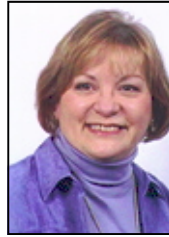




CANADIAN REIKI ASSOCIATION NEWSLETTER

July 2006 | Light 6—Ray 2

MESSAGE FROM THE PRESIDENT



On behalf of your board of directors, we would like to thank all members and non-members who attend the 8th Annual General Meeting held on May 27th in Oakville, Ontario. This event would not have been the success it was without your presence and support for the CRA. This year we had over eighty in attendance with several members and guests coming from out of province and from the United States.

Everyone enjoyed what our mini market place had to offer and in the afternoon Barbara McKell's two-part presentation on Sound Healing with Crystal Bowls followed by Reiki Drumming was fantastic. Door prizes and a raffle during the luncheon completed the festivities.

Elections were held, as two of the director's positions were available. Barb Weston and Joselin Ratto were re-elected and they will retain their positions as Vice-President and Director. I would like to thank Suzanne Dobinson and Barbara McKell for coming forward this year and putting their names into the hat as candidates. The CRA appreciates that the interest is there to be a part of this association.

We announced that there are new products in the Corporate Store and have introduced PayPal® for the extra convenience to members. We hope to develop more ideas over the coming months so please check in and see what is available. As an association we cannot rely on membership alone for funding and we would appreciate your participation in either new ideas for CRA products or in purchasing what we have to offer.

During the meeting members expressed concerns regarding the Case Studies and the Privacy Act. This is a complicated issue as the Act varies from province to province. So please be patient and we will do our very best over the coming year to sort through these issues.

Our next Annual General Meeting will be held on May 26th, 2007 at the Lonsdale Quay Hotel in North Vancouver.

Love & Light
Bonnie Smith
President



Dragonfly

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MEMBER IN FOCUS — is
Jinny Rodrigo, RP-CRA, North Vancouver, BC



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

I was first introduced to Reiki by a practitioner who offered to do an exchange of Reiki for an Astrology reading. It was a pleasant experience but I didn't think much of it at the time. In retrospect, I can say that the time of my first Reiki experience was a turning point where a series of both fortunate and unfortunate events all conspired to reflect a shift in a completely new direction for my life path. I realize now after understanding the subtle yet powerful influence of Reiki more deeply, that my first taste of Reiki served as a harbinger of things to come. Again in 2002, I had a brief taste of Reiki (another exchange) and again, felt nothing out of the ordinary. Yet, I can go back to that time in my life and see another dramatic shift in my evolution. It was not until 2004 however, while the planet Uranus was about to conjunct my North Node in Pisces that my soul was ready to receive the lightning bolt of blessings that Reiki had to offer in full force and with more consciousness (Uranus, that pesky revolutionary is wont to do that!) In actuality, I had the distinct pleasure and honor of being introduced to the phenomenal and delightful Reiki Master par excellence, Barb Weston by another Reiki Master, Shaman and fellow Evolutionary Astrologer, the effervescent, Catherine Zuest. Catherine was the first to point out to me the exquisite compliment Reiki makes to the branch of Astrology that we practice. Certain Reiki symbols in particular resonate deeply with the concept of the evolution of the soul. However, I was not completely convinced of this truth until I met Barb Weston whose integrity, professionalism and rich understanding and osmosis of Reiki made her stand out like an incredible beacon of light calling me home.

