

ARC INK MAGAZINE

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PRESIDENT'S COMMENTS

John Coleman

Greetings and welcome to the November edition of your ARC INK.



This is the last ARC INK issue for 2021 and what another difficult year it has been for everyone. There will be a great need at this time, for Reiki treatments to help alleviate stress, anxiety, and other mental health conditions in the community

Thankfully, there is a continuing easing of restrictions and an anticipated full return to business in the different States/Territories. There are specific Government requirements attached to the easing of restrictions. Committee of Management informed all members of the Associations position and information on these and on other important matters. I provide updates on some of these in Page 3 of this issue.

I endeavour to keep members informed on Government updates as they relate to Reiki Practitioners and Teachers, via email and in the dedicated page on the ARC website:

www.australianreikiconnection.com.au/reiki-in-the-age-of-the-pandemic.

Our Annual General Meeting took place via Zoom on 9th October. I thank all those who attended in person, or sent in a completed Proxy Form and those who provided an apology for non-attendance. Your acknowledgement and support are encouraging to the volunteer Committee of Management.

I welcome the re-elected Committee of Management for the 2021/2022 year and thank them for once again volunteering their skills and time for the benefit of Reiki and ARC members.

An abstract of the Minutes can be read on Page 2 of this issue. The annual reports and full minutes are available in the [Members Area](#) of the ARC website.

On behalf of Committee of Management, I take this early opportunity to wish you all a safe, happy and joyful Christmas Holiday Season.

Love Light Lots of Laughter.

Would you like to become actively involved in the management of the Association either on committee or a sub-committee, or specific projects then ARC would like to hear from you. Your participation and skills would be most welcome.

ARC MEMBERSHIP NEWS

ANNUAL GENERAL MEETING 2021

The Annual General Meeting of the Australian Reiki Connection took place on Saturday 9th October 2021 at 10.00 am AEDT. Meeting held at the ARC Office Melbourne, Victoria via Zoom. I thank all those members who attended, those who submitted proxy votes and those who sent their apologies for being unable to attend.

MINUTES OF ARC ANNUAL GENERAL MEETING

Members Present: [13]

Apologies: [11]

Members Present BY Proxy: [44]

Minutes of the previous [2020] AGM [10/10/2020] were presented There were no matters arising from the minutes. Minutes of the 2020 AGM: **Accepted.**

Reports Presented and Read aloud: [3]

President's Report by John Coleman: Accepted.

Secretary's Report by Andonnia Gotsi: Accepted.

Treasurer's Report by Tony Carroll: Accepted.

As required under the Associations Incorporation Reform Act 2012 the existing [2020-2021] Committee of Management stood down with the thanks of the attending Members and all Committee positions were declared vacant.

Executive: 4 Members for Committee of Management positions for the 2021/2022 year: Declared Elected:

PRESIDENT: Mr John Coleman: President

VICE PRESIDENT: Ms Slavica Praporski

TREASURER: Mr Tony Carroll

SECRETARY: Ms Andonnia Gotsi

Motion to confirm or vary the Number of Non-executive/Ordinary Committee Members in that the 2021/2022 new Committee consist of nine members: 4 Executive + 5 Non-executive: **Carried.**

Non-executive: 3 Members as Ordinary Committee Members: Ms Sue Lake-Harris, Ms Cheryl Hurst & Ms Anita Kyriazopoulos: Declared Elected.

Motion to confirm the amounts of the annual subscription fees and joining fee remain unchanged for the 2021/2022 membership year. Carried. OTHER BUSINESS: There was no other business.

NOTE: Annual Reports and full minutes of this AGM and AGMs from previous years are available on the Australian Reiki Connection website in the Members area and printed copies are posted to Members without Internet access.



ARC MEMBERSHIP NEWS

LIFTING OF COVID RESTRICTION

With the welcome partial reopening of businesses, particularly in Victoria and New South Wales, Reiki practitioners and Reiki teachers can start seeing clients and students. However, they must adhere to the regulations in place in each State and Territory.

For those who operate out of rented/commercial/retail premises, the regulations and guidelines are clear.

For home based businesses the regulations in Victoria and New South Wales have been confusing. Following numerous phone calls and emails to the relevant Ministers and Government departments as well as questions raised during their online forums, the ARC President has finally received clarification for members.

