</sup> August 2006.

Since July, when the Community Services and Health Industry Skills Council issued draft 1 qualifications for Reiki Treatment Practice, the majority of my time has been taken up in dealing with this subject. However I could not have done what was needed without the support of Bronwen Stiene who began the process of researching and responding to issues; former president WendyJoy Smith who agreed to come out of retirement to assist me. WendyJoy represented ARC at the various Skills Council validation meetings in WA and SA. Melb & Sydney.

I would also like to thank QLD state rep Tania Hooke who represented ARC at the validation meeting there and all the ARC members who attended the Melbourne meeting.

As a result of all our input and feedback ARC and a number of other Reiki organizations were invited to attend a meeting on Oct 19<sup>th</sup> in the Skills Council offices in Sydney. At that meeting, many of our concerns and disagreements were discussed and mutually

acceptable solutions were arrived at. The main ones being the removal of the lineage bearer and founder issue and the removal of the specified lineages included.

An update can be found on the website page *Cert IV in Reiki?* This will be added to as events unfold.

I would also like to thank all members who provided feedback to me with your points of view. It is so encouraging when members take the time to do so. Draft 2 qualifications will be issued either before Christmas or early in 2006. I urge all members to read these and make your feelings known on this extremely important subject.

I truly believe in this great association of ours, I am proud of what my predecessors have quietly accomplished for members, practitioners, independent Reiki teaching masters and the wider Reiki community since 1997. I look forward to working alongside our new committee, on your behalf in 2006.

On behalf of COM I take this opportunity to wish you all a very happy and peaceful Christmas and a joyous healthy and prosperous 2006  
Love light and lots of laughter  
John Coleman  
President of ARC Inc.

### **Special points of interest:**

- Cert 1V in Reiki
- Ethics
- Rep Reports, what is happening in ARC
- What do I think about when doing Reiki
- News for Reiki practitioners in ARC Inc
- Intentions
- Committee people in ARC Inc
- ARC Inc Ads
- Win an ARC Inc Ad by giving us your feedback
- AGM minutes



## What Do I Think About When I am doing Reiki?

**Practical hints for Reiki practitioners by Bronwen and Frans Stiene, of The International House of Reiki**

### What Do I Think About When I am doing Reiki?

By ‘doing’ Reiki we’re referring to the act of placing your hands on the body with the intention that energy be drawn into the body. Hands-on healing, or tenohira in Japanese, is one of the five elements of the system of Reiki.

This is something that Reiki practitioners the world over are doing for themselves in the morning, at work, on the bus, with friends and family, as a job, and most deliciously in the evening before they head off for a peaceful night’s sleep.

So what DO you think about as your hands relax onto (or just off) the body - minute after minute?

- \* Perhaps you feel the energy being drawn through you and your mind begins to wonder what is happening – are you helping? What’s causing this sensation?

- \* Perhaps you feel nothing and you wonder what on earth you are doing sitting here looking like one of the three wise monkeys.

- \* Or perhaps you’re sitting here wondering what you are wondering about! That’s the mind for you – always looking for something to keep you occupied with – even if it is only with itself.

One point we’d like to like to make is that before you begin any practice it is highly useful to prepare yourself first. This is the way to connect strongly with your practice and be open to receiving the greatest benefit from it.



**Reiki hands are loving hands**

Before beginning tenohira we suggest this regular preparation below:

- \* Set your intent – know your practice and its approximate length of time. Know that you are unconditionally open to whatever healing is about to occur. Know that although you will physically be moving through this hands-on routine step-by-step you will not be judging or diagnosing yourself or the energy. All you will be doing is letting go.

- \* Sit or lie comfortably but make sure that your body is not restricted, cramped or hunched.

- \* Either close your eyes or if sitting gaze at a point on the floor about 3 feet from the body.

- \* Consciously release all tension from the body so that you are physically and mentally ready for your practice.

- \* Bring the mental focus to the hara (3 inches below the navel). This is your grounding point and the foundation for the body’s energetic system according to traditional Japanese practices. By connecting with this point your energy expands and readies for work.

- \* Just before beginning allow the hands to rise in gasshô and pause. In this moment you stop everything – mind and body. You are an integrated spiritual being.

Now you are ready. Place your hands on the body. But wait, before you begin - has the initial question been answered? ‘What DO you think about while doing Reiki?’

Remember back to the preparation and its first step - Intent: First to be aware of the practice and then to let go. That’s the answer. By not holding

onto motivations, rationalisations and diagnoses you allow the energy to flow freely, you just let go.

It’s not about working out what’s wrong, making things happen, informing someone about how they should or shouldn’t live their lives – it is the act of not interfering and leaving the tick-tock of your busy thoughts alone. Of sensing the innate truth that you are connected to the universe and if you allow your connection its natural right then blissful living will be yours. It’s about letting the energy flow freely.

Free Flowing Energy – it sounds wonderful but hang on... is it possible to experience totally free flowing energy? For some, yes. But for most of us it remains our aim rather than our experience. It is something that we are working toward. Free flowing energy is a state of Oneness with the Divine, actually being the universal flow.

This means that although your intention is strong and your actions appropriate you may still end up thinking about the shopping list. Don’t worry. Know that what is important is not what has been or what is to come but... now, right now.

So rather than regret your stray thoughts about your dinner’s ingredients, accept those thoughts and, even if it was only for a second, you know that you have let go.

**Bronwen & Frans Stiene**

**Reiki Masters and International authors**

[www.reiki.net.au](http://www.reiki.net.au)

## Members Questions: Interesting Reiki Articles?

**Question:** Where can I find interesting articles on Reiki?

**Molly Carlile** Vic member wrote: "Beti from 'The Health Show' interviewed me about Reiki and it's up on the website [www.thepodcastnetwork.com/thehealthshow](http://www.thepodcastnetwork.com/thehealthshow)

Also a reminder to all members to tune into Dead Seri-

ous (link below) recent interviews with Peter Thomas (documentary maker) Kevin Larkins, (Executive Director, Palliative Care Victoria), Leon Nacson (Dream Coach and ED Hay House) among many others so please download and have a listen!

