



# CANADIAN REIKI ASSOCIATION NEWSLETTER

June 2007 | Light 7—Ray 2

## ***MESSAGE FROM THE PRESIDENT***



As the CRA heads into its tenth year as an association, we can look back on the early years of its development. Now it is time to focus on its future.

I am honoured to represent the CRA as president for the coming term of 2007-2009. In this position I have the special privilege of working hand in hand with very talented ladies who comprise our board of directors. Barb Weston is our vice-president, and our directors are Nicole Lafleche, Tania Bakas and our newest director Louise Vigneault.

I'd like to thank Nicole Lafleche, who is stepping down from being a director on July 31st, for two great years. Thanks for all your contributions, Nicole. You'll be sorely missed!

As we travel ahead into the future it is our mandate to move the Canadian Reiki Association to higher levels of growth and recognition across all the provinces in Canada.

In this edition of the newsletter we will be highlighting the AGM held in Vancouver on May 26<sup>th</sup>. It truly was a wonderful gathering of Reiki friends and guests, sharing what we have and will be doing for the CRA and our plans for the future.

Reiki Blessings,

Bonnie Smith  
President



*White Peacock*

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**MEMBER IN FOCUS** — is  
Alice Creighton, RT-CRA, Cayuga, ON



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

I was first introduced to Reiki in September 1998. I had been sick for many years and had been going to many medical and alternative health therapies. I just could not get well. I had been diagnosed with MS among other ailments; allergies, asthma, seasonal affective disorder, and hyperventilating. I was in constant pain with the MS, for six years in my right leg, and three and a half years in the left side of my face. In addition, I was fatigued, had lost bowel and bladder function and my speech had become slurred. I fell up and down the stairs and my eyesight would come and go. There was no quality of life. I felt beaten down mentally, emotionally, spiritually and physically. I hit rock bottom. Finally, when I had no place to go, I went down on my knees. I begged and pleaded with God to help me. I had never asked anything for myself. With all the strength that I had within I pleaded,

*"God, will you please help me, will you please help me?"* Suddenly, I felt a white light hit my chest and a thought message came,

*"Call the holistic centre and see about Reiki."* I was scared at first. What was Reiki? I did not understand what was happening and then a comforting feeling came over me that I was going to get well. I remember putting my hands over my heart and saying,

"Okay" with such a peace within.

I called the holistic centre right away and asked cautiously if there was someone who did Reiki and was told that they had two Reiki practitioners and one of them would get back to me. There was such a thing as Reiki! I was on a Reiki bed within 24 hours. I did not know or understand what Reiki was but somehow trusted that it was where I needed to be.

From the very first Reiki treatment I felt healing happening and I was finally getting out of pain. I could not believe the awesome feelings of no pain. I did not understand Reiki or how it worked but I sure welcomed feeling so great. I was lighter, more positive, and more energetic.

*Continued on page 3*

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

**IN LOVING MEMORY**

It is with great sadness that we announce the sudden passing of Mr. Peter Zorzella on May 24, 2007. Peter was a loving husband & father and faithful member of the CRA since 2003.

The CRA has past on condolences to his family .

**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*


Today I am free of any medication except for thyroid and no longer deal with MS symptoms, asthma, SAD or hyperventilating, thanks to Reiki. Reiki gave me my life back. I was able to climb Whiteface Mountain all by myself which was a great achievement since my husband was always towing me up even little inclines. Wow, what a liberating feeling!

I had Reiki treatments done for about seven months and then decided to take my level one Reiki just to keep myself going. Level one Reiki was all that I felt that I wanted to do but the Universe had other plans for me to go on further to be a Reiki master. Through a Reiki meditation, I felt and saw Usui, who said that I was going to be a Reiki master and teach. By this time, I was committed to do whatever Reiki wanted me to do. I live, breathe, think, walk, talk, sleep, eat, trust and work Reiki, Reiki, Reiki. I have taken Master Level of Usui, Seichim, Sacred Flame, Karuna, Gendai Reiki and always stay open to learning more.

I have been a hairdresser/esthetician since 1970 and added Reiki in 1999 to my business. I noticed that Reiki provided me with a greater deeper passion in my work. Every cell within me is totally present in all that I do. I enjoy doing Reiki and being an observer to others as they heal.

It is simply awesome to see others grow and awaken to their healing journey. I ask ego to step aside and just let the Reiki flow. What a gift that keeps on giving.

