



CANADIAN REIKI ASSOCIATION NEWSLETTER

September 2008 | Light 8—Ray 2

MESSAGE FROM THE PRESIDENT



After many months of planning, we held our eleventh Annual General Meeting on May 31st in Oakville Ontario. It was an exceptional day with over ninety members and guests attending the event. I want to thank everyone who attended with a very special thank-you to our presenters Barbara McKell, Jo-Anne Stevens and Gary Diggins. Barbara and Jo-Anne provided the audience with a unique insight on Professionalism in your Reiki Practice and Quantum Physics in Healing with a great deal of love and infectious humour. I would also like to thank Cheryl Grant, a new member to the CRA, for taking over my camera and providing us with a photo diary of the day.

Gary's interactive musical performance was the highlight of our day. The combination of his music, the chanting vocals, mixed with the Reiki energy, love and joy in the room was overwhelming and shared by everyone that afternoon.

Our twelfth AGM will be held on May 23, 2009 in Vancouver, BC. Please set that date aside and plan to attend.

It was recommended by Oscar Mandap, our CGA in the 2007 fiscal year end report that we should invest in a fundraiser to strengthen our financial base and not depend on membership funds alone to do this. We have moved quickly on his advice and we are introducing a year-round fundraiser that not only our members will be able to participate but all our family, friends and visitors to our website as well. Please read the announcement in this newsletter and check out the information on the CRA website.

Love & Light
Bonnie



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BOOK REVIEW



"THE UNTETHERED SOUL – THE JOURNEY BEYOND YOURSELF"

by Michael A. Singer

The market is inundated with self-help books these days. How often have you heard or read that you always have a choice, you are the one who limits yourself, your ego holds you back, we should move beyond our fears, etc.

Singer writes: "You can do one of two things with fear: you can recognize that you have it and work to release it, or you can keep it and try to hide from it." In another chapter he writes about the importance of changing how we solve our personal problems. He feels real transformation comes about when you view situations as learning experiences. His numerous analogies assist the reader in relating to the personal situations that are being written about. He wisely points out that we are better off by letting the world be, rather than being afraid of it. If we want to be free, we have to learn to accept our human feelings. The key is not to dwell in them and to move beyond.

When teaching I tell students the Heart Chakra is where old wounds lie. Singer says we bury the pain deeply so we won't have to feel it again, but what we need to do is acknowledge the pain stored there. Our true greatness of joy, beauty, love, and peace lie on the other side of this pain. He also writes of how we can go along happily until something shakes us badly, whether it is someone dying or just something going wrong. He directs the reader to stop doing things (Ex: smoking) to see why they are really doing them.

Singer talks about how we really act and think as humans and why we are like this. If you didn't understand people before, you will acquire much insight after this read. He goes that step further to tell us how to move beyond our human frailties to become more fulfilled. Isn't that what we all really want? Deepak Chopra puts it very simply writing: "Read this book carefully and you will get more than a glimpse of eternity."

Jo-Anne G. Stevens
RT/P-CRA, Axiatonal Re-Alignment
Teacher/Practitioner, Masseuse,
S.I. Therapist Level II,
Metaphysical Healer.

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.

"Most people are so busy knocking themselves out trying to do everything they think they should do, they never get around to do what they want to do."

– Kathleen Winsor

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

C.R.A. 2008 FUNDRAISER

YTB TRAVEL NETWORK OF CANADA



In a quest to support the growing and diverse membership of the Association, the C.R.A. has taken steps to increase its funding base through incomes derived from our YTB Travel Business.

We need **YOUR** support to bring awareness to our new site and to take advantage of all it has to offer. You DO NOT need to be a member to qualify for these special deals.

You'll enjoy some great vacations at reduced rates, as well you will be able to send flowers, gift baskets and even purchase concert or sporting event tickets. There is even a Honeymoon Registry!

EACH TIME THAT ANYONE PURCHASES TICKETS TO ANYTHING ON THE SITE THE ASSOCIATION RECEIVES 60% OF THE COMMISSION.

You will soon receive amazing "Deals and Steals" once a week. We'll make sure that you're entered to receive them. (Please make us aware if you do not wish to do so but it would be a shame to miss out).

We have the link on our C.R.A. website home page or visit www.cratravel.ca

The potential to market this site and take advantage of all it has to offer is endless. We will keep you informed on a regular basis

If it is time to update your website we ask that you add this site as a link and help us get the word out there!

C.R.A. ANNOUNCEMENT

The C.R.A. is excited to share with you our new Fundraising Program. We recently acquired our own YTB Travel Website. From our new site you will be able to find great deals for your next vacation or business trip. Unlike other travel websites we offer more! At www.cratravel.ca you will be able to order flowers or send someone a gift basket as well buy those concert or sporting event tickets. There is even a Honeymoon Registry!

We need all of our members to support this new Fundraiser and spread the word. Please feel free to add the link to your own website. Invite everyone you know to visit the C.R.A. Homepage and follow the link or go to www.cratravel.ca to learn what we have to offer. Not only will you and your friends and family enjoy the savings but everyone will be helping to support a wonderful Association.

EACH TIME THAT ANYONE PURCHASES TICKETS TO ANYTHING ON THE SITE YOUR ASSOCIATION RECEIVES 60% OF THE COMMISSION.

CONTEST

The CRA Member that sends out the greatest number of emails will receive a brand new beautiful, portable Master Massage table with carrying case.

All you need to do is **bcc (blind copy)** reiki@reiki.ca in all of your outgoing e-mails so that we receive a duplicate copy. **Received e-mail addresses will not be used for purposes other than to gather the total number of emails that you have sent out, and will be deleted upon recording the counts.** Winners will be announced no later than November 3, 2008.

Check those personal and business e-mail lists that you already have and start adding more names!

CONTEST CLOSES OCTOBER 31ST AT MIDNIGHT

Includes a Deluxe Carrying Case!



The Bristol™ Massage Table

The Bristol™
by Master Massage Products

Professionals love this 30" table - It's time to find out why! This best selling table is famous for its Patented Auto Lock™ leg opening system, plush comfort padding, and flawless construction that earns a Lifetime Warranty!

In addition, this spacious table is equipped with oil and water-resistant upholstery and 2.5" of our unique multi-layered Small Cell™ foam system. Our exclusive Ergonomic Dream™ 6-way adjustable face cradle and padded arm shelf provides for customized comfort for all clients!

Specs:

Width:	30"
Length:	72" (bed only), 84" (overall w/face cradle)
Height:	24"- 34" (adjustable)
Weight:	34 lbs. (table only)
Capacity:	Supports 1,500 lbs.
Bed:	Wood
Cushion:	2.25" thick exclusive Small Cell™ foam
Color:	Cream with Walnut finished legs
Frame:	Wood
Legs:	Northern hardwood coated with DuraSeal™ Protection

THE FUTURE OF REIKI

By Jennifer Thibodeau

Like many Reiki people, I am interested in the historical origins of Reiki healing. Thanks to Usui-sensei's memorial stone at Saihoji Temple in Tokyo, we know that Reiki Ryoho began in 1922, when Mikao Usui attained enlightenment while he was fasting and meditating on Mt. Kurama in Kyoto, Japan. Since the 1990s, there has been considerable research done to uncover the truth of other aspects of Usui-sensei's life and the evolution of the Reiki healing art, and this will doubtlessly continue. Recently, however, I began to wonder about the *future* of Reiki healing – how will it continue to evolve? What is in store for us as Reiki people? In search of these answers, I have interviewed six Reiki Teachers/Masters - James Deacon, Rev. Hyakuten Inamoto, Cerise LaCore, Jessica Miller, Frank Arjava Petter, Kathleen Prasad and Frans Stiene, to learn more about their opinions and visions of the future of Reiki healing.

