

CANADIAN REIKI ASSOCIATION



FALL 2016 ISSUE

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Canadian Reiki Association Mission Statement

The Canadian Reiki Association is an autonomous and private body and will not involve itself with the workings of other agencies within Canada. The Corporation reserves the right to investigate, at its discretion, other similar bodies and/or agencies and apprise members on such issues if such studies may contain relevant information. The Corporation may employ outside resources such as legal counsel for definition and clarification as required.

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We welcome your comments and feedbacks.

The Editors reserve the right to select and edit submissions suitable for the newsletter.

THE CRA ONLINE COMMUNITY

REIKI EXCHANGES AND SHARE LISTINGS:

The ongoing shares and exchanges are posted and updated regularly on our website www.reiki.ca

If you wish to know of an upcoming event near you and you do not have access to the internet you may call our toll free number and we will provide you with the information: 1-800-835-7525

FOLLOW THE CRA UPDATES AND NEWS



CRA Website
www.reiki.ca

ADVERTISING INFORMATION

Advertising your business, sell merchandise or place job ads in the newsletter. On review of the content, non-members can also advertise in our newsletter.

Contact: Jodie
advertise@reiki.ca

NEWSLETTER DEADLINES

We are always looking for fresh articles that would be of interest to our members.

If you wish to publish your article or advertise in our newsletter, below are the deadlines for each issue.

<u>Ad Size</u>		<u>Members</u>	<u>Non Member</u>	<u>ISSUE</u>	<u>Date of Issue</u>	<u>Deadline for ads & Articles</u>
Full	4.5"x7.5"	\$70	\$140	Spring	March 21	February 1
1/2	4.5"x3.75"	\$40	\$80	Summer	June 21	May 1
1/4	2.25"x3.75"	\$20	\$40	Fall	September 21	August 1
1/8	2.25"x1.87"	\$10	\$20	Winter	December 21	November 1

Message From The President



After the hot, humid days of summer we have experienced here in southern Ontario, I look forward the change of colours of the leaves and the cooler days ahead. This has always been my favorite time of the year.

It has been a busy year for us here at the CRA. Our AGM in Vancouver was very successful! Members greatly enjoyed the meeting and everyone left with a lot of valuable information.

We have also moved the administration to the main office in Burlington. Jodie has settled into her new position as the executive assistant, and we thank all our members for their patience as we worked through this transition. Having the administration in the main office has given me a significant insight into how things are done on a daily basis, what works and what needs to be improved. As a result, the Executive Officers are currently looking into new platforms that will improve the system and will make operations easier for members and administration. In August, the Board of Directors accepted Stephanie Cookson's resignation as a Director. The board would like to thank Stephanie for her years of service with the CRA. At this time, we will not bring in an Acting Director to fill the position, however we will hold nominations for the position in the New Year.

Our **20th Annual General Meeting** will be held on **May 27th, 2017 at the Holiday Inn in Oakville, Ontario**. Once again we will have our mini market and if you are interested having a table at our meeting, please let me know by email at craboard@reiki.ca. If you have attended a meeting in the past, you know how much fun they can be! We are proud to announce that **Gary Diggins** will be back to perform by popular demand. His story is on page 19 of this issue.

As Alice and I co-edit the newsletter, we are always looking for a good story. We will consider any articles that include a modality other than Reiki. Do you have a great animal story that you would like to share? Would you like to advertise your product or business in the newsletter? We appreciate your contributions to our quarterly newsletter. Your submissions help to make the newsletter great!

Reiki Blessing to All,
Bonnie Smith
President

Benefits of Membership with the CRA



The CRA, a federally chartered and governed non-profit association. It was founded in 1997 to register and represent all professional Canadian practitioners and or teachers of all styles of Reiki. We aim to ensure all registered members work within the Reiki Scope of Practice and perform to the highest standards of professionalism for clients and the public and to disseminate relevant information to all its Members in Good Standing.

- The CRA provides a common voice where practitioners may be heard when appropriate. We publish quarterly newsletters on interesting topics and other issues in various areas of the country.
- Our Registered Teachers follow a common base line of teaching students. There are varying styles of Reiki, but the same content from the Criteria/Educational guideline is taught, allowing for an easy transition from teacher to teacher across Canada.
- As an Association we provide and include a membership card, a certificate of registration and a designation of CRA-RP, CRA-RT, or CRA-SM. We now include Animal Reiki Practitioners in the Association and their designation is CRA-RP/RAP or CRA-RT/RAP. The letters CRA after your name establishes your reputation in the community as a highly qualified and competent Reiki practitioner." All classifications have a registration number which our Registered Teachers use on the student's certificates.
- Our websites are in both English and French. We provide all the documentation required for new applicants and renewals. On the websites we post the newsletters, events, reiki shares, Members listing of practitioners and teachers with a link to their own websites if desired, plus potential student and clients are directed to both sites.