My husband passed away on March 25, 2007. My Reiki and healing friends helped with his transition so that he could release all negative energies before going. He was able to share with us the beautiful visions that he saw. Dave was able to confirm for us so much that we had all learned spiritually, emotionally and intuitively about death. We forgave each other, whether we had knowingly or unknowingly hurt each other or not. We had the chance to talk about everything and nothing was left unsaid. Dave and I talked about him guiding us from the other side. My love for Reiki deepened and strengthened throughout this transition time. Reiki was always guiding and leading me where I needed to be. Thirteen hours before Dave died I was praying to God to take him and questioning why God had not taken him. Immediately, I could see words flashing across my mind, that Dave was being bestowed with love, admiration, kindness, respect, and appreciation. In a vision, I could see Dave lying horizontally,



being cocooned with all these feelings and the more feelings he was wrapped with, the higher and lighter his body got. The message was that Dave would take all these feelings with him and continue to shower us all with them. I thanked God for the beautiful vision and knew that I could go on as long as was needed. It gave me tremendous strength.

I gave him warm assurances that when he needed to go, he could go and that I would be all right. I have had several signs and messages from him on the other side.

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

My major focus in 2007 is to keep learning and growing with Reiki. I will continue to let Reiki teach me and share my knowledge. Reiki is my life journey, companion, guiding voice and spiritual path.

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

My contributions to the CRA include volunteering whenever I am asked and am committed to continue to support the CRA in any way that I can. Ask me and I will be there to help.

Reiki Blessings,  
Alice Creighton, RT-CRA  
[www.reikioneness.com](http://www.reikioneness.com)

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## ***SALT IS GOOD FOR YOU! THE BENEFIT OF CRYSTAL SALT***

*By Noortje Vanderelst, RT-CRA*

**Let's face it, we've been mind conditioned to believe salt is the enemy and our thoughts immediately turn to high blood pressure when the subject is brought up. But the truth is that it's not the salt that contributes to poor health, but sodium chloride, a highly processed version of something vital to our health.**

Our bodies need salt. Remember those days where you just crave salty snacks and you reach for the chips and the peanuts? Of course you do. That means your body's natural intelligence is telling you what it needs. We require only about 200mg of salt on a daily basis. If we receive less than that, we get salt cravings. Research shows that on average we consume as much as 11-19g of the regular table salt. Obviously the lack of salt is the quality we consume.

*Continued on page 4*

## ***SALT IS GOOD FOR YOU!***

*Continued from page 3*

We are over saturated with sodium chloride, an aggressive substance that does more harm to the body than good. It has nothing in common with the crystal salt we are going to talk about here.

Himalayan crystal salt is mined about 500 meters deep inside the Himalayas and comes from dried up primal sea of 25-million years ago. It's very pure. Our body mainly consists of water and salt, so it makes sense to choose a high quality salt, which nurtures the body with important minerals and trace elements. Natural crystal salt has the same composition as the salt in our body and there are several ways to consume it.

**Salt Brine Therapy** for PH Balance - Use a glass jar with a lid and put a few crystal salt rocks in the jar. Fill it with pure spring water and wait 24 hours. You keep adding crystal salt until they stay at the bottom. The water is now fully saturated with salt and is ready to be used. Studies show that when crystal salt is dissolved in water, it has a higher energetic measurement than either one of them alone.

It's best to take one teaspoon of the solution in a glass of water every morning on an empty stomach. Regularity is more important than quantity, due to the vibration of the salt. It holds this frequency pattern in the body for 24 hours and supplies your body with sufficient minerals and trace elements. For children, a few drops is sufficient.

Salt Brine Therapy helps harmonize the acid-alkaline levels of your body. The body has an acid-alkaline ratio called the pH, which is a balance between positively charged ions, which are acid-forming and negatively charged ions, which are alkaline-forming. If you have a pH imbalance and lean towards more acidic, it forces the body to borrow minerals from vital organs and bones to neutralize the acid. This can cause severe damage to your body. You might not be aware of it until years later when it surfaces in the form of disease like osteoporosis, arthritis, gout, obesity, diabetes, lowered immune system, hormone disruptions, chronic fatigue, slow digestion, yeast overgrowth and more. Our diet should consist of 20% acid-forming foods like meat, dairy, flour, eggs, coffee and 80% alkaline-forming foods like fresh vegetables. Brine will also assist in balancing blood however this should not be used as a remedy for high blood pressure.

**Crystal Salt Bath Therapy** - Crystal salt can also be used as a bath therapy. It is most beneficial when used during moon changes. At New Moon, your body has the best capacity of detoxifying and at Full Moon it has the best mineral absorption. Studies show that one crystal salt bath is as detoxifying as a three day fast.

Put about 1 kg of crystal salt in your tub. Don't add any fragrances or other oils. Add a layer of water just enough to cover the salt. Let it sit for about 30 - 60 minutes until it's dissolved, then add the rest of your bath water.