James Deacon

For more than a quarter of a century, James Deacon has been involved in extensive research into wide-ranging and diverse aspects of the field of 'Mind, Body & Spirit'. He has a strong background in 'vital-energy therapy' disciplines, and he undertook Reiki Master-level Attunement & Training in 1998. His website is www.aetw.org.

What do you see in the future of Reiki?

"Well, (as I'm sure we all do) I would like to see Reiki Ryoho continuing to 'move into the light', and hopefully gain ever greater levels of acceptance - by both the public at large and the medical professions - as a valid complementary therapy.

Certainly in terms of Reiki Ryoho practice in a *professional* context, I feel that issues around regulation are going to be even more prominent in the near future.

Globally, it is definitely becoming a case of '*self-regulate before the state regulates*.' In the UK, for example, proposals for a move towards voluntary self-regulation by mid 2008 are being discussed. Issues under consideration include a code of safe professional practice, disciplinary and complaints procedures, and the creation of a UK Register of Professional Reiki Practitioners. Now, while many view this primarily from a perspective of encroachment on individual freedom, personally I see self-regulation as being an important step towards gaining credibility in the eyes of the medical professions.

With there now being so many different Reiki Ryoho styles, and different approaches to practice, I feel it is very unlikely that we, as a community, could ever *hope* to (many would say, ever *want* to) arrive at a situation where we have achieved some form of universal *standardization* of training and practice (even if self-imposed).

However, while *standardization* of training and practice may not be 'on the table', something I feel we do need to remain mindful of is the issue of *standards* of training and practice. After all, in Reiki Ryoho we have an ethical duty of care – not just to those who come to us for *treatment*, but also, to those who come to us for *training*.

With any art or discipline (whatever its nature) moving from, as it were, 'the shadows of relative obscurity' into 'the bright light of popularity', there is always a risk that standards of training and practice may suffer.

I feel we would be naïve to think that, in the case of Reiki Ryoho, things should necessarily be any different. Instances of poor standards of training not only dishonour those receiving that training, they also impact on the perception of the *overall* professionalism of the Reiki Community as a whole, in the eyes of the very people we need to be reassuring.

In my opinion, the implementation of systems of self-regulation and the setting of 'benchmark' or 'baseline' minimum standards, is perhaps essential in order to guard against various degrees of failure in relation to the above-mentioned duty of care; and by extension, to ensure that Reiki Ryoho receives the professional recognition it so richly deserves as a highly effective therapeutic practice."



Rev. Hyakuten Inamoto is the founder of *Komyo Reiki Kai*. He teaches Reiki Ryoho (healing art) around the world, and lives in Kyoto, Japan, the birthplace of Reiki healing. His website is: www.h4.dion.ne.jp/~reiki/english/index.html.

What will Reiki be like in the future? Will it die out or expand?

"The future of Reiki is so bright. More and more people in the world will seek Reiki Ryoho through which they know they can gain health and happiness."

What changes will take place?

"A big positive change; with more and more Reiki people, the world will be at peace and people will be happier."

How will the religions around the world respond to Reiki?

"The religions will respond positively and harmoniously to Reiki healing art, for it is a gift and a blessing from the universe. It rises above any man-made belief systems."

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Cerise LaCore holds a Bachelor of Science degree in Natural Health with a Specialization in Homeopathy. She is a Certified Komyo Reiki Shihan, Certified Massage Therapist, and is currently pursuing her Doctorate in Naturopathy and PhD in Natural Health. Her website is www.gypsy-wynd.com.

What evolutions do you foresee regarding Reiki?

"Personally, I would LOVE to see Reiki taught in a more standardized fashion, especially for those who plan on using it in a therapeutic setting. There are so many discrepancies about the history of Reiki, or the "true" teachings and lineages of Reiki, etc., etc. It's enough to make your head spin. I would love to see the same information taught by every Reiki teacher.

While this is not so much of an issue for those who choose to use Reiki for the benefit of just themselves or their families and/or for those who develop it as a path to personal spiritual enlightenment, I believe this issue becomes tantamount when utilizing it in the therapeutic arena.

And I believe that as Reiki becomes more and more accepted as a viable adjunct to conventional medicine, some sort of standardization MUST occur.

I can foresee Reiki being divided into two modalities: #1, a spiritual practice, and #2, a therapeutic practice. Now the interesting thing is that in order to have an effective therapeutic practice utilizing Reiki, practitioners must FIRST have developed it as a spiritual practice. So, perhaps there should be another separate level or degree. For those who choose it as a spiritual path, no changes need to be made, but for those who choose to add the therapeutic aspect, perhaps an additional Reiki "Practitioner" level should be added."

What changes might occur relating to Reiki and traditional Western medicine?

"Changes are already occurring with Reiki and traditional Western medicine. People like Pamela Miles and Julie Motz have been instrumental in introducing energetic practices into hospital settings.

I am personally seeing more and more conventional doctors referring their patients in to someone like me. Unfortunately, they are waiting until all conventional medical avenues have been exhausted, making it a more difficult and longer process for the patient.

I think as Reiki becomes more accepted by the medical community, we will see an improvement in medical care as a whole. This is because Reiki focuses on healing the entire person, not just ridding the body of symptoms.

"Nothing in life is to be feared, it is only to be understood."
— Marie Curie

Unfortunately, too many times patients are relegated to feeling like a "diseased liver" or a "broken bone", or whatever their current ailment happens to be. With Reiki entering the medical field, I think a quantum leap in consciousness would naturally occur. Patients would no longer be viewed as having sick "parts", but would rather be viewed as a human being out of balance, with symptoms occurring in various ways so as to help point out the "true" underlying cause of the disease or symptom."

How will Reiki and Western medicine be combined to help people?

"Reiki can be used in so many ways, the possibilities are endless. Reiki healers can be brought into surgery to help facilitate the smooth outcome of the surgery, to help support the energy of the patient, and also to help support the energy of the surgeons and staff. This is being currently done in some hospitals, especially on the East coast.

Reiki can also be used to help people heal quicker, for pain relief (thereby reducing the need for medications), and to help relieve the stress and anxiety that so often occurs when a patient is ill or injured. In addition, there is sort of a bond that occurs between the Reiki practitioner and the patient when Reiki is given. Often, patients feel like some sort of relationship has developed between them and the caregiver. This helps the patient to feel safe, acknowledged and nurtured, and people who feel safe, acknowledged and nurtured naturally heal faster. So much of a person's recovery is dependent upon their trust in their caregiver, whether they are a doctor, a nurse, or a Reiki practitioner. Receiving Reiki is a way of developing that trust.

Furthermore, this could help reduce hospital and medical costs. Initially, this might not seem like a wanted outcome for the doctor or hospital since medical care has become such a big business, BUT it would return the care of the patient back to the doctor instead of the insurance companies. The Latin root of the word "doctor" is "docere", "to teach." Because insurance companies are calling the shots, doctors don't have time to remember their patient's names, never mind actually TEACH them something about their health.

And maybe if we can get the big money out of the medical industry, it can become what it was intended to be - a place of healing. So many doctors I have spoken with go into the medical profession with the best of intentions. They just want to help people. But they get caught up in the machinery of the HMOs and because medical training is SO expensive, they have no choice but to play along. And frequently, they get ground down in the process and have to abandon their idealism."

