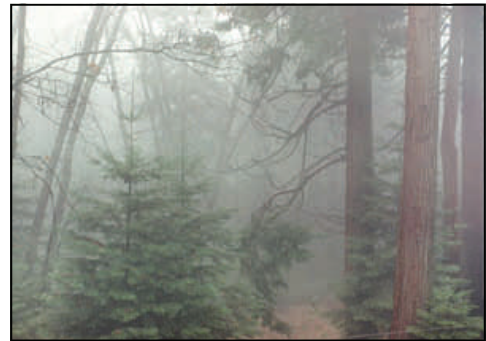




CANADIAN REIKI ASSOCIATION NEWSLETTER

January 2006 | Light 6—Ray 1

MESSAGE FROM THE PRESIDENT



Forest Mist—Bonnie Buus

On behalf of your board members, Barb, Nicole, Joselin, Rita and myself may we wish you all a Happy New Year. We look forward to the coming year with anticipation as we are working on new ideas and projects to keep our association moving in the right direction.

Many changes were made to the CRA last year and we thank all of you for your patience and co-operation. New forms and documents that were developed have caused some confusion for some of our members. I will keep the letter of explanation on the front page of our website to guide you along. The most important documents are the Code of Ethics and Disciplinary Policy forms. If you have not done so, please sign and submit these to head office.

We have good news for Toronto's Reiki community. The C.R.A. was accepted to be on the list of Accredited Associations. Licensing fees will remain the same and Toronto City Council members voted on December 5th, to accept the Qualified Professional Holistic Association Report. Effective immediately you must be a member in good standing with our association to obtain a practitioner's/business license.

Finally, set aside May 27th, 2006 for the next A.G.M. You will find more detailed information in this newsletter and in the coming months.

Love & Light
Bonnie Smith
President

In This Issue

| | |
|----------------------------------|----|
| Member in Focus..... | 2 |
| About the CRA | 2 |
| Reiki Can Do Miracles | 3 |
| Reiki & Sports | 4 |
| CRA Annual General Meeting | 5 |
| On the Ground | 5 |
| Moving Beyond Dis-ease | 6 |
| Whole Life Expo | 6 |
| Comments Section | 7 |
| Book Review | 7 |
| Shares & Exchanges | 8 |
| Announcements | 11 |
| Advertising | 11 |

MEMBER IN FOCUS — is

Carell Mehl, RT-CRA, Calgary, AB



Tell us how you were introduced to Reiki, your path with Reiki and what you do now?

I started on my Journey with Reiki in the fall of 1997. The course which set me on this journey was a major emotional event that had occurred in my life, which left me stunned and dumb founded. In an effort to better understand this energy shift I went searching for answers. I went to a physic fair and discovered a person who was in the show that I knew from past readings. She knew I had some major questions and concerns and could only seem to scratch the surface. She then advised me to see the woman across from her and mentioned she did Reiki and that it would be a good idea to talk with her.

I had never heard of Reiki until that moment. My girlfriend who had accompanied me knew about Reiki and said it would be a good idea. The Reiki Master then explained to me what she was going to do and a little bit about the therapy. I must say that I had never experienced anything quite like it and at the same time it managed to bring to light for me what was going on! I was hooked and planned to attend the first class that she had to offer. I had to learn more. And more I did!

It is soon to be 2006 and the journey just does not end! I became a Reiki Master in the year 2000 and since that time my body, knowing of Spiritual growth and enlightenment continues to be reawakened in so many different ways. I started my Shamanic Studies in 2002 with Leap Program in Calgary becoming an apprentice in 2003 with the Sweet Sundance Medicine Path, a healing path, along with Hot and Cold Stone Massage and Rain-drop Therapy.

I now work part-time as the Office Manager for the Wild Rose Wholistic College and Clinic and part-time at Shen-Om Therapy, which is a day SPA. Here I practice my massage therapies and Reiki. I currently teach out of my home as well...

Continued on page 7

Canadian Reiki Association: We provide our members with a national voice and encourage high educational standards. Through our Code of Ethics, we are promoting ethical practice and teaching. We assist the public with referrals to CRA Registered Practitioners and Teachers and we are committed to enlightening and educating our communities about Reiki.

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CRA Newsletter is Published on:

January 15, June 15 & September 15

We welcome your comments, criticisms, and feedback. Letters may be edited for length and clarity.

