



# CANADIAN REIKI ASSOCIATION NEWSLETTER

January 2007 | Light 7—Ray 1

## MESSAGE FROM THE PRESIDENT



As the holiday season of 2006 becomes a fond memory, I look forward to the coming year and the journey it will take me on. The challenge for us now is to stay focused on our dreams and promises we made, to make 2007 our best year ever. We have the wonderful gift of Reiki for healing ourselves and transforming goals to live the life of abundance that we seek. What ever direction you seek I wish you every success and happiness in the coming year.

The board is now planning the events for the upcoming AGM that will be held May 26<sup>th</sup> at the Lonsdale Quay in North Vancouver, BC. The CRA elections will be held after the business portion of our meeting. This year we will be voting for three board positions. The nomination form is now available on the *home page* of our website. This form will be included in the hardcopy newsletter that we mail to those members without the benefit of a computer. If you are nominated and accept to run, please submit a short bio and j-peg photo of yourself to Judy at reiki@reiki.ca. **Deadline for nominations will be March 1<sup>st</sup>, 2007.** This is a requirement as your information will be included in the AGM package. The number of proxy votes increased last year as members had the opportunity to read and get to know a little bit about the nominees and put a face to the bio. Make a note of May 26<sup>th</sup> on your calendar and we will see you there.

I want to thank all our members who came out to volunteer at the Whole Life Expo last November. It was a fantastic turnout and without your support it would not have been the success it was.

The 2007 Annual Vancouver Wellness Show will be held on March 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup>, at the Vancouver Convention & Exhibition Centre, 999 Canada Place. Please drop by the C.R.A. booth #960 and meet Barb Weston, Judy Cain and the



*Trees by the lake*

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## MESSAGE FROM THE PRESIDENT

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crew of Reiki volunteers. Then treat yourself to a mini Reiki Session. Even as Reiki Practitioners we must not forget about ourselves. Barb and her volunteers are looking forward to meeting their Reiki friends and CRA members at the show.

Love & Light  
Bonnie Smith  
President

### MEMBER IN FOCUS — is

Tania Bakas, RP-CRA, North Vancouver, BC



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

I have found my calling.

I had heard of Reiki a few years before meeting my teacher and Reiki Master, Barb Weston, but my journey was leading me through different experiences at the time.

I had a stable advertising job in Toronto, earned a solid pay cheque and felt independent. As my career advanced, however, my emotional stability declined. A little voice inside me was urging me to make some changes. I wasn't fulfilled by sitting all day in an office where the most common communication tool was the phone or e-mail. I noticed that people never hugged in my work field and most people were quite guarded emotionally. I found the courage to quit my job in search of something that would make me happy. I knew I needed to work in an environment where I could have positive personal interactions with people and make a difference in their day.

As I look back on my old lifestyle, perhaps it was a reflection of what was going on inside of me. I was quite guarded myself, fearful of engaging in relationships and would always escape from problems rather than face them. I decided to start reading as many self help and spiritual books as I could get my hands on. Something needed to change and it had to start from "within". As I started feeling more open and confident in myself I decided to move back to my hometown and start over.

The true quest for catharsis and spiritual awareness began back in North Vancouver. I was seeking guidance and I had a deep desire to find my calling.

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**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:

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

"A man can do only what he can do. But if he does that each day he can sleep at night and do it again the next day."  
— Albert Schweitzer

#### 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

## **MEMBER IN FOCUS**

*Continued from Page 2*

Within a very short time of moving back home I found Barb Weston through the CRA website. I was intensely drawn to learn from her although I had never experienced a Reiki session before. I just knew that something profound was waiting for me in her class. The first day I met her in person, I was greeted by the warmest hug, and I knew this person was to guide me through my transformation and into my new path of light. I haven't looked back and in gratitude I now enjoy practicing Reiki through my own healing business "Giving Within Holistic Healing".

Since Reiki entered my life I have experienced a great transformation within myself. This is reflected in so much that is happening around me and in my life. I now have the strength and confidence to deal with challenges and conflicts; I know my limitations and recognize the power of my intention. I have learned to love myself and show appreciation to those around me. I truly feel blessed.


### ***What is your major focus for 2007?***

My journey as a healer started through one on one healing sessions. It is tremendously rewarding to know that you can play a part in another person's healing experience. I humbly recognize that I am a channel for Reiki and I am intuitively driven to share this gift with the world. I have made a commitment to apply all the skills I have acquired through past work experience in advertising, customer service and hospitality and my current healing work to create projects that will promote wider awareness of Reiki. I am dedicated to "Giving Within" and have also started a new company with my friend and partner Tracy Lydiatt. Together through "Reiki Vibes Holistic Consulting" we are publishing the Reiki Vibes book, a collection of inspiring Reiki healing stories. We wish to educate and spread the knowledge of this loving energy as far and wide as we can.

### ***Tell us about the contribution you see yourself making to the CRA***

The CRA offers its members invaluable support and credibility. I proudly display my CRA certificate and make a point to mention to my clients that I follow a strong code of ethics that the CRA has established for its members. My clients feel reassured and comforted that their Reiki practitioner is backed by a credible Association.

I am very grateful for this.



I regularly volunteer my services for CRA events, this year will be my second Vancouver Wellness Show participation and I am very excited. The CRA is often invited to make presentations to educate health groups on Reiki and I have offered my computer and presentation skills to prepare a professional slide show for the audience. This has been well received and the CRA continues to receive more requests for presentations, a great opportunity for us to spread the knowledge on Reiki and demonstrate how it works.

I have been working with the CRA Board of Directors as an "Acting Director" since December 2006 and I am hoping that my contribution and dedication will help make my seat on the board official at the AGM election in May.