- We offer low cost professional liability insurance for our practitioners and teachers in good standing. Reiki practitioners who are registered with other modalities have found it to be beneficial to become CRA members to obtain low cost group insurance for their practice.
- There are municipalities across Canada that require Reiki Practitioners to be a member in good standing with the Canadian Reiki Association before they will be granted a business license to practice Reiki.
- We offer our members access to social media with Facebook and our quarterly newsletters. Members have special rates for advertising in the newsletter.
- Our web store offers CRA brochures, membership bio page, lapel pins, pendants, class certificates. PayPal® is offered to pay for all products and merchandise. We also accept E-transfers.
- Directly and indirectly the C.R.A. members give back to the Community by bringing awareness of Reiki into the Community. Members have attended Wellness Fairs, Trade Shows, Hospitals, Universities, Rec Centres, Woman shelters, Animal Shelters.
- Reiki and the M.S. Pilot Project was successfully performed in Vancouver with members giving under 400 sessions focusing on the patient's general wellbeing, pain, energy and stress.
- C.R.A. Registered Teachers are eligible to participate in the Federal, Provincial and Territory program for the "Targeted Initiative for Older Workers" Program (T.I.O.W.) The Government will pay for classes on behalf of eligible student applicants.



Members in Focus

I knew next to nothing about Reiki when my yoga-teacher sister suggested I give the alternative healing technique a try. It was two years ago I was going through a time of change and confusion. I am a mom of three young daughters and also suffered from migraines. With an open mind, trust in my sister, and having read 'The untethered soul' I booked my first Reiki session.



I was truly fascinated at my first experience as a Reiki client. It was so beautiful and calming. I kept going back and asking questions and seeking wisdom. Within 3 months my practitioner suggested I learn Level 1. Which was perfect because I felt an inner need to seek training and learn more.

And, I did. I just jumped into it and just kind of found my own niche, my own calling. Following my intuition to discover and heal myself, I also found myself wanting to share all the positive benefits Reiki has to offer. Through my journey, I have gone through a marriage separation, business change, maintaining and adjusting to life as a single mom, yet, I still have developed inner peace, strength, clarity, the absence of migraines and most importantly, self-love. I am now a proud registered practitioner with the Canadian Reiki Association.

I do believe that Reiki has not only healed me on many levels emotionally, it has guided me to my life path of happiness, love, and trust in the universe and people. And at the same time my challenge personally is maintaining a balance between the mothering, material, and spiritual worlds. Is all of it attainable? The short answer for me is, yes. When I don't make myself wrong for not having it all together. To be vulnerable, and do my best to be, and remind myself to have compassion when I humanly start to be hard on myself.

This applies in all areas of life. And through hardship of separating from my husband Chris, who I respect and am committed to being his friend for our children's sake and humanity, had the drive to keep going, and growing. And from this I mean business – wise

I launched Reiki Wakie, a non-profit project dedicated to increasing awareness about reiki, by offering complimentary reiki sessions to community service providers in my city North Vancouver, BC (the Lions Gate Hospital staff).

To support the Reiki Wakie fundraising mandate, I merged one more passion – my fashion design background. I designed a line of colourful scarves to sell at the event. I gave them the name - 'Chakrafs'. Seven colours to match the main 7 chakras in scarf form. They are made of bamboo, and in a small factory in Vancouver. They also have inspirational messages sewn inside to match the chakra. Made for both adults and kids.



Not knowing how they would sell – They sold like little hot cakes and ended up raising a lot of money. Yet another way to share Reiki with the public!

Through rebranding, trademarking, and creating a new online store website, I launched my holistic health company 'Look inside' (lovelookinside.com) in January 2016. Look inside is all about discovering your own inner greatness through Reiki.

These wearable wellness scarves have kept me busy, and the challenge I have been faced with is where to sell them? Yoga studios, retail stores, wellness centers, retreats? Where do they fit? Is it keeping within the reiki community and branching out from there? These are the questions, and it is the action that will determine.