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How will Reiki be utilized in medical settings (hospitals, clinics...)?

"I think doctors and nurses would do well to be trained in giving Reiki. The doctors and nurses that I have trained have mentioned that it has helped them greatly, both in their diagnoses and treatment of the patient. I have one doctor who routinely uses Reiki to zero in on problems by scanning over the patient, and I have had reports from ICU nurses who have used it to reduce the heart and breathing rates of trauma victims. Pediatric nurses have stated that babies are calmer and thrive better when given Reiki treatments in the nursery.

UCD Medical Center here in Sacramento, California has discovered that children suffering from sickle cell anemia have less episodes and crises when they receive regular Reiki treatments. They referred in a little boy to me several years ago that I wound up attuning and to this day, he has not experienced another sickle cell episode.

I think the ways in which Reiki can be combined with western medicine is limited only by our imaginations. Working together, who knows what we will discover?"

What might be the response from the general public, such as patients and people who have not been exposed to Reiki?

"The first response from the public might be skepticism or even fear, especially for those who might consider it not in keeping with their religious beliefs. But with time, education, and documented case findings, these fears may be eradicated."



Jessica Miller is a senior level teacher for the International Center for Reiki Training. She has been teaching Reiki since 1993, and she is the author of *Reiki's Birthplace: A Guide to Mt Kurama*. Her website is www.reikimastery.com.

What do you foresee regarding the future of Reiki?

"Reiki is going to be something that everyone does - at least a basic level because it can be learned in a week-end and the teacher's level can be learned in less than a year. It will become so common that there will be a Reiki person in every house. Reiki is the folk medicine of the future.

While many will be content with the basics, some will feel inspired to follow it to a deeper level. These will become the Reiki explorers. They will make pilgrimages to Mt. Kurama, where Reiki began, and the other sacred places of the earth, and use Reiki to connect into the Ki of the place. They will treat Reiki as a general purpose metaphysical tool, and use it for both healing and exploring the universe, learning more from direct experience and less from books."

What will the differences be between Japanese and Western Reiki?

"I think there'll be more understanding and respect for Western Reiki and Japanese Reiki. Reiki has developed differently in both places and they both have their strengths. Western Reiki focuses more on all the great things the practitioner can do immediately after being attuned. Many of the Japanese techniques are slower, and focus on techniques that take time to become proficient at but will ultimately improve their Reiki ability. I teach both."

How popular will it be?

"Everyone is going to learn Reiki. The number of people who will study it will increase and it's only a matter of time before everyone will learn it. None of us have to heal the whole world, we just handle our little corner and then train other people to handle their little corners. For something to really make a difference in the world on a long-term basis, you have to be able to spread it faster than the rate of population growth. Reiki is one of the few things you can do that with."

Will people continue to charge for Reiki classes?

"There will always be free or low-cost classes where people can receive a Reiki attunement and learn a few basics. I would love to see Reiki taught in high school, as an elective like cooking or first aid. But just as anyone who truly is inspired by cooking or medicine is going to seek out additional training or information so they can do more with it, so too will many people want more advanced training."



Frank Arjava Petter is the author of seven international Reiki bestsellers. He teaches worldwide. More information on books and training courses with Arjava is available at:

<http://www.Reikidharma.com> or
<http://www.JikidenReiki.eu>.

What is your vision of the future of Reiki?

"The future of Reiki is already here, embedded in the Reiki Principles: They begin with "Kyo dake wa", which means "only today". If the present moment is lived fully and consciously, the same will happen tomorrow and the day after tomorrow. I see the future of Reiki in the eyes of my two-year-old daughter, Christina. I feel it in her little hands. She lives Reiki; she has breathed Reiki ever since she was conceived. For her, Reiki is the most natural thing in the world.

My vision of Life a few years from now is that the next generation will give Reiki the place that it deserves. You may see that as an analogy: Reiki begins in your mother's womb... All other ways of promoting Reiki are

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good, but will not touch the heart of the inhabitants of planet Earth. Personally I would like to start a hospital and hospice in the near future, but that is another chapter...

To bring the attention to the present, practice Reiki on a daily basis, give treatments and above all, enjoy it. This way your conscious example and the joy you experience will spread from your heart to the person next to you. This is how Reiki grows: from one heart to another.

The second best approach to spread Reiki (after teaching kids) is to teach Reiki to health care practitioners in all fields. If you ask me every mother, every nurse and every doctor on Earth should have Reiki."

How will Reiki continue to develop around the world, especially in non-English speaking countries?

"The last sentence on the memorial of Usui Sensei in Tokyo is a powerful future prediction. It says that Reiki will conquer and heal the world and its inhabitants. This has been happening for a while and will be happening more and more in the future. Reiki fits into every heart, because it is your natural state. It is what your mother did with you when you were a baby. It is what every human being does when he or she gets hurt. You touch your wounds, you look at them, caress them and you blow at them. Before you know it, you feel tremendous relief. If this is brought into the consciousness of many people, Reiki will again become a natural thing: just, what you do when you don't feel well.

I travel all over the world teaching Reiki and most of the time I teach in non-English speaking countries. In Latin America, for instance, Reiki is huge - much more than anywhere else I have been. But people practice Reiki literally everywhere, and especially here, in this moment and in your very own heart. Don't worry about that which is far away. Don't worry about the global situation. Deal with your own situation instead. Live Reiki in every moment, in your classroom as well as in your private life.

If you are looking for a capable teacher, look into his living room. If you want to know how far you yourself have progressed on the path, look at how you are with your family, in the supermarket, on the highway..."

Will Reiki broaden its international appeal?

"Reiki wants to touch the hearts of many, and you can trust that it will do so. It takes those who are good conduits and teaches through them. You see this in Mrs. Takata or others of her caliber. Regardless of the teacher's own issues, or their psychological challenges, Reiki gets the job done. Because Reiki does not require a certain philosophical background, it fertilizes the fields of every country on Earth."

How will people from developing countries get access to Reiki treatments and training?

"I can only share with you how I deal with this issue. First of all, I adjust my fees upon the economic situation of the countries I work in, to make it affordable. And second, I go where the winds of love take me.

Traditionally, in Japan, Reiki was a way for wealthy people to give something back to their fellow men. In the West we are so identified with the idea of "ME". I am the most important person in the world, I want—I want—I want. In the East the focus is on the collective.

A beautiful image of this is the story of a Chinese nun, Kwan Yin. She was a spiritually well-developed student of a Buddhist Master, who was told by him that she would achieve enlightenment in her next life, when she would be re-born into a male body. Upset by this, she made a vow never to be born as a man, and to help humanity to achieve what she herself was longing for. She became the South East Asian idol of love and compassion. Think of her when you do Reiki. Forget your self, forget your desires and your ego-gratification. Become compassion..."

Will people from developing countries see the benefit of Reiki when they are struggling to meet the daily needs of survival?

"In developing countries one of the most pressing needs is to furnish adequate medical attention. Because this need is not met by their governments, people turn to Reiki and help themselves as well as helping each other. This is a good way of using Reiki as it was originally meant: as a powerful healing technique. In Usui Sensei's words: "The secret art of inviting happiness, the spiritual medicine for all illness."

However, there is a danger that lurks not only in developing countries, but everywhere on Earth. Because financial resources seem limited to some of us, Reiki is sometimes seen as an easy way to make money. Then Reiki may be used as a multi-level business scheme, and this is not where it belongs. Reiki is active compassion...let's help it find its way back to where it belongs. You are the key!"