Victoria

The Department for Jobs, Precincts and Regions confirmed that:

for now Reiki business owners fit under Restricted Retail Settings.

Home-based business may operate subject to compliance with density quotients and the requirement for a separate entrance and exit from the home.

Home-based businesses without a separate entrance and exit must comply with private gathering limits.

Every business owner must be fully vaccinated in order to see clients and their clients must be fully vaccinated.

Therefore, you can operate a home based business providing you and your clients are fully vaccinated, and you meet all the COVIDSafe regulations including QR code check-in and confirmation of a client's vaccination status.

New South Wales

The Treasury COVID-19 Policy Coordination Taskforce on behalf of the Minister for Finance and Small Business confirmed, that under the current Public Health (COVID-19 General) Order 2021 (PHO):

For home businesses – the standard vaccine requirements and capacity limits for a 'place of residence', not 'business premises' apply to a home business. This means. no unvaccinated adults, no more than 10 visitors at any one time and only when all members of the household over the age of 16 are vaccinated.

Schedule 6 specifically excludes 'home businesses' from the definition of 'business premises'.

Therefore, if a 'home business' is run out of a 'place of residence', then the standard rules for a 'place of residence' apply.

The above information and any updates and relevant links for all States and Territories are available on the [dedicated page](#) on the ARC website.

Do you have a COVID safe plan?

Have you carried out a Risk assessment for your premises?

Do you have a QR code check in set up ?

Do you have an understanding of your Duty of Care to all clients?



ARC MEMBERSHIP NEWS

ONLINE REIKI TEACHING & DISTANT ATTUNEMENTS.

The Australian Reiki Connection, the Association of Australian Reiki Professionals, is founded upon the principles and practices of the Usui System of Reiki. In person hands-on, individual attunement, by a Reiki Teacher, in the Usui system of Reiki tradition, is a basic requirement for any level of membership.

The Australian Reiki Connection does not accept on-line Reiki classes or Distant Attunements. All ARC members, including teaching category members, upon joining the Association, have agreed to this and to teach classes in person and with hands on attunements. This was reinforced with the acceptance and implementation in 2015, of the Criteria for the Teaching of the Usui System of Reiki.

ARC respects the rights of teachers to teach in whatever way they choose and what form of Reiki they teach. However, ARC will not recognise certificates issued by Reiki Teachers who teach this way nor will their students be eligible to become members of the Association.

Reiki is first and foremost, a Spiritual practice. Part of ARC'S vision is to have Reiki integrated as a stand-alone therapy, into mainstream health care and community settings. Online teaching and distant attunements are an obstacle to this happening. This was one reason given to me at the time, by Health Fund Providers for removing Reiki treatments from their rebate scheme. Hospitals currently including Reiki as part of their Complementary Therapies program do not accept online Reiki training.

Feedback from a recent ARC survey, to assess the impact of COVID-19 pandemic on Reiki businesses confirmed Reiki practitioners and Reiki teachers have been impacted by the various COVID related restrictions and lockdowns, both on a personal and financial level.

As a result of lockdowns and COVID restrictions, imposed on Reiki teachers, it is understandable that some would look to earn an income in other ways, teaching Reiki classes online and providing distant attunements may have been a consideration.

A few Reiki teachers contacted me, to ask if ARC would be changing its policy on teaching classes online. Following a respectful discussion, they remain in agreement to maintain the in person teaching and in person attunements process.

Online teaching, and distant attunements, may be an easy money-making option for some Reiki teachers. However, no matter what rationale they justify teaching this way, it appears to lack consideration for their students who intend to become professional Reiki practitioners and join any reputable Reiki Association, as they would not be accepted as members.

John Coleman

President Australian Reiki Connection Inc.

Have you read the ARC Criteria for the teaching of the Usui System of Reiki?

You can read it [here](#)



ARC MEMBERSHIP NEWS

INSURANCE COVER FOR ARC MEMBERS

AJG.com.au

Outstanding insurance for Reiki practitioners

As a Reiki practitioner, your work is unique and revolves around the treatment and wellbeing of others. Understanding and making sure you have the right insurance for you and your business can be confusing.

REF3048-1021-V1.0

Australian Reiki Connection members are able to access preferential rates insurance, for combined professional indemnity and public liability insurance through Gallagher our preferred insurance broker for ALL modalities they practice. ARC does not accept commissions or fees of any kind, on members policies obtained through Gallagher.

