

# *Canadian Reiki Association Newsletter*



**Spring 2015 Issue**



# IN THIS ISSUE

In This Issue .....	2
CRA Info .....	3
Message From The President.....	4
CRA Annual General Meeting.....	6
Quantum Sound & Scalar Energy Event.....	7
When is it Right to Move Away from Reiki Hand Positions?.....	8
Catarino House – A Children’s Wellness Centre.....	13
How to Let Go Of Fearing Your Abilities.....	15
Some Scientists Are Calling This The Second Brain.....	18
Members in Focus.....	21
The Power of Intention.....	23

## **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 the C.R.A. Registered Practitioners and Teachers. We are committed to enlightening and educating our communities about Reiki.

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We welcome your comments and feedbacks.

The Editors reserve the right to select and edit submissions suitable for the newsletter.

## THE CRA ONLINE COMMUNITY

### REIKI EXCHANGES AND SHARE LISTINGS:

The ongoing shares and exchanges are posted and updated regularly on our website [www.reiki.ca](http://www.reiki.ca)

If you wish to know of an upcoming event near you and you do not have access to the internet you may call our toll free number and we will provide you with the information: 1-800--835-7525

### FOLLOW THE CRA UPDATES AND NEWS



CRA Website:  
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### ADVERTISING INFORMATION

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

Contact: Tracey  
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### NEWSLETTER DEADLINES

We are always looking for fresh articles that would be of interest to our members. If you wish to publish your article or advertise in our newsletter, below are the deadlines for each issue.

<u>Ad Size</u>	<u>Members</u>	<u>Non Member</u>	<u>ISSUE</u>	<u>Date of Issue</u>	<u>Deadline for ads &amp; Articles</u>
Full 4.5"x7.5"	\$70	\$140	Spring	March 21	February 1
1/2 4.5"x3.75"	\$40	\$80	Summer	June 21	May 1
1/4 2.25"x3.75"	\$20	\$40	Fall	September 21	August 1
1/8 2.25"x1.87"	\$10	\$20	Winter	December 21	November 1

## Message From The President

As we watched the final days of winter come to a close, we celebrate a new season as our Mother Earth blesses us with warmer winds and sunshine. The brown landscape will slowly give away with the transformation of new beginnings around us.

We hope this will be a successful year for your Reiki practice. We wish you, your family and friend's health and happiness as we continue to move forward in 2015.



A reminder of the 18th Annual General Meeting on May 30th at the Oakville Holiday Inn at 2525 Wyecroft Road in Oakville, Ontario. This year we welcome Ann and Bill from Clearly Conscious, they will introduce us to Quantum Sound and Scalar Energy. This should be an interesting workshop for all attending. Our vendors will be back to entice you with great products as always. We have enjoyed this special event over the years and we hope to see you there. Please visit the web store today to reserve your spot. This meeting is open to non-members as well, so please bring your Reiki friends along to enjoy this event.

The spring newsletter is our third edition since Alice and I now manage the editorial responsibilities. We look forward to your comments and contributions for all future issues. If you have a modality outside of Reiki that you would like to share or if you have read a great book on energy and would like to tell us about it please send it to us at [news@reiki.ca](mailto:news@reiki.ca). We also would like to feature Reiki in your Community so please submit your story.

We have completed the first leg of our project with a new designation for Registered Animal Reiki Practitioners. This is an option and our members who already work with animals are under no obligation to register. We want to open the doors to new member practitioners who wish to work in the animal world and or both. This did come about by members request and we have been working on it for some time. We have also been working on a designation for Registered Animal Reiki Teachers and it should be organized by the time you receive this newsletter.

Another project that the Board has been working with, has been teacher criteria and class outlines for styles of Reiki outside of Usui. We have worked hand in hand with a member and have completed the Jikiden teacher guidelines. We are almost finished with Koymo that will incorporate the C.R.A. criteria. We would love to hear from our teachers who teach a style of Reiki that is not strictly the Usui style and may be missing the C.R.A. teaching criteria. Both Alice and I would love to work with you on this.

Our aim is to ensure students taking a Reiki class from our Canadian Reiki Association Registered Teachers, regardless of the style, will be taught the most accurate and basic information.