It is important to make your tub water approximately at body temperature so your body doesn't have to waste energy regulating body temperature during bathing. Soak in the tub for 15 to 20 minutes. The bath water stays close to your body temperature, due to the energy of the salt. My personal experience is that afterwards your skin feels like a warm "after sun" glow. It's quite hard on the circulatory system, so if you think it will be too strenuous for you, you can try a foot bath.

**The Crystal table salt** variety is better than sodium chloride and sea salt. Sea salt is an improvement compared to sodium chloride, however there are still many toxins in sea salt that we are better off without. Sea salt also contains less minerals and trace elements than pure crystal salt. Sprinkle some crystal salt on your food and feel good about it. If you have high blood pressure or your kidneys are not functioning properly, you may want to be careful and consult your doctor first.

**Salt Lamps** are also beneficial to our health. They are a natural ionizer that's a must for every household. Damaging positive ions are produced by television sets, computer monitors, radio, electric heat sources, vacuum cleaners, etc. Salt Lamps produce ions that carry negative charges, creating a pleasant atmosphere similar to that found in mountains, by rivers and the sea. Negative ions are considered the vitamins of the air and besides that they add a calming effect to any environment, which is great for your Reiki treatment room.

Himalayan crystal salt is definitely an affordable solution to many health challenges. Along with a balanced diet, plenty of water, regular exercise and a meditation program, crystal salt can help you live longer, healthier and happier.

*References: Water&Salt, The Essence of Life, by Dr. Barbara Hendel MD and biophysicist Peter Ferreira; Biomedx.com; Himalayan Crystal Salt.com; T-Zone Health; Prevent Disease.com*

*By Noortje Vanderelst, RT-CRA*

More information: [www.reiki-rocks.ca](http://www.reiki-rocks.ca) or [www.himalayan-crystal-salt.ca](http://www.himalayan-crystal-salt.ca)



## ***HAVE YOU WONDERED IF THE CRA IS ACTIVELY PROMOTING REIKI?***

In Vancouver we most certainly are. Please allow me to share with you the events we have participated in so far in 2007, and upcoming events that we will be participating in.

The CRA was invited to do a Reiki presentation for the Burnaby Mental Wealth Society by Clubhouse Support Staff member Carmina Tinaburri. The date was set for February 6<sup>th</sup> and seven CRA members including myself did a one-hour experiential Reiki presentation. With lights dimmed, candles lit and gentle music playing we gently placed our hands on the shoulders of the attendees as they sat motionless in a circle waiting to experience the magic of Reiki. The hour flew by as if only a few minutes and a calming hush had taken over the room. We were very well received by the folks attending the presentation and were advised that out of all the presentations held at the Club house our Reiki presentation by far drew the largest turnout. We look forward to going back again in the near future. It was an honor and a joy to share Reiki with these lovely people.



Back—Lucy Tania, Jennifer, Ann  
Front—Barb Weston

handed out hundreds of information sheets describing what Reiki is. This annual event attracts over 33,000 visitors each year and the CRA has had a strong, professional presence there for the last seven years.

On March 27<sup>th</sup> from 11:00 AM to 9:00 PM, five of our members provided mini Reiki sessions for the caregivers of Sunrise of Lyn Valley in Lyn Valley, North Vancouver, BC. Sunrise of Lyn Valley is an assisted living residence for the elderly. Each year a Staff Appreciation Day is held for the caregivers. We set up two Reiki tables in a designated room and provided fifteen-minute Reiki sessions for the caregivers who had signed up for this event. Some had experienced

On March 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>, twenty-six CRA members participated in the 15<sup>th</sup> Annual Wellness Show at the Vancouver Convention & Exhibition Centre. Over this three-day period we did one hundred and four mini Reiki sessions and



Stacy, Claudette & Jens

Reiki before and were very glad to have us back again. Others who stepped into the room with skepticism floated out with bliss written all over their faces and a new understanding of Reiki.

On April 19<sup>th</sup>, four of our members staffed a booth and provided fifteen-minute chair sessions at the annual BC Hydro Wellness Fair. This annual event is held by BC Hydro as part of a health awareness campaign for staff. We participated in this event in 2006 and the response and feedback was so good that we were invited back again this year.

Tania Bakas was contacted by the wellness programs coordinator of Confederation Seniors Centre in North Burnaby, BC and asked to do a Reiki presentation, so on April 24<sup>th</sup>, five of our members did an experiential presentation for an hour. At the end of our hands-on presentation Lulu, the wellness programs coordinator, was quite amazed. She said normally at wellness presentations there is so much talking going on and noise being made by the seniors that the presenters end up being quite distracted. During our hands on presentation you could have heard a pin drop. There was a hush that moved around the circle as each attendee received Reiki and the hush was still there as we were leaving.