Outstanding insurance for reiki practitioners

Gallagher have tailored an insurance policy that suits the needs of your profession and allows you to benefit from the convenience of having your Professional Indemnity and Public Liability policies combined

Professional Indemnity

For a small business, finding the money to pay for a claim could have a significant financial impact, even if you are not found liable. Professional Indemnity insurance can protect you from bearing the full costs of these claims, allowing you to get on with operating your business.

Public Liability

Public liability insurance is something we recommend for all businesses that interact with the public, even in small ways. This cover offers protection for you, your staff and members of the public, by covering financial costs involved if a third party seeks compensation for negligent actions. For example failing to demonstrate reasonable care for others, resulting in an injury to a member of the public.

We also recognise that from time to time your requirements may change. For example, this may be because you decide to expand your practice in to new areas or scale back your practice to part time.

This means that you also need to think about the level of cover you may need. In the current environment you may need to amend the way your business operates. If your circumstances have changed or you would like to discuss your policy, please contact your insurance broker.

Professional Indemnity Insurance is particularly relevant to those in professions which may also provide advice to clients.

A claim for compensation as a result of incorrect professional advice or services, whether your business is big or small, can severely set back your business.

REIKI AND WELLBEING

INSURANCE COVER FOR ARC MEMBERS (CONTINUED)

OFFER FOR ARC MEMBERS:

Gallagher now offer ARC Members the ability to receive a quote and buy their insurance online in a matter of minutes – Simply click the ‘GET A QUOTE’ button [here](#) answer a few questions and if you are happy with the quote, purchase your cover conveniently online.

Do you have questions before you buy?

A Gallagher InsuranceExpert is ready to assist you.

Call **1800 222 012** or complete their online contact form [here](#).

Reiki is a low risk modality.

Reiki promotes relaxation.

Insurance cover is a legal requirement.

Insurance cover provides peace of mind.

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To the extent that any material in this document may be considered advice, it does not take into account your objectives, needs or financial situation.

You should consider whether the advice is appropriate for you and review any relevant Product Disclosure Statement and policy wording before taking out an insurance policy. Our FSG is available on our website, www.ajg.com.au. Arthur J. Gallagher & Co (Aus) Limited. ABN 34 005 543 920, Level 12, 80 Pacific Highway, North Sydney, NSW 2060.



THE AUSTRALIAN NATIONAL CODE OF CONDUCT FOR GENERAL HEALTH SERVICES APPLIES TO GENERAL HEALTH SERVICE PROVIDERS WHO ARE NOT REGULATED BY THE HEALTH PRACTITIONERS REGULATION AGENCY (This includes Reiki Practitioners)

Item 16 of the code states

General health service providers to be covered by appropriate insurance

A general health service provider should ensure that appropriate indemnity insurance arrangements are in place in relation to the provider's practice.

[Download copy of National Code of Conduct here](#)

REIKI STORIES

SOMETHING HAD TO CHANGE!

I first heard of Reiki when I was a cancer patient. I was in my late 30s and had been diagnosed with cervical cancer while living in the UK. I was told it was the only safe treatment I could have at that time, unlike massages which can impact your lymph nodes and lymphatic drainage system. I had no idea what to expect, had never heard of Reiki, like many others, and had no idea how to even pronounce it. But I think I have always been a free spirit and always up for trying anything once. After that Reiki experience, although I don't really remember feeling any sensations during the actual session, afterwards I felt very grounded, serene and more in the present moment. It helped me with my cancer treatment. I was able to stay focused on the now and on what I could do or control, and I found I was worrying less about what might happen next and the 'what ifs'.



Do you remember what drew you to Reiki?

Why not share your Reiki journey?

Contact [ARC President](#)

Many years later, I felt drawn to have another Reiki session. At the time I had a stressful role as a corporate HR Director, and was part of a global transformation offshoring project, that inevitably would end in hundreds of role redundancies, impacting people in our organisation that I truly cared for. This weighed heavy on my heart and mind, even though I knew we were doing the best thing for the business, and fully supporting and caring for our people throughout this period of uncertainty. I thought I'd go and have Reiki again at that time, because what I was doing was very confidential. I couldn't even talk to my husband about it. When I had that session, I felt an outpouring of emotions. It was just an incredible experience. I literally had tears rolling uncontrollably down my face, which is unlike me. Obviously, I really needed that emotional release of energy. I felt more at peace afterwards and focused, to the best of my ability, on continuing to look after the needs of the people impacted.