Attunements from Barb have led me to finally complete the Reiki Master Level in January 2006. I remember distinctly that the Level 2 attunement

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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:

January 15, June 15 & September 15

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

“Hope is like a road in the country; there was never a rock, but when many people walk on it, the road comes into existence.”
— Lin Yutang

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

gifted me with an extraordinary ability to visualize energy pictures. Another extraordinary gift was bestowed during the Level 3 attunement where all of a sudden I was transported in my mind to an incredibly vivid scene of Tibetan monks creating a mandala out of colored sand. I realized that the mandala they were using was an exact replica of a small picture I love deeply of a traditional Tibetan mandala. After the attunement, Barb Weston revealed that one of the symbols we were attuned to may be employed to assist with removing obstacles and my mind burst open as if a rush and thrill of kundalini energy rose up my spine: for on the very back of my favorite picture I have framed on my wall is an explanation of the mandala for all to see: "Vajrakilaya Mandala, Removing *Obstacles*." Reiki has been an incredible method to maintain daily spiritual practice. I have tried various forms of meditation and I also have a deep affinity for Kundalini Yoga. Nevertheless, it is Reiki that has become my daily spiritual practice to deepen my personal connection with the source.

What is your major focus for 2006?

My focus is primarily a personal journey as I am in the process of experiencing my first Pluto square: transiting Pluto is squaring my natal Pluto. This only happens once in a lifetime and for the Pluto in Virgo generation, it happens the earliest than for any other generation. Typically, other generations experienced this transit somewhere during their early to late forties and even fifties. For those of us who are in our 30s, it is happening NOW! This is highly significant from a collective consciousness point of view; we are being called upon to regenerate and to experience a necessary "death" of all old and outmoded patterns. It is time to release and purge karma. It is not a time for the faint-hearted and so I take this journey with some trepidation but also with comfort in the knowledge that my deepening relationship with Reiki will facilitate this transformation.

Additionally, I am currently developing a method of incorporating Reiki with Evolutionary Astrology based on both epiphanies and insights that came to me boldly during my Reiki Master Level training and my long-time observation of the prominence of the Taurus/Scorpio axis in the charts of Reiki Practitioners starting no less with Dr. Usui (of the Pluto in Taurus generation).

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

The CRA is an association with much potential and it will be exciting to watch it grow and flourish in the years to come. I look forward to participating in the future endeavors of the CRA and continuing to volunteer for the Vancouver Wellness Shows. I would love to see it evolve to the point that CRA Reiki Centres be opened across Canada one day (centres of training, apprenticeship and practice). I don't think that it is a vision that is too far-fetched - I believe that it could be an abundant reality.

Jinny Rodrigo, RP-CRA



Bob & Theresa Thomas of Mindful Matters displaying and selling message tables at the 2006 AGM Mini Mart.
For further information:
www.mindfulmatters.ca

TESTIMONIAL

By Maria Louisa Pinto, RP-CRA

Until June 2005, my family and I had resided in Dubai (in the Middle East) where I learned Reiki. I have been fortunate to have conducted Reiki sessions with many friends and family members and the most miraculous of all happened after we relocated to Mississauga, Canada in July of 2005.

Vicky Massey is a close friend of mine; she had slipped and fallen down the stairs hurting her right ankle. This had swollen to the size of a golf ball. She had great difficulty walking and could not climb up the stairs. The doctor had taken an X-ray and noticed a tiny piece of bone floating in the ankle and suggested that she may have to have surgery. Vicky was petrified. She confided in me, and I asked her if she wanted to try Reiki and scheduled four days of treatments.

On the first day, while doing Reiki, I noticed a dark shadow in her ankle however on the third day, during the Reiki session, I saw an image of Mother Mary standing over Vicky surrounded by angels and there was a prompting to tell her, 'Not to worry,

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TESTIMONIAL

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that all will be well'. This was a first for me and I had tears in my eyes from witnessing something so incredibly beautiful. On the fourth day, while doing the Reiki session, I saw the same vision and a strong prompt to tell Vicky not to worry. Later that evening, Vicky called to tell me that she was able to climb up and down the stairs effortlessly. It felt wonderful to hear that!