Attending the Canadian Reiki Association 19th AGM this year in North Vancouver really filled my heart by meeting wonderful people, getting insight into the association, and experiencing gong bathing. Also, grabbing the opportunities that were offered at the AGM – this being one of them! I am grateful to have this space to share my story, to inspire, be authentic and to contribute in some way to you beautiful people.



Reiki is a lifestyle that my family and I now live, and, I will forever be grateful for the teaching, the compassion and giving of the reiki community.

I plan to spread the love of Reiki through Reiki sessions and the scarf line. My mission is to have the Chakras across Canada, and into the United States. What will this look like? Not sure, but with love, commitment, drive and support, I know in my heart, it can and will happen.

Gina Cook, CRA-RP
Founder Look inside
www.lovelookinside.com



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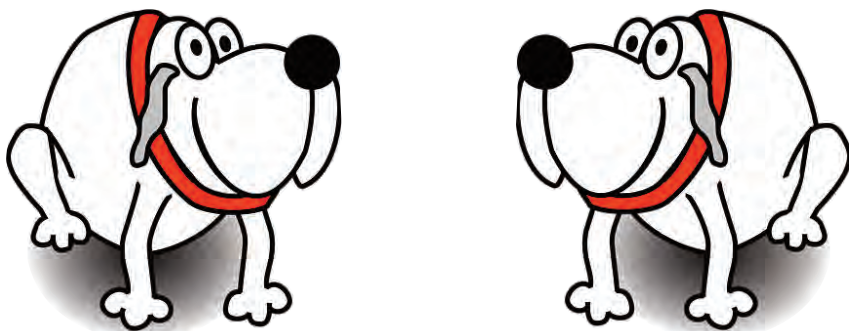


Effects of Vibrational Frequencies on Animals

You probably haven't had anyone tell you this. But you know, you may have the colour all wrong for your animal - and that can spell disaster. Colour impacts both the behavior and health of your animals perhaps more than you realize.

So how can you go wrong with colour? First, you need to understand these concepts about colour:

- Every colour has an energetic vibration.
- It is not about the colour the animal can see, but this energetic frequency the colour gives off.
- Animals are very sensitive to energetic vibration.
- Every animal has a healing colour for times in their life when they need help.
- Colour can help heal both physical and behavioral conditions.



What is the top mistake pet parents and professionals make with colour?

- It is using the colour red.
- Many choose red because it is a commonly available colour or they think it looks good on their animal.
- There is a reason the bull really charges the red cape. He'd charge any cape but red makes him want to charge it more.

This is how harmful red can truly be for animals in your care:

- Most animals should never have red on or near them.
- Red is great when you need to increase the appetite or gain confidence with an animal that is NOT sick or aggressive.
- Otherwise, it can spell disaster.
- Red agitates and aggravates so it can make an animal aggressive or worsen this existing behaviour.
- Red can cause inflammation in the body or stimulate a present condition. Mobility issues can increase. Cancer cells may spread or other health issues become exasperated.
- Putting a red bandana on an aggressive dog or on the tail of an aggressive horse is only raising the negative energy with these animals. Most pet parents or trainers have no idea they are creating a ***bigger problem.***

When you are shopping for things, know the colours that an animal is exposed to can impact their life. Take the colour of these things into consideration:

- Accessories such as bowls, bedding and toys
- Clothing such as collar, halter, leash/lead, shirts and blankets
- Your décor/furniture of your home and office environment

So how do you know the best color for your animal? The key to determining the best colour is muscle testing. This technique is also called kinesiology or referred to as body wisdom.

Colour therapy is one of the simplest but most powerful healing modalities you can do for your animals!

Colourful Blessings

Kim & Allison

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Energizing Items with Reiki for Animals

Did you know that you can energize water, food, cloth items and crystals with Reiki energy for your animal's benefit? It's wonderful for us too!

You can send Reiki energy into blankets, sheets, towels etc. as long as they are 100% natural fibre (cotton, linen, wool, silk, bamboo). They may keep the Reiki energy for up to a year, even through washing and drying. It never hurts to give the item another 'zap' of Reiki. If the item is not 100% natural, it will still accept the Reiki energy but will not hold it nearly as long. By putting your hands above the item, you can tell how much Reiki it is retaining. You may want to energize your dog's bed or stuffed toys and other pet items too.

To energize with Reiki, hold the item either between your hands or you can place your hands above and send Reiki into the item(s). You can even energize a basket full of items, visualizing a Reiki energy bubble around the items, while sending Reiki. A perfect example would be to energize towels that are used in animal shelter cages.