At the end of that project, I actually realised my own role was going to be made redundant, so I thought 'What can I do to better look after myself going forward?'. It was a great opportunity to take some time out to reflect and refocus on the next chapter of my own personal transformation. I thought I had been doing an OK job of looking after my own health – physically, mentally, nutrition-wise. But it wasn't until I stopped and had a few months of recovery time that I realised I hadn't been looking after myself holistically. I was unemployed, and having slowed right down after working really long hours for several years, my body-mind-spirit basically had a meltdown and my health started to deteriorate.

REIKI STORIES

SOMETHING HAD TO CHANGE! (CONTINUED)

I was unemployed, and having slowed right down after working really long hours for several years, my body-mind-spirit basically had a meltdown and my health started to deteriorate.

I decided to be adventurous and spend a week at a retreat at the Rocklyn Ashram in Daylesford, to recalibrate. During that week I realised that I needed something else to support myself going forward, in case I found myself in another crazy corporate gig. Something had to change – the type of job or how I looked after my whole self, or both.

The Universe was listening. Shortly afterwards, I saw an ad for a Reiki course. This could be the missing piece of the puzzle – how to better care for my body, mind and spirit. I was hooked on Reiki from the pre-course homework! After completing the Level 1 Reiki course, being a good student and Reiki-ing myself every day thereafter, my detox meltdown did actually continue for a while. It took time for me to clear out all the energetic gunk and fully heal.



I loved Reiki so much and still hadn't secured a new job, so I decided later that year to do my Reiki Level 2 Practitioner course, to enable me to share Reiki with others. I haven't looked back.

I love Reiki. I love giving it to myself but also to others. Shortly afterwards I started my own Reiki business from home, and converted a bedroom into a dedicated Reiki space. It has been so rewarding sharing Reiki with others, seeing their transformation journeys or realisations or just general health benefits from taking time to nurture their own bodies, minds and spirits. Around that time, I was also offered an opportunity to become a Leadership Coach, working from home, which helped financially, as my Reiki business was really just a paid hobby.

A couple of years later I did the Level 3 Reiki Master course to improve my Reiki practice. I have no real intention to teach or attune others for the time being. Longer term, ideally, if I ever move house, I would like somewhere that has a separate entrance or outbuilding for a Reiki space and I will be tempted to do a Masters refresher. Reiki is a gift, and I would love to attune people and enable others to do the self-practice.

Living in Melbourne during COVID times has been challenging from a Reiki business perspective. I haven't actually done any in-person treatments since the global COVID pandemic started. I have remained closed for in-person treatments because of multiple lockdowns, restrictions with home visitors not being allowed, not having a separate business entrance or facilities, and having to repurpose my Reiki studio into a home office, since all the members of my household are now working from home.

Do you know that you can advertise your Reiki one courses free of charge on the ARC Facebook page? Contact [ARC President](#) for details.

REIKI STORIES

SOMETHING HAD TO CHANGE! (CONTINUED)

Despite continuing to offer distance Reiki, and sharing success stories, there has been little take up. Now my household is fully vaccinated, I'm hoping to reopen for in-person treatments on weekends, once restrictions ease and double vaccination rates increase. Fingers crossed this becomes a reality soon. In the meantime, I'm Reiki-ing myself and my dog every day. We're very 'Zen'!

I hope my story encourages anyone thinking about either having a Reiki session or actually being attuned at any level, to take that next step. You won't regret it. It has been a game changer and life saver for me! Namaste.

Are you up to date on Government regulations and Public Health Orders for reopening your Reiki Practice?

Visit the dedicated page on the ARC Website.

www.australianreikiconnection.com.au/reiki-in-the-age-of-the-pandemic



Karina Campbell

Reiki Practitioner

www.facebook.com/ReikiKarinaCampbell

0426 380 325

Everyone has a story to tell. You have yours, and if you pay close attention to your story, you will realize that your stories are collections of your experiences. Send us your story.

ARC INK has a 'spirit writer' (the ARC version of a 'ghost writer'). Viola is a retired university Language and Learning Adviser and has been studying Reiki since 1992. Shine your light. Get in touch and she'd love to support you to share your story.