The CRA was contacted by Norman Sam of True Health Corporation and asked to participate in four one day Wellness Shows for the Provincial Health Services Authority. The event was called Taste of Wellness Fair. The PHSA ranks as one of BC's largest health care management authorities with an organization-wide staff base of 12,000 members, primarily comprised of front line nurses, doctors, social workers, occupational therapists and support workers. Additionally, the PHSA boasts a large corporate administration and health research sector as part of their organization.

Norman Sam was sourcing the holistic marketplace for established and respected health and wellness vendors to educate, demonstrate and market the latest and most effective complementary healthcare and wellness products and services available today. When I asked Norman what made him decide to invite the CRA, he said he was impressed with the look of our booth at the 15<sup>th</sup> Annual Wellness Show

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## HAVE YOU WONDERED

Continued from page 5

in March and how we presented Reiki to the public in an uncomplicated and professional way.

On May 9<sup>th</sup>, seven CRA members staffed a booth and did fifteen-minute chair sessions for patients and staff at Forensic Psychiatric Hospital in Coquitlam, BC from 10:00 AM to 4:00 PM. We initially started with four chairs but quickly realized we had people standing and waiting for their turn to experience Reiki, so we added a fifth chair to handle the line-up. This was a wonderful experience for us because we got to work with patients of the hospital as well as the staff. This show was a huge success, and we were very well received by patients and staff alike.

On May 14<sup>th</sup>, nine CRA members staffed a booth with five chairs and did fifteen-minute Reiki sessions from 10:00 AM to 4:00 PM for staff at the BC Cancer Clinic in Vancouver. This event was open to staff from the BC Cancer Clinic, Cancer Research and Center For Disease Control. It was also a huge success and we were very well received. Many chair sessions were done and a lot of printed information about Reiki was handed out to the attendees.

On May 18<sup>th</sup>, fourteen CRA members split into two shifts and staffed a booth with five chairs doing fifteen-minute Reiki sessions for the staff at BC Children's and Women's Hospitals in Vancouver, BC. This show ran from 8:00 AM to 8:00 PM and at times we had seven chairs occupied with staff members experiencing Reiki. Again, many hospital staff members experienced Reiki first hand and a lot of printed information about Reiki was handed out. This show was also a huge success and we were very well received.

There will be a 4<sup>th</sup> show scheduled in September for Riverview Psychiatric Hospital in Coquitlam, BC and we are very much looking forward to sharing Reiki with the patients and staff there. It truly will be an honor.

The CRA has been approached by Janice Wardrop, Executive Director of Ese'm'kwu Aboriginal Healing & Wellness Centre in North Vancouver to participate in the 31<sup>st</sup> Annual First Nations Elders Gathering on August 8<sup>th</sup> to 10<sup>th</sup>. This is the first year they have considered adding a healing component to the events. Janice and I have been playing telephone tag and at the date this article was sent to the CRA Janice and I had not yet caught up with one another.



While participating in the Taste of Wellness Fair at the hospitals we were approached by Kate Mitchell, Sales and Marketing Manager for Earthsave Canada. Kate asked if the CRA would participate in the next upcoming Earthsave Canada event in September called Taste Of Health. This will be the first time a holistic modality has ever been invited to attend this event, so this is really an honor for the CRA. The event takes place at the Croatian Cultural Center in Vancouver, BC on September 29<sup>th</sup> and 30<sup>th</sup> from 10:00 AM to 6:00 PM on both days.

If you have read this article and are wondering how you can participate in these kinds of events please feel free to email me at [barb@innerfocus.ca](mailto:barb@innerfocus.ca). You must be a CRA member in good standing and have been practicing Reiki for a minimum of six months in order to qualify as a participant. These events are a wonderful experience and a great way to meet and interact with your fellow practitioners and establish some new friendships.

To those of you who faithfully give of your time, participating in CRA events, I sincerely thank you as the success of each event is dependent on the practitioners who participate in them.

Thank you everyone.

With much Love, Light Gratitude and Respect,  
Barb Weston  
CRA Vice President  
[www.innerfocus.ca](http://www.innerfocus.ca)  
[barb@innerfocus.ca](mailto:barb@innerfocus.ca)

Faith is the secret to happiness for all people. When you truly forge your mind of faith, you will become an eternal victor throughout the three existences of past, present and future. Strong faith enables you to display your wisdom appropriately, so that you can take advantage of change and move forward in the direction of victory and hope.

This excerpt is from the book— "For Today and Tomorrow"  
by SGI President Daisaku Ikeda.



Lunch break at the  
2007 AGM

## 2007 CRA — ANNUAL GENERAL MEETING

By Tania Bakas, RP-CRA

I was honoured to be in the presence of all the Reiki folks that attended the AGM in May 2007 in North Vancouver, BC.