The next week Vicky had her appointment with the specialist, and the evening before she came again for another Reiki session as she was afraid she would have to go in for surgery. Once again, whilst doing Reiki, I saw the image of Mother Mary standing over her with a message to tell her that there was no floating piece of bone in her ankle. I honestly felt apprehensive to say that but nonetheless gave her the message and told her that the doctor would know best and to call me after the visit. Meanwhile I noticed how different Vicky looked day after day, when she finished the sessions - on the first day her face was tense and in pain and she looked tired; the second day she looked calmer and on the third and fourth days, she looked radiant and had a glow about her. She was no longer in pain. The following day I got a call after her visit to the doctor and she said, 'It's a miracle - I am fine and NO SURGERY!' The doctor had the X-ray in the one hand and on examining her, told her that she could go jogging and that she had nothing to worry about. He examined her and had made her walk around and move and turn her ankle and she even did a couple of exercises. She was ecstatic! I cannot tell you how humbled one is being on this path, and grateful to be a channel and bring peace and joy to others.

*Maria Louisa Pinto, RP-CRA
Mississauga, ON
mlisapinto@hotmail.com*

REIKI FOR AFRICA

By Marlene Jones, Victoria, BC

If only they had reiki in their hands, then they wouldn't have to go in there empty-handed. That was my gut reaction on hearing about the African women who are trained to go house to house caring for neighbours sick or dying of AIDS; often as poor themselves as the people they serve. But how to connect with them to offer the gift of reiki? There are no national reiki websites for that part of the

world and a few enquiries to non-governmental organizations (NGOS) produced nothing. So as a gung-ho Reiki Master-Teacher I was determined to go to Africa and give workshops myself. Then a sober warning from a respected M.D. put paid to that idea. Now what?

Fortunately our Canadian Reiki Association liked the idea of sending 'reiki seeds' to Africa and kindly invited me to write this article. So if you are a Reiki Master-Teacher with lots of heart (or a practitioner ready to go in person) how about personally carrying the gift of Reiki there on your next vacation? Or tucking it in someone else's luggage if you can't go yourself? Here's how it works.

Beginning with your own Reiki circle and fanning out to family, friends and strangers at the bus stop, tell everybody you are offering free Reiki instructions to anyone going to Africa. Good candidates are returning students and volunteers already heading for Africa on assignment who will be working with the people. Their families or the sponsoring organization will be known and trusted in the local community, an asset for you. You may be surprised by where your help comes from. When I first put the word out a self confessed Reiki non-believer called to say she'd found the very person. She had. Already familiar with energy work and dedicated to helping people, Melanie was thrilled to be offered Reiki Master's training. Now this young person is off to set up small agricultural projects in Zimbabwe and will fit Reiki around her formal duties. Who knows, she might teach her clients to Reiki their seeds for better germination!

This weekend a small group will start their training. Two are heading for Uganda to do hospice work; the other two have already served in Africa and are standing by for their next opportunity there. Meanwhile, their experience will benefit the rest of us as I strive to adapt the curriculum to fit the circumstances and give respect to the other culture. All four were discovered through a wonderful choir that sings for the joy of it and gives benefit concerts, one each year for a country in Africa. A good place to go prospecting for gold.

How do you know you have found the right stuff? Your own Reiki experience and Reiki friendship will provide the yardstick for measuring the

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REIKI FOR AFRICA

Continued from page 4

student's personal suitability -- possessing empathy, integrity, patience, dedication and cultural sensitivity. Then together you must decide, will that person's timetable in Africa allow for teaching? Will they come in contact with possible students? Are they keen about Reiki healing? Do they have the necessary self-confidence? A truly motivated Master-Teacher will see potential students everywhere and will teach them.

As the old saying goes, when the student is ready *you* will appear but by then their departure date may be looming. Getting your volunteer Reiki-ready may challenge your ingenuity. But this will also demonstrate to your student-teacher how to teach the Reiki curriculum under pressure and gracefully. It can be done and you will surprise yourself with how imaginative you become. One modern trick is to get all your printed materials onto CD that can be downloaded into a laptop, or if necessary e-mailed to your student's new address. Brainstorm with your Reiki circle and ask for the student's input as well. And as my Master was fond of saying, the Reiki does all the work leaving you to relax.