Viola Rosario

Member and writer

Viola.Ann.Rosario@gmail.com

0419 388 195

SHARING STORIES

OPENING UP YOUR HEART AND MIND

The power of opening up, connecting and sharing can have profound healing effects on so many levels in the most incredible places ...

It was four years ago. I was on my way to Brazil and on the second leg of my flight to Dubai. I had been sleeping and awoke to a photo sent by my son. Bella, their baby girl had arrived safely.



With tears of joy in my eyes, seeing this most beautiful photo of my granddaughter Bella, I got up out of my seat looking to share my excitement. I was bursting with so much love. The lights were off as the plane was in night time mode and people were sleeping and resting, but as I walked along the aisle, a beautiful flight attendant opened her arms and hugged me and shared tears of joy with me as I told her of my wonderful news.

This truly touched me deeply. Later in the flight she came back to express her gratitude and to tell me how my sharing had helped her, and went on to tell me her story

Yong Hee (which means happy face) said she had been grieving the loss of her grandfather. She couldn't be with her grandfather and she had received the sad news during a long flight. She knew he was unwell but was hoping to be by his side.

She said her bond with him was so very strong, loving and special and now that I had shared my love and excitement, she was able to reflect and see what he too would have felt for her at the time of her birth. She told me she was able to now let go of her painful loss and hold her love for him in her heart.



This was such a beautiful moment of sharing together. She later came back with her camera and wanted to take a photo to remember this heartfelt moment.

Dearest Bella, your heart continues to have such incredibly loving, kind and healing effects upon many and you have only just arrived into this world. Blessings my love 🙏



Anita Kyriazopoulos

Member, ARC Committee of Management

Reiki Practitioner and Teacher

Heart of Reiki

heartofreiki.com.au

0412 621 728

SHARING STORIES

HOPE IN THREE SHORT SENTENCES.

The range of COVID– 19 related lockdowns and restrictions throughout Australia, related to the health crisis, left many of us having to stay in our homes with limited time outdoors. ARC member Marita Lajs, decided to spend some of her time each day writing poems in the traditional style of Japanese Haiku and to share them on her Facebook page. Some are a reflection of nature. Some reflect her thoughts about the state of the world.

Haiku 1

“Each day wakes anew
To a world of tragedy
Or some little joy”

“I listen to the news
My heart is heavy, breaking
But what good are tears?”

“I struggle to find hope
But I refuse to give up
What would that achieve?”

“Joy is to be found
Little jewels fill my back-
yard
I must look deeply”

“Birds still sing their songs,
build their nests, soar high



The more people who learn Level 1 Reiki and go on to practice daily Self Reiki, the better chance they have of facilitating self healing.

John Coleman

This is what Marita wrote about her experience on writing *Haiku*.

I’m a frustrated writer. I love to write. I have grand ideas and plans...to one day write a book about my nursing experiences and the stories of other nurses I know, or simply to keep a blog. It hasn’t happened yet. But I did recently join a local writing group. You can guess what happened there...aka lockdown).

Time pressures and lack of discipline so far have gotten in the way of these dreams. But then I rediscovered a traditional Japanese form of poetry called *haiku*. Perhaps I should say, I have found a way of writing *haiku* that is derived from the traditional form – a contemporary take on the original. *Haiku* is often translated in the West as comprising of three lines – the first comprising 5 syllables, the second comprising 7 syllables, and the third line 5 syllables again. This is an overly simplistic description of how one writes *haiku*, but it’s a formula that I mostly adhere to. Commonly the subject is something in nature or the seasons.

SHARED STORIES

HOPE IN THREE SHORT SENTENCES CONTINUED)

I'm finding it hard to make sense of how much life as we knew it has changed, and what kind of 'normal' we'll one day magically return to. There are so many things going on in our world at the moment to be concerned about, even despairing of. I won't bother to name them. Writing *haiku* has helped me live with hope, no matter what is going on in the world. It helps me focus on the little things that matter. The little things that bring a moment's joy or appreciation. It also gives me a way to make peace with something difficult, or a way to laugh at what is otherwise unbearable. Sometimes it just helps me express something I'm grappling with.

And it is short, to the point. (I'm not particularly wordy, so it suits me). Sometimes I find it's like a mental puzzle to solve...and it keeps me distracted and engaged when my brain would otherwise be gnawing at a problem...to the point of insomnia. In fact, I write many of these little poems during the night.

Here is another example of Marita's Haiku writings.