What is our role as Reiki teachers to further the development of Reiki in these countries?

"Our responsibility is to provide quality training, to train local teachers with love and devotion for a few years, and thus help the people to help themselves. Then it is time to pull out of these countries, and let the local teachers take care of it. They know their own people the best."



Kathleen Prasad is a Reiki Master Teacher, Author and Educator. She is the co-author of *Animal Reiki: Using Energy to Heal the Animals in Your Life*. For more information, please visit www.animalreikisource.com.

How will Animal Reiki evolve?

"Since Animal Reiki is spreading to more and more animal people in all walks of life, it will become more main-stream. More people are discovering the benefits

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of Reiki for themselves, as well as their animals. This will create more opportunities for animal Reiki practitioners to build private practices. In addition, because of increased awareness and public knowledge of this modality, people will begin to ask for it from their Holistic Vets. I see Holistic Vets as incorporating Reiki into their offered modalities, so that their clients will have a wider range of healing options available to them. Already many are referring their patients to Animal Reiki practitioners. Reiki for animals will be included more and more in holistic animal care books, radio shows and television series, which in turn will create more public awareness."

Will there be a continued interest for people to become Animal Reiki Practitioners?

"With wider use will come more awareness about the benefits of Reiki for animals, and the field of Animal Reiki will become more accepted. I have been training people in Animal Reiki and helping them start their professional practices for almost five years and have seen a tremendous growth in demand and opportunities. To help meet this demand, I have developed an Animal Reiki Practitioner Directory on my website, and every month, more and more people are finding their way there and getting referrals for Reiki treatment for their animals. This is a great time for people to start their animal practices, as the field is just on the cusp of finding wide appeal and great public demand."

What will happen with the more pressing needs of animals in shelters or animal sanctuaries?

"Shelters and animal sanctuaries are the ideal places for Reiki practitioners to give back to the world. The animals in these places will be their best teachers in energy and healing. I encourage all my students to volunteer Reiki in these places for the animals who need it most. The animals give so much back to us when we offer them Reiki; many times over what we give them in healing energy. Typically, when an animal Reiki practitioner is coming regularly to donate services to a shelter or sanctuary, even if at first there is much skepticism, in time, the staff will begin to notice the healing effects of Reiki and begin to ask questions or even recommend which animals need Reiki each day. In time, the staff may even ask to be trained in Reiki. This is beneficial not only for the animals in their care, but also for the healing of the employees who, due to the difficult nature of the work, often suffer from exhaustion, stress and burn-out. I would like to see larger animal organizations such as the SPCA feature Reiki in their national magazines to spread Reiki to more and more animals in greatest need."

What do you think will happen with Reiki and Institutions for animals, such as zoos or wildlife reserves? Will Reiki be used to help endangered animals in the wild?

"Absolutely it will; it already is! Reiki is already being used at these places, by individuals who work there in official and volunteer capacities. In time, Reiki will speak for itself and be adopted in a more official way. Another example of how Reiki is being used to help animals in these places is in the healing circle offered through my yahoo group "Animal Reiki Source." There is a group of us from around the world who offer Reiki on a regular basis to animals who need it most: endangered animals, wild animals, animals in zoos and reserves, shelter and rescue animals, etc. We also offer Reiki to animals affected by current events such as wildfires, hurricanes, floods, etc. Individual members alert the group to issues in their local area or animals they are already working with who are in greatest need, and we all send Reiki."

Do you think that Reiki will someday be offered in Veterinary schools?

"With time and continued funding of Reiki Research in institutions such as the NIH and organizations such as the University of Arizona (who have a large interest in holistic healing research), science will continue to uncover the wonderful mystery that is Reiki healing. When enough research has been done, Veterinary schools will offer Reiki. They already offer other alternatives such as Acupuncture, but this was only after many years of research, so we must be patient. The good news is that there is research being done."

No one can say with certainty exactly what the future holds for Reiki. After interviewing these Reiki teachers, my confidence is renewed that with some diligence and the ethical practice of Reiki healing and teaching, it will continue to grow and touch the lives of more and more people, one Reiki class and one Reiki treatment at a time.

Jennifer Thibodeau is a Komyo Reiki Kai Teacher. In autumn 2006 she began a twelve-month volunteer public relations internship with the Canadian Reiki Association. She returned to Canada this summer after living in Japan for five years. You can visit her website at www.mountainskyreiki.com.

Continued on page 10

CALGARY HEALTH SHOW



The first annual Calgary Health Show took place on Saturday February 9th & Sunday 10th, 2008. The show went without a hitch, thanks to all members of the CTREH team and Tania

Bakas. The energy at this show was very good, unlike other shows I have been to. I suspect this was due to the fact it focused on overall health rather than just spiritual. We had many inquiries at the booth and very good questions. We all noticed a good vibration of energy, which attracted all kinds of people to our booth. Those who were curious would watch as we had both tables going continually, with at least three practitioners on at each time. We found that there was a mixture of the curious, those looking for education and those seeking practitioners.



Tania was a great help with the preparation of the booth. Following the schedule really didn't help so we just went with the flow, with who was available and who was up to handling yet another client. The one thing I can say is that there are people looking for ways and means to heal. Our jobs are cut out for us in the up-coming years. I encourage all Reiki Masters and practitioners to make them-selves known. We are all needed!

Love and Light
Carell Mehl, RT-CRA
Calgary, AB
kilifestyle@shaw.ca
<http://www.kilifestyle.ca/>

THE FUTURE OF REIKI

Continued from page 9



Frans Stiene, Australia is the co-founder of The International House of Reiki, co-hosts The Reiki Show pod-casts, and has co-written several Reiki books with his wife, Bronwen.

What could be the future of Reiki 30 years from now?

"It is possible that if the system of Reiki continues as it currently is then it will disappear. With Reiki there are so many diverse ideas about what it is and how it is

practiced that people begin to lose any belief in it and will discontinue practicing it. Not that it is itself a belief system, but you need to believe that there is a real base to what you practice to give you the motivation to continue with it.

Due to lack of structure of the system there are more and more people creating new lineages and histories and myths about Reiki, that the system of Reiki will mean nothing - naturally less people will want to learn a system that is not a system but an eclectic mix of ideas from a multitude of countries that has no foundation. If there is no sense to it then there will also be no interest in it.

Even a lot of Japanese teachers are inventing new ways to do the attunement, new techniques etc., all under the banner of Reiki and Usui sensei, while none of these methods have anything to do with Usui sensei. Through all of this it is getting very confusing for practitioners and clients alike.

The only real hope is that we start to take the system of Reiki seriously. Look at the origins, the commonalities and the future directions of the system. How do we see what we do fit into that?

I went to this talk a while ago by a Western Yogi. He was talking at this trendy yoga centre, and the first thing he asked was, "Why do you all practice Yoga?"

Some said, "To become fit, to get a good-looking body, it is popular." etc. After this he said, "You do not practice the right Yoga," as none of them had stated that they were doing it because they wanted to become enlightened and help others. This was the original meaning of Yoga. I personally believe this was the original meaning of the system of Reiki as well.

Many New Age systems created in the 1980s are no longer practiced due to their lack of a strong foundation. It would be a shame if this, too, happened with the system of Reiki. For this reason we need to go back to the roots of Reiki and remember that it holds at its base a Japanese philosophy and culturally connected foundation."

"Ride on! Rough-shod if need be, smooth-shod if that will do, but ride on! Ride on over all obstacles, and win the race!"
— Charles Dickens

I KNOW SOMETHING GOOD ABOUT YOU!