Tracy Lydiatt & Tania Bakas of Reiki Vibes selling their wares.

First time attending a CRA AGM, I was in awe of the unity and warmth that permeated the room. It was a free flowing day, trusting in the energy to take us where we needed to go... the mini market was a popular spot, with several unique products, all of special appeal to the Reiki practitioner and enthusiast.



A typical AGM usually begins with the usual financial details that can often have one's head spinning, and much to my amazement, first, I understood what Barb Weston was saying (thank you Barb for translating financial jargon into gentle Reiki language!) and second, I was utterly impressed by the fact that the CRA has shown tremendous financial improvement, clearly a sign of good direction and loyal support from its members.



Barb Weston, Vice President  
Bonnie Smith, President

We had a wonderful lunch, time well spent socializing with our peers and followed by two marvelous presentations by Forest, the Didgeridoo Man, and Lyn Ayre demonstrating the healing sounds of singing bowls. Norman Ayre also demonstrated the powerful healing ability of our own bodies through the sound of our voice – we all participated in this demonstration and the feedback was amazing.

We ended a pleasant day with inspiring Reiki healing stories – a heartwarming way to mark the end of a productive event.



Looking forward to seeing all the beautiful Reiki souls at next year's AGM in Ontario!

Tania Bakas, Reiki Master & Reflexologist  
Giving Within Holistic Healing -  
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Reiki Vibes Holistic Consulting - [www.reikivibes.com](http://www.reikivibes.com)

### "Forest, The Didjiman"



I thank you for having me at your Annual General Meeting for the CRA; it was an honor to share with you the wonderful aspects of Didgeridoo Sound Healing with so many open people.

To have so many lined up the way you did was incredible, I had never played on a group of people in that manner where you were touching the person in front that way. I love experiencing new ways of doing what I do and my presentation was unique in that way.



I was not able to hear all the experiences people had, I was touched to see some have their pain relieved as well as emotional blocks lifted, I thank them for allowing themselves to be open to receiving the sound healing as well as thank them for being able to release their pain.

I look forward to allowing large groups to experience it that way again. I send you all my blessings and know that you all help by making people feel better with your healing touch. Keep spreading the benefits of Reiki, even if you have to go into hospitals and do healing work in them.



If anyone wishes to share their experience with me email me at: [didjforest@yahoo.com](mailto:didjforest@yahoo.com).

"The art of living lies less in eliminating our troubles than in growing with them." – Bernard Baruch

# **CRA-AGM 2007 REPORT** **HELD IN NORTH VANCOUVER, BC**

**By Lyn Ayre, RT-CRA**



We arrived at ten to nine and set up our table for the mini mart. I sold several perfumes and CDs. I also got three orders for full-size perfumes and another order for a CD. I was asked to give the opening blessing, which I did as follows:

### *Spirit of the Universe,*

I ask for a blessing on this group of individuals who love Reiki. We are all so grateful that Mikao Usui had a vision and set about living it and teaching it to others, all those years ago.

We are thankful that other Masters have come along and broadened the scope of Reiki with their unique gifts, bringing into being multiple frequencies of this beautiful energy healing technique, and spiritual way of life.

We bless the founders of the Canadian Reiki Association for their vision, and are so grateful to those who carry forward their work and bare beginnings. So, Bless the Board of Directors, who have worked tirelessly, and usually out of their own pocket, to get the word out about Reiki.

We ask that we be guided as to how we can best serve the CRA and forward its movement through this time and space.

Thank you, that we may be together and enjoy each other's company, just for today, at this Annual General Meeting.

All this we ask for our highest good and to honor the Spirit of Reiki.

### **Om**

The general meeting was over at ten to twelve and we broke for lunch until one o'clock. Lunch was awesome with a variety of sandwiches, salads, beverages, and baked treats.

After lunch, Forest played the didgeridoo for most of an hour and took us on a meditative journey. He is amazing. If you ever have the opportunity to see him, you will thoroughly enjoy the experience.

I began my presentation at two o'clock by offering everyone a Body Break. We stood and stretched for



a few minutes. Then I taught everyone how to tone into an area of deficiency in the aura. I was amazed at what it sounded like when everyone was softly toning their *clients*.

First, Norm demonstrated the process on Judy Cain. Note the Orbs on the left. Then, I had the group pair up and choose who would receive first. Then I asked them to scan the energy field front and back, looking for any anomalies of heat, cold, drag, dip, or prickles. When they found an area to work with, they vocally toned into it until the energy balanced. Then they scanned again; smoothed the aura, and said a prayer for their *clients*. Then they switched. Everyone enjoyed this exercise and I couldn't have felt more gratified by the result.