“We are what we pretend to be, so we must be careful what we pretend to be.”
— Kurt Vonnegut

ADVERTISING INFORMATION

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

| Ad Size | Members Cost | Non Members Cost |
|------------------|--------------|------------------|
| Full 6.5" x 8.5" | \$140 | \$280 |
| 1/2 3" x 8.5" | \$70 | \$140 |
| 1/4 3" x 4.25" | \$40 | \$80 |
| 1/8 3" x 2.125" | \$20 | \$40 |
| 1/16 3" x 1" | \$10 | \$20 |

REIKI CAN DO MIRACLES, JUST BELIEVE

by Shelley Mayer, RT-CRA

Have you ever questioned the effects of Reiki on your loved ones or those you have touched with your hands and your heart while providing them with Reiki?

Do others not believe the effects Reiki can have on their life? Well if that is the case share this story with them.

This is a true story about how the healing power of Reiki worked a miracle in the life of my mother who lay critically ill in a hospital bed for 46 days.

I am a Reiki Master living in Manitoba, Canada and I would like to share with others this story of awe and wonder that is very dear to my heart.

Friday, March 26 of 2004 my mother, who was a very healthy and active 68 year old, was scheduled to have a Hiatus Hernia removed with laparoscopic surgery, a relatively safe procedure.

Living a few hours away from my mother I was going into visit her on Sunday the 28th just for the day. When I got there my mom was struggling for breath and they had found four blood clots in her lungs and started to treat it. I decided to stay in town over night to make sure everything was ok before I left to go home.

Before leaving my mother's room that evening I told her to have a good sleep and my last words I said were I love you, see you in the morning. I love you too she replied.

March 29, 2004

Not sleeping very well that night I awoke early and called the hospital to see how things were. Much to my surprise things had gotten critical during the night. My mom was having a panic attack and they asked me to come and try to calm her down.

We got ready, my oldest daughter and myself, and arrived at the hospital within an hour from the time of my call. My mom was sedated and a machine was breathing for her when we arrived. With tears in my eyes after seeing her I asked the nurses what happened. They didn't know why her natural body process of absorbing blood clots was not kicking in. I stayed with her all day and spent the night in a hotel across the street.

"We are not what we know but what we are willing to learn" — Mary Catherine Bateson

March 30, 2004

I awoke early in the morning and phoned the hospital. They said I should come in to be with her. When I got there she looked even worse than the day before. Her colour was yellow, and they said her kidneys were failing, her heart was racing and her whole body was swelling. It didn't even look like her anymore. Again I stayed with her all day with my daughter. My brother and uncle came to be with her a few times during the day. Again I stayed all day and spent the night at the hotel.

March 31, 2004

I arrived in the morning to be with my mom. Today was a very bad day. Her body systems were shutting down more and more.

I spoke to the nurse asking if it was safe to drive home to get a change of clothes because I just had what I was wearing for my day visit. She looked me in the eyes and said "I don't think that would be a good idea. If there is anyone who needs to see your mom today would be the day". I called my brother so he could contact all of the family and I called my friend in Brandon to ask if she would come and support me during this time. She raced to be with me.

My mom is the eldest of ten and all her family came to be with her. This was very emotional as they were coming to say good-bye to their sister. The hospital was very accommodating to us during this emotional and stressful time.

My friend, who came to support me, was with me as everyone else started to leave for the hotel room for the night. We stayed with my mom, one on each side holding her hands and doing Reiki for about an hour. I have been doing Reiki for some years now and didn't know if the emotions while giving my mom Reiki were my own or my mom's, it was much different than I had ever experienced. My friend also had said she felt a lot of energy being exchanged.

She then stepped out so I could be alone with my mom before we left the hospital for the night.

Believing that this may be the last time with my mom in this life I talked to her speaking all the words I ever needed to say. I bent down to kiss her good bye and my labradorite crystal fell out of its pendent casing, onto her bed. I didn't know what to make of this as I left the hospital that night.

Continued on page 4

REIKI CAN DO MIRACLES, JUST BELIEVE

Continued from page 3

April 1

The next morning I was very nervous as I arrived at the hospital not knowing what I would find. I walked in the room to see my mom, her colour was better and her kidneys were starting to work better. She was still sedated and had machines breathing for her and still critical. Needless to say I was pleased and hopeful.

My mom has had two more surgeries, a tracheotomy and a chest tube during the forty-six days in the hospital. The doctors have no idea how she pulled through this. When they see her at their office now they call her a miracle, because they had given up. There was nothing left to give her or do for her that day.

Today my mom is home and doing very well physically but still is dealing with the emotions of what has happened. She has shared with me that she heard me talk to her that night even though she was sedated, and wonders what we did for her. She tells me she has a little boy angel that now stays with her, she recognized him as my youngest son.

The night my friend and I did Reiki on my mother as a team, made all the difference in the world. With all the distant healing and prayers from around the world I believe from the depth of my soul that friends, family and the kindness of strangers increased my mother's strength during this time.


So in closing the next time you doubt the power of Reiki, even just a little, think about my story and how it has truly changed my life forever. Just believe and Reiki will fill your life with Universal Love and many wondrous things.