Wouldn't this old world be better
If the folks we met would say,
"I know something good about you!"
And then treat us just that way?
Wouldn't it be fine and dandy,
If each handclasp, warm and true,
Carried with it this assurance,
"I know something good about you!"
Wouldn't Life be lots more happy,
If the good that's in all of us
Were the only things about us
That folks recalled?
Wouldn't Life be lots more happy,
If we praised the good we see?
For there's such a lot of goodness
In the worst of you and me.
Wouldn't it be nice to practice
That fine way of thinking, too;
You know something good about me;
I know something good about you?!

Author: Anonymous

AGM PICTURES

Continued from page 12



DEFINED COMPREHENSION

By XELANIRE

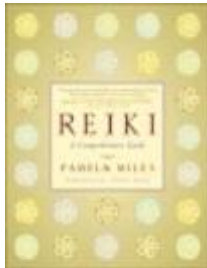
It was there clear as day
A dragon on parade
A face, unmistakable
To beckon in the coming solstice.
He had a telling tale
One that left its legacy
Long after the vision vanished
His thoughts radiated in sunshine.
Which made an impression
Upon those with an open mind
With whom such extension
Towards reflection were inclined.
This apparition
Was on a course
Caught more than our eye
Endowed us with enchantment.
From its wispy ends
Flowed a continuous stream
A current with rising magnitude
In us gaining momentum.
The sky that day
Was filled with wonders
Which in us will never cease
As we both have the heart of a child.
Why we're able to see
Feel the presence of entities
We expand our horizons
So contact is possible.
A knock on the door
Does not go unanswered
Through these interactions
We elevate our consciousness.
Anything is possible
If one removes their blinds
If one taps on a tree
One may be granted higher gifts.
Which could come in the form of
Endearing insights
To enter within the walls
Enabling defined comprehension.

Submitted by Alex Chornyj
RP-CRA
xelanire@hotmail.com



REIKI IN A CONVENTIONAL MEDICAL SETTING

By Pamela Miles



Conventional cancer treatment can be experienced as a war against the disease, a fight for life in which the body becomes a battlefield. The balancing effect of Reiki treatment can help the person recover from the collateral damage of treatment without compromising the effectiveness of conventional protocols. At a time when so much hangs in the balance, Reiki treatment can help tip the scales in the patient's favor.

This passage is from a paper I wrote on Reiki to support cancer patients that is published in the current issue of the peer-reviewed, indexed medical journal *Advances in Mind-Body Medicine*. The article is available online, and will download when you click "Reiki for Support of Cancer Patients" on the journal's cover.

Patients who know of Reiki are often understandably reluctant to do anything without their oncologist's approval. They are frequently just as reluctant to mention Reiki to their doctors, assuming the oncologist won't know about Reiki and unwilling to risk losing their physician's respect. Now patients can use this article to start the conversation on a credible note.

After all, oncologists are well aware that cancer patients often suffer anxiety, pain, fatigue, stress and other symptoms related to both the disease and the treatment. I find doctors to be interested in non-invasive approaches that can relieve their patients' suffering. But I also know oncologists need literature that addresses the medical concerns before they can support their patients' use of Reiki. This paper fills that gap by documenting how Reiki can benefit cancer patients, family members and caregivers without medical risk.

Reiki is increasingly offered to patients in conventional cancer settings such as Memorial Sloan Kettering Cancer Center (New York City), Dana Farber Cancer Center (Boston), and M. D. Anderson Cancer Center (Houston), but many more patients are suffering.

Please join my efforts to relieve that suffering by expanding Reiki's availability in conventional cancer care. Share this announcement or the link to the article, and use the article to introduce Reiki to the cancer care centers in your community. Our combined efforts can, and will, make a difference.

With warmest regards and gratitude,
Pamela
pmiles@reikiinmedicine.org

PS More details about how Reiki is being used in a wide range of medical settings is available on my website: www.ReikiInMedicine.org and in my book, *REIKI: A Comprehensive Guide*.

2008 ANNUAL GENERAL MEETING

2008 brought us yet another successful AGM. Hosted in Oakville, Ontario, over 90 guests arrived around 10am to enjoy lively presentations and performances, promising updates from the CRA directors and an exciting mini-market.



Bonnie Smith, CRA President, reported on the CRA activities from the past year. We had a lively audience and it was heartwarming to witness the genuine interest and involvement of the CRA members.

Barbara Weston, Vice President, reported on the ongoing CRA activities in Vancouver. The Vancouverite Reiki folks had a busy year involving many volunteer based events and presentations.



Carrel Mehl, Director, updated us on the activities of our Calgary friends. The Alberta reiki group had their first Health Show a few months back and was thrilled to see the large number of attendees that showed interest in Reiki. The group worked tirelessly to spread the word on Reiki, and



was successful!

We enjoyed wonderful presentations from Joanne Stevens, Barbara McKell and Gary Diggins. All presentations held a captive audience and the room was buzzing with energy.

Lunch was served and during this break the guests had a chance to check out the mini market which offered many products and services.



Tania Bakas, RP-CRA
North Vancouver, BC
Tania@givingwithin.com



REIKI CLASSES AT MOUNT ROYAL COLLEGE IN CALGARY ALBERTA

As many of our members are aware, there has been some concern about the way in which Reiki classes were being advertised by Mount Royal College in Calgary, Alberta. The phrase, "Fast Track Reiki" was used and it appeared as though the College was offering Reiki training from Level I to Master in a very short time period.

This issue has been investigated with Jennifer Bona, Program Coordinator, Complementary Health Programs, Faculty of Continuing Education & Extension, along with Norma MacIntosh, Dean, Faculty of Continuing Education and Extension of Mount Royal College. Both Jennifer and Norma have assured me the wording of the advertisement created a misunderstanding of how they actually deliver their Reiki classes.

It is not and has never been the College's intent to "Fast Track" the teaching of Reiki and their Reiki teacher makes sure sufficient time and practice has taken place for each student before they proceed to the next level of training.

Through very positive negotiations the College has agreed to issue an actual Reiki certificate to each Reiki student at the completion of each level of training. Up until now it has been standard practice for the College to issue only a letter of completion to each Reiki student at the completion of each Level of training and issue an actual Reiki certificate when the student had completed Level I, Level II and Master classes. As of August 11th, 2008 Mount Royal College will issue a Reiki Certificate to every student at the completion of each Level of training.

Jennifer Bona assured me that Mount Royal College wishes to comply with the teaching standards of the Canadian Reiki Association and I have invited her to contact me anytime if she has questions about teaching protocol or any of the standards set out by the C.R.A.

I suggested to Jennifer that the College consider hiring C.R.A. Registered teachers and that they have their existing Reiki teachers apply to the C.R.A. for Registered Membership status.

It has been a very positive experience working with Mount Royal College and I thank our members for bringing this situation to our attention.

With Love, Light and Blessings,
Barb Weston
C.R.A. Vice President

Presenters at the 2008 AGM



Jo-Anne Stevens
Burlington, ON
info@essentialwellnesscentre.com

Barbara McKell,
Guelph, ON
barbara@soulconnection.ca
www.soulconnection.ca



Gary Diggins
A Multi-Instrumentalist
www.garydiggins.com

A few tables from the Mini-Mart



MORE PICTURES FROM THE AGM

Continued from page 12



Fall Reiki Gathering

'Just for Today'

Sunday, October 26th, 2008 Downtown Toronto

Explore the 5 principles of Reiki through sonic rituals and therapeutic soundscapes.