[www.thepodcastnetwork.com/deadserious](http://www.thepodcastnetwork.com/deadserious)

Enjoy listening, learning and evolving"! Molly

**John Coleman** found this site to have an interesting article from the BBC

"Here is something good for a change to do with Reiki, to visit go to":

[http://www.bbc.co.uk/london/content/articles/2005/09/28/insideout\\_healing\\_feature.shtml](http://www.bbc.co.uk/london/content/articles/2005/09/28/insideout_healing_feature.shtml)

**"Buddhism is a path for spiritual adults, not spiritual children, and accepting responsibility for ourselves is fundamental".**

**Just read this quote with some Buddhists who were discussing what were the true teachings - great isn't it? Would love to replace Buddhism with Reiki.**

**Bronwen**

## ATTENTION ALL REFERRED ARC Inc. REIKI PRACTITIONERS

### YOUR PERSONAL & PROFESSIONAL DEVELOPMENT BOOKLET

As you are aware, in 2004 ARC took a major step in further creating high standards of Reiki treatment practice in the Australian Reiki Community by initiating a new system for its members – the Personal & Professional Development Booklet.

This is a new system and therefore ARC would like to clarify and re-iterate what is being asked of members and how they can go about fulfilling the requirements of this booklet.

#### It is time to bring out your P&PD Booklet and begin to fill in the year 2005-2006.

A year is from 1<sup>st</sup> September to 31<sup>st</sup> August, which is the ARC financial year. P&PD Booklets should be returned with your Annual Renewal payment due on or before 31<sup>st</sup> August each year.

#### WHY DO I NEED TO FILL IN A P&PD BOOKLET?

All ARC members who wish to be listed as Referred Reiki Practitioners on the ARC website and to have their details available via the ARC State Representatives are required to fill in a Personal & Professional Development Booklet on a yearly basis. This booklet encourages both personal and professional develop-

ment for the Professional Reiki practitioner and supports a high level of professionalism in the Australian Reiki industry.

#### WHEN DO I NEED TO HAND THIS BOOKLET IN?

These booklets will be returned to ARC on an annual basis, which means every year. The first batch of completed P&PD Booklets will be returned in August 2006 along with the member's membership renewal fees and insurance certificate of currency.

#### HOW DO I FILL IT IN?

On the back of your green P&PD Booklet you will find the Credit Points System. There are two lists. One is for activities and the other is for the points you can receive for that activity. In the latest printing of these P&PD Booklets, now available, an extra column has been added for your accumulated points for an activity, and a box to total them at the bottom of the page. You should from now on only use the new version and it is being sent out to you shortly, extra copies can be supplied if necessary. You do not need to fill in for each activity, all you need is a minimum total of 20 points for the year, and it's easy to achieve!

Make yourself familiar with these activities as you will be giving yourself points throughout the year for completing or taking part in them. Inside the booklet is the detailed record of your accomplishment of these activities. Fill this in (as in the example attached) on the sheet with the Date, Hours (where applicable), Activity, Verification and Points. You can receive up to a total of 10 points per activity, except where

a lower maximum number of points has already been set by the committee.

#### WHAT DOES 'VERIFICATION' MEAN?

It is required that the activities be verified by a second party – you can ask an organiser or a participant to sign the Booklet. They must also include a contact phone number. If it is too late to get a personal signature you can write a contact person's name and number onto the Booklet so that if required they can be contacted to verify that you have completed that activity. If you read the detailed explanations about the activities there will be suggestions as to whom you should ask for verification.

#### WHAT DOES 'NEGOTIABLE WITH COM' MEAN?

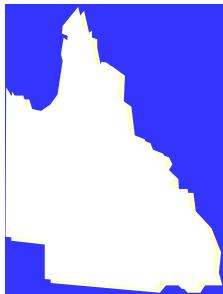
Some ARC related activities have a minimum and maximum number of points available. Contact ARC if you believe you are eligible for these points and find out how many you will be allotted preferably prior to taking part in the activity.

#### WILL I BE NOTIFIED THAT MY P&PD BOOKLET HAS BEEN COMPLETED SUCCESSFULLY?

No, you will only be notified if you have not amassed a minimum of 20 points throughout the year or if the committee have queries about your activities and/or their verification.

Continued on page 9, **ACTIVITIES EXPLAINED**

## Queensland Rep Report see more reports on page 10



**Sunny Queensland**

**State:** Qld

**Rep:** Tania Hooke

**Regular Events:** (TBA)

**Special Activities:** Look out for up coming events for the new year

**Reps Report on past State Activities:** Hello beautiful Reiki members of ARC Queensland.

I trust that your year has been an exciting one full of healing opportunities and growth within your Reiki practice, with oodles of self-discovery. Thankfully we have been experiencing steady growth with a few new members each month. Welcome to Joanne Withnall, Mary McGuire, Janis Travaskis, Della West, Jennifer Oakley, Christine Funnel, Diane Haden and Janelle Bray. Please use the message board on the website to converse with other members all over Australia on current issues ideas, or just to meet fellow Reiki people.

Also if any members are keen to start share groups this would be wonderful, as I have

had a few queries for South Brisbane and Gold Coast. Currently there are share groups in and around Brisbane but these are not necessarily run by members of ARC...

Therefore I propose that those looking for share groups join those already existing (you will find them listed in living now magazine), OR even better start a share group yourself and post it on the message board on the website, as well as emailing the details to me tulip\_bud3@hotmail.com that is an \_ after tulip in the address. If anyone knows of any share groups on the Gold Coast can you please email Sarah Philpott as she is looking for a group on sass\_philpott@hotmail.com .

Also if anyone knows of any share groups in Sth Brisbane

can you please email Ross Stokes on ross-

tokes@optusnet.com.au Than-

kyou.

On previous events we had a Meditation Gathering with Paul Harold speaking on Kahuna philosophy that's Hawaiian Healing Massage. A very

spiritual and ancient Polynesian healing art. Unfortunately the turn out was disappointing, but I must admit I wasn't able to give much warning so I suspect it could have been better. I extended the invitation to other non-ARC members in the area so as to promote ARC. Two non-members turned out so that was good. The gathering was held at Sowelu Center a Yoga Fitness/Wellbeing Centre on a Sunday. We all enjoyed the gathering and I shared some Meditations on Journeying the Deep Heart from Uluru. These are very beautiful healing meditations which I will look forward to sharing again next year.

I have systems in place to email all members with details of events so please send your updated email to me or if not, look out on the website every 3-4 weeks, as all events are posted here.