Through hard work and dedication we can spread the awareness – I see Reiki becoming a common alternative therapy within hospitals and as more Reiki practitioners join the healing field we may start noticing emerging Reiki Healing Centres. The world is waiting for us!

Tania Bakas, RP-CRA  
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## **REIKI SESSIONS**

***...clearing and preparing yourself and your space...***

One of the questions that come up each time I teach First Degree Reiki is similar to the one that came to the CRA recently and is shown above this article. How do we protect ourselves and our space while performing Reiki sessions? The first thing I would like to remind each of us before going into detail answering the above question is this: Reiki is Divinely Guided Energy. It is healing energy for our highest good. The question simply says to me that there may be some concerns or fears while embarking on the wondrous Reiki journey.

The areas I will discuss in this short article will cover areas such as: how to prepare your sacred space and yourself, how to protect yourself during a Reiki session, and the topic of taking on someone else's "stuff."

The information I will share is largely based on my own experience. I have had a Reiki practice as my

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## REIKI SESSIONS

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full-time career for just over 4 years now and have treated many clients. I hope that what I share with you will help in some beneficial way. I will not profess to have all of the answers because each person experiences working with Reiki in their own way. There are many schools of thought when it comes to these topics and mine is simply one of them.

**~Preparing your sacred space:** burning incense or sage will clear the space of anything that needs to be cleared. Make sure you allow the smoke from the incense to reach the corners of the room because energy tends to collect in corners, according to the teaching in Feng Shui. If you have completed Second Degree Reiki you can use the power symbol on the floor, ceiling, walls, your treatment table etc. – anywhere in the room that you feel guided to clear. Archangel Michael is the warrior angel, the angel of protection – I always call him in to fill and surround the space, myself and my client with his protective energy. I also use Tibetan bells called “ting shaws” for clearing.

**~Preparing yourself before a Reiki treatment:** grounding and centering exercises are imperative before you begin. I would also recommend saying a silent prayer before beginning. This is a sample that you may draw from and make your own:

Call in the Divine Lineage of Reiki, angels, archangels, spirit guides etc. (any beings of the light that you might like to call in to be present for the treatment)

I then ask that each of us be surrounded in a bubble of love, light and protection, and that the session be for the highest good and highest healing for my client and myself. (say their name)

You may also use sage or incense to clear yourself and your client before the session. For those of you with Reiki II: you can draw the power symbol over each of your chakras.

To protect yourself from picking up someone else’s stuff, you can do the following: with the palm of your hand facing you, trace up from your pubic bone to your bottom lip. This traces your central meridian or energy pathway, which is like a radio receiver and can pick up negative energy. By tracing it slowly and deliberately and regularly the energy will run its correct path on its own. You will still have a sense of things that may feel negative but that energy will not affect yours. I trace it 3 times every day before I even leave the house.

### ~Clearing yourself:

Again, the use of Sage is excellent for clearing yourself and your auric field before and after a treatment. You can use the Power symbol over your chakras if you have Reiki II.

I often use a technique that I learned from Donna Eden, who wrote the book, “*Energy Medicine*”. It is called, “Connecting Heaven and Earth” or “Separating Heaven and Earth” depending on which edition of the book you may refer to. It helps to clear you of anything you may have picked up during a session. Another technique she showed me was to “push up hard on the cheek bones”. This area is the 1<sup>st</sup> point on stomach meridian. It helps to clear stresses or energies that have just been registered.

At some point in a session you may experience an ache or pain in your body. In my experience it is a signal that the area feeling this sensation is in need of healing on the person being treated. If you move your hands to that area the ache or pain will usually subside, or it may disappear when the treatment ends. This does not mean you have picked up their imbalance; it was simply a way for your intuition to guide you in the treatment.

The advice I have given is very basic and each person will do what they feel works for them individually. Over time you will see what works for you and what simply feels right. Trust your instincts and your intuition. I believe that our thoughts create our reality, therefore, keep your self in a positive mind frame and you will be just fine!

Reiki Blessings to all who read this!  
Cheryl Hiebert M.Div. CRA-RT KRM

Cheryl Hiebert is the Founder of Sacred Journeys Healing Arts Centre located in Kingston, Ontario. She offers a wide variety of services and workshops and can be contacted through her website: [www.sacred-journeys.ca](http://www.sacred-journeys.ca) or by telephone at: 613.634.8220.

"A man can do only what he can do.  
But if he does that each day he can sleep at  
night and do it again the next day."  
– Albert Schweitzer

## **2006 WHOLE LIFE EXPO - TORONTO**

The CRA made its fourth appearance at the Whole Life Expo during the last week-end of November 2006. This year we were able to give the booth a more polished and professional appearance than previous years with our new CRA maroon and gold trimmed table covers and banners. I would like to give special thanks to Joselin Ratto for her help with the covers and to Rita Bonnici for her help in setting up our booth.



Global TV took notice and filmed our booth as part of their storyline on the Whole Life Expo 2006.

This year we doubled the size of the booth and that allowed us to bring in three tables for the show. With over 40 Reiki Practitioners coming out to volunteer we gave 110 mini Reiki sessions over the course of the week-end. We were also successful in selling our CRA T-shirts and the new logo pins and Meditation CD's.

The Whole Life Expo was a wonderful venue for all who came to lend their Reiki hands in support of the CRA. We had many members out for the first time and I hope it was a memorable experience for them as well as the Practitioners who have attended the show



over the past few years. I look forward to next year and will be calling on all members who came to this show and will put a notice out in June as a reminder that if you would like to participate, then please give me a call.

Once again, many thanks to all who participated. Our group effort made the show a success.