Reiki Blessings,

*Bonnie Smith*

*President of the Canadian Reiki Association*

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## **Introducing Our New Canadian Reiki Association Logo**

Earlier this year the Board of Directors initiated the process to trade mark the Canadian Reiki Association logo. This will ensure that our intellectual property of the logo will be protected by law for the future. The new logo, is similar but it will now meet the criteria required to register it with the Government. The Government will take a maximum of eighteen months to complete the process. If we are successful and the Government has not found any similar logos registered we will then remove <sup>TM</sup> for the <sup>®</sup>





We, the Officers and the Board of Directors of the Canadian Reiki Association, invite you to join us for the 18th Annual General Meeting.

Our event will be held on May 30th, 2015 at the Oakville Holiday Inn at  
2525 Wyecroft Road Oakville, Ontario.

I am looking forward to meeting our Reiki family who have supported this day in the past and helped us make this a great event. As we continue to support our efforts to broaden the exposure and growth of the Association I would like to invite Non Members to join us. I invite everyone to bring a friend, your students or anyone who may be considering joining the C.R.A. as a member or taking a Reiki class.

Upon completion of the A.G.M. business meeting a buffet luncheon will follow for all to enjoy. *As usual we will have our door prize draws during the luncheon break.*

Ann and Bill of Clearly Conscious will introduce our group to a unique way of working with Quantum Sound, Scalar energy and structured water. This workshop has been designed especially for our group. Everyone looks forward to the mini market and we will have a variety of vendors participating for you to shop before the meeting starts, during the luncheon and after the presentation.

The web store is ready to take your order to reserve your seats today. Please visit the store at <http://www.reiki.ca/store.htm>



**Don't forget to mark your  
calendar for  
May 30th, 2015**

# Interested in raising your CONSCIOUSNESS, living in LOVE and tapping into the essence of YOU?

## Quantum Sound & Scalar Energy Event

Come out and experience the use of water, sound and scalar energy being used in a whole new way. At this years AGM you will have a chance to be introduced to Bill, Ann and an amazing technology that has been impacting thousands of lives across Canada.

As part of this transformational experience we use; scalar energy, structured water and group specific Quantum sounds. These "group specific sounds" are created by taking a 10 second voice sample from the group. The sample is analyzed by the world's leading voice analysis software and a sound track is created. This sound track is then played through the scalar energy devices and speakers to create a unique group meditation. This unique combination of sound and quantum scalar energy supports you to release numerous energetic blocks that hold you back from finding your own inner guidance. Each group meditation provides a unique transformation opportunity for you.

*"..those frequencies were the final tool I needed to remove that last layer, those final false beliefs that had been just holding on to what my ego wished me to believe was myself. The final tool that could completely break that barrier so that truth could be seen and experienced in its wholeness."*

*Dawnaline, Medicine Hat, AB"*

Come out and share in this truly unique experience that Bill and Ann have been sharing with thousands across Canada. We look forward to connecting with you.

**About the Facilitators:** *Practicing unconditional love is the driving force for Bill and Ann's life journey. Up until the last few years they spent their lives working in the traditional corporate world. Once they began to use these amazing technologies their life and journey rapidly changed. Now their life passion is about sharing love and these amazing technologies with people and practitioner around the world.*





## When is it Right to Move Away from Reiki Hand Positions?



For many who learn Reiki, being taught the hand positions in their beginner training provides them with a manageable framework to follow as they start the practice of laying on hands and channelling healing energy through to a recipient. As people continue through their Reiki practice, common questions arise as to whether or not they should stray from the set protocol, or what to do if they feel drawn to lay their hands somewhere not listed in their manual. Many arrive at this point on their Reiki journey, and so this article is to address these questions, and look at when it is right to move away from the hand position protocol.

As is often the case, I thought that everyone shared a similar point of view with respect to the hand positions as I did. However, over the years, I have become aware that this is an area of confusion and in some cases as source of worry among students and practitioners where there is a lot of conflicting information. I have tried here to present the discussion for those find themselves in this situation.