I look forward to any feedback, ideas or just for a chat feel free to call me on 33 111 871.

Tania Hooke

**"INTENTION implies you have an idea or a plan, which you ready to put into action. You may not know the exact details of this plan yet or how you are going to bring it into manifestation ..."**

## Intention by Maggie Erotokritou (permission granted to pub 16/11/05)

From her soon to be released book The Seeds Of Transformation—[surya@spidernet.com.cy](mailto:surya@spidernet.com.cy)

Seed 21 INTENTION – Maggie Erotokritou  
The power behind Focus is your INTENTION, knowing what you want, what you want to do and what you are working towards. Then continuing to hold the INTENTION, even if the going gets hard or nothing seems to be happening yet.

INTENTION requires clarity; INTENTION and vagueness do not go together. If you don't hold a clear INTENTION in your mind, you won't know where to focus, whereas INTENTION will take you directly towards your goal.

When your INTENTION is clear, your focus becomes stronger and you are able to

create the reality that you desire. INTENTION leaves nothing to chance.

### Reflections on INTENTION

INTENTION implies you have an idea or a plan, which you ready to put into action. You may not know the exact details of this plan yet or how you are going to bring it into manifestation but the clarity of INTENTION will draw to you the circumstances, people and events that will help you achieve whatever you wish to do. The energy of INTENTION brings all the pieces of the jigsaw together.

Whatever you hold in your conscious mind is your INTENT. INTEND to be

successful in what you are doing and you will be. INTENTION is focused on the job at hand, so there can be no contradictions. If your mind is split between two or more options, then the INTENTION is not yet clear.

Lead an INTENTIONAL life by consciously creating your life, day by day, moment by moment. Be clear on where you want to go and you will surely arrive.

The Global Spiritual Network : To subscribe and receive our postings or to unsubscribe go to [www.enabling.org/cgi-bin/mailman/listinfo/gsn2](http://www.enabling.org/cgi-bin/mailman/listinfo/gsn2)



## Ethics and the Law—Noel Spurr OAM (AGM guest speaker)

The was a talk presented at the AGM 2005

Noel has been an active committee member in local & statewide community groups for over 30 years. Noel has received the Advance Australia Award (1983), and Order

of Australia Medal (1985) for service to the community. Since 2003, when Noel was appointed by the Minister of Health as a member of the NHMRC Australian Health Ethics Committee (AHEC), he has served on the following AHEC working parties: 'Communicating with patients', 'Handbook and National Statement', "Ethics in Human Research conference 2005", "Post Coma Unresponsiveness Management".

Noel used his own experiences to illustrate changes, which have taken place in the Health Care Industry in regard to ethics, morals and the law.

Noel contracted polio in 1956, before Salk and later Sabin, vaccines were available.

He spent the next two years in an iron lung. During this time he was having weekly X-rays, blood tests, and other treatments. As was common practice at the time, no permission was sought from the patient.

In 1964, having refused a spinal fusion, he was offered a different operation. At this stage he was not told that he was the first in Australia and only the second in the world to undergo this procedure.

In his twenties, he was hit by respiratory failure. As a result he had a tracheotomy

and spent six months in Intensive Care. Noel was told that the rest of his life would be spent in hospital, in an iron lung. He enlisted the help of his father in manufacturing an iron lung, which could be used at home.

In 1981 (Year of the Disabled) Noel became involved in disabled rights groups and also became aware of the workings of Government. He began being appointed to Boards including the Psychologists Association.

In 1991 He became a member of the Board of Municipal Associations and in this role, participated in a Company Director's Course. This raised his awareness of ethical considerations and the interaction of ethics, morals and the law.

In 2003 Noel was invited to be on the NHMRC (National Health and Medical Research Council). He accepted the nomination and became involved in various sub-committees. He was, by this time, also very much aware of the ethical considerations when dealing with patients, research subjects, etc., particularly in the light of his own experiences.

Although the NHMRC is concerned with issues relating to ethics in medical practice and research, these have now become broader and encompass the Social Sciences.

Noel spoke on some of the issues that would be common to Complementary Health practitioners.

### Issues to be addressed:

The difference between privacy and confidentiality

Need to act with integrity

Provision of equality of service (non-discriminatory)

Inform truthfully, including any possible disadvantages of the treatment. No untrue claims.

Respect for the patient/client's cultural background

Gaining the right permissions and respecting the right of 'all' to say no. (e.g. mentally ill, juvenile) Different permissions may be required in different cultural settings

Ensure that the physical environment does not cause the patient/client to be inhibited by perceived lack of status  
Use of jargon

Poor communication skills

Time constraints and pressures when assessing problems

Most important to actively listen – importance of training in communication skills

In conclusion, Noel outlined some of the issues, which are currently, or have recently been addressed such as human cloning, embryo research and patients in coma.

The Principles of Ethical Conduct are continually under review.

The NHMRC currently has no mechanism for handling complaints and these must be addressed to the appropriate body concerned (e.g. licensing body or association) or the health ombudsman. Even if other than Government funded, approval by the NHMRC is required for credibility of research.

**"Gaining the right permissions and respecting the right of 'all' to say no. (e.g. mentally ill, juvenile) Different permissions may be required in different cultural settings"...**  
**Noel**

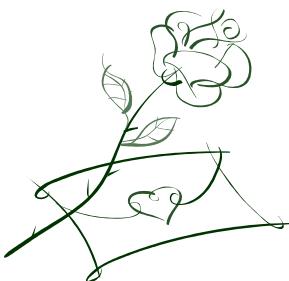


The Notes taken at the AGM by Helen Archer  
Vic ARC Inc member  
Thankyou Helen: ED

ARC Inc wishes to acknowledge with gratitude Noel for the time, knowledge and energy spent with us.



## Absent Healing Book & Monitors Details for Dec to March '05



**Send Reiki to those in need at 9pm Thursday evenings. It is always**

**To have your friends name place on the book in December or January please call Nandita 03 9686 5050.**

Many people do take time to send daily, but Thursday nights at 9pm for sure, Reiki will be on the way to them

The ARC healing book is kept private - it is never for public view and names and any details are always kept private and confidential - but of course there is a trust factor here for sure.

The names are put in accord-

ing to the month, but some say please ask for continuous healing and so it is written in the book that way.