If you are Reiki Level 2 or above you may add your symbols when energizing. It only takes a few minutes to energize with Reiki, and is very helpful for both physical and emotional issues for animals. The Reiki energized blanket may help a dog feel more comfortable when the animal is at home by itself or take an energized towel when taking the animal in the car or to the vet to help calm them.

A Reiki energized towel may help an animal feel better after surgery and heal quicker. It's also useful to have one with an animal that is being put to sleep or passing away naturally. Reiki energy is comforting emotionally and physically.

You can also energize items with Reiki using distance methods. Using a photo of the items, use your distance symbols to send Reiki into the item. It is just as effective as energizing in person. A wonderful gift to help an animal feel better.



Energizing crystals with Reiki energy for an added boost of healing is very beneficial. Using either a crystal cage or leather pouch, even your animal can wear these energized crystals on their collars, harnesses or halters. You can also put the energized crystal under or near their bed, being careful they don't want to eat the crystal.



Another wonderful use of Reiki energy is to energize water and food. Try this taste test: Taste the water before and after energizing with Reiki. Hold your hands around the bottle or glass of water and send Reiki into it for a few minutes. Most people can taste a difference. Some say the water has less of a mineral taste, that it feels silkier or even has a temperature change. Water is a very good conductor of energy and Reiki works very well with it!

With food, energizing may make it healthier, easier to digest and raises the vibrational rate of the food for our animals and ourselves.

You can energize absolutely anything with Reiki to help your pets and yourself. Use your intuition and imagination and experience the value of energizing with Reiki energy!

Susan Rouse CRA-RT/RAP
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Ten Signs from the Angels



All forms of energy healing share a connection in ways that are not always obvious. The energy of the angelic realm compliments the energy of Reiki. The angels are pure energy forms of love and light. They love connecting with Reiki healers. It usually happens that the angels come looking for us first rather than vice-versa. If connecting with the angels happens to be part of your life's purpose, here are a few signs that may help you discover if the angels are reaching out to you.

1. As a child, were you fascinated with angels and fairies? If yes, it is a sign that the angels are part of your life. To quote my own example, no one in my family connected with the angels. Most didn't even believe in them. But I always felt a deep fascination for them. When my sister and I role played as children, I often played the role of an angel. The word 'angel' sounded melodious to my ears! I also loved dressing up like an angel and singing angel songs.
2. You feel naturally connected with the angelic realm though you may not have all the information about it. You reach out to the angels in your own way.
3. You are inclined to learning about angel healing.
4. You feel a sense of peace when you hear someone talking about the angels, read about the angels or see angel pictures.
5. You often sense warm energy near you. This energy, which often signifies the presence of an angel, feels comforting to you.
6. You have dreams and third eye visions of angels. This is especially significant when you have these visions out of the blue rather than after you've read something related to the subject.
7. You feel a fascination for crystals and colours. The energy of every archangel is associated with the energy of a specific crystal. Feeling attracted to a crystal may signify that the corresponding archangel is trying to reach out to you.
8. You stumble upon feathers in unexpected locations.

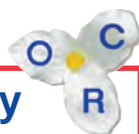
9. After praying for help, you often witness the sudden appearance of birds, butterflies and certain animals. Seeing them gives you feelings of peace and reassurance. The angels often appear in different forms and bring us messages and healing.
10. People often use the word 'angel' to address you (especially when they don't believe in angels themselves)! This is because people are able to pick up the energy of the angels in your energy field, even if they are not consciously aware of it.

If you resonate with any of these, it is almost a certainty that the angels are part of your life, even if you were not conscious of it all these years. But now that you know the signs, trust that the angels are part of your life. You can start connecting with them right away. The more you connect, the stronger their presence becomes in your life and in your Reiki practice. For this, all you need to do is talk to the angels or write a letter to them. You can use the following lines as a reference and change the wording to suit your personal style.

"My Dear Angels, I wish to connect more with you. Please connect with me in whatever way is best for me. Thank you for being in my life." Thereafter, let go and allow the angels to work their magic in your life. ***Enjoy connecting with the Angels!***

By Haripriya Suraj

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From soul to sole let your journey begin

Thoughts to Ponder



One of the best things I ever realized is that "We are always living in the feelings of our thinking".

This means it is not the environment or situations of life that directly determine how we feel, it's our thoughts about what is happening that determines how we feel.

When we focus on what was wrong, is wrong and can go wrong, we feel a certain way.

When we focus on what was right, is right and can be right, we feel a certain way.

When we focus on what was wonderful, is wonderful and will be wonderful, we feel a certain way.