"Walking past wetlands
Frogs chirping with glee
The sun smiles gently"

"Late winter sunshine
Heralding the hope of spring
I long for warm days"

"Puddles wet my feet
A bird bathes with delight
My dog drinks deeply"

““The key to growth is the introduction of higher dimensions of consciousness into our awareness”.

Lao Tzu.



Marita Lajs

Reiki Practitioner and Teacher
Marita Lajs Reiki

0404961636

If you want to gain focus, find beauty in whatever you see, learn how to say more with less, connect with mother nature, and be better at writing — start writing Haiku.

Do you write Haiku? Why not share them with others.

Send your writings to president@australianreikiconnection.com.au

ARC gatherings are a great way to connect with members in other States and Territories.

ARC EVENTS

ONLINE GATHERING - FOR ALL MEMBERSHIP CATEGORIES.

ARC WELCOMES SENSEI HYAKUTEN INAMOTO

On Sunday 28th November ARC is proud to have our friend and colleague Sensei Hyakuten Inamoto present at our online gathering. This will be a live event via Zoom. Hyakuten Sensei will be speaking from his home in Japan.

This is scheduled to be a two hour event, with additional time for questions and answers afterwards.

Theme of the presentation

“Keep Reiki Spiritual, Simple and True”

Do not complicate the study and practice of Reiki – by letting EGO triumph over HEART

Topics will include.

- Where the western Reiki can differ from the Japanese style Reiki
- Practitioners & Teachers should live and practice Reiki each day
- Offering Reiki treatments firstly in a Spiritual manner rather than trying to ‘fix’ the client
- Teaching Reiki to benefit the individual choosing to learn not for self or profit
- The benefit of Teaching Reiki face-face rather than online teaching

You will need to register to attend this event and all ARC members will receive an email containing the registration link.

Sensei Hyakuten Inamoto is a Japanese Buddhist monk of the Jōdo-shū (浄土宗) or Pure Land School (sect) and an international Reiki teacher from Kyoto, Japan. He studied Reiki with Sensei Chiyoko Yamaguchi, a student of Sensei Chujiro Hayashi. Hayashi Sensei was a student of Mikao Usui Sensei , the founder of Reiki Ryoho (靈氣療法) . After learning from Yamaguchi Sensei and then doing much individual research into the original teachings of Usui Sensei, Hyakuten Sensei created Komyo Reiki Kai in 1998 (at the end of 2016 the name was changed to **Komyo ReikiDo**) and began holding classes.

Sensei Hyakuten Inamoto was a keynote speaker at the 2015 ARC International Reiki Conference. For all the eminent presenters this was the first time they appeared together at the same event.

You can watch recordings of all the presentations at that conference in the [Members Area](#) of the ARC website.

If you have not already signed up to the Members Area why not do so now.



ARC EVENTS

ARC PROFESSIONAL MEMBERS FORUM

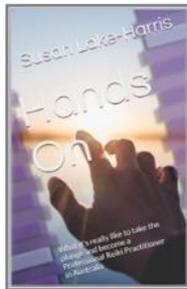
If you are a Professional Category Member, there are special ARC sessions just for you. Like the online Forum offered by Sue Lake-Harris back in August this year, when many of us were still in lockdown.

Sue is a member of the ARC Committee of Management and has wide experience as a Reiki professional practitioner and teacher, as well as a course developer and facilitator. It's clear that she has been thinking about the issues that Reiki practitioners face since well before the pandemic and has turned her mind to some of the particular issues that have emerged in the last couple of years. She generously shared her expertise and experience and invited members to share their tips as well.

One of the things Sue talked about is her aim for 'ARC members to be known as high quality service providers'. The session covered a range of issues that impact on Reiki Professionals. There was plenty of practical detail about the business side including legal compliance, ethical considerations and tax reporting, along with issues that take on a new level of complexity in COVID times like health and safety. This is Sue's particular area of expertise and you may be aware that she offers her [Professional Practice Infection Control and Hygiene course](#) receive \$50 off the full course price and can elect to do individual modules rather than the full course if they wish details are on the ARC website.

Most importantly, Sue's perspective is very much centred in Reiki. She reminded us of the importance of daily Reiki practice and pointed out that: 'The healthier you are, the more you have available when you give to others. You need to look after the inner spiritual you.' Although ARC no longer requires professional members to report on their Personal and Professional Development, she reminded us that different kinds of TAFE modules on offer as well as spiritual practices like martial arts or meditation, can help you 'to be the best you can'.