Afterwards, using the Himalayan Healing Bowls, I took them on a journey to Tibet, into an ancient monastery and a time steeped in ritual and tradition.



Finally, there were many questions to answer about how I became interested in the bowls, sound healing, and how it all works on the bio-field and physical body. I'm happy to report that my presentation was well received and this makes me feel wonderful.

We arrived home ten hours after we left, had supper on the way home, and I fell asleep at 8:30, awakening at 7:30 the next morning.

Lyn Ayre  
[www.LynAyre.com](http://www.LynAyre.com)  
[www.scentofnature.net](http://www.scentofnature.net)



Lyn Ayre, RT, Setareh Riahi, RT and Anne Whitmore, RP



Anne Whitmore, RP & Judy Cain, Secretary at the registration table



## MORE 2007 AGM PICTURES



**Reiki Certificates** for Reiki Teachers to present to their student's upon completion of the Level **they were attuned to** are available in the Corporate Store.

In addition to the Reiki Certificates **we offer to include** your students name to the certificate.

A minimal charge of 50 cents per name for this service will be added to the cost of the certificate along with the shipping and handling.

Example of Cost: One certificate would be \$3.50  
Four certificates would be \$5.50

## BOOK REVIEW

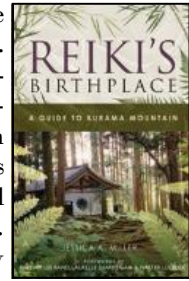
### On the Reiki Person's Bookshelf

#### "Reiki's Birthplace"

A Guide to Kurama Mountain

By Jessica Miller

Finally, we have a comprehensive book dedicated solely to Mt. Kurama and Reiki healing! Jessica Miller's first book is an absolute treasure—adorned with countless photographs, Miller's vast knowledge of this special mountain spills out on every page. *Reiki Birthplace* fits many moulds—it is a Reiki book, a



travel book, a picture book and a history book all in one. The five chapters explore themes such as the history of Mt. Kurama, a guide to the energetic power spots on the mountain, information about the Buddhist and Shinto Deities featured in the temples and shrines, a practical guide for first-time visitors to Japan (including vital information on public toilets!), and most importantly, a step-by-step site guide for each point of interest on Mt. Kurama.

This book should be considered by anyone planning or even just dreaming of a pilgrimage to the birthplace of Reiki. The information within its pages ensures the Reiki visitor will have a rich and rewarding experience during their time on the mountain. Miller tells her readers where to find the 'secret' hideaway under the altar stairway in an easily overlooked temple so they too can peer up at the Amida Buddha statue. She gives tips on where to stand near ancient trees in order to best feel their powerful energy, and she provides numerous energy exercises that can be used on the mountain or in other energy rich locations. This book opens doors that would otherwise take the Reiki tourist countless visits to discover.

Indeed, that's exactly how Miller did her research for this book. In the course of preparing to write, she made an astounding 101 trips up Mt. Kurama! With the help of translators and friends, she pieced together bits of information to create a book that the Reiki world has been waiting for. *Reiki's Birthplace* deserves a place of honour on the coffee table of any Reiki room.

Jennifer Thibodeau, SM-CRA  
Osaka-shi, Japan

## ***A TEMPLE REIKI SHARE IN JAPAN***

*By Jennifer Thibodeau*

### ***Reiki in the Temple***

Every Monday night the Reiki community in the Kanasi area (Kyoto, Osaka, Kobe) of Japan is welcome to join a very special event. Hyakuten Inamoto, the founder of Komyo Reiki, hosts his weekly Reiki share at the Daizen-in, a Buddhist temple in Kyoto, Japan. This Reiki share is open to people from all Reiki lineages and has provided a positive first impression for many people new to Reiki.

Guests are welcome to arrive any time after 6:30 pm, and there is an open door policy allowing people to come late or leave early if they cannot attend the entire share. For the next half hour, members drink green or oolong tea and snack while catching up with each other or introducing themselves to first-time visitors. There is a sign-in book near the front door and a suggested donation of 500 yen (about five dollars).

Around 7pm the Reiki share begins with a group meditation. Members place small cushions on the tatami mats (a traditional Japanese flooring made of woven straw) and wait for the meditation to begin. Hyakuten sensei clangs a set of meditation cymbals twice to signal the beginning. There is some relaxing music and the air is scented with incense. Ten minutes later the meditation is completed with two closing chimes of the meditation cymbals.