Love & Light  
Bonnie Smith  
President

### **WELLNESS SHOW, WHOLE LIFE EXPO, TRADE SHOW GUIDELINES**

*By Barb Weston, Vice-President CRA*

As a gentle reminder to our volunteers and participants, we ask that you adhere to the following guidelines and etiquette while presenting yourself as a professional and representing the CRA as an Accredited Association.

1. Never diagnose any condition whatsoever during or after a Reiki session unless you are a licensed professional such as a Doctor, Psychologist etc. (Reiki Practitioners do not diagnose nor do they ever recommend medications, vitamins etc unless professionally qualified to do so)
2. Always cleanse your hands between Reiki sessions with the hand cleanser provided by the CRA.
3. Do not wear perfume or use any essential oil. Some people may be allergic.
4. Always ask for permission to touch the client during the session and assure them that absolutely no inappropriate touch will take place.
5. Never boast to the client that you felt "this or that" during the session. If you have information you wish to share privately you may do so, as long as you are not diagnosing a condition. (unless professionally qualified to do so)
6. Stop your conversations while you are in session with a client. (Talking during a Reiki session indicates to the receiver that they are not worthy of your complete attention)
7. Do not snack on food or chew gum while doing a Reiki session.
8. Take turns with the other practitioners at your table doing the different positions. i.e.: head, feet, solar plexus / spleen (sacral) / root.
9. Arrive "at the booth" on time for your shift. You play a very important roll and we are depending on you.
10. Wear your CRA T-Shirt with clean, presentable attire. No jeans with holes please. Remember, we are presenting ourselves as professionals to "thousands" of people who attend this show.
11. Turn your cell phone off or set it to vibrate while in the booth.
12. Do not combine other modalities with Reiki such as massage, reflexology, acupressure etc. We are demonstrating "Reiki" in its pure form, not a combination of modalities.
13. Most importantly, enjoy yourself and smile!!! These are wonderful events to be involved in and a beautiful way to connect with your fellow Reiki practitioners and present Reiki to the public in a professional way.

"Have the courage to follow your heart and intuition.  
They somehow already know what you  
truly want to become. Everything else is secondary."  
— Steve Jobs



## ***SPIRITUELLE DIVAS***

*By Rosalind V Smith, RT-CRA*

Over the years, many of my Reiki students asked where they could explore topics that they were not comfortable discussing with their friends and in many cases their families.

In September 2002, four women sat in the basement of my house. We were having discussions on topics that we couldn't have with many of our friends. We were questioning and exploring our spirituality.

That was then. Today we are known as The Spirituelle Divas™ Organization - a not-for-profit, non-political organization. Our members are of various religious beliefs and socio-economic backgrounds. We are over 100 women in chapters of up to fifteen women who meet once a month. We are discussing forming other new chapters including outside of Canada.

We support and empower each other in a journey of sharing and spiritual self-discovery as we care for the less fortunate through individual and collective contributions to our global community.

The Reiki Ideals of Dr. Mikao Usui simply connect to our mission statement. That is, to be an organization for the empowerment of women through learning, leadership and spiritual self-discovery; and to operate in non-judgment with a belief in the ideals of acceptance, love and light for the universe, all people and all living things.

The Spirituelle Divas™ organize retreats, speakers and a winter gathering. This year we knit over 300 scarves for Street Haven, a women's shelter and collected and delivered school supplies to recent immigrant ESL students at George Harvey Collegiate for the start of the current school year. We make a donation each winter to Sleeping Children Around the World and to date, we have assisted 22 children in third world countries. We have also collected toiletries and other items for women and family shelters. Every member participates to the best of their ability.

Our members are single, married, separated, divorced or widowed. We are artists, therapists, social workers, marketing executives, hairdressers, stay-at-home moms, etc. At the present time, we age from 30 to 80-something.

Our nominal membership fee of \$35 per person assists us to defray some of the expenses.

What makes us different from other women's organizations is that we provide each woman with a non-judgmental place where she can feel safe and



secure to share and grow and discover her own spirituality. Karen Kofman, a Reiki Practitioner and one of the founding members shares "I have watched myself grow and spiritually mature with the Spirituelle Divas™. It has been a safe and loving environment for me to nourish and develop my spiritual awareness." and "The Spirituelle Divas™ have given support and guidance to help me grow to be who I am today" says Marla Brudner, a Reiki Practitioner. All members encourage each other to step into their true spirit.

We assist women like you who might be interested in becoming a Spirituelle Diva by either finding an existing chapter to join, or aiding in the creation of a chapter.

It is our hope that *you* take the time to find out more about our organization and discover a place for *you*!

Namaste

Rosalind V. Smith, M.Ht., RT-CRA

Founder

**The Spirituelle Divas™ Organization**

info@spirituelledivas.org

905.764.1727

*"Step into your true spirit"*

## ***TESTIMONIAL***

*Debbie Betts, RP-CRA*

*Flamborough, ON*

I want to express my sincere gratitude and appreciation for the service you provided to me recently. Your reiki treatments were the most effective method of pain relief I have ever experienced. Coupled with chiropractic and massage treatments, I believe that the reiki treatments you provided were the catalyst which allowed my back to recuperate. The immediate pain relief and muscle relaxation that I experienced as a result of your treatments meant that I could continue to work and get on with my day-to-day activities. I thank you for your professional and effective service and will be recommending your services to anyone I know who could benefit from the treatments.