Shelly Mayer, RT-CRA
Manitoba, Canada , 2004

REIKI & SPORTS

by Judith Campbell, RT-CRA

In June of this year, I received an invitation to volunteer my time in giving a presentation in September, to girls and women in the city of Ottawa on the subject of Reiki. The city would be celebrating a 20-year milestone of shared sports facilities throughout the city, previously monopolized by men and boys.



As part of their programming, they wanted to have a presentation on Reiki – another milestone, from my perspective. Of all the possible women in the city of Ottawa whom they might have selected to do a presentation, they chose me. They found me through the CRA website! From there, they checked out my personal website and then wrote to me with their request. I was honoured to be asked to do this, and saw it as a real opportunity to portray Reiki in a very professional light, as both treatment and prevention.

I developed a power point presentation to help me explain Reiki to my novice audience, and I tailored my presentation to the subject of Reiki and Sports, something I had never even considered before.

I invited two Reiki Master friends to accompany me to do two fifteen-minute demonstrations during my 35-minute presentation. One of my friends is a grandmother to two granddaughters who also took part in the demonstrations. Their involvement was quite deliberate, as I wanted the audience to see that all age groups can practice Reiki. One of the girls was 20, the other 11 - both with level one Reiki. I prepared a short explanation of Reiki within a release form, and left instructions at the registration desk that anyone interested in having a demonstration read and sign the release beforehand. This worked quite well.

Picture a small amphitheatre with two Reiki tables, one on either side of the screen at the front of the room, a Reiki Master standing at each doing a short treatment to a member of the audience, and a chair positioned somewhere in between, with two young women – one working on the upper body of the third participant and the other working on her feet.

In the midst of this, I am standing over a computer, which is flashing my visual presentation on the screen as I am filling in the auditory details.

We took a moment at the halfway mark in the presentation for reaction from the first set of people having the demonstrations, before the second set took their turn. The comments were all quite positive, of course, and served to increase the interest of the audience. I took time to speak of research that has been done in Reiki and to ensure that it would be understood as a valid energy healing modality that can be used for both treatment and prevention.

Continued on page 5

REIKI & SPORTS

Continued from page 4

At the conclusion of the presentation I then solicited remarks from the second set of audience participants receiving the demonstrations. One of the women had tears in her eyes as she shared with everyone that she felt that she needed to pray! These demonstrations served to remind me, yet again, how powerful and healing is this wonderful thing called Reiki, and how even a short treatment can yield amazing results.

Judith M Campbell RT-CRA
Stittsville, ON
Judith@energwellness.ca
www.energwellness.ca

CRA ANNUAL GENERAL MEETING

The C.R.A. would like to invite you to our next Annual General Meeting on May 27th, 2006, in Oakville, Ontario. The event will take place at the Quality Inn Hotel on Bronte Road from 9:30 to 4 pm.

We are in the midst of planning an eventful day that we hope will be of interest to all. We will keep you up to date as we move along with our program. At the moment we are arranging for door prizes and looking for a few more contributors. We are also looking for vendors to participate in our mini market bazaar. If you would like further information or you are able to work with us in these areas please contact Bonnie at: bonnie@soulsjourney.ca or phone her at 905.639.5980. For our members out West who would like to help out with a door prize please contact Judy Cain at reiki@reiki.ca.

This year we are opening the meeting to non-members. We hope that we can interest you in joining so please keep that in mind.

The registration fee of \$10.00 for C.R.A. members and \$20.00 for non-members includes a buffet luncheon.

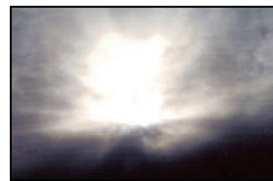
We hope that if you have never been to a C.R.A. AGM before you will now consider it for 2006.

We look forward to your continuing support and making this a great event.

Love & Light
Bonnie Smith
President

"ON THE GROUND"

by Alex Chornyj, RP-CRA



You there on the ground
Look up into the sky
When you're so inclined
May see more than vapour.
The world is a community
Is like one big house
We are all related
Though life, most take for granted.
Some wash their faces
In the early morning
You're not held back by yesterday
Breeze to you is no mere breeze.
You look at things
Like you're part of the wind
Give back more than you take
You are a true savant.
See things in their true light
Not with foggy spectacles
Natural wonders exist
For those with eyelids not welded shut.
At an auspicious moment
Feel non-gravitational pull
You glance the horizon
See a window to the stars.
Purple hues adorn
In its circumference
With eyes of a feline
Distinct with watchful orbs.
What this represents
Creative – female intuition
Look for stone, cat's eye
Connect dream to touch.
Destiny within this life line
Begins to be fulfilled
What some see as fiction?
You define as fact.
White light streams from the window
Voice heard from other side
You are nearing the time
When comes full comprehension.