I send Reiki to the 'ARC AH book' and request all members to do so too - on Thursday nights and indeed at other times—you can just feel the energy coming towards the book - no-one who has had it is unmoved by it.

So whether they are in for Oct/Nov or any other month those in the book will receive Reiki unless they don't want it.

If we hear that someone has passed on and they are still in the book, we try to find the name but if we can't we write their name and RIP next to it so Reiki knows - as if it didn't already - but so we don't Earth bind them.

I would love to put your name on the roster - just say the word!

**February/March 'Vacant'**

**April/May**

**Jenny Glover**

**0890916498**

**stevejenny@westnet.com.au**

## ARC Inc 2005-2006 Committee of management, subcommittees and representatives

Committee	Name	Position	Work Phone	Home Phone	Fax	Phone
ARC Inc Com of Mgt	Tony Carroll	Treasurer	1300130975	1300130975		
ARC Inc Com of Mgt	Genine Hill	Rep Liaison	0299880105	0299880105		
ARC Inc Com of Mgt	Bronwen Stiene	Vice Pres	0245672059	0245672059		
ARC Inc Com of Mgt	John Coleman	President	1300130975	1300130975		
ARC Inc Com of Mgt	Nandita Jackson	Hon Sec	0409505696	0396865050		
ARC Inc Com of Mgt	Frances Foletta	General Com	0397281621	0397281621		
ARC Inc Mem Off	William Secker	Memberships	1300 130975			
ARC Inc Regional	Shirleyrose Rowe	Vic Regional	0353671680	0353671680		
ARC Inc State Rep	Christine Sinclair	SA State Rep	0883552781	0411604753		
ARC Inc State Rep	Tania Hooke	QLD State Rep	0733111871	0733111871		
ARC Inc State Rep	Ronald De Waal	WA State Rep	0894937479	0894937479		
ARC Inc State Rep	Jennifer Ashford	TAS State R	0364257177	0364233375	0364233375	
ARC Inc State Rep	Jan Hordern	NT State R	0889450501	0889450501		
Editor ARC INK	WendyJoy Smith	Arc Ink Editor	0397924653	0397912564	0397934515	

There is always room for more hands on deck at ARC Inc—if you can be of service to the committee and to members then do put your hand up—it will gladly be taken.



## ARC Inc Member Benefits

**Did anyone take up the offer of salt lamps – we'd love to hear from you – indeed we'd love to hear of your experiences with any those who offer us discounts or benefits:**

**ED**

*For all members to enjoy*

**Salt Lamps for your Reiki Rooms** 50% off retail price list. A 2-3kg normally \$88.00 now \$44.00 including gst to ARC Inc members. Discount is off our entire range! Lamps come with a cord globe and warranty! No limit on buying! These prices are only for ARC Inc members. Members must state their membership number when ordering. Interstate and International members please check postage details when ordering.

The Linen Co Australia  
(613) 9899 9800  
fax: (613) 9898 9755  
300 Middleborough Road  
Blackburn South, Victoria  
131, Australia

### New World Music

Not many take advantage of this benefit - is it not something members are interested in?

33% off the recommended retail price!

The editor has received an update flyer from NWM that outlines current specials:

**CD of the Month- ECO ZEN**  
2CDs, Various Artists - RRP \$39.95 - see review page

**INYAN Sacred Earth -**  
\$29.95 – CD Ideal for Massage, Inspiration, Healing or Yoga

**PAIN FREE Self Hypnosis for Chronic Pain Mgt and Relief – CD \$19.95**

**CHAKRA CARESS** Guided Meditation to Enliven &

Awaken - CD \$19.95

New Release

**ARCHANGELIC MEDITATION – CD \$29.95**

**WHAT THE BLEEP DO WE KNOW – DVD \$29.95**

Many many more, & remember your State rep may be able to arrange a meeting with a NWM rep in your state!

For more November specials contact - <a href="mailto:arced@australianreikiconnection.com.au">arced</a>

### The Reiki Sourcebook

ARC Inc has negotiated with The International House of Reiki to offer a 10% discount to ARC members wishing to buy the research book, The Reiki Sourcebook. Normally \$39.95, for members it is just \$35.95 (postage not included). Educate yourselves, your clients and/or students with this compendium about the System of Reiki; invaluable for all Reiki practitioners.

Includes: Reiki Lineage Charts, Reiki History Timeline, Research (into the origins of Reiju, Attunements, Precepts, Mantras, Symbols, Meditations, Hand Positions and Japanese and Western forms of Reiki), over 70 Illustrated Japanese and Western techniques including the levels and Reiki branches they are practiced in, lists Major Branches of Reiki, Scientific Research, and an extensive Glossary of People, Places and Facts. Valued by Reiki people across the globe. Ring 1800 000 992 with your member number to receive your discount.

### Ultra Style Massage tables

"All our tables are hand made with care and pride to achieve the ultimate in quality and

versatility." Sheets and gas lift stools and much much more - can be sent to all States in Australia.

Phone: 03 9470 2123, Fax: 03 9470 2133 or Website: [www.ultrastyle.com.au](http://www.ultrastyle.com.au) Talk to Angelo Parisi and mention that you are an ARC Inc member.



### New World Music

**Not many take advantage of this benefit - is it something members are interested in?**

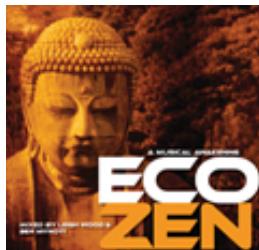
**What other benefits would you like ARC Inc to be investigating for you?**



### CD Review - ECO ZEN - Various Artists

**Eco-Zen is all about re-connecting with the world around us.**

**Promoting the challenging message that for too long we've been over-stimulated, blinded and numbed by a frenetic swirl of images and messages that assault us everywhere we go in our daily lives.....With our eyes open again we can see what's happening to our world and become a part of the solution.**



**Review by New World Music**



## Certificate and Diploma—Community Services and Health Industry Skills Council Draft 1



**A health qualification for Reiki practitioners who may want to further their work options: Health sector skills exclusively for Reiki practitioners!**

### Cert IV in Reiki?

*Message from ARC President.*

By now many of you are aware of the draft 1 qualifications for Reiki Treatment practitioners issued by the Community Services and Health Industry Skills Council (CSHISC) in July 05. These drafts if implemented will lead to Cert IV and Diploma training for Reiki practitioners who wish to work in the public sector. The Spiritual aspect of Reiki teaching and attunement are not part of these draft qualifications

ARC Inc supports the sensible and practical self regulation of Reiki and has always been willing to work with government on this issue. ARC Inc understands that the Federal Government wants an industry driven, national system for complementary therapies, a point that ARC Inc members consider to be of importance to their industry and sense of professionalism.