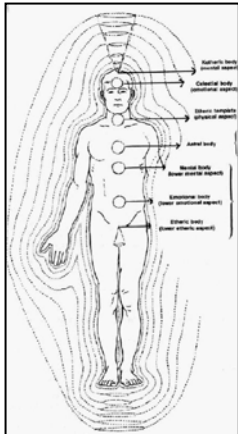
Sincerely

Arlene MacFarlane

## **HUMAN ENERGY FIELD & VARIOUS HEALING METHODS**

By Simrat Panfer, RT-CRA  
Brampton, ON

Aura is the electromagnetic energy field surrounding the human body. Indian spiritual traditions over 5000 years old tell us of a universal energy, a vital source of all life formed as an individual field, which is perceived as a luminous body surrounding and integrated with the physical body of all living beings including plants and animals. Only a few clairvoyants were able to see and read all seven layers of a person's Aura. In all the religious paintings portraying Halos around the head of Gods, Goddesses, Christ and the Saints indicate that the powerful spiritual energy of these people was actually visible and witnessed by others as a golden light, especially around the heads and upper bodies. In recent years, more and more people are interested in exploring the human Aura to understand the true source of emotional and physical imbalances, which often lead to disease.



There are seven main bodies of human energy and these layers are reflected in layers of the Aura. Each of these bodies is thought to be connected and correspond to seven main Chakras – the Energy Centers. These aura layers are known as the Etheric Layer, Emotional Layer, Mental Layer, Astral Layer, Etheric Template Layer, Celestial Layer and Ketheric Template Layer. The first layer of Etheric field extends about two to four inches around the body and is usually a light or pastel shade. Layering the Etheric layer are the net layers of aura, which contain every colour and shade of the rainbow and usually extends 2-5 inches from the body. Its colours, textures and patterns reveal much information about physical, emotional, mental and spiritual states. An Aura is like a thumbprint; it is completely individual and expresses who you really are in your entire splendor.

This electromagnetic field reacts faster to inner and outer influences and, therefore, changes more frequently but as it is connected to the higher energy bodies, it can indicate the nature of body, mind, and soul and can inform us about personality traits, feelings, talents, desires and energy patterns. The physical, mental and spiritual planes of every person have an individual vibratory rate. Therefore, different colours or color combinations of respective vibratory planes reflect these personality planes. Whenever we suffer (pain, disease, moods, losses,

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## **BOOK REVIEW**



### **“Healers at Work”**

Firsthand Accounts of the Difference  
Alternative Healing Makes  
by Peter Downie, long-time host of  
CBC TV & Radio

I really liked this book. It is an interesting collection of interviews with different healers and one, Rochelle Graham that I have personally studied with. I had the pleasure of taking a Healing Touch Workshop in Naramata, BC with Rochelle Graham many years ago.

Perhaps, like me, you wonder why anyone would want to study and then practice the healing arts. When we look around us, we see that there are many walking wounded in our lives, and indeed, in society today. With the increase of so many autoimmune disorders and other diseases not respecting any age group, many of us are looking towards alternative holistic therapies to complement our allopathic treatment regimes.

In this book, Downie exposes us to topics that include faith healing, dream interpretation, laying on of hands, and perhaps the most powerful healing of all, that of love.

It is interesting to note that our skepticism accepts how a massage or another hands on modality can offer us relief when we are in pain, yet the concept of receiving healing from someone merely passing their hands a few inches above our body leads us to wonder how that could have any curative effect.

The book also gives us an insight, that emotional, as well as physical problems can be helped with alternative healing techniques. For instance, if we were to suffer a broken bone, we know cognitively that the bone requires setting. To us, that is plain common sense. The discussions in this book present us with alternatives such as Therapeutic Touch and various other alternative modalities that seem to be valuable as an adjunct in our recuperative process, and in quickening our healing time.

This book is a worthwhile read and presents us with information in a time when we are seeking to regain control over our own bodies in the healing journey.

Connie Meisner , RP-CRA  
Prince Rupert, BC

## ***HUMAN ENERGY FIELD & VARIOUS HEALING METHODS***


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tragic incidents, accidents etc.) it is all because of an energy leak in either the inner or the outer layers of Aura. The Aura contains much information about us. This information can give us clues as to what has happened in the past; what sort of energies we are letting ourselves be open to in the future. Not only this, but also the information about past physical ailments or the beginning of new ones is also there. Depending on the number of colours, the position of these colours, the shade of any particular color and many other factors such as the overall shape of your aura, size, and how quickly your Auric colours change gives us a wealth of information concerning your past, and your future possibilities..

The Human Aura has its main energy centers in the body called Chakras, otherwise known as the energy centers of the human body. They have the function of grounding spiritual energies into the physical plane where biologically they are connected with the Endocrine (glands that produce hormones) system of the body. There are seven chakras altogether, and these are:

The Root Chakra is our connection to the earth and the physical plane and a symbol of our basic survival needs. (Location: base of the spine; colour-Red). The Second Chakra is representative of our creative and procreative urges and drives, including sexuality. (Location: the genitals; colour-Orange). The Third Chakra is the energy center for power and manifestation (location: solar plexus; colour-Yellow). The Fourth Chakra is the energy center for love, both human and divine (location: heart; colour-Green). The Fifth Chakra is the center for expression and communication (location: throat; colour-Sky Blue). The Sixth Chakra is the center for our psychic powers (location: third eye just above and between the eyebrows; colour-Indigo). The Crown Chakra, otherwise known as the 1,000 petalled lotus flower, is our connection with the Cosmic or the divine (location: top of the head; colour-Violet/White).

Now we know that the world in which we live is composed of energy. The Universal Energy Field surrounds our Human Energy Field (aura) centered within oneself, experiencing the abundance of life. Every moment, each of us is awash in the perpetual moment of this Life Force Energy that streams through and around our bodies. This is exactly like the fish living in water without knowing the concept of water in which it lives. Since *everything is energy*, all healing ultimately involves energy. Most energy healing methods are focused on the physical, mental, emotional and spiritual levels of life. Energy healing works purely with the energetic level of our being working directly with energy to influence the physical, mental and emotional, as well as the spiritual



level. Man's natural state is one of health, yet exceptionally rare is the person who does not suffer from any disease and express the desire to get free from disease in the quickest possible way.