When we focus on what is focusing, the whole mystery starts to unravel and even feelings start to become transparent and disappear, for their true purpose has been served.

In this way feelings become a powerful inner guidance system. It is hard to be aware of each thought throughout the day. It is not as hard to be attuned and attentive to feelings.

Stale, tight, heavy feelings are telling us, "Don't believe that thought! It is a lie and is not serving you."

Expanded, light, fresh feelings are telling us, "That thought is closer to reality. It is leading you in the right direction - to your own source."

This understanding of the true purpose of feelings helps life navigate life, revealing an intuitive path of joy and self-discovery.



As we learn to pay attention to feelings, honour their guidance and question our thinking, this inner guidance becomes increasingly available, accurate and autonomous.

The summary of all this is...

We are always living in the feelings of our thinking.

Physical pain is telling us "Don't do that!"

Emotional pain is telling us "Don't believe that!"

Feelings are powerful inner guidance, once we realize that they are reflecting the quality of our thoughts.



How wonderful!

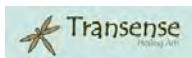
~Nithya Shanti



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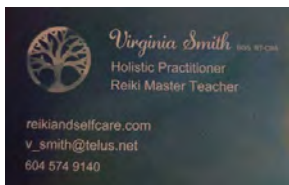
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Gary Diggins

Presenting at our AGM Annual General Meeting in Oakville

Gary Diggins began his musical career in the Detroit area, fronting a nine-piece band that shared the stage with acts ranging from Alice Cooper to Sly and the Family Stone. Gary's interest in world music and the psychology of sound eventually led him to shift away from the performing arts and into the healing arts.

After years of studying the medicinal gifts of sound, Gary returned to the music field as a performer, teacher, and therapist. As a multi-instrumentalist, Gary uses sound as an impressionistic language. Whether in the studio, on the stage, or working with corporate clients, Gary's sounds reach the soul of listeners.



Gary has produced five recordings of original music, authored a book on Deep Listening, travels frequently to Europe as a presenter and maintains a private practice using music as a therapeutic tool. He performs regularly in the Toronto area in a variety of improvisational-based groups.



For further information: www.garydiggins.com



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Seeing the Little Things



As we go through our daily routine, the ordinary busy-ness of life, it is common to get caught in the mundane, the boring and even the irritating. Our minds have a natural tendency to focus on the negative and the monotonous. It is much more difficult to notice the subtle moments of day to day kindness, love and contentment. We can even get so used to this state of ignoring the subtle, little things that bring happiness that we become somewhat addicted to complaining, drama and problems, making negativity our default setting. That's an unhappy and unhealthy place to be.

Of course, if we rarely notice the good things in our life, we are placing little energy there. Our energy, attention and actions are instead flowing toward the things we don't enjoy. This increases how often these things happen in your life, which then reinforces your belief that these are the only things to focus on! Not only that, but the more you focus attention, words and actions toward something, the more your mind and emotions are involved with it. *Why not place your attention, words and actions on the things you love and enjoy, more than the things you don't like?*

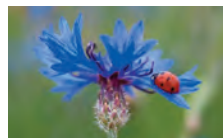
For example, it is possible to focus on the little things that annoy us about other people. No matter how much you love someone, there will be times they irritate you or anger you. How easy it would be to only notice these irritations! To allow them to swirl in our heads! We can get stuck in playing scenes in our head about how things "should" have gone or what we wish we had said, even having arguments in our head with the other person. Doing this, your mind may begin to convince you that you are right and have been treated unfairly, reinforcing blame and victimhood. However, this will never lead to compassion, happiness, or to loving and fulfilling interactions with the other person.

Instead, we can focus our attention on the things our loved ones do that we feel good about. After all, if there weren't things we loved about them, they wouldn't be our loved ones! Instead of taking these things for granted, we can choose to take notice of them each day. *Rather than keeping tally of the things that upset us, we can keep tally of the things that fill our hearts with love and appreciation for the other.*

If you have difficulty with this, imagine anything, now or in the past, that has made you feel good about the other person.

Instead, we can focus our attention on the things our loved ones do that we feel good about. After all, if there weren't things we loved about them, they wouldn't be our loved ones! Instead of taking these things for granted, we can choose to take notice of them each day.

Rather than keeping tally of the things that upset us, we can keep tally of the things that fill our hearts with love and appreciation for the other.



If you have difficulty with this, imagine anything, now or in the past, that has made you feel good about the other person. Let this feeling settle deeply into your heart for a minute or so. Recall that feeling into your heart several times a day and radiate it into your own body, your life, the other person.