ARC Inc welcomes and prefers to follow the recent suggestions made by the senate enquiry into complementary therapies that concluded, "that the most valuable form of development for complementary therapies would be the creation of an umbrella group".

The skills council held validation meetings in WA QLD SA and VIC. ARC was represented at each one ensuring that our concerns were noted.

As a result of these validation meetings and submissions and feedback provided by ARC and others, the skills council facilitated a meeting in Sydney on Wed. Oct 19th with several Reiki organizations, to discuss these concerns and disagreements relating to the draft 1 qualifications.

This was an historic meeting, as it brought together for the first time, representatives of several Reiki Associations, organizations and net-

works. At this meeting many of ARC's concerns and disagreements relating to some of the content of the draft 1 qualification were discussed and mutually acceptable solutions were arrived at. The main ones being, the removal of the lineage bearer and founder issue and the removal of the specified lineages included.

Representatives of the organizations met again on 12th November with some more positive outcomes. We will be providing a report in the near future on the progress achieved at this meeting.

Following these discussions and feedback from attendees, the skills council project writer will proceed to work on draft 2. This will be reviewed by the associations present, for their approval, prior to the next round of validation meetings countrywide for feedback from the Reiki Community. This draft will probably be issued before Christmas.

Another significant outcome to these historic meeting, was an Agreement in principle for an Australian federation of Reiki associations and networks. This federation would, for the first time in Australia provide the Reiki community with one voice on all matters relating to Reiki, while at the same time allow existing associations continue to operate independently. A steering committee will hopefully be formed in the near future, to carry out research into models etc of such an organization.

If you require any additional information please do not hesitate to contact a member of committee, a state representative, or myself

Love light and lots of laughter  
John Coleman  
President of ARC  
On Behalf of the  
Committee of Management.

Cont from page 3 ...**ACTIVITIES EXPLAINED**

## **Attending ARC Meetings and Gatherings**

If you attend an ARC gathering or meeting you can automatically write yourself down for 2 points. If, at the meeting, a Personal Development talk was given by a guest speaker then you can add another two points. These points can be verified by the State Representative or organiser.

## **Daily self-practice**

Working with others energetically requires a commitment to self-practice from the professional practitioner. Daily self-practice leads to a more enlightened perspective of yourself and others and will help you to support others in their healing journey. Be honest with yourself and allot as many points to yourself as you deserve for keeping up a daily regime of self-healing using Reiki hand positions and techniques. You are your own verification. The maximum available is 5 points in a full year.

## **Attending relevant workshops, conferences & presentations**

You can receive 1 point per hour for attending a workshop that is relevant to your practice as a Referred Reiki Practitioner. There is a maximum of 10 points to this activity. Check with ARC *prior* to attending the workshop to ensure that the workshop is considered relevant to your Referred Reiki Practitioner practice. Ask the organiser to verify your attendance.

## **Running Reiki support group**

If you are the organiser of the coming together of a group of Reiki practitioners then you will receive ½ a point for each session. Ask a participant to verify your position as holder of the support group.

## **Presenting a talk about ARC to the general public**

What a great idea! Give a talk at a Senior's home, Lions Club, hospice or local business gathering all about ARC. At the same time hand out your own brochures. People will love to hear that you are passionate about being a member of an active Reiki association and it will help lift your profile as a professional if you spend time talking about ARC and Reiki rather than solely about yourself. Need some help with this? Contact your State Representative and you're on the way to receiving 5 more points. Ask your contact in the organisation to verify your participation.

## **Article in ARC INK**

The editor of ARC INK absolutely loves to have input from members and members love to read your stories. Write about an

experience with Reiki that moved you and/or your client. Write about your thoughts about the future of Reiki in Australia or about Reiki in the workplace, hospice, or your family - whatever takes your fancy. This is worth 2 points! Contact the editor for more ideas and to check that your article is suitable for publication. The editor will also verify your participation.

## **Other relevant published article**

Get an article into health and natural therapy magazines around Australia and talk not only about yourself but ARC too. You can receive 1 point for this. Attach the article, we'd love to see it and this is an excellent method of verification.

## **Participation in relevant research**

In an attempt to continue the promotion of valid research into the system of Reiki you will receive a maximum of 1 point per session that you attend or partake in. Contact ARC if you'd like to find out if there is any research happening in your area and also how many points the research is worth to you. Ask the organiser to verify your participation.

## **Level 2 First Aid (senior)**

ARC recommends that all Referred Reiki Practitioners have their First Aid certificate. As a professional practitioner you have a duty of care to your client. To promote this ARC offers you 10 points for attending a First Aid course. The teacher can verify your participation.

## **First Aid Update**

Not only do you need a First Aid certificate but every three years you need to renew it with a refresher course. This is an easy way to make 5 points. The teacher can verify your participation.

## **Committee Work**

Help ARC grow and support its members throughout Australia by becoming an ARC Committee Member, Editor or State Representative. This is an important one. Each ARC Committee Member and State Representative is a volunteer and offers their time to you for free, to make sure that you have an association that works for you and supports you in your chosen profession. Oh and it's worth 10 points too.

## **Specified ARC project or activity**

You may not be a Committee Member or State Representative but you can offer your help to the Committee. Committee have many sub-committees and are always looking for extra support. Offer your skills and if they find you a job you can make some good points here. Just ask how much it's worth. Ask a fellow committee member to

verify your participation.

## **Sponsor New Member**

ARC loves its members - especially new members. New members keep the thoughts fresh in the association and help build ARC's ranking as an influential voice in the Australian Reiki community. With more members, more facilities can be offered to existing members. So spread the word and let us know that you've done it and you can receive 1 point for each person who signs up because you told them to. Ask the Membership Officer to verify your participation after the new member has applied

## **Volunteer work for ARC INK**

If you would like to help the ARC INK Editor you can also receive up to 2 points an hour. For example, folding and packing the ARC INK every two months and your support would be greatly appreciated. The Editor would love to verify that you've been of assistance.