So far so good, but the other side of the coin is that somebody in Africa must want the Reiki you offer. Somewhere somebody does, still make sure they know you are coming before setting off. If you decide to go to Africa yourself to teach, old CUSO hands and such are unanimous that striking out on your own is **not** for beginners. Be very clear about your motives for going and frank about your ability to carry through on your project. (I had to recognize my health could make me a liability to my hosts.) Have a reliable organization ready to receive and help you make all arrangements before you arrive, perhaps an established NGO with ties to Canada -- a church or development agency you know -- or somebody's relative who is already in-country and open to having visitors. The experts all agree it is essential to have somebody on the ground to advise and guide you.

Giving a workshop in another country will be more complicated than in Canada. To begin with, clarify that your offer is to come and teach Reiki and give your dates. The barest minimum of what you need is a space to set up class plus willing students. Possible expenses might include rent, food and accommodation for students who come from a distance, as well as their transportation. Also list expenses or

responsibilities you are not prepared to meet to avoid any misunderstandings. On the delicate subject of money, you will not understand a situation until you actually see it; so if you contribute to the expenses of your own workshop do so only after you have arrived and vetted the arrangements. Stay flexible and be prepared to negotiate until you are satisfied. So say the experts. Last but not least, **in making your initial proposal spell it right out that Reiki is not the cure for AIDS** although we believe it is helpful in supporting medical treatments and the bodies own natural ability to repair itself.

In my trial run I made contact with three African organizations: a Montessori school outside Accra, Ghana; a women's self-help group in Swaziland and a remarkable woman in Harare, Zimbabwe whose personal response to the epidemic has been to set up a grassroots service, called simply The Centre, to give HIV positive people practical help, hope and restored dignity. I made these contacts through the oldest of search engines -- asking around -- then actually going on-line. In these three instances the response was an immediate Yes! There were many others who had never heard of Reiki and were naturally hesitant. One very deserving self-help group was so impoverished they could offer no support at all. I e-mailed every church and NGO in that country but no one came forward to offer help with logistics. So with regret I had to cancel my offer. But I'm still hoping one of you will find your way there, aided and abetted by local support.

It was a big disappointment having come so close to a dream then having to cancel. Now I am reaching out to all Reiki Masters and Practitioners in Canada, casting the net wider. My new dream is to see a trickle of Reiki become a flood across a parched continent -- with your help.

Marlene Jones retired to Victoria following a career in the Foreign Service. She has given Reiki workshops in Havana and Moscow and is ready to answer your questions if she can. marlene@islandnet.com



Barbara McKell RT-CRA, KRM, SHA demonstrating Sound Healing with Quartz Crystal Bowls at the 2006 CRA AGM.

For information visit:
www.soulconnection.ca

2006, 14TH ANNUAL WELLNESS SHOW VANCOUVER BC

By Barb Weston



On February 3rd, 4th and 5th 2006, at the Vancouver Convention & Exhibition Centre at Canada Place in Vancouver BC, the 14th Annual Wellness Show took place. With over 200 exhibitors participating in the show there was something of interest for everyone who attended this event to see and experience.

The Canadian Reiki Association participated in the show again this year with three (3) Reiki tables set up in a 10 x 20 (double) booth decorated with our logo colors of gold and maroon.

Over the three (3) day period we provided 103 fifteen minute sample Reiki sessions for show attendees. We charged a \$15.00 fee for each sample session on Friday and Saturday and then reduced our rate to \$10.00 on Sunday. Many of the people stopping by our booth to try Reiki were "newcomers" and those who did not book a session walked away with lots of information on what Reiki is, how Reiki heals, what the term "healing" means in a Reiki session, the science behind Reiki and much more.