There are many Healing Techniques in the world today, Complementary/Alternative Medicine, Natural Medicine, Non-Conventional Medicine. Holistic Medicine/Healing is the title used to refer to a diverse group of health-related therapies and disciplines which are not considered to be a part of mainstream medical care. Let us get familiar with some main techniques of Energy Healings.

Reiki is one of the most common forms of alternative Energy Healing as a hands-on-healing technique. There are many forms of Reiki with Usui being the most common and traditional form. If there is an illness or disturbance in the body, mind or emotions, Reiki can address those levels and also complements and supports other methods of healing, because it uses the energy of which the body, mind and emotions are composed.

Aromatherapy has been practiced since ancient times. The ancient Indians, Greeks, Romans, Chinese and Egyptians had recognized the therapeutic benefits and healing properties of essential oils. Aromatherapy is the skilled and controlled use of essential oils for emotional and physical health and well-being. The essential oils are extracted from plants and other natural sources.

Feng Shui is the Chinese art of design and placement of objects. The Chinese believe that everything in the universe including living beings is made of energy called "chi". A basic understanding of this energy is essential to bring in harmony and prosperity in our lives.

In crystal healing Crystals are the boosters of Energy. Practitioners of this therapy believe that gemstones carry certain vibrations which when placed within a person's aura, have the effect of changing it.

Meditation is putting mind and body together to connect to the Higher Self. Meditation has been known through the centuries in many forms: prayer, chanting, hypnosis, visualization and breath control.

Yoga means "union"; the conscious integration of body, mind and spirit with the awareness of the One. Stretching without involving the mind is ... stretching, actively connecting with the body through thought and conscious breathing, while remaining aware of spirit is Yoga.

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## ***HUMAN ENERGY FIELD***

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Reflexology is an energy therapy that puts pressure to reflex areas, formed by nerve endings in each hand and foot, that results in improved communication to each and every single gland, organ and part of the body, thus encouraging the body to come into balance.

Individuals with very unbalanced emotional lives can mature into emotionally balanced personalities by increasing their awareness and by using appropriate therapies or meditation, although this personality change is a process that requires time.

With Love & Light

Simrat Panfer, RT-CRA

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## ***BEINGS OF LIGHT***

*3 January 2005 © Lyn E. Ayre*


I've always been a 'Light-chaser' and I know I'm not alone in this, else why would there be so many Lights to run after. We are Be-ings of Light and seeing Light, we are reminded of this most awesome fact.

The Light first became visible for me as a child sitting by the water. As the sun beamed down upon the glassy surface, little diamonds formed on the top of the water. I found it fascinating to watch them as they danced and bobbed while the wind moved over the surface and the tide pulled them from beneath. I was transfixed.

As I grew older, like a little crow, all things shiny captured my heart. The rhinestone bracelet my Mom wore, when she and Dad were going out for the evening, was enchanting to me. It sparkled as the Light caught the facets. It offered my Mom an air of richness and bounty that was awesome. When Mom crossed over, it was a choice I made from her jewelry box and I still have it today.

Lying under the starlight at summer camp was another one of nature's remedies for me. While looking up, I felt as if I was falling up into the sky. I let go. I had some great journeys through the stars and nebulae, whipping around the galaxy.

During my teens, I enjoyed dating. One time, there was a roadside fair and the Lights caught my attention. We pulled in and I was in heaven. For me, there was something about the fairway with the game-hawkers, the laughter, the conviviality, the rabble, and, of course, the Lights. My favourite ride was the tilt-a-whirl. As I spun around and around, I became dizzy and disoriented – just enough to feel the joy of not knowing where I was on the world. I was recently reminded of the delight of this feeling as I watched the Sufi dancers swirl and twirl. All of my adult life has found me screeching over to the



side of the road when I saw a fair, and enjoying a ride and the Lights around me.

When I became engaged, the sparkle of the diamond won my heart. I've been enamored for life with these tiny beings of Light. Of course, rainbows are always a favourite with me and to have something on my finger that I could look at closely and see rainbows in was incredible. I've been very privileged to own some very nice pieces of jewelry. Beautiful rings, necklaces, earrings, broaches, and pins have adorned me and caused me to reflect Light back to others. At times, I take them all out and just gaze at them, being warmed by the wonder of their Light.

When it was time for me to set up my own home, carved crystal glass ornaments came into vogue. There have been many times in my life when I've just stopped at the store front and admired them for quite a few minutes, feeling re-filled as I left the area. It did something for me. Jewelry storefronts do the same thing.

I discovered that, as the Light left in winter, I'd become sleepy and sluggish, flagging in spirit. I'd feel deprived and frustrated as I went to work in the dark and came home in the dark. I put on weight during the stark winter months. Often, I was depressed and completely un-motivated.

There was only one thing that saved me during this time of year and that was Christmas. The bounteous Lights of this most joyous season would serve to boost my morale for a period of time. I'd organize outings with my family to go see the houses that were decorated in glowing reds, greens, golds, and blues. We'd have cocoa and toast for a snack, then off to bed feeling filled up again. Our home and grounds would dazzle with the brilliance of all manner of Christmas Lights. This year, we took our granddaughter, Courtenay, to see the decorated homes. She, too, is a Light-chaser. There is definite comfort in family traditions. So, cocoa and toast were the snack of choice that night. As the Light came back in February, my inner Light would strengthen and increase in intensity. My energy began to return and infuse me with feelings of hope and joy.

Through all of this, I tried to discover my own Light, my own sparkle and shine. I knew that I was attracted to all things Light but how could I incorporate that into my Be-ing? It wasn't until I received the most precious gift of Reiki that I became fully connected to the Light and able to radiate that Light out of my Be-ing, to help others.