If you are a paid-up Professional Member, look out for an email about the next ARC Professional Members Forum via Zoom. They are a special treat.



The book by Sue Lake-Harris, [Hands On: What it's really like to take the plunge and become a Professional Reiki Practitioner in Australia](#) is available now via her website: suelakeharris.com. The chapter on 'Explaining possible treatment outcomes' is reprinted in the February 2021 issue of ARC INK.

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ARC Snippets

UPDATE NATURAL THERAPIES REVIEW

2019-20 NATURAL THERAPIES REVIEW - BURIED IN BUREACRACY

ARC president received the following update from our colleagues at Your Health Your Choice.

In 2019, following a successful campaign by Your Health Your Choice, the Minister for Health, Greg Hunt, announced a \$2million '2019-20' Natural Therapies Review update to examine which ones can again receive rebates

Yet a whole election cycle later, work has barely begun and it now appears the Review won't be finished for years - if at all.

The Government promised the public a fresh start and a comprehensive review of the evidence for natural therapies. Despite initial optimism, the Review has become buried in bureaucracy and has not lived up to community expectations.

Why the delays?

The Review has been beset by ongoing problems, including budget shortfalls, wide-scale exclusion of evidence and using the same contractors that reported natural therapies 'didn't work' in the previous 2014-15 review.

This means there is no guarantee that rebates will be restored for all, if any, of the 16 natural therapies under review - even though most Australians continue to use them to stay well.

Private health insurers want rebates restored:

The private health insurance sector in Australia has also realised that the '2019-20' Review is shaping up as a policy failure. It has therefore asked Minister Hunt to abandon the Review and allow them to provide rebates for natural therapies - as enough evidence already exists and its what consumers want. Their request continues to be ignored.

Precedent already set - massage:

Minister Hunt has already set a precedent. Rebates for massage have been retained, even though the 2014-15 review found there was 'no conclusive evidence'. There is therefore nothing stopping him from restoring rebates for other natural therapies too. The public, practitioners, researchers, educators and small businesses all think it's time the Minister stops wasting the public's time and money and allow insurers to rebate natural therapies.

ARC and Your Health Your Choice is continuing to hold Government accountable.

Visit and support Your health Your Choice [website](#)

ARC SNIPPETS

CREATING DIVERSITY: EIGHT YEARS OF EVIDENCE IN PROVIDING REIKI FOR CANCER PATIENTS IN A MAJOR TEACHING HOSPITAL

Dr. Anna S Petterson PhD led research at the SolarisCare Foundation in Western Australia from 2008 to 2016. She is also a Medical Art Psychotherapist.



Anna's research focuses on the use of complementary therapies addressing issues of grief and loss and psycho-oncology, especially the trauma associated with a diagnosis of a life-limiting illness.

Anna has held numerous leadership roles in government and non-government organisations, at state, national and international levels, including the United Nations and International Red Cross.

This is part of Anna's presentation at the ARC Conference in 2010—*Integration of Reiki as a Complimentary Therapy into Mainstream Healthcare and Community Settings*, which can be viewed on the ARC website in the [Members Area](#).

Distress, depression and anxiety are commonly associated with a cancer diagnosis and do not always require pharmaceutical treatment. Developing an evidence base for Complementary Integrated Therapies, to provide a reduction in distress and diversity of care for cancer patient care is a major role for the SolarisCare Foundation.

We report here our results for a period of eight years, between 2002 and 2010, of 1.800 patients. 39% of patients had Reiki and other energy based therapies such as Kinesiology and Pranic healing.

Outcomes

Over a course of six complementary therapy sessions, individual symptom distress scores improved, with fatigue showing the most improvement. The Quality-of-Life scale contained seven items: empowerment, depression, anxiety, frustration, confusion, coping and relaxed. The mean QoL score showed a similar, but more pronounced improvement $p < .0001$. Because there was a marked attrition over time, an analysis was made for so-called missingness using a multi-variate random-effects model. The results were confirmed. No medical misadventure was recorded.