Alex Chornyj, RP-CRA
Sault St Marie, ON

MOVING BEYOND DIS-EASE

by Lyn E. Ayre, Ph. D., RT-CRA
December 2005

Over the years, my health was declining. Sometimes, my legs didn't work and I was overtaken by exhaustion. I would go through periods where I couldn't hold onto anything because my arm would jerk out of control. My speech became slurred and my mind dull and slow. Symptoms such as these came and went and came back again along with more symptoms, it was a slow progression beginning with Trigeminal Neuralgia 26 years earlier.

My doctor thought it could be Multiple Sclerosis. He made an appointment for me to see a neurologist who booked an MRI. There were no lesions and no positive diagnosis for MS.

My husband picked up the slack in our daily routine and covered for me. I had become unreliable, and it was impossible to predict how I would be on any given day.

A few years later, I was sitting at my desk when I suddenly felt an icy-fire running through my legs and arms. It felt like pins and needles and electric shocks and the bottoms of my feet were burning. My Doctor's partner was on shift and prescribed percocet demi, telling me to get my doctor to check me out for MS as it sounded like paraesthesia.


I went to see another neurologist. He suggested an MRI and evoked potentials. The MRI showed eight lesions on the white matter, apparently only enough to diagnose me with probable MS.

Whether or not I am ever definitively diagnosed is neither here nor there. The fact is, no matter what it is called, these were symptoms that I had to manage daily.

I had been so ill for a very long time. For about a month, I had been praying for God's healing grace to enter me and restore me to health and mental clarity. As each day passed, I became more and more willing to change my thinking and let go of old outworn ideas, and belief systems that no longer served me well and I felt a change begin to occur in me.

It was around that time that I was introduced to Usui Reiki – a Japanese, light-touch wellness modality. A major component of Reiki is self-healing. I began daily self-healing and improved enough that I did not require my walking sticks, or the use of a wheel chair in shopping malls and hospitals, and I sold my electric scooter.

Some days, I would forget to take my meds and still



feel okay. With my Doctor's blessing, I gradually went off all of my medications. This is what happened to me and I'm not advocating that any of you, dear readers, do anything against your doctor's plan for you. I had become so completely willing to heal that I did the self-healing technique almost every day. Over the last three and a half years, I have probably missed a dozen days. Willingness is certainly one of the keys needed in healing; persistence is another.

I was recently asked a question. "So, are you saying you are cured of MS?" My response is simple. "No, I am not cured. The symptoms sometimes bother me from time to time. I do say I am healed, though, because the symptoms don't bother me often. When I was sick, I was getting worse and worse with no lessening in between. I was on some pretty heavy-duty medication with potentially devastating side-effects. I lost my job. I lost feeling in various parts of my body. My vision blurred. I was in a tremendous amount of pain. Now I feel well. I have energy from morning to night and I'm improving every day. I am back into life. I feel whole again." This, is my story.

WHOLE LIFE EXPO

by Bonnie Smith, RT-CRA
CRA President

The Expo was held in Toronto from November 25-27th, 2005. It was the third consecutive year for the Canadian Reiki Association to have a booth and doing our mini Reiki sessions. All the volunteers were kept busy by introducing Reiki, selling our new Meditation CD, our T-shirts and talking to the general public about our Association. It was very interesting to see how many more men were curious about Reiki and willing to try it for the first time. This was a definite change from previous years. Our members who gave their time to be at the Expo helped make this show a success. I would like to thank Joselin Ratto, Rita Bonnici, Joe McAleer, Suzanne Dobinson, Maralyn Wilson, Alice Creighton, Diane Peterson, Christine Baum, Carol Romanella, Denise Raike, Simone Bowman, Shalini Agarwal, Sladana Ilic, Mark Brewer, Inessa Manorik, Alain Passenaud, Louyse Vingneault and Alain Richard.

Support from our members helps to keep the C.R.A. moving forward.

Love & Light
Bonnie Smith, President

COMMENTS SECTION

I am an RP with the CRA and just read one of the articles in the September newsletter which has prompted me to write to you. The article was written by an RT in Mississauga.

She states that one of her interests is to get corporations to pay for Reiki treatments. Oh, this is an interesting topic! I have talked to several insurance companies that deal with corporations as well as offering self-employed people insurance coverage that includes "alternative therapies". To my dismay, when services such as Reiki, Nutrition, Reflexology, Crystal Healing, Therapeutic Touch, etc. are listed as covered services, there is a catch. Here is the BIG catch: they are only covered in Ontario if they are offered by a licensed professional! What is a licensed professional you may ask? An MD, and ND (Licensed Naturopath) or an RMT (Licensed Registered Massaged Therapist). This probably leaves out the vast majority of Reiki practitioners.