## **Community Volunteer Work**

Do you work as a volunteer giving Reiki treatments in the community? If so, thank you! You can receive 1 point for each hour of work that you complete as a volunteer practitioner. Ask your community leader or the client to verify this

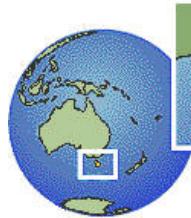
## **Receiving One-hour Reiki Treatment**

This is the absolute best way to receive points. You get ½ point every time you lie down and relax for a one-hour Reiki Treatment. You cannot use your support group time for this – you actually need to book yourself in with a friend or professional practitioner and get them to verify your treatment. Ask your practitioner to verify this.

## **Hold ARC Inc Absent Healing Book for 2 months**

This is another easy and very rewarding way to gain 2 points. The absent healing book is a wonderful ARC initiative where you hold onto a book that includes the names of those who require healing. Every Thursday evening at 9pm ARC members send healing to the people in the book. You will be contacted by phone or email by those who wish to have their names or names of friends placed in the book. You will be listed in the ARC INK as the Absent Healing Book holder and the editor can verify your participation.

**Remember you only need 20 points – but go ahead and include all your points. You might be surprised!**



Cool climate Tassie

## Tasmania Representative Report

**Jenni Ashford**

**State:** Tasmania

**Representative:**

Jenni Ashford

**Regular Events:**

**Special Activities:** Anyone who is interested in coming to a gathering in February 2006, please contact me on 6425 7177, or email me at [the2js@dodo.com.au](mailto:the2js@dodo.com.au). I plan to have a venue somewhere near Launceston.

**Reps Report on past State**

**Activities:** Although we are only 2 members strong in Tasmania at this time, my aim is to bring that number into double figures before the end of next year.

It is about 15 years since I have taken on a position like this, so I am very rusty.

Tasmania currently has 2 members, and we are 300km apart. I have only been able to find 11 practitioners listed

in Tassie through the phone books or web sites, and have not had the time as yet to contact any of them. I am hoping that the new year will be a little quieter and I will have the time to follow up. If you are able to send me some ARC brochures, I would appreciate it.

*Cheers,*

*Jenni*



Hot climate  
Western Australia

## Western Australian Representative Report

**Ron DeWaal**

**State:** WA

**Rep:** Ron De Waal

Overview for WA: would like to organize more reiki shares for Perth But it is really hard to get people to come , we have 5--8 people at the shares , as Perth is so spread out and the membership small it is hard to find a venue

a good guest speaker and let everyone know in advance we might get a better turnout.

The Annym forum was disappointing ,as it wasn't promoted very well ,but it was still enjoyable and we promoted ARC Inc and our own Reiki as well .

Ron

## South Australian Representative Report

**Christine Sinclair—new rep!!**

**Welcome Christine**

Hi to all.

My name is Christine Sinclair. Married? Yes to my best friend, with 2 Indigo daughters.

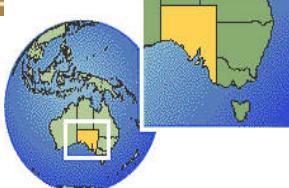
I have established 2 Healing Centres and am a Master/Practitioner/ Teacher of Reiki, Isis Seichim & Tibetan Karuna and of many other New Aged subjects.

I hope to bring into my new role, as South Oz Representative, a lifetime of knowledge, support, nurturing and team work. Together we can heal the World, well, maybe a good slice of it anyway. I am passionate about Reiki and how it can improve ones life, this I give to you and the world.

See you soon. Christine

P.S. 15<sup>th</sup> January 2006 Adelaide I will be running an Introduction to REIKI 2pm Start – afternoon tea provided at Mother Earth's Healing Centre

675 Grange Road Grange Adelaide 5022 Come say Hi to me, ARC Inc members if you are near by!





## Northern Territory Representative Report

**Jan Hordern**

**State:** Northern Territory

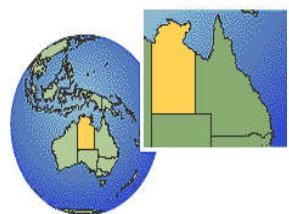
**Representative:** Jan Hordern

**Regular Events:** The only regular Reiki 'events' we have at present in Darwin, are our Reiki share nights and Meditation nights. At this stage we have only 5 members as one has moved to W.A.! I have high hopes that we will gradually encourage more to join ARC and this will make events more viable.

**Special Activities:** Look out for up coming events

I look forward to talking to other State Reps - especially QLD and WA - to see how they got the ball rolling. We in the North have a different way of life in so many ways to those in the Southern States. Coming from the Mornington Peninsula in Victoria, I never thought I would make a statement like that!

Jan Hordern



Hot and humid  
Northern Territory

## New South Wales Representatives Report

**Genine Hill**

**State: NSW**

**Representative:** Genine Hill

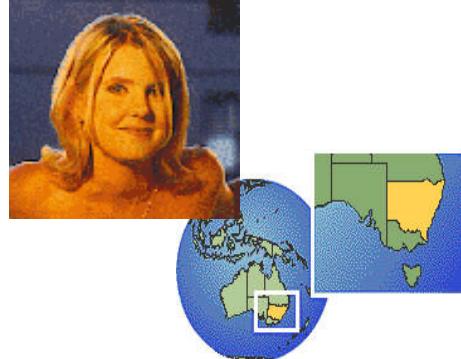
### Reiki Gatherings around NSW

#### \*IMPORTANT NOTE\*

If there are members in NSW interested in getting together with other members in your area, please contact ARC and we will be happy to help to coordinate events/gatherings with you.

### Christmas Dinner anyone?

If you are interested in getting together with me to celebrate a Reiki Christmas then call me on 9988-0105 so that we can organise a get together for the festive season.



### Calling all NSW Members who passionate about serving Reiki

I hope that's all of you!! I am seeking a very special person who is utterly committed to Reiki and willing to offer some of their precious time to serve as the Rep for NSW. As I am now the State Rep Liaison Officer, I need to be highly focused upon my new role and want to see a member from NSW step forward to accept the role as state representative. Please contact me on 9988-0105 to discuss this opportunity further. I understand some people have shied away due to the idea of how much time this role will impact their lives. I urge all of you who may have a flicker of interest to contact me before deciding against this and to actually find out how much time and what the level of commitment truly is. I look forward to your phone calls and messages.