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## BEINGS OF LIGHT

Continued from page 9

Today, not much has changed in the 'Light department'. Norm and I share our space with several hundred crystals, all emissaries of Love and Light. Each window that tracks the daily progress of the Light has a crystal drop hanging in it. Rainbows fill every room as the earth spins on 'round the sun.

Becoming a Light-worker and daily working within those realms has done a lot to even out my year so that the SAD is not as debilitating in the winter. Employing Reiki regularly, through self-healing and sessions for others, keeps me full of hope & joy and ready to serve. My brain is continuously firing on all eights even through this dark time of year. So, writing courses, stories, and articles no longer comes to a grinding halt in November. This is a true Blessing for me. Being inspired (in Spirit) by new thoughts and ideas, and trusting myself to act in accordance with the Light, has filled me with energy that I can sustain year round.

A few years ago, we had the privilege of doing something really cool. On the 21st of December, we went to the 11th annual Winter Solstice Lantern Festival at the Roundhouse in Vancouver, BC, to welcome the return of the sun. We were warned to see the procession coming into David Lam Park, everyone carrying a lantern. There were dancers with fire torches, and Taiko drumming in the background. We proceeded up to the Roundhouse Community Centre and walked the 600-candle Labyrinth of Light. Our friend, Christine Paton from The Crystal Ark was playing the crystal bowls, and Om was being chanted via CD. It was a wonderful meditative journey through that year.

As well, we went to St. Paul's Anglican Church, which has a permanent Labyrinth and "4,500 spiritual pilgrims of all kinds come each year to walk it." We enjoyed another meditative progression there on New Years Eve, and added our prayers for the victims of the Indian Ocean earthquake and subsequent Tsunami, which had happened a few days before on December 26, 2004.

There are many ways to connect with and increase our inner Light. It is my sincere hope that the reader may get a few ideas of his or her own after reading this very personal article on Light, which is my passion. I'm always happy to receive your letters, which share your personal experiences. Peace be with you.

Lyn Ayre, Ph.D.  
604.524.8565  
LynAyre@telus.net  
www.LynAyre.com

## LET'S HEAL EACH OTHER

By Setareh Riahi, RT-CRA  
Vancouver, BC

A wise man once said: Everyone can be a healer.

We all have the ability or talent to heal, to act as a channel for the divine energies (Prana or Chi) that surrounds us. This talent is inside each one of us, but except for some rare cases, it needs to be awakened. And awakening that ability to heal is one of the wonderful things that Reiki offers us.

I have been teaching and practicing Reiki for many years. I have witnessed many amazing healings that have happened to me or others. Reiki is gentle yet powerful, subtle yet significant. It is a wise energy that finds its way and helps us make positive changes in our lives, when we are ready to accept them.

Throughout human history, we have been blessed with several wonderful healing techniques. Some of those techniques are Yoga, Tai Chi, Meditation, Reiki, and Martial Arts.

Other than Reiki, I also practice Yoga, Meditation, and Martial Arts. I enjoy them all, but believe me, Reiki is the easiest one to learn and practice!!

The Reiki energies are always available to us, whenever we need them. We just need to intend "Reiki" and it flows.....

So to those of you who haven't experienced this healing technique yet: Have a Reiki treatment, or even better, take the training. This way you can practice it on yourself, your family and friends, your pets, or even your plants whenever necessary.

And to all of the Reiki teachers and practitioners:

Appreciate this gift, use it well.

Couple of important tips for Reiki practitioners:

- Add spiritual balance to your life. Practitioners must commit to personal improvement on a daily basis. This is for better protection of you and your client. In addition, committing to a regular spiritual practice further increases the healing powers of Reiki ray.

Continued on page 11

"Action is the antidote to despair."  
— Joan Baez

## LET'S HEAL EACH OTHER

Continued from page 10

- Keep a peaceful state of mind during the session. Focusing on your hands, or visualizing white light coming out of them, will increase the flow of Reiki.
- Do not make judgments. It is possible to find out personal information about the client during a session, either intuitively or by some form of release of the negative energies from the recipient. And whatever you find out let go of them, don't get attached.
- Keep your client's confidentiality. Do not release any information to a third party unless you already have your client's consent.
- Do not get the emotions involved. It is important to keep a neutral state of mind.
- Do not make any promises. Healing is not in our hands, it comes from a higher source. Healing happens if it is for the highest good.

Enjoy the Wonderful Healing Energies of Reiki

Setareh Riahi is a Reiki Master and Yoga Teacher. She performs Reiki sessions, teaches yoga and meditation classes & workshops, and Reiki training workshops in all levels.

Her website is [www.setarehyoga.com](http://www.setarehyoga.com)  
She can be reached at 604.790.1200 or  
[info@setarehyoga.com](mailto:info@setarehyoga.com)

"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself."  
— Harvey Fierstein

## REIKI SHARES & EXCHANGES

### BRITISH COLUMBIA

#### **Burnaby**

Canadian Reiki Association Exchange  
1st Saturday of the month from 1:30 to 4:30 pm  
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](mailto:reiki@reiki.ca)

## REIKI SHARES & EXCHANGES

### BRITISH COLUMBIA

#### **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](mailto: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](mailto:dovewing@telus.net)

**Website:** [www.wingsofdove.ca](http://www.wingsofdove.ca)

### 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](http://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](http://www.reiki-rocks.ca) for up-to-date information.

**Contact:** Noortje Vanderelst RT-CRA

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## ***REIKI SHARES & EXCHANGES***

### **ALBERTA**

#### **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

**Phone:** 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

**Phone:** 306.744.8122

#### **Saskatoon**

##### **Healing Co-op Reiki Share**

2nd and 4th Tuesday of each month  
165—3rd Avenue S (The Birks Building)  
Meet at 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 2<sup>nd</sup> 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,

**Phone:** 204.724.6855

**Email:** mayers@mts.net

### **ONTARIO**

#### **Amherstburg**

3rd Friday of every month at the Masonic Temple  
68 Murray Street  
7:00 to 10 pm

We welcome all people for sample sessions.