I am self employed. I am an RNCP (Registered Nutritional Consulting Practitioner) and Reiki Master (practicing as an RP, I'm not teaching at this time) and I sell some wellness products. I have a BSc from a recognized Canadian University. I have a clean police check from the Durham Police (I practice and live in Durham Region). I have errors and omissions insurance and 3rd party liability (slip and fall). I am insured for a Reiki or Nutritional claim against me. And still, people cannot claim my service invoices for reimbursement. Insurance companies say that they are following Revenue Canada (Canada Customs and Revenue Agency) guidelines for tax deductible services.

So, beware of doing general promotion of Reiki at corporations. This may leave most of us practitioners out in the cold financially (so to speak) unless there is a demand by the company that their insurer cover ALL CRA Registered Practitioners. (for Reiki that means they have a CRA number) This doesn't mean we seek to exclude licensed practitioners, but rather ensure that CRA members are included, no matter what their other degrees or certifications.

Sincerely,

Shelley Dagrone, RP-CRA
Pickering, ON
health@wellspringholistics.ca

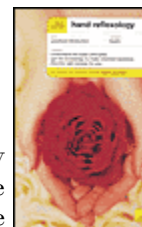
"My grandfather once told me that we're two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group. There was much less competition."

— Indira Gandhi

BOOK REVIEW

"TEACH YOURSELF HAND REFLEXOLOGY"

by Denise Whichello Brown



This is a terrific little book absolutely filled with diagrams and simple instructions. This comprehensive guide is effective whether you have a practice, or simply want to take more responsibility for your own health. In addition to the reflexology techniques and sequences, you are provided with information about essential oils, the various methods of diagnosing, the structure of the hands and steps to prepare for a treatment. Information is laid out so well that the book contains a contents section, a common ailments chapter and closes with a widely diverse index. In the "real" world there are few of us who are able to attend courses on every healing modality that interests us. Reading good "how to" books increases our knowledge base however, making us more effective healers. To date I have found the techniques in this book to be successful for both my clients and myself.

Jo-Anne G. Stevens RT-CRA
Essential Wellness Centre
Promoting Your Natural Ability To Heal
Conventional & Holistic Treatments / Courses
905-319-9429
www.essentialwellnesscentre.com

MEMBER IN FOCUS

Continued from page 2

In March of 2005 I formed a Reiki Healing Team called, "The Celestial Trine of Reiki Earth Healing" this team meets once a month for a general meeting and does group healings the other 3 Tuesdays of the month for people who are in need. Payment is an exchange in the form of a Heart gift for each team member. This is to increase the awareness and the healing for grandmother earth, which is so desperately needed in this time of change. People who have had much emotional trauma and or serious physical illness seem to be seeking out this form of healing and somehow find us.

In October of 2005 I was honoured with the task of being a birth support person for someone who wished to have me present and provide Reiki with

Continued on page 8

MEMBER IN FOCUS

Continued from page 7

the birth of their second child. It was an incredible experience and prompted me to take the Doula course in November of 2005. I have always wanted to be a part of this process for Moms. To be able to provide Reiki for both Mom and baby was the most incredible service I had ever done. It also showed me how powerful Reiki can be in holding a space for women in the birthing process. Having had children of my own it was a whole new perspective.

What is your major focus for 2006?

My major focus for 2006 is to continue with the improvements of our healing team service, expand my Doula Service and continue with my own personal healing and growth through the healing team and other forms of knowledge in the Wholistic field. I would like to get started working on getting my Wholistic Practitioner's Diploma as well. I also am expanding my teaching process and getting my Web site completed.

Tell us about the contribution you see yourself making to the CRA?

The contribution that I see myself making for the CRA is to continue to promote and support the Association of membership by advising and sharing events and articles with my students and team, on an ongoing basis. If we keep putting that in front of the people we connect with, chances are they will want to be affiliated in a professional manner as well. Anyone who is serious about his or her professionalism in Reiki should become a member!

My best wishes and continued success in 2006 to everyone who travels the road to enlightenment!

Love and Light
Carell Mehl –RT-CRA

REIKI SHARES & EXCHANGES

BRITISH COLUMBIA

Burnaby

Canadian Reiki Association Exchange
1st Saturday of the month from 1:30 to 4:30 pm
Come out and see us at the 14th Annual Wellness Show on February 3, 4, 5th. The share will still be happening on February 4th and will be hosted by Lyn & Norman Ayre.
Nikkei Japanese Heritage Centre, 6688 Southoaks Crescent
Donation: \$5

Comments: All levels of Reiki are invited. Newcomers are welcome. Come and try out Reiki. We begin with a meditation and Reiju Empowerment for anyone who would like to participate.