After the meditation, the floor is quickly cleared of the cushions to make way for the Reiki circle. Members prepare by reaching their hands up to connect with Reiki energy, then bringing them down to Gassho (holding hands in a prayer position). At this point Hyakuten sensei asks everyone (speaking in both Japanese and English) to tilt their hands to the left, then separate their hands bringing their left hand under the right hand of their neighbour, and their right hand over the left hand of their other neighbour. This way Reiki energy flows through the circle in a counter-clockwise direction. People sensitive to energy can feel the Reiki energy flowing into and out of their hands, and even throughout their body. After a few minutes Hyakuten sensei instructs members to flip their hands the other way, so the left hand is now facing down and the right hand is now facing up. This simple change reverses the flow of the energy to a clockwise direction. With practice it is possible to feel a change in energy when the



direction of flow is reversed. After changing hand positions one final time to the original position, the Reiki circle is finished.

Following the Reiki circle it is time for the reiju (ray-jew) or attunement. This is an open attunement and is available to anyone, whether they have taken a Reiki class or not. Reiki symbols are not used during this attunement and the effects are considered to be temporary. Everyone who will receive the attunement sits down in a chair. They are asked to put their hands into the Gassho position and close their eyes. Then Hyakuten sensei and his teacher-level students perform the attunements, tapping the shoulder of each person to signal that their attunement is finished and they can rest their hands on their laps.

After this, members set up the tables and benches for the Reiki sessions. Massage or Reiki tables are not common in Japan, so the tables used are actually long, narrow desks, set side-by-side in groups of two, with a bench on each side and a chair at the head and the foot of the table. Together, this forms one Reiki table, and provides seating for up to six people. The cushions that were used for the seated meditation are now used to form a mattress on the tables, and one cushion is folded to form a pillow. The recipient climbs up on the table and is covered with a sheet. There are often two or three tables set up, as well as one area on the floor, allowing three or four people to receive Reiki healing from up to six people simultaneously.

Each session lasts about twenty minutes, after which the recipient rejoins the group and gives Reiki to the next recipient. People who are attending the Reiki share for the first time are always invited to receive a Reiki session first. After a few sessions, or about 60 minutes, there is a tea break. This is beneficial as it allows tired muscles to get a rest - it can be tiring for people to hold their arms in an out-stretched position if they aren't used to it! After the break the remaining people receive their Reiki sessions before packing up the tables and heading home, usually around 9:30pm.

If you are in Kyoto and would like to attend Hyakuten Inamoto's Reiki share, please visit his website for more information and a detailed map. <http://www.h4.dion.ne.jp/~reiki/english/share.htm>.

*Jennifer Thibodeau is a Reiki teacher living in Osaka, Japan, and she is a Journalism intern for the Canadian Reiki Association. In July 2007 she will return to Vancouver after nearly five years in Japan. You can visit her website at [www.mountainskreiki.com](http://www.mountainskreiki.com).*

## **REIKI SHARES & EXCHANGES**

*Continued from page 11*

### **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

#### **Nanaimo**

##### **Reiki healing Night**

Last Wednesday of every month from 5 -7:00 pm.  
The date varies. Please email for details.

**Comments:** Reiki practice night for all levels. Meet and share Reiki energy with other healers. Newcomers are welcome. Come and try Reiki.

**Contact:** Junko Kawabata RP-CRA

**Phone:** 250-758-6190

**Email:** junkomassage@hotmail.com

#### **North Vancouver**

##### **St. Andrew's United Church Reiki Share**

**Dates:** March 7th, April 4th, May 16th and June 13th, July 11th, August 8th, September 5th, November 14th, December 12th, 2007

**Place:** the gym at St Andrews United Church, 1044 St. Georges Ave, North Vancouver. Gym entrance is off of 11th Street.

**Time:** 6:30 PM to 9:30 pm

**Cost:** Free

Who is welcome: all levels of Reiki practitioners and the public.

**Comments:** This event is hosted by Barb Weston of Inner Focus Holistic Healing. We begin with a guided meditation and an Empowerment for those who wish to receive and then for of the evening we do 15 minute Reiki sessions for everyone attending. Bring your CEU forms if you are working on your CRA Practicum.

**Contact:** Barb 604.985.7302

**Email:** barb@innerfocus.ca

#### **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

#### **Vancouver Reiki Share**

**Date:** Every 3<sup>rd</sup> Tuesday of the month

**Place:** Knight St. & Kingsway area, Vancouver (exact address given to attending members)

**Time:** 7:00 to 9:30 pm

**Cost:** \$2.00 suggested donation

**Who Is Welcome:** Reiki Level 1 and higher, plus all paths of Reiki

**Comments:** We will focus on sharing stories and techniques, discuss problems or issues, give support and suggestions and practice Reiki through one-on-one or group healings. Join Group Through: [www.reiki.meetup.com/369](http://www.reiki.meetup.com/369) (Meetup.com site)

**Organizer:** Margaret Jang, RT-CRA

**Website:** www.onesourcelearn.com

#### **Vancouver Skills Exchange**

**Dates:** The 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month from 10 am to 1 pm. The 2<sup>nd</sup> and 4<sup>th</sup> Sunday of the month from 6 to 9 pm

**Location:** near 14<sup>th</sup> and Granville (address to be provided with RSVP)

**Admission:** \$10

**RSVP:** the exchanges are limited to 5 people, please call or email to reserve a spot.

Non-Reiki and Reiki Practitioners are welcome. For more information please contact Daniel.