Twenty three enthusiastic Reiki practitioners provided the necessary support for the three Reiki tables at our booth over the three day period. This level of participation enabled us to have a minimum of two Reiki practitioners at each table and at times there were as many as three or four practitioners at each table channeling Reiki. Without the support and participation of these practitioners, the weekend would not have been such a success.



Far table: Bobbi, Roak, Barb, Kamala. 2nd table: Tania, Alun, Nicole

Sincere thanks to the following CRA Registered Practitioners for their excellent role in supporting the CRA booth:

Roak Citroen, Judy Cain, Nicole Lafleche, Bobbi

Casey, Alun Goodger, Kamala Yonzon, Jinny Rodrigo, Catherine Zuest, Nebilah Malfet, Yuriko Araki, Sandra Sinclair, Tania Bakas, Anne Whitmore, Sharon Storoschuk, Lorelei Lester, Jacquie Wilson, Junko Kawabata, Janice Whitty, Mary Charette, Angela Levesque and Amandah Hoogbruin.

A very special thank you to Roak Citroen, Nicole Lafleche, Judy Cain and my husband, Mark Weston for helping set up the CRA booth on Thursday February 2nd the day before the show.

Mark also took pictures of the booth over the weekend. The pictures may be viewed at <http://www.innerfocus.ca/gallery.htm>. Once you load the website, click on "Vancouver Wellness Show 02/06/06" to see the pictures.

Judy Cain played a special role again this year by focusing her efforts on greeting people who were stopping by our booth, answering their questions and then booking them in for a sample Reiki session. Judy's warm smile and loving energy was hard for show attendees to resist. Thank you Judy for doing such an amazing job again this year.

The show was a wonderful success again this year. We exposed many new people to Reiki and that is the purpose of these shows, to reach as many people as possible and spread the loving vibration and frequency of Reiki to the general public and educate them in a professional way.



Nicole Lafleche

The show is also a wonderful opportunity for our CRA Registered Practitioners to participate and hand out their business cards and brochures to promote their own individual businesses. It is also a wonderful way to meet other fellow practitioners and develop new friendships and contacts.

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"The simple touch is the most healing act. It tells us that we are willing to share the energy of our soul with another. As helpful as science may be, one human touching another, one soul sharing its light with another, can restore the soul.
From: "Jalamanta....A Message From The Desert"
written by Rudolfo Anaya

2006, 14TH ANNUAL WELLNESS SHOW VANCOUVER BC

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If you are a Level II or higher CRA Registered Practitioner residing in BC and you wish to participate in the 15th Annual Wellness Show in 2007 on March 2nd, 3rd and 4th or you have questions about the show, please contact me at barb@innerfocus.ca or call me at 604 985-7302. I look forward to hearing from you.

Congratulations and thank you to all of the CRA Registered Practitioners who participated this year.

Signing off with much Love and Light,
Barb Weston, RT 01-054
Usui Reiki Practitioner / Teacher
CRA Vice President

MUNICIPALITY OF KITCHENER, ONTARIO

Recently the CRA submitted our licensing information package to the City of Kitchener, Ontario. We were advised that the Canadian Reiki Association will be considered as a Complimentary Health Care Organization as defined in Section 508.1.5 of Chapter 508 (Alternative Massage Centres) in the City of Kitchener Municipal Code.

A Reiki Practitioner will be required to complete an application and show that they are a member in good standing at the time of their application and remain so while the license or notice is in effect and they will be exempt from the required license. Instead they will receive a NOTICE OF EXEMPTION instead of a license.

If you wish to practice Reiki in the City of Kitchener you will be able to apply for your Notice of Exemption at City Hall, 200 King Street West, 2nd floor, Kitchener, Ontario.

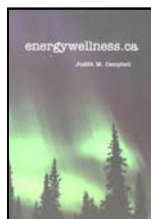
Bonnie Smith
President



Linda Robertson and Alice Creighton discussing feathered healing wands and crystals.