Contact: Judy Cain, RP-CRA, 604.525.1764

Email: reiki@reiki.ca

Coquitlam

The Tri-Cities Reiki Exchange
2nd Friday of the month from 7:00 to 10:00 pm

Doors close at 7:15 pm
Aura Wellness Centre in Coquitlam

Donation: \$2 suggested

All are welcome to come and experience Reiki. A Reiju Empowerment will be given to those who wish it and who have not yet been attuned to Reiki.

Comments: Cozy space so book early. We have room for two tables and one chair-Reiki set-up at our current location. Please call ahead for directions.

Contact: Lyn Ayre, RT-CRA, 604.524.8565

Email: LynAyre@telus.net

Richmond

3rd Friday of the month from 7:00 to 9:00 pm
Wings of Dove Holistic Centre
140—12031 First Avenue, Steveston Village

Donation: \$5.00

Comments: This is an opportunity to share our experience & discoveries, and to receive further coaching if necessary.

Meditation and Healing open to all Reiki Levels. Please call or email that you are attending.

Contact: Claudette, RT-CRA, 604.275.7774

Email: dovewing@telus.net

Website: www.wingsofdove.ca

White Rock

Reiki Social Night

Last Wednesday of every month from 7:30 to 9:30 pm; the date varies so please email for details

Comments: As Reiki is meant to be shared a social night is being held in my home. This evening is meant to discuss Reiki with other practitioners in the area. It's beneficial for all of us who really want to practice Reiki and be involved with it on a daily basis, to share experiences and information that would benefit others. A Reiki table will be set up for demonstrations or short sessions. Please email me if you would be interested in coming.

Contact: Nancy Caljouw, RT-CRA

Phone: 604.531.6171

Email: howdy2@telus.net

Website: www.ReikiandRhyme.com

ALBERTA

Banff

4th Monday of the month from 7:00 to 9:00 pm
Banff Seniors Centre, except July & August

Donation: \$5.00

Comments: Dates subject to change due to available space
Please visit www.reiki-rocks.ca for up to date information.

Contact: Noortje Vanderelst, RT-CRA

Canmore

2nd Thursday of the month from 7:00 to 9:00 pm
The Canmore Recreation Centre, except July

Donation: \$5.00

Comments: Dates subject to change due to available space
Please visit www.reiki-rocks.ca for up to date information.

Contact: Noortje Vanderelst, RT-CRA

Continued on page 9

REIKI SHARES & EXCHANGES

Continued from page 8

ALBERTA *con't*

Edmonton

Reiki Sharing Circle
2nd Thursday of each month from 7:30 to 10:00 pm
Argyll Plaza Hotel (meeting room)
Corner of 99 Street & Argyll Road (63 Avenue)
Donation: \$10.00
All levels & lineages welcome
Comments: RSVP—register at www.wholistichealth.ca or email ewg@telusplanet.net
Contact: Marianne Goetsch, RT-CRA, 780.479.0620

SASKATCHEWAN

Saltcoats

4th Thursday of the month from 7:00 to 9:00 pm
Serenity Now Therapy
170 Crescent Lake Road, Saltcoats, SK
Only 15 minutes from Yorkton
Donation: \$5.00
Comments: Every level welcome. Please call ahead to confirm attendance.
Contact: Pat Bjarnason, RT-CRA, 306.744.8122

Saskatoon

Healing Co-op Reiki Share
2nd and 4th Tuesday of each month
165—3rd Avenue S (The Birks Building)
We meet in front of the elevators between 7:00 to 7:15 pm
Donation: \$2.00 off sets the cost of cups & water
Comments: Reiki Level 1 is required to be a part of our share. We ask interested Reiki people to contact us if you are interested in joining us.
Contact: Darlene
Phone: 306.933.2800
Email: healingcoop@shaw.ca

MANITOBA

Brandon

Reiki Shares / Healing Circles
Held regularly every 2nd month
Donation: Voluntary donations accepted to cover expenses for the evening.
Comments: For Practitioners, Teachers and their invited guests. Call or email for dates and additional information.
Contact: Shelly, RT-CRA, 204.724.6855
Email: mayers@mts.net

ONTARIO

Barrie

In the Spirit of Truth
3rd Tuesday of each month from 7:00 to 10:00 pm except December, July and August
Donation: none
Comments: Open to all students of different teachers and the general public.
Contact: Lorinda, 705.722.4052 for location
www.inthespiritoftruth.com

Brampton

3rd Wednesday night of the month
Kiwanis Youth Centre for Sports Excellence
247 McMurchy Avenue S, Brampton, ON
Comments: Those interested please call or email for details
Contact: Mark Brewer, 905.791.8320
Email: mark@reikitoronto.com