**Comments:** All are welcome to come and experience  
Reiki. Open Reiju will be given to those who wish it.

**Contact:** Donna Hibbert

**Phone:** 519.736.2473

#### **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, RT-CRA

**Phone:** 705.722.4052 for location

**Website:** 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 RT-CRA

**Phone:** 905.791.8320

**Email:** mark@reikitoronto.com

#### **Burlington**

2nd Tuesday of every month  
Breast Cancer Support Services (BCSS)  
695 Brant Street  
Park in the drive or across at the Post Office  
7:00 pm sharp (meditation) to 9:00 pm

**Donation:** \$5

**Comments:** Open to all Reiki levels & lineages.  
Tables are welcome, otherwise bring a pillow &  
blanket.

- If you need practice for CEU's bring your  
Practicum form.

- Registration is required due to space limitations.

**Contact:** Jo-Anne Stevens RT-CRA

**Email:** info@essentialwellnesscentre.com

**Contact:** Kerri Fargo B.A. RT-CRA

**Email:** info@circle-of-light.ca

*Continued on page 13*

"The moment of enlightenment is when a person's dreams  
of possibilities become images of probabilities."  
— Vic Braden

## **REIKI SHARES & EXCHANGES**

Continued from page 12

### **ONTARIO** *con't*

#### **Cambridge**

Aura Care Reiki Balance Centre  
3rd Thursday of the month from 7:00 to 10:00 pm  
Held at Balance-Natural Healing Arts  
71 Dickson Street, Cambridge (downtown Galt)  
**Donation:** Accepted  
**Comments:** Any/all levels & lineages. Special interest in musical and/or alternative Reiki Techniques. Bring a bed if you have one! **Please RSVP**  
**Contact:** Laura Gauthier, RT-CRA  
**Phone:** 519.622.1269  
**Email:** balance@auracarereiki.com

#### **Guelph Reiki Share**

2nd Wednesday of the month from 7:00 to 10:00 pm  
**Location:** Soul Connection, 12 Oakridge Crescent  
**Donation:** \$5  
**Comments:** Welcome Level One and higher  
**Contact:** Barbara McKell RT-CRA  
**Phone:** 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 RT-CRA, 519.763.7948  
**Email:** bonnie@pathwayshealing.com

#### **Guelph Learning and Sharing Reiki**

Last Wednesday of Sept, Oct & Nov 2006  
**Place:** Contact for location  
**Time:** 6:30 pm - 8:30 pm  
**Donation:** \$5 - \$10  
All Reiki Practitioners welcome.  
**Comments:** Hosted by 3 Reiki Masters  
**Contact:** Anne Harauz, RT-CRA, 519.763.7566  
**Email:** anne@spiritfilledhealing.net

#### **Holland Landing**

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

#### **Kingston**

1st Tuesday of each month  
Sacred Journeys Healing Arts Centre  
**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

#### **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 RT-CRA  
**Phone:** 519.660.3664  
**Email:** Mercedes@execulink.com

#### **Newmarket**

**Waves Fitness and Lifestyle Centre**  
2nd Sunday of every month at 10 am  
200 Davis Drive, Unit #1  
**Donation:** \$5.00 suggested  
**Comments:** All those interested in Reiki—All Practitioners any style of Reiki  
**Contact:** Gill Skyvington  
**Phone:** 905.967.1112  
**Email:** gill@holisticpathways.net

#### **Ohswеkeh**

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 information.  
**Contact:** Michelle Thomas or Jane Burning RT-CRA  
**Phone:** 519.445.1904

#### **Perth**

Reiki Associates  
3rd Monday of the month 7:00 to 9:00 pm  
2368 Christie Lake Road, Perth, ON  
**Comments:** Everyone welcome. Check our website for confirmation of time and place  
www.reikiassociates.com  
**Contact:** Denise Carpenter RT-CRA  
**Phone:** 613.913.2803  
**Email:** reikiassociates@superaje.com

#### **Toronto**

Please register by email if you plan to come  
**Place:** 615 Yonge Street, #403  
**Donation:** something for snacking  
**Comments:** All who have Level I Reiki or Learning Path Integrated Technique are welcome to join us.  
**Contact:** Diane Young, RT-CRA of Circle of One  
**Email:** diane@circle-of-one.com

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## REIKI SHARES & EXCHANGES

Continued from page 13

### ONTARIO *con't*

#### **Toronto Reiki Intro. Talk & Share**

Call for next dates—from 1:00 to 5:00 pm  
Swansea Town Hall, 95 Lavinia Avenue, Council  
Chamber 2nd flr, 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 sessions & light refresh-  
ments. Bring something to lie on: pillow, foam or  
yoga mat, bad sheet, pillowcase, towel. Massage  
tables are greatly appreciated too! I also facilitate  
trades between holistic healing practitioners of all  
modalities & run volunteering & practice nights.  
People can also join the 'Toronto Reiki Healing  
Shares Group' at: [http://groups.yahoo.com/group/-  
Torontoreikihealingshares](http://groups.yahoo.com/group/-Torontoreikihealingshares) to be informed of our on-  
going Reiki shares.

**Contact:** Stephanie Norwich RT-CRA, Reiki Mas-  
ter/Instructor, Licensed Holistic Practitioner, Masters of Educa-  
tion Candidate (Counseling).

**Phone:** 416.785.3611

**Email:** [sgiver@yahoo.com](mailto: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. Cost is \$45.00. Proof of current Reiki  
Level is required.