Embody Reiki and learn sound work as a receiver or an interactive participant using world instruments and voice.

Understand and live the Reiki principles. Learn practices to more fully embrace the essence of Reiki in your life. Present moment awareness, managing emotions, gratitude, focus, allowance, and kindness.

Focus your intentions in Reiki Circle, learn with practitioners/guest presenters, visit the Market Place.

To register, for more information and to see photos/ comments from previous Gatherings go to:

www.transense.ca or tel. **Stephanie at 416.916.2980**

Canadian Reiki Association Registered Teacher (Usui, Sekhem, SSR).



C.R.A. UPCOMING HEALTH SHOWS EVENTS

WHOLE LIFE EXPO

Metro Toronto Convention Centre
255 Front Street West, Exhibit Hall "C"
Toronto, ON

Friday November 14th from 4pm to 9pm
Saturday November 15th from 11am to 8pm
Sunday November 16th from 10am to 6pm

BOOTH # 157/158

CANWEST HEALTH SHOW

2nd Annual Calgary Health Show

Roundup Centre, Stampede Park
Calgary, AB

Saturday February 7th

Sunday February 8th

Booth # 235

17th ANNUAL WELLNESS SHOW

Vancouver Convention & Exhibition Centre,
Exhibit Halls B & C, 999 Canada Place
Vancouver, BC

Friday February 6th from 12:00pm to 8:00pm

Saturday February 7th from 10:00am to 7:00pm

Sunday February 8th from 10:00am to 6:00pm

Booth #: 806/808

ON THE REIKI PERSON'S BOOKSHELF

submitted to the CRA by Jennifer Thibodeau, RP

Your Reiki Treatment: How to Get the Most Out of It

By Bronwen and Frans Stiene



For the first time, a book has been written for the Reiki healing client. Bronwen and Frans Steine's latest book, *Your Reiki Treatment*, provides information of use for both the Reiki practitioner, and in particular, for the Reiki client. Divided into three parts, Pre-Treatment, The Treatment and Post-Treatment, the reader can quickly find the information they need. The information is straight-forward and reassuring to readers who may be new to Reiki, or if they have questions they may not feel comfortable asking. Subsections of the book include numerous topics such as Questions to ask Practitioners, Reiki for Cancer, Your Treatment and Reiki Attunements, and Assisting your Self-Healing at Home.

Your Reiki Treatment by Bronwen and Frans Stiene is a wonderful addition to any energy healing library, and would doubtlessly be welcomed by Reiki clients and students when visiting their Reiki practitioner or Reiki teacher. The book can be ordered online from Amazon at this location.

http://www.amazon.ca/Your-Reiki-Treatment-How-most/dp/1846940133/ref=sr_1_5?ie=UTF8&s=books&qid=1208982705&sr=1-5

VICTORIA WELLNESS DAY

By Carol Chapman, CRA-RT



The Wellness Day for the Orthopedic Nurses of Vancouver Island was held at the Delta Pointe Hotel on Friday, February 7, 2008. There were a total of 80 registered guests for the day of in service and learning.

I arrived with one student prior to the 8:30am event in order to set up early, only to discover that there was a line up of 10 people waiting for mini treatments. We immediately dropped everything and began treating!



As the opening introductions began and the guests settled in to their seats, we were able to set up our stations in preparation for treatment. Others arrived and gave presentations on Chiropractic, massage, acupressure, diet and fitness.



We did several mini treatments during their morning and afternoon coffee breaks and also over the lunch hour break. However, with the demand for Reiki being so great, we were only giving 5 minute treatments. I then

began to treat 2 people at a time as shown in the picture. I had another student arrive for the lunch break to help out.

I think that it would be safe to say, that we were able to give a minimum of 55 (5 minute mini-treatments) treatments over the entire day! It was incredible! Even with treating 2 people at the same time, each person treated stated immediately that they felt so relaxed and wished for more.



Carol Chapman, RT-CRA
chapmanmc@shaw.ca
Victoria, BC

2008 AGM



THE HEALING TOQUE

Submitted by Marguerite Antonio, BC

Can knitting be a healing tool? Ah, yes, the gentle caress of soft wool over the skin can be seductive; the rhythmic clack of the needles and repetitive hand movements of knitting soothing and relaxing. The challenge of mastering a difficult pattern can result in a sense of satisfaction and pride in the finished product. But I had not thought of knitting as a tool for healing until a student asked to see me after the knitting class I was teaching.

When I met with Ruth after class she, tearfully, explained that her twenty-year-old nephew, Jon, who lived about 1000K away, was undergoing a second bout of chemotherapy. He had lost a lot of weight and most of his hair, and his energy and spirits were low. She was deeply concerned for him.

"I know you are a Reiki Master. What exactly is Reiki? Can it help him?" she asked.

I explained that Reiki is tool or technique that can be used for relaxation, to reduce stress and to help promote healing on the mental, emotional and physical level. One of the wonderful attributes of Reiki energy is that it can be sent to clients at a distance.

"I don't think I'm good enough at knitting, yet," she said, "but could you knit him a toque to cover his bald head and put healing Reiki into it?" I agreed to do so.

"The loving, healing energy of Reiki can be sent to him directly and/or embedded in a gift- like a crystal or a piece of clothing," I explained. Ruth thought about this for a moment then began to smile.

Together, Ruth and I chose a soft washable yarn in healing hues of green. As I sat, quietly, knitting, I thought about the young man as Ruth had described him and envisioned him healing. Using the Power, Mental/Emotional and Distance Reiki symbols, I drew the healing energy into the palms of my hands and transferred it to the toque as I worked. After completing the toque, I placed it on my Reiki grid.

A Reiki grid is made up of highly conductive mineral stones, like quartz, that are placed in a specific pattern and charged with Reiki energy. In this case, I used quartz crystal on the outer points of the grid and an amethyst pyramid as the center stone. I charged the grid with the specific intent of distance healing for Jon and placed the toque in this energy for a day before giving it to Ruth.

Ruth was happy with the toque and wrote a loving note of encouragement to Jon along with a few references about Reiki.

Ruth reported that Jon appreciated the toque and had said the nurses thought him quite handsome with it on. A few months later she let me know that Jon was home his hair was growing back, he'd gained some weight and was feeling more energized.

"He is looking forward to being able to drive his car again soon," she enthused.

When we met a few years later, I asked Ruth about Jon.

"Oh, thank you for asking"; she smiled "He is doing well. He has not been back into hospital since he got home after I'd sent him the toque. My sister (Jon's mother) truly believes the healing began with that toque. He still wears it a lot. Thank you again."

Since knitting Jon's healing toque I have had several requests for Reiki energy to be knit into the scarf, shawl or poncho that I made for others.

A Simple Toque

Toques should fit snugly so check the circumference of the head before starting.

- Knit a 5X5 swatch in the wool you chose with the needles suggested on the label and one a size smaller.
- For this pattern and yarn the gauge should be: 19st. or 27 rows to equal 4in.
- Code of abbreviations: st.=stitches, in.=inches, k=knit, p=purl, k2tog =knit 2 together, p2tog. = purl 2 together.

For Jon's toque we chose:

- Yarn- Canon Simply Soft- dark moss.
- Needles- 5mm, 4mm
- Darning needle.

Pattern:

- Using the smaller needle cast on 76 st. (or adjust the number of stitches according to your swatch and the circumference you want).
- Work a (k2, p2.) ribbing every row for 3 in.
- Change to larger needle. Increase 1 st. at each end of the next 2 rows. (80 st. in all)

Work a (k1, p1) ribbing until work reaches 6 in. from the beginning. Then start as for crown.