Cambridge

Aura Care Reiki Balance Centre
3rd Thursday of the month starting with 6:00 Social; 7:00 pm check in/meditation and 7:30 to 10:00 pm Reiki share
130 Cambridge Street, Cambridge, ON
Donation: Potluck snacks/drinks
Comments: Any/all levels and lineages. Special interest in musical and/or alternative. Reiki techniques. Bring a bed if you have one! Please **RSVP**
Contact: Laura Gauthier, 519.622.1269
Email: balance@auracarereiki.com

Guelph Reiki Share

2nd Wednesday of each month from 7:00 to 10:00 pm
Held at the offices of Hospice Wellington
75 Speedvale Avenue East, Guelph
Donation: \$5
Comments: Welcome Level One and higher
Contact: Barbara McKell, RT-CRA, 519.823.2162
Email: barbara@soulconnection.ca

Guelph Pathways Healing Share

Last Thursday of the month from 7:00 to 10:00 pm except for July, August & December
Donation: Small donations or snacks, juice, etc.
Comments: Meditation and Healing share open to all levels and lineages. RSVP if attending.
Contact: Bonnie Adam, 519.763.7948
Email: bonnie@pathwayshealing.com

Holland Landing

Monthly Reiki Practice Group starting in 2006!
2nd Sunday morning of the month
10 am to 12:00 noon
Donation: no cost
Comments: Welcome are those with 1st degree Reiki or higher
Contact: Judy Watson, SM-CRA, 905.868.0804
Email: judy-wolf@rogers.com

Kingston

1st Tuesday of each month
Sacred Journeys Healing Arts Centre
115 King Street West, Kingston, ON
Donation: \$10.00 drop-in fee, RSVP is required
Comments: Everyone is welcome! Anyone who has taken Reiki or would like to come and experience what Reiki is all about. Come to be treated, to treat others, to share Reiki stories, or exchange new information about Reiki.
Contact: Cheryl Hiebert, RT-CRA, 613.634.8220
Please call for time and location
Website: www.sacred-journeys.ca

Continued on page 10

REIKI SHARES & EXCHANGES

Continued from page 9

ONTARIO

London Reiki Share

Call for date, time, and location

Comments: I have been holding group Reiki exchanges so we can have evenings together. Often a small group of 6 but truly an enjoyable time together and we go away feeling light and refreshed. Some, who come and do not practice Reiki other than on friends and family members, are pleased to join together and experience receiving a treatment.

Contact: Mercedes Mancari

Phone: 519.660.3664

Email: Mercedes@execulink.com

Ohswekeh

3rd Tuesday each month from 7:00 to 9:00 pm
Universal Energy Training & Learning Centre
2393 Sixth Line, Six Nations Reserve

Donation: \$5 person

Comments: An informal drop-in group. Any level of Reiki is welcome. Please come & check out our facility. Refreshments provided. Call for directions or more info.

Contact: Michelle Thomas or Jane Burning

Phone: 519.445.1904

Ottawa

Reiki Associates

3rd Monday of the month from 7:00 to 9:00 pm
106-2211 Riverside Drive, Ottawa

Donation: \$5.00 requested to be donated to Make A Wish Foundation

Comments: Everyone welcome. Check our website for confirmation of time and place www.reikiassociates.com

Contact: Richard Wardle RP-CRA, 613.293.7366

Email: reikiassociates@superaje.com

Perth

Reiki Associates

3rd Monday of the month 7:00 to 9:00 pm
2368 Christie Lake Road, Perth, ON

Donation: \$5.00 requested to be donated to Make A Wish Foundation

Comments: Everyone welcome. Check our website for confirmation of time and place www.reikiassociates.com

Contact: Denise Carpenter RT-CRA, 613.913.2803

Email: reikiassociates@superaje.com

Toronto

2nd Thursday of each month from 6:00 to 9:30 pm
Email for details on location

Comments: All who have Level I Reiki or Learning Path Integrated Technique are welcome to join us.

Contact: Diane Young, RT-CRA, Healing Integration

Email: diane@circle-of-one.com

“All that is necessary to break the spell of inertia and frustration is this: Act as if it were impossible to fail.”
— Dorothea Brande

Reiki Intro. Talk & Share

Call for next dates—from 1:00 to 5:00 pm
Swansea Town Hall, 95 Lavinia Avenue, Council Chamber, 2nd floor, Street parking free where available!

Donation: \$10 admission and \$8 for students, seniors and low income.

Comments: An icebreaker will be followed by a guided meditation, Reiki talk and an afternoon of Reiki sessions. Bring something to lie on.

Massage tables are greatly appreciated too!