### Annual Reiki Awareness Day, 2006

This year's Reiki Awareness Day celebrations were a step forward for our Reiki Community. We are hoping to expand and develop the celebrations further for 2006. I would like to see a few members in NSW to offer their time and fabulous ideas/motivation to be a part of the Awareness Day Planning Committee to help the NSW state rep organize and create an incredible event. Call me on 9988-0105 to help get the Reiki energy rolling.

Love, Light and Service,

Genine Hill



## Annual General Meeting Minutes 2004-2005

### Minutes of the 2005

### **ANNUAL GENERAL MEETING**

#### **Australian Reiki Connection October 8th, 2005**

Meeting opened at 10.15 am by John Coleman, President, as Chairperson

#### **Members Present:**

Alex Hayes, Simon Lee, Inge Schmidt, Helen O'Connor, Michelle Mayur, Mary Vaughan, Terry Clinton, Janet Adcock, Peter Chapman, Karen Cottrell, Elizabeth Secker, William Secker, Frances Foletta, Nandita Shari Jackson, WendyJoy Smith, Susan Joy Coombes, Greg Doyle, Edward John Kelly, Helen Archer, John Coleman, Tony Carroll. [21]

#### **Apologies:**

Fiona Drummond, Fred Jeffrey, Rodney Swart, Frank Mitchell, Lorraine Mitchell, Elizabeth Thuan, Robert Thuan, Brian Wann. [8]

**Members Guests:** Ilona Gal, Monika Koerner. [2]

inutes of the 2005 continued from previous page

#### **Minutes of previous AGM 09/10/2004 presented.**

Motions that the minutes of the 2004 AGM [No Amendments] be accepted:

Moved: Alex Hayes

Seconded: Elizabeth Secker      Carried

continued next page

## **Victorian Events—No Representative**

**Events com—Helen A, Helen O & Elizabeth S**

### **VICTORIAN EVENTS:**

*Melbourne*

#### **Upcoming Event:**

**Date:** Saturday December 10th

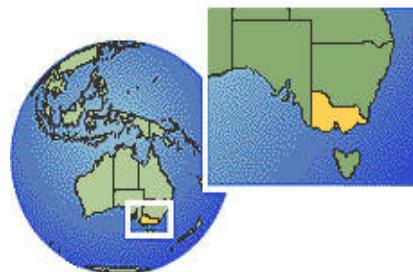
**Venue:** 5 Fleet St, Mt Waverley

**Time:** 10am – 2pm

The Events Committee, after discussion with some members, has decided to change the focus of the customary Kris Kringle activity. This year we would like to give members an opportunity to share some of their bounty with others who may not be so fortunate. We plan to have a “wishing tree”. Instead of going out and buying a gift, there will be envelopes available in which your cash donation can be placed. This can be totally anonymous, or if you wish, details can be included inside the envelope and a tax receipt will be returned to you. The recipients that we have chosen are a Women & Children’s refuge in country Victoria. The Christmas season can be fairly bleak for some of these families who may currently have few possessions.

If you would like to participate in this gift of Christmas cheer but will not be attending the meeting, your

#### **Victoria—State of many seasons**



*. This year we would like to give members an opportunity to share some of their bounty with others who may not be so fortunate.*

welcome donation may be sent to Kris Kringle, c/- ARC President, etc. (Before the meeting date please)

We are planning a day of fun, activities and conviviality. Please bring along a plate of goodies to share.

Love and Light  
**Elizabeth & 2 Helens**



## AGM minutes continued

### The following reports were presented to members and were read:

President - John Coleman.  
Secretary - Tony Carroll.  
Committee of Management - Tony Carroll on behalf of COM.  
Treasurer - Tony Carroll.  
State Representative Liaison (COM) - Greg Doyle.  
Membership Officer - William Secker. (Non-committee role)  
ARCINK Editor - WendyJoy Smith. (Non-committee role)

### The following reports were also presented to members and were not read:

Victorian Regional State Representative.  
NSW State Representative.  
TAS State Representative.  
NSW Regional State Representative.  
ACT State Representative.  
QLD State Representative.

Motion that the reports of the President, Secretary, Committee of Management and Treasurer be accepted  
Moved: William Secker

Seconded: Susan Joy Coombes  
Carried

All reports, including those from State Representatives, will be available to read in full, on the Australian Reiki Connection website, or in hard copy with your next Arc Ink. Copies were made available to those present.

Nominations were taken from the floor for the vacant committee positions.

Frances Foletta and Nandita Shari Jackson obliged.

Simon Lee offered his services in a sub-committee role with the new CoM.

### This year, there were two [2] motions-for-change presented for member vote.

Elizabeth Secker, as returning officer, called for two volunteers to assist in counting of votes and scrutiny of process.  
Helen Archer and Edward Kelly volunteered and all three were accepted as having no conflict of interest.

#### **Motion 1**

To reduce the chance of Reiki channels in Australia not understanding that Australian Reiki Connection Inc. is an association, it is proposed that:

ARC Inc create a professional branch and while under the umbrella of the ARC Inc, the name of such branch would describe succinctly the reason for its existence.

#### **'Association of Australian Reiki Professionals'**

It is further proposed that membership of ARC Inc as a practitioner or teaching master/teacher will offer automatic membership of Association of Australian Reiki Professionals.

**Motion 1      Accepted by 63 members      Rejected by 2 members**

#### **Motion 2**

In order to draw more people into the Reiki circle and allowing members to feel more a part of the association, it is proposed that:

ARC organise a Conference and/or Retreat annually in conjunction with the ARC AGM, which could be held in the different States/Territories in consecutive years.

**Motion 2      Accepted by 63 members      Rejected by 2 members**

At the conclusion of business, John Coleman, as President and meeting Chair, declared vacant all positions for the coming year.

As there were no contra-nominations the new committee was deemed to be elected.

Annual General Meeting closed at 11.01 am

Tony Carroll

Secretary - 2004/2005



## Shi Zen

**Peter Chapman**

Shi Zen is a system and technique that uses the Universal life-force energy to channel the healing vibrations available in nature. It has been developed for Reiki channels and is used to enhance treatments.