**Contact:** Roman Szymczak RT-CRA

**Phone:** 416.531.1141

**Email:** [Roman@HandsOfaHealer.com](mailto:Roman@HandsOfaHealer.com)

#### **Bathurst & Eglinton**

**Date:** Last Wednesday of the month

**Time:** 6:00 to 9:00 pm

**Location:** Bathurst & Eglinton—Toronto

**Donation:** \$10 pay on-line or in person

**RSVP:** Come alone or invite a friend, space is  
limited, contact me to reserve your spot.

**Comments:** Everyone is welcome, non-Reiki & Reiki  
Practitioners. For more information please visit site.

**Evening Activities:** Guided Meditation, Group Reiki  
Sessions, Discussion.

**Reiki Practitioners:** Earn Continuing Education  
Unites (CEU) towards CRA membership.

**Contact:** Vivian eilON, Reiki Master/Reconnective  
Healing

**Phone:** 416.457.3330

**Email:** [Vivian@zanfree.com](mailto:Vivian@zanfree.com)

**Website:** [www.zanfree.com](http://www.zanfree.com)

#### **Toronto Hypno Healing Reiki Share**

Every 4th Monday from 6:30 to 9:00 pm

**Place:** Hypno Healing Institute Inc, 355 Keele St

**Donation:** by donation

**Comments:** This is open to all Reiki Practitioners or  
members of the public who wish to join us. The  
purpose of this gathering is to inform people about  
the benefits of Reiki, and to receive a Reiki treat-  
ment to promote healing in their everyday life.  
Please feel free to pass this information on to anyone  
you think may be interested. To join our Reiki Share  
please call our office.

**Contact:** Debbie Papadakis

**Phone:** 416.760.8996

**Email:** [Debbie@hypno-healing.com](mailto:Debbie@hypno-healing.com)

#### **Welland Reiki Share**

**Place:** 18 Cross Street in Welland

Please visit website exact dates

**Donation:** \$2.00

**Comments:** Come enjoy interesting discussions on  
Reiki and other related subjects as well as the group  
Reiki share.

**RSVP:** Please contact me to confirm date and your  
attendance.

**Contact:** Debbie Boehlen RT-CRA

**Phone:** 905.714.0298

**Website:** [www.thehealingplace.ca](http://www.thehealingplace.ca)

### QUEBEC

#### **Montreal**

##### **Reiki for Kids**

Workshop for Kids 6-12 and Teens 13+

For more information

**Contact:** Karen Mosuk RT-CRA

**Phone:** 514.856.3435

**Email:** [karenmosuk@hotmail.com](mailto:karenmosuk@hotmail.com)

### NOVA SCOTIA

#### **Halifax-Dartmouth**

Last Wednesday of the 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

**Phone:** 902.463.1775

### YUKON

#### **Whitehorse Reiki Exchange**

Once a month

Whitehorse Public Library

**Contact:** Faye Eby RT-CRA

**Phone:** 867.667.4979

## ANNOUNCEMENTS

### Shop at The Reiki Corporate Store:

#### New at the Store — CRA Logo Lapel Pins

For your convenience we now offer PayPal® through the internet Corporate Store to pay for all store products plus new and renewal of memberships.

Our newest item in the Corporate Store is our CRA Logo Lapel Pins. These beautiful pins are an ideal gift for yourself or as a gift for your Reiki students when they complete a class for only \$5.00. Buy 5 pins for \$25.00 and get 2 free with your order.

Don't forget we have generic Certificates for Level's I, II, III and Master for members and non-members. Email for pricing or go to our on-line Corporate Store.

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. \$15.00 plus \$5.00 S&H.



T-shirts with our logo come in navy and red available in sizes S (red only limited), M, L plus we have ball caps in navy. \$15.00 plus \$5.00 S&H. Please include size and colour preferences where applicable! Allow 4 weeks for delivery.

Send cheque or money order to: **Corporate Store, c/o The Canadian Reiki Association, Box 54570, 7155 Kingsway, Burnaby, BC V5E 4J6.** Don't forget you can pay on-line through PayPal®

The CRA is interested in ways to bring the membership together so they can get to know each other by sharing 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@yahoogroups.com](mailto:cra_news-subscribe@yahoogroups.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](mailto:reiki@reiki.ca).

**Keep the newsletter going by sending in your articles and book reviews.**

**Why not become the Member In Focus?**

"We must walk consciously only part way toward our goal & then leap in the dart to our success."

—Henry David Thoreau

## 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](mailto:csrecuping@primus.ca)

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



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[www.transense.ca](http://www.transense.ca)  
[stephanie@transense.ca](mailto:stephanie@transense.ca)  
tel. 416.916.2980

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[www.wingsofdove.ca](http://www.wingsofdove.ca)  
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[dovewing@telus.net](mailto:dovewing@telus.net)

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### Circle of One

In Toronto, Ontario, Canada  
Offering workshops and  
Sessions in Reiki  
Learning Path Integrated Technique  
Axiational Alignment  
Energy Sensing and Clearing Techniques  
**Contact Diane: 416.320.8524**  
**diane@circle-of-one.com**  
**www.circle-of-one.com**

### REIKI FOR KIDS

Workshop for Kids  
6-12 & Teens 13+  
in Montreal, QC  
For more information contact:  
Karen Mosuk  
karenmosuk@hotmail.com  
514.856.3435

*Sharlene McLearn, R.N., RT-CRA*  
*Teacher/Practitioner*  
*Blue Matrix Energetics,*  
*Integrated Energy Therapy, Reiki*  
*London, Ontario*  
**www3.sympatico.ca/bmclearon**  
**www.asharlene.com**  
**asharlene@sympatico.ca**  
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fall asleep, in the other that it may not be dismayed."  
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