I don't mean to imply that we should falsely create loving feelings toward situations or people where none exist, or pretending we don't feel angry or hurt. If you feel a negative emotion, it is best to acknowledge and be



with that emotion in a loving way, breathe through it, and allow the energy to flow through you until it passes. Treat your emotional energy kindly, like a small child who needs love. However, we don't have to offer more mental fuel to an emotional fire.

Begin noticing the things that make you feel good in life. No need to wait for grand gestures or huge events! The things that make a life are the things of everyday existence. Gather moments of appreciation as you go through your day. Notice the sunlight pouring through your window, the way the tree branches dance in the breeze, the softness of your pet's fur, the warmth in your heart when you see your family at the end of the day, the nurturing relaxation of a hot shower.



When we intentionally practice placing our attention on the small things that bring this state of subtle contentment, peace and joy, we begin to realize these things are everywhere. This fills you with a sense of peace, even if only for a moment. It is a practice, and life will sweep you back into the mundane and the busy over and over. When that happens, it can seem as if the feeling of peace and appreciation vanishes like a mist in the sunrise. But if your intention is to keep returning to the things that fill your heart with love, and cultivating that feeling of joy and gratitude, it will grow. It will be easier to recall that feeling and return to it. Doing these things can make the Reiki principles an active part of your life, rather than simply ideals to be recited.

Blessings
Angie Webster

Angie Webster is a freelance writer, Reiki Master Teacher and meditation teacher.

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Strengthening Your 3rd Eye

During meditation it is said that our 3rd eye or Ajna Chakra, is open. This chakra located in the brain, at the brow level, in between the eyes. It is very sacred and spoken of throughout many different traditions. What makes this chakra so special? It allows us to connect with our own inner guidance and cut through the illusions to access deeper knowledge. It connects us with clear thought, intuition, seeing the bigger picture, visualization, developing psychic skills and brings us new levels of spiritual awareness.

We all have a 3rd eye but not everyone's is strong. Here are some tips on strengthening your 3rd eye.

- Practice closed eye meditation. It is said that when your two eyes are closed, your 3rd eye opens. A popular meditation is visualizing a blue light in your meditation but you can do any closed eye meditation that you enjoy.



- Put a dab of vibhuti (sacred ash) on your 3rd eye before going to bed and in the morning when you start your day. Vibhuti is sacred ash from Vedic and Hindu fire ceremonies. Its positive charge keeps the mind peaceful and strengthens the 3rd eye.
- Visualize and send the energy from your root chakra up to your 3rd eye. Using your intention you can send the energy from the base of your spine up to your 3rd eye.
- Ask your inner guidance a question and then wait for an answer. Remember to be patient as you wait for the answer since your intuition comes up in its own time
- Burn incense during your meditation. I love Palo Santo, Sage, Sandlewood and Nag Champa but use whatever one feels the best for you.
- When you are interacting with people, take a moment to check in with your intuition. How do you feel about them?
- Practice listening to your intuition. The next time you experience (feel, hear, see or know) a little nudge of spontaneous information pay attention to it instead of dismissing it.
- Drink Blue Lotus (*Nymphaea Caerulea*) – This herb can be deeply relaxing for the body and the mind. Its soothing qualities make it great for meditation and yogic practices. I drink this as a tea before meditation or going to bed. It really helps me have clear, strong visualization and makes my 3rd eye buzz!
- Keep the mind peaceful. As you develop your ability to quiet the mind your intuitive side has room to be heard. One way to do this is to keep the mind peaceful. This may mean cutting out some of the negative media and instead listening to some peaceful music or watching something uplifting

While we may all have a 3rd eye, not all are aware of it. The more time, attention and intention you put into strengthening your 3rd eye will go a long way in helping you on your spiritual journey. Whether you want to develop your intuition, think clearly, awaken psychic skills or gain new levels of spiritual awareness you'll need a strong 3rd eye. You can use the above tips to help you develop it.

*Blessings,
Krya Siva*



Smudging Prayer

May your hands be cleansed,
that they create beautiful things.

May your feet be cleansed,
that they might take you where you most need to be.

May your heart be cleansed,
that you might hear it's messages clearly.

May your throat be cleansed,
that you might speak rightly when words are needed.

May your eyes be cleansed,
that you might see the signs and wonders of this world.

May this person and space be washed clean
by the smoke of these fragrant plants.

And may that same smoke carry our prayers,
spiralling to the heavens.