If you like working with aromatherapy or crystals, you can bring through the vibrations of appropriate essential oils or crystals as part of a Reiki treatment. You can do the same with Bach Flower Remedies and other flower essences. If you like working with Native American Indian Medicine, you can bring through the healing vibrations of animals. Other elements of nature can also be applied in healing, for example, sunlight and moonlight.

You don't need any expertise in aromatherapy, crystal healing etc. to use Shi Zen. The system contains many predefined sets of healing vibrations to choose from, each designed for a specific healing purpose. You can also make up your own. Once a set has been selected and invoked, vibrations from that set are automatically drawn through during the treatment, as needed for the receiver's Highest Good at the time.

*Shi Zen* (pronounced "Shee Zen") is a Japanese phrase meaning "Nature" or "100% natural". A treatment leaves you feeling connected with nature.

The system is easy to learn for existing Reiki channels. For information on training, or to

experience Shi Zen, please contact Peter Chapman – ph: 03 9544 1604, email: [shizen-energy@yahoo.com.au](mailto:shizen-energy@yahoo.com.au)

Visit the Shi Zen website at:  
<http://au.geocities.com/shizenergy>

See also:

**Gen Chi**, a channelled spiritual healing energy from China that combines with Reiki to enhance treatments, at:

<http://au.geocities.com/shizenergy/genchi>

**Ka Shen**, a system based on ancient Egyptian healing energy, at:

<http://au.geocities.com/shizenergy/kashen>

It's easy to advertise in  
the Ink contact  
WendyJoy on 03 9791  
2564 or  
[arced@australianreikiconnection.com.au](mailto:arced@australianreikiconnection.com.au)



## Rod's Pots

**Rod Swart**

This new Reiki Collection is providing Reiki practitioners and teachers with a set consisting of a jug, two tumblers, an oil burner and an incense tray painted in the chakra colour of your choice and embossed with the Reiki kanji. Colours available are lavender, blue, green, orange, yellow and red.

They can also be purchased as individual items.

Complete Set	\$55.00
Jug	\$25.00
Tumblers	\$7.50ea
Oil Burner	\$15.00
Incense Tray	\$5.00

Prices do not include post and packaging.

To order, please call Rodney on 03 9728 1703 or email [rodspots@siz.com.au](mailto:rodspots@siz.com.au)



## The Japanese Art Of Reiki

Frans and Bronwen Steine

### NEW

*The Japanese Art of Reiki*

If you enjoyed **The Reiki Sourcebook** then here is the latest book by the same researchers and authors, Bronwen and Frans Stiene. Be taken through the practical elements of traditional Japanese Reiki.

Excellent for beginners and those wanting to delve further into the Japanese elements of self-practice with Reiki. \$39.95 not including postage.

Order now on  
free call 1800 000 992  
or buy online at  
[www.reiki.net.au](http://www.reiki.net.au)



**A special thank you to all those who have contributed to the Ink over the past year.**

**May you continue to support ARC Inc and the Ink.  
Editor—WendyJoy**



**Want to reach out to the Reiki Community?  
Advertise in the ARC INK—you will reach every ARC member!**

ARC INK—potential to reach many in the Reiki community—advertise your event, your product, yourself! It's so easy.....

If you'd like to advertise in ArcInk then all you have to do is write an advertisement that conforms to one of the three points below. The basic cost of advertising is \$20 (extra is charged for more than the standard words as explained below).

There are 3 formats to choose from:

1)- 150 words (15 cents per extra word). This will be written in landscape with the ability to italicize and bold words only.

2)- 100 words plus a picture that must be 75 pixels high x 115 pixels wide (15 cents per extra word). This will be written in landscape with the ability to italicize and bold words only.

3)- display ad in jpg format - landscape format only - 320 pixels wide x 250 pixels high.

1300 130 975 for further details or arced@australianreikiconnection.com.au

## New Year Resolutions

What have you got planned for 2006?

Often we set out with good intentions to do this or that, to achieve certain goals or finish a project or two. But something happens and we just let time slip by and maybe even tell ourselves it doesn't matter.

Now is a good time to reflect over 2005 and drag those intentions, goals and projects to your attention again. Just to see if they are still of importance to you, and to remove what is not anymore.

Removing from the back of your mind that which is no longer important to you, re-

lieves you of having to feel that you didn't do what you set out to do.

You may remember some things that could be done now over the summer.

If you can do that, then you will feel accomplished and you will have freed the mind ready for the new year.

If you notice a theme over the years gone by, of your intentions going astray, take stock now. Had you given up to easy?

Ask yourself why did you give up? Sometimes we are so close to achieving, but we lose faith in our ability to bring it

to fruition so we tell ourselves we are too busy anyway, give up and save face.

Not in 2006!

Life is a selection process; if you give up the opportunity will go to another. When you are ready to achieve you will.

Make 2006 the year that you set your intentions (see pg4) and go for broke! Clear of the past, you are free to plan the future.

My goal for summer is to kick back and enjoy the sunshine

WendyJoy—ARC INK editor



**See you again in 2006**

**Did you know?**

ARC Inc. is founded upon the principles and practices of the method of natural healing established by Mikao Usui

### Do you need to update your ARC Inc record?

Call 1300 130 975 or [arcmem@australianreikiconnection.com.au](mailto:arcmem@australianreikiconnection.com.au)



### Free Ad in the Ink

A free advertisement in ARC INK February/March for your feedback on the INK—all feedback received will go into a draw.

Worth \$20! Your feedback must be in by 31st December to qualify—and must be placed in positive terms even if you are making points of concern. Negative and/or comments of a personal kind of feedback will not be accepted.

40 Jarvis Crescent North Dandenong Vic 3175

Phone: 1300 130 975

[arcpres@australianconnection.com.au](mailto:arcpres@australianconnection.com.au)

[arced@australianconnection.com.au](mailto:arced@australianconnection.com.au)

### Feedback Sheet Regarding the ARC INK

Do you read the INK each edition?

- Yes—comments?
- No—comments?
- Some of it—comments?

Have you considered contributing to the INK?

- Yes—comments?
- No—comments?
- Nothing to contribute comments?

Do you have access to the internet?

- Yes—comments?
- No—comments?
- Not interested in it - comments?

Is the content of the INK relevant to you and your Reiki practice?

- Yes very -comments?
- Could be better comments?
- No—comments?

Comments:

Name & membership number
Address
Phone