**Comments:** The focus is on a skills exchange and developing our High Sense Perceptions while having fun. We will take turns giving, receiving and witnessing in a safe environment.

**Contact:** Daniel Shevchuk, RP-CRA

**Tel:** 604.216.5003

**Email:** daniel@findyourwayhome.ca

**Website:** www.findyourwayhome.ca

*Continued on page 12*



Beth Smith showing her products to Janice McMillan and another attendee at the 2007 AGM

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

*Continued from page 11*

### **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

#### **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](http://www.wholistichealth.ca) or email  
[ewg@telusplanet.net](mailto: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](mailto: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](mailto: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](http://www.inthespiritoftruth.com)

#### **Brampton**

3rd Wednesday night of the month  
Kiwani's 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](mailto: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.

Continued on page 13

## **REIKI SHARES & EXCHANGES**

*Continued from page 12*

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

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

#### **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

#### **Ohswेkeh**

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

*Continued on page 14*

## REIKI SHARES & EXCHANGES

Continued from page 13

### ONTARIO con't

**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](mailto:diane@circle-of-one.com)

#### **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 refreshments. 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> to be informed of our ongoing Reiki shares.

**Contact:** Stephanie Norwich RT-CRA, Reiki Master/Instructor, Licensed Holistic Practitioner, Masters of Education 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 eiON, 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 treatment 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 “**What is Reiki**” brochure. **It covers:** What is Reiki, The History of Reiki, How it Works, A Reiki Session. The brochure is in simple language for the non Reiki person. Our intention is to give you another resource for seeking out potential clients. When a potential client has a better understanding of Reiki, they may be more inclined to book a session with you. They are \$3.95 for 12 plus S&H.

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. In addition to the Reiki Certificates **we offer to include** your students name to the certificate. A minimal charge of 50 cents per name for this service will be added to the cost of the certificate along with the shipping and handling. Cost is: 1 certificate for \$3.50 or 4 certificates for \$5.50 S&H included.

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.



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).

## AFFILIATE PROGRAM WITH EMBROIDME

The corporate store now carries CRA Shirts, Track pants, with matching Jackets and Polar Fleece blankets - just the right size for your Reiki Table. They are now available through the Corporate Store. The product is competitively priced and is of excellent quality.

The shirts, jackets and track pants are made out of high quality cotton and you will have a choice of styles and wide range sizes of shirts and jackets. There is also a variety of colours to choose from.

We will be starting with a few products at first but the opportunity to introduce more in the clothing line will depend on how well we do with the orders.

I would like to mention that the CRA logo is embroidered on not a transfer that has been ironed on as it was with the old style of shirts.

We know how everyone felt about the old shirts so we are pleased that we have found a way to update the product line and bring other items in without the costly overhead. With our Affiliate Program from Embroidme in place it is without a doubt the best way for the CRA to provide a good quality product without the expense and storage that we experienced with the previous order of shirts.

We should be too big to take offense and too noble to give it."  
— Abraham Lincoln

## ADVERTISING SECTION



Take time to be still... ..  
.....love with a joyful soul

Reiki and Sekhem  
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Toronto M4Y 2E3

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

### **Circle of One**

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

### **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**  
**519.439.6834**

### **Wings of Dove Holistic Centre**

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**dovewing@telus.net**

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### **INDIAN HEAD MASSAGE COURSE**



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10.25 CEUs.

Contact: Debbie Boehlen at 905.714.0298 or see  
website at [www.canadianchampissage.com](http://www.canadianchampissage.com) for  
upcoming workshop dates.



**Reiki Associates**  
Encouraging body balance for Health

### **Balance Your Energy**

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**e-mail: [info@reikiassociates.com](mailto:info@reikiassociates.com)**

**Ottawa 613-913-2803 • Perth 613-264-8165**



### **Aura Wellness Centre**

Offering Chakra & Ch'i harmonizing, crystal  
healing, drumming/journeing, EFT, Life  
Coaching, Reiki, and sound sessions.  
Through **Academy of Energy Healing** enjoy  
in-person, email, or correspondence courses.  
We are accredited and offer the  
Certified Holistic Energy Practitioner™ program

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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*