For more information contact Linda Robertson of Healing Hands at 905.820.5328

BOOK REVIEW



energywellness.ca was written by one of our own CRA Registered Teachers, a Wellness Consultant, Judith Campbell. It is a book that will appeal to our Reiki practitioners and to our teachers for their students' reading beyond their classes. Judith sums it up this way, "It complements the Reiki teachings and expands on our students' ability to link their own health and wellbeing with spirituality and energy-healing concepts. I wanted to have something more than a simple handout to leave with my students after my teaching was finished," she gives as one of the main reasons for writing the book.

Each chapter ends with a series of questions that help readers to integrate what they have just read and to guide them in further reflection as the information relates to them personally. A *Let's Review* section and a *Wellness Tip* are inserted periodically, reinforcing the reader's learning and understanding. A section on healthy lifestyle highlights the need to bring awareness to all aspects of one's being when embarking on a spiritual journey of awareness and inner healing.

Among its many offerings, the book describes creative new ways to experience meditation at any time of the day, and carefully explains the healing and release process in energy terms. An entire chapter is devoted to the healing energy of forgiveness, describing it as a process with many stages of release and healing. And a chapter on gratitude highlights the essential quality of this life-changing energy in daily life.

energywellness.ca is published by General Store Publishing House, Renfrew, Ontario, and may be ordered online at www.gsph.com, or by calling GSPH at 1-800-465-6072. It is listed in Chapters/Indigo Books & Music throughout Canada and can be ordered through your independent bookstore.

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

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

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

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

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Marta Gollino, RT-CRA of Toronto, ON passed away quietly on July 9, 2006 after a valiant battle of cancer. Please send Reiki prayers to her family.

REIKI SHARES & EXCHANGES

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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, RT-CRA

Phone: 705.722.4052 for location

Email: 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 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

Cambridge

Aura Care Reiki Balance Centre

3rd Thursday of the month

7:00 to 10:00 pm

Held at Balance-Natural Healing Arts

71 Dickson Street

Cambridge (downtown Galt)

Donation: Accepted

www.balancearts.ca for directions

Guelph Reiki Share

2nd Wednesday of the 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, RT-CRA, 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

Call for location

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



Kerri Fargo at the 2006 CRA AGM Mini Mart. For information on her products visit: www.soapplanet.ca

“Sometimes when we are generous in small, barely detectable ways it can change someone else’s life forever”
— Margaret Cho

REIKI SHARES & EXCHANGES

Continued from page 9

ONTARIO con't

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

Ohswעה

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

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

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 talk and an afternoon of Reiki sessions. Bring something to lie on. Massage tables are greatly appreciated too!

Contact: Stephanie Norwich RT-CRA,

Phone: 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. Cost is \$45.00. Proof of current Reiki Level is required.

Contact: Roman Szymczak RT-CRA,

Phone: 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.canadianchampissage.com

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

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,

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 Generic Certificates

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

We have added 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.

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@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.

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.

**To keep the newsletter going send in
your articles and book reviews.
Why not become the Member In Focus?
For information email reiki@reiki.ca**

ADVERTISING SECTION

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

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Address: 72 St Clair Avenue W

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Claudette 604-275-7774 - dovewing@telus.net
www.wingsofdove.ca**

Continued on page 12

Sladana Zivkovic-Ilic and Mark
Brewer at the 2006 CRA AGM
held in Oakville, ON



ADVERTISING SECTION

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diane@circle-of-one.com
www.circle-of-one.com

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Workshop for Kids
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For more information contact:
Karen Mosuk
karenmosuk@hotmail.com
514.856.3435

Sharlene McLearn, R.N., RT-CRA
Teacher/Practitioner
Blue Matrix Energetics,
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"If one dream should fall and break into a thousand
pieces, never be afraid to pick one of those
pieces up and begin again"
- Flavia Weedn