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THE HEALING TOQUE

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Crown:

1 k2tog, k6...repeat these st. to end of row. Purl each alternate row.

3. k2tog, k5...

5. k2tog, k4...

7. k2tog, k3...

9. k2tog, k2...

11. k2tog, k1...

k2tog across remaining stitches.

Purl last row.

Cut the thread leaving a 12in. tail. Using a darning needle thread through the remaining stitches and draw it tightly and fasten tightly on the back of the work. Then sew the edges together and press lightly into shape.

Toques may be adorned with a tassel or pompom at the crown.

For Jon's toque we purposely chose to keep it unadorned and to use a soft but washable yarn, as he would be wearing it while in hospital were the toque needed to be ease to maintain and clean.

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

Langley

Quantum BodyWorks Reiki Share
1st Friday of each month.
Quantum BodyWorks Alternative Healing Centre
20443 Fraser Hwy. Langley BC

Time: 7:00 - 9:30 pm

Cost: by donation

Who is welcome: Everyone is welcome - newcomers, students and all levels of Reiki.

Comments: This event is hosted by Virginia Smith of Harmony Healing. We begin with a guided meditation and an Empowerment for those who wish to receive. We spend the rest of the evening exchanging Reiki. Please remember to bring water. For those who are working on your practicum, bring your CEU forms.

Contact: Virginia Smith 604-574-9974 or
v_smith@telus.net or Mary at Quantum BodyWorks
604-533-7303

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 the month from 5:00 to 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

Richmond

3rd Friday of the month from 7:00 to 9:00 pm

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 3rd 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 (meetup.com site)

Contact: Margaret Jang, RT-CRA

Website: www.onesourcelearn.com

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2008 AGM



REIKI SHARES & EXCHANGES

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BRITISH COLUMBIA con't

Vancouver Skills Exchange

Dates: The 1st and 3rd Wednesday of the month from 10:00 to 1:00 pm. The 2nd and 4th Sunday of the month from 6:00 to 9:00 pm

Location: near 14th 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

ALBERTA

Calgary

Date: Every 3rd Sunday of the month

Place: Contact info@templeofalexandria.com for address location or call (403) 272-1598

Time: 3:00 to 9:00 pm

Cost/Donation: Drop in fee \$5.00

Who is welcomed: Every one

Comments: RSVP to info@templeofalexandria.com, or call (403) 272-1598

Contact: Lynn Holman RT-CRA

Canmore/Banff Area

Date: Every 3rd Thursday of the month in Canmore

Time: 7-9 at Canadian Rockies School Division.

Drop-in Fee: \$ 10.00 – register on-line

Comments: Open to everyone with First Degree Reiki and higher.

Note: Dates are subject to change (due to availability of spaces), please visit www.reiki-rocks.ca for up-to-date information.

Contact: Norja Vanderelst RT-CRA

Edmonton

Reiki Shares/Healing Circles

Held regularly every last Monday of the month from 7:00 - 9:30 PM at 12221-54 Street.

Donation: \$5.00

All levels & lineages welcome

Comments: RSVP - e-mail or register at www.wholistichealth.ca ewg@telusplanet.net

Contact: Marianne Goetsch RT-CRA

Phone: 780-479-0620

SASKATCHEWAN

Saltcoats

1st Monday of the month from 7:00 to 9:00 pm

Serenity Now Therapy

Box 310, 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

Reiki Circles

2nd Monday of each month

Bridge City Health Centre, 302—4th Avenue N

Time: 7:00 to 8:30 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 McGrath, RT-CRA

Phone: 306.933.2800

Email: darlenemcgrath@sasktel.net

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,

Phone: 204.724.6855

Email: mayers@mts.net

ONTARIO

Amherstburg

3rd Friday of every month at the Masonic Temple

68 Murray Street from 7:00 to 10 pm

We welcome all people for sample sessions.

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

Contact: Donna Hibbert

Phone: 519.736.2473

Barrie

In the Spirit of Truth

3rd Tuesday of each month from 7:00 to 10:00 pm

except December, July and August

Donation: none

Comments: Open to all students of different teachers and the general public.

Contact: Lorinda, RT-CRA

Phone: 705.722.4052 for location

Website: www.inthespiritoftruth.com

Brampton

3rd Wednesday night of the month

Kiwanis Youth Centre for Sports Excellence

247 McMurphy 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

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REIKI SHARES & EXCHANGES

Continued from page 18

ONTARIO *con't*

Burlington

2nd Tuesday of the month from 7:00 to 9:00 pm
Breast Cancer Support Services (BCSS)

695 Brant Street

Park in the drive or across at the Post Office

Donation: \$5

Comments: Open to all Reiki levels & lineages. Tables are welcome, or bring a pillow & blanket. If you need practice for CEU's bring your Practicum form. Registration is required due to space limitations.

Contact: Jo-Anne Stevens RT-CRA

Email: info@essentialwellnesscentre.com

Contact: Kerri Fargo B.A. RT-CRA

Email: info@circle-of-light.ca

Carlisle/Flamborough/Hamilton Reiki Share

3rd Thursday of every month from 7:00 to 9:30 pm

(Please view website www.circle-of-light.ca or e-mail for any updates or to find out about extra shares.)

Where: Carlisle Memorial Hall

Location: 273 Carlisle Rd Carlisle, ON L0R 1H2

Directions: For step by step driving directions go to www.mapquest.com Click on *Directions*. Input the above address into the *Ending Location* section.

Parking: available behind building

Donation: \$6.00

Who is invited: All levels of Reiki are welcome.

Comments: Come on out and give a treatment and receive a treatment! We will begin with a short meditation and Reiju empowerment for anyone who would like to participate. We will then exchange reiki treatments. Teas, and water available. Please bring a massage table if you have one or a pillow and a couple of blankets. Please RSVP if possible via phone or e-mail so I can co-ordinate enough tables for participants. For those students collecting CEU's to register with the CRA please bring your forms to have signed. You can download them from the CRA web site. Thanks.

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

Phone: 905-690-8081

E-mail: info@circle-of-light.ca

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.

You must call or email a day or two in advance of each Reiki Share to confirm your attendance and get directions on where to park.

Any changes to the Reiki Share will be posted on the Soul Connection calendar of the website at:

<http://www.soulconnection.ca/event>

The Reiki Share includes: snacks, a circle time to share insights and ask questions, guided mediation, group distance sending and 2 hours practice time towards CRA practicum.

Contact: Barbara McKell, RT-CRA

Phone: 519.823.2162

Email: barbara@soulconnection.ca

Guelph Learning and Sharing Reiki

Last Wednesday of Sept, Oct & Nov 2006

Location: Contact for location

Time: 6:30 to 8:30 pm

Donation: \$5 - \$10

All Reiki Practitioners welcome.

Comments: Hosted by 3 Reiki Masters

Contact: Anne Harauz, RT-CRA, 519.763.7566

anne@spiritfilledhealing.net

Holland Landing

Monthly Reiki Practice Group

2nd Sunday morning of the month

Time: 10:00 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 and require an RSVP

Donation: \$10.00

Time: 7:00—9:30 pm

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, treat others, share Reiki stories or exchange new information about Reiki.