Contact: Stephanie Norwich, RT-CRA, 416.604.3448

Email: sgiver@yahoo.com

Toronto Central Reiki Clinic

Every Wednesday from 6:30 to 9:00 pm
College and Spadina. Please call for details.

Donation: \$10

Open to the public and all channel Masters

Comments: Time in the clinic is tracked for CRA qualification. New 1st time channels must complete a short intro course on clinic procedures & group hand positions. Proof of current Reiki Level is required.

Cost: \$45.00.

Contact: Roman Szymczak, RT-CRA, 416.531.1141

Email: Roman@HandsOfaHealer.com

Welland

Welland Reiki Share

2nd Monday of every month from 7:30 to 9:30 pm

Visit my website or call to confirm date
Please contact Debbie for exact location

Donation: \$2.00

Comments: Come enjoy interesting discussions on Reiki and other natural healing modalities and group treatments. Please contact me to confirm your attendance.

Contact: Debbie Boehlen, RT-CRA

Phone: 905.714.0298

Website: www.canadianchamppissage.com

NOVA SCOTIA

Halifax-Dartmouth

Last Wednesday of each month from 6:30 to 9:00 pm
142 Braemar Drive Dartmouth

Comments: Everyone with Reiki Level I and above are welcome.

Contact: Gail Piccott Bannister

CRA & AURA Member, 902.463.1775

YUKON

Whitehorse Reiki Exchange

Once a month

Whitehorse Public Library

Contact: Faye Eby for more information

Phone: 867.667.4979

ANNOUNCEMENTS

Shop at The Reiki Corporate Store:

New at the Store — CRA CD

This 17 minute guided Chakra Meditation CD is perfect to use at Reiki Shares or Exchanges. It is a lovely way to bring the group together while relaxing and centering them at the same time. It is also perfect for personal use to relax and refresh you in just 17 short minutes and makes a perfect gift for anyone.



CRA merchandise featuring our logo is available! T-shirts in navy and red available in sizes S (red only-limited), M, L plus we have Navy ball caps.

Please include size and colour preferences where applicable! Allow 4 weeks for delivery.

All items available for \$15.00 each plus \$5.00 shipping & handling. Send cheque or money order to: **Corporate Store**, c/o Canadian Reiki Association, PO Box 74072 Hillcrest RPO, Vancouver, BC V5V 5C8

The CRA is interested in ways to bring the membership together so they can get to know each other by sharing their ideas and experiences. For those who frequent the Internet via e-mail and website browsers, the CRA has set up a members only e-mail list discussion group; subscribe at cra_news-subscribe@yahoo.com.

Extra copies of the newsletter are available for special events or to use for promotional purposes. They are great to have for Reiki Shares & Wellness Shows. For additional copies contact: Judy Cain at reiki@reiki.ca.

We are always looking for items of interest for our members & the public. Send in your articles, special sayings, up and coming workshops, and notices that you would like included in the newsletter.

We would also appreciate receiving your book reviews.

“Just don’t give up on trying to do what you really want to do. Where there is love and inspiration, I don’t think you can go wrong.”

— Ella Fitzgerald

ADVERTISING SECTION

PATH TO LIFE

Carol L. Romanella, D.H.M.H.S, H.D., RP-CRA

Phone: (416) 721-4884 or
(416) 961.1990

Address: 72 St Clair Avenue W

E-mail: csrecuping@primus.ca

Www. [Path to Life.net](http://PathtoLife.net)

BRIDGES TO HEALTH

A Non-Profit Community Health Fair

Free! Saturday, April 29, 2006 Free!
Central United Church

Sarnia, Ontario

10:00 a.m. to 4:00 p.m.

For more information contact:

Joan Kenny 519.542.8025

Gillian Watts 519.344.6367

or e-mail: rwatts@cogeco.ca

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Continued on page 12

ADVERTISING SECTION

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Energy Sensing and Clearing Techniques
Contact Diane: 416.690.6336
diane@circle-of-one.com
www.circle-of-one.com

CARLETON UNIVERSITY RESEARCH ON REIKI AND SOCIAL WORK:

I am a MSW student seeking individuals in Ottawa with both reiki and social work credentials to obtain perspectives on the possible barriers, benefits and limitations of incorporating reiki into social work practice.

Please contact researcher: Cheryl Grant
by telephone: 613.260.7615 or
email: skylark_69@hotmail.com

Sharlene McLearn, R.N., RT-CRA

Teacher/Practitioner
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Integrated Energy Therapy, Reiki
London, Ontario
www3.sympatico.ca/bmclearon
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For more information, please call Lyn Ayre
604.524.8565 or **LynAyre@telus.net**

It may be hard for an egg to turn into a bird: it would be a jolly sight harder for it to learn to fly while remaining an egg." — C.S. Lewis