Conclusion and recommendations

Our data demonstrates a positive impact on participants' quality-of-life, together with reduced distress and symptomatology for patients who accessed support through SolarisCare. This study provides a body of evidence that demonstrates that the journey for Australians with cancer and their carers is improved with this diverse approach. It also raises the question of how the provision of complementary therapies, in this case Reiki, can be integrated into conventional practice to improve patient outcomes.

Have you signed up to the ARC website members area or the ARC member Facebook Group? Why not do so now.



ARC SNIPPETS

Julie Lomas Interviews Frank Arjava Petter - What is Reiki?

In this video Julie Lomas interviews Frank Arjava Petter on Reiki and they talk about: - What is Reiki - How Arjava got into Reiki - Difference between Japanese Reiki and Western Reiki - Who is Reiki for Arjava explains that Reiki is the natural response that any human or animal has to injury or not feeling well. The first reaction when someone injures themselves is that they immediately put their hand over the injured area. Mothers do it their children all the time. Arjava, a Reiki master, Reiki historian and researcher, learned Reiki in the early 90s and his dedication, research and love of Reiki brought the authentic traditional Japanese Reiki to the West. Frank Arjava Petter is the Vice

President of the Jikiden Reiki Institute, Kyoto, one of the biggest Reiki Schools in the world. Arjava, originally from Germany, has lived in Japan for twelve years. Arjava presently lives with his family in Eressos, Lesvos Island, Greece and teaches Reiki, Meditation and Family Constellations (family therapy) worldwide.

His research culminated in the publication of his international bestselling books translated into 22 languages. Publications "Reiki Fire", "Reiki, the legacy of Dr. Usui", "The original Reiki Handbook of Dr. Mikao Usui", "The Spirit of Reiki", "Reiki best Practices", "The Reiki techniques of Dr. Hayashi", "Glücklichsein", "Reiki ganz Klar" "This is Reiki", "One with Reiki". The most recent work „... is ...:Awakening, Wanting Nothing and Participating in Everything”.

Watch the interview [here](#)

Website Frank Arjava Petter: <http://frankarjavapetter.com>

Animal Reiki

We know that animals love Reiki, so it is always good to hear how even a short Reiki treatment can help. This is what ARC member Christine shared.

I would love to share with you that this morning on my walk I did Reiki on a dog who had an injured paw and was being carried by his owner/mum.

He calmed and relaxed into the energy. The husband asked how it was their dog stopped his agitation, to which I explained the Reiki energy at work. His wife knew of Reiki.

Made my day! And the dog seemed happier too.

Take care

Regards

Chris

Do you have any 'snippets' that you would like to share? If so we would love to receive them. Sent your snippet to [ARC Preident](#)



“Of all the things which wisdom provides to make life entirely happy, the greatest is the possession of friendship.”
- Epicurus

WISDOM CORNER

Glass half full or half empty.

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she inquired:

"How heavy is this glass of water?" Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."

She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed – incapable of doing anything."

It's important to remember to let go of your stresses. As early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Remember to put the glass down!

The Power of Silence

Once a farmer lost his precious watch while working in his barn. It may have appeared as an ordinary watch to others but held a deep sentimental value for it.

After searching high and low among the hay for a long time, the old farmer got exhausted. The tired farmer did not want to give up the search for his watch and requested a group of children playing outside the barn to help. He promised an attractive reward for the person who can find his beloved watch.

After hearing about the reward, the children hurried inside the barn and went through and round the entire stack of hay to find the watch. After a long time looking for a watch in the hay, some of the children got tired and gave up. The number of children looking for the watch slowly decreased and only few tired children were left. The farmer gave up all his hope to find the watch and called off the search.

Just when the farmer was closing the door, a little boy came up to him and requested the farmer to give him another chance. The farmer did not want to miss any chance of finding the watch so let the little boy in the barn.

After a little while the little boy came out with the watch in his hand. The farmer was happily surprised and asked how the boy succeeded to get the watch while everyone including him had failed. The boy replied "I just sat there tried listening to the ticking of the watch. In silence, it was much easier to listen to it and direct the search in the direction of the sound."

The farmer was delighted to get the watch and rewarded the little boy as promised.

A peaceful mind can think better than a worked-up mind. Once in a while allow a few minutes of silence to your mind. Sometimes all you need is to do is relax and listen.

MISSION STATEMENT

THE AUSTRALIAN REIKI CONNECTION INC.

To work with and promote the spirit of Reiki
through teaching, healing, fellowship and research,
both within the Reiki community and the wider community.

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