Contact: Cheryl Hiebert, RT-CRA

Sacred Journeys Healing Arts Centre

Location: 654 Barnsley Cres, Kingston, ON K7M 8X4

Phone: 613.634.8220

Email: info@sacred-journeys.ca

Website: www.sacred-journeys.ca

Kitchener

Date: The 3rd Monday of the month

Place: Academy of Holistic Modalities inc (AHM)

460 Frederick Street

Time: 7:00 to 9:00 pm doors open at 6:30 pm

Donation: \$5

Comments: All levels welcome. We begin the evening with a guided visualization/group healing, answer questions and share related experiences; move into hands-on where everyone gives and receives. After the share, for those who wish, refreshments are served/social time.

Contact: Niki Klein

Phone: 519-745-5971

Email: aohm@rogers.com

Kitchener/Waterloo

Reiki Shares once a month

Time & Date: Email for a list of dates

Comments: Share, learn and experience Reiki. Have questions about Reiki? Would like to experience a Reiki treatment? Would you like to share or practice with Reiki? Then please join us.

Donation: \$5

Contact: Cindy Pearce

Email: cindy_pearce2002@yahoo.com

www.crystalrainbows.ca

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REIKI SHARES & EXCHANGES

Continued from page 19

ONTARIO *con't*

London

Reiki Hands

When: 1st and 2nd Degrees ~ in general, the second Monday of each month, unless otherwise noted. 3rd Degree (ART) ~ in general, the fourth Monday of each month, unless otherwise noted. **(Please check the website for actual dates.)**

Place: Windsong Holistic Therapies, Whitehills London

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

Donation: \$5.00

Who is Invited: Any Reiki practitioner interested in group practice sessions is welcome to attend. At present, Reiki Hands is open to anyone who has completed Reiki 1st, 2nd or 3rd Degree (ART) training, regardless of lineage. Those who have not studied with me are requested to bring their highest degree Reiki certificate the first time they attend.

Comments: During each gathering (depending on the level of training), several things may happen: guided meditation; Reiju; Q&A session and discussion; distant sending as needed; exploring new techniques - and of course each session will include the opportunity to exchange Reiki treatments! For those students collecting CEU's for registration with the CRA, please bring your forms and I will be happy to sign them.

Further Information: Please visit the Windsong website (address below)

Contact: Susan Hay, RRPr, RT-CRA, ICRT

Email: windsong1@rogers.com

Website:

http://www.windsongtherapies.com/reiki_hands.htm

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 interested in Reiki - all practitioners any style of Reiki

Contact: Gill Skyvington

Phone: 905.967.1112

Email: gill@holisticpathways.net

Ottawa

Reiki in Action Share

Date: last Thursday of the month

Location: MacLaren Centre, 340 MacLaren St., Ottawa

Time: 6:30 - 9:00 pm

Cost/Donation: \$12

Who is welcome: open to all levels

Comments: Join us at the MacLaren Centre to give or receive Reiki. There will be a short guided meditation to open. Please RSVP in order for us to plan tables.

Contact: Catherine Bastedo

Phone: 819.778.2590

Email: cbastedo@visionreiki.com

Website: www.visionreiki.com

Perth

Date: The last Thursday of the month

Time: 7:00 - 9:00pm

Location: 30-C North Street, Perth

Donation: Free. Proceeds to Make a Wish Foundation

Comments: Everyone welcome! Includes group meditation and Reiki exchanges.

Contact: Denise Carpenter RT-CRA

Phone: 613.264.8165

Website: www.reikiassociates.com

Email: denise@reikiassociates.com

Reiki Share in Toronto

3rd Saturday of each month (except December)

Location: Intersection: Mt Pleasant & Eglinton Ave East - Contact Claudia for directions

Time: 2:00 - 5:00 pm

Cost/Donation: \$5 (includes beverages/snacks)

Who is welcome: All Reiki practitioners welcome.

Comments: Please RSVP via phone or e-mail as space is limited to 10 participants. We will begin with a short meditation and then we will exchange reiki treatments. Claudia will teach Japanese Reiki Techniques for those who are interested. Bring CEUs' forms to have signed if you are collecting hours to register with the CRA.

Contact: Claudia Bertotto, RT-CRA - Usui/Karuna Reiki Master Teacher

Phone: 416.519.5161

Email: claudiabertotto@yahoo.com

Website: www.reiki-soul.com

Toronto

Please register by email if you plan to come

Place: 615 Yonge Street, #403

Donation: something for snacking

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

Contact: Diane Young, RT-CRA of Circle of One

Email: diane@circle-of-one.com

Continued on page 21

REIKI SHARES & EXCHANGES

Continued from page 20

Spadina & Dupont

Date: Last Wednesday of the month

Time: 6:00 to 9:00 pm

Location: 250 Dupont Street—Toronto

Donation: Donation

Evening Activities: Guided Meditation, Group Reiki Sessions, Discussion

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

Contact: Vivian eilON, Reiki Master

Phone: 416.457.3330

Email: info@vivianeilon.com

Website: www.vivianeilon.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

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

Phone: 416.785.3611

Email: sgiver@yahoo.com

Welland Reiki Share

Place: Welland, ON

Please visit website exact dates

Donation: \$2.00

Comments: Come enjoy interesting discussions on Reiki and other energy healing modalities as well as the Reiki share.

RSVP: Please contact me to confirm date and 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 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

Comments: If interested in an exchange please phone

Contact: Faye Eby RT-CRA

Phone: 867.667.4830

"To have that sense of one's intrinsic worth which constitutes self-respect is potentially to have everything."

— Joan Didion

ANNOUNCEMENTS

FACEBOOK

At the request of our members we have a Facebook account.. We have also started a CRA Facebook Group as well. Please join us and share you stories. Search for reiki@reiki.ca.

Shop at The Reiki Corporate Store:

For your convenience we 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 two **Corporate Packages:**

"Reiki in the Work Place Setting":

When presenting Reiki to the corporate world and explaining the benefits of Reiki in the work place, this package is ideal. It contains an introductory letter explaining the benefits of Reiki in the work place and several well written articles to further explain what Reiki is along with the new CRA Brochure. Just add your own business brochure and business card to the package and the presentation is complete.

"Reiki in a Volunteer Setting":

When presenting Reiki to a hospital, nursing home, cancer clinic or any type of care facility on a volunteer basis, this package is ideal. It contains an introductory letter explaining the benefits of Reiki volunteers offering Reiki in a care facility and several well written articles to further explain what Reiki is along with the new CRA Brochure. Just add your own business brochure and business card to the package and the presentation is complete.

"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.

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 or four certificates would be \$5.50

AFFILIATE PROGRAM WITH EMBROIDME

The corporate store now carries CRA Shirts, Track Pants, with matching Jackets, Blouses, Vests 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, blouses, 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.



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Burlington, ON
Tel. 905 639 5980
www.soulsjourney.ca



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“Start by doing what’s necessary;
then do what’s possible and suddenly you
are doing the impossible.”
- St. Francis of Assisi



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Jikiden Reiki Seminars

2 Day Shoden Certificate Course

Jikiden means “directly passed down” because Mr. Yamaguchi has been teaching what his mother Chiyoko had learned directly from Dr. Chujiro Hayashi. Characteristic of Jikiden Reiki is its simplicity. A lot of the past participants of the seminar have given us positive feedback about it.

Seminars available for Shoden and Okuden in Chilliwack to Vancouver area every month.

For upcoming seminar schedule

.....

More information or to register
Mari Okazaki
Jikiden Reiki Shihankaku, RP-CRA
Phone : 604-792-2542
Email: himawarimari@telus.net
www.jikidenreikiwithmari.com

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*"I was always looking outside myself for strength and
confidence, but it comes from within.*

It is there all the time."

— Anna Freud