There are some for whom keeping to the hand positions is part of maintaining the traditional practice, honouring the teachings as they were passed down, keeping the ego and intellect out of practice and remaining a passive and clear channel for the healing energy. For those who prefer to move away from the protocol, the protocol is seen as a practice that restricts the healing process that restricts the flow of a healing session, which denies the intuitive guidance of the practitioner and is a protocol that was never intended to be followed so regimentally anyway.

Where some people find themselves stuck in the middle of these two, there is often a mix of feelings as to which is the “right” way to do it, and with so many mixed or contrasting points of view, even experienced practitioners and masters struggle to expand on this topic. Hopefully, through a look at the history of the Reiki practice, as well as its evolution and many people’s experiences, this article will help those who are facing this question.



## **What are the Reiki hand positions?**

Part of almost everyone's Reiki Level One training included the hand position protocol of somewhere between 12 and 20 specific placements, starting from the head, going down towards the feet and then, after the recipient turns over, to lay the hands in specific points on the back. These hand placements, we are taught, need to be held for 3-5 minutes each, and followed in sequence.

The purpose of the hand positions is for the healing to be channelled to all the major organs and areas of the body. While it would seem that the protocol was not designed with a chakra model in mind, some have later commented that the hand positions also provide fairly even coverage of the chakras in the seven chakra system

## **Where do the Reiki hand positions originate from?**

It is commonly understood that Mikao Usui's original system of Reiki did not include hand positions on the body. Usui considered that most ailments arise from the head and so would lay hands on the sides of the head, on the occiput, on the forehead and on the crown, while the recipient was seated. With this method alone, Usui would treat any imbalances on the body. The laying on of hands on the body was part of Dr. Hayashi's teaching with a total of seven hand positions, treating the head and torso only, with an eighth position being taught at Level Two.

In a similar way to Eastern traditional teaching, the recipient is laying down and energy is offered with hand positions corresponding with the acupuncture points. Accounts of Usui's students suggest that Hayashi was taught a hand position protocol, plus a number of other techniques, in order that the Japanese Naval soldiers, who Hayashi treated, had a practice that did not require years of spiritual training.

Later, students of Hawayo Takata were taught a hand position protocol which consisted of twelve placements. This is the system that came to be known as Reiki. These are the hand positions most commonly taught in Reiki Level One training: 4 placements on the head and throat, 4 on the front of the torso, 4 on the back. The laying of hands on the arms and legs was optional, as was the recommendation that hands are also placed on the feet. Other hand positions have been added by teachers to include the arms and legs and to incorporate some of the additional techniques taught to Hayashi into the basic treatment.

## **The case for moving beyond the Reiki Protocol**

Due to the prevalence of this conservative view that the protocol must be followed, some Reiki training can be very strict, and can lead to worry and confusion among practitioners when they feel drawn to an area that is not part of the protocol or not in sequence with the protocol, or when they meet or hear of others not following this framework rigidly. What we see in the development of the hand placement protocol is that it has been introduced and amended as a tool for teaching students – initially, to teach the naval officers a practice in lieu of more developed spiritual training and then as taught to Western students by Takata.

Within the traditional teaching, there are accounts that Takata taught several variations of these hand positions, and instructed those she taught that they could either start at the head or abdomen as they felt guided to. The length of time that each position is held for could be lengthened if it is felt necessary. Already we are seeing that a rigid adherence to the hand positions is not necessary and not part of Takata's teaching.

### **Byosen Reikan Ho, as one alternative**

Part of the original system, as taught by Usui, was the technique of Byosen Reikan Ho. This is where the practitioner scans the body for the hibiki (echo) of byosen (sickness), and hands are laid on the spot where this echo or impression is felt. This is definitely a skill to be practiced and developed, but for those who intuitively get this feeling during a healing session of where you need to place your hands, you are already feeling drawn to work in a way that was part of the original healing system.

### **Working intuitively, as another alternative**

In my experience, the hand position protocol is useful to instil confidence in people beginning to work with these healing practices but sometimes, it can squash and suffocate that which is the most important tool that a healer has: their intuition. I encourage practitioners to work intuitively during a healing session, allowing themselves to follow intuitive guidance as to where to lay their hands. If they are going to lay their hands on different points at all, rather than laying them on the head and channelling the energy there, these points might as well be relevant to the client rather than fitting with a one-size-fits-all framework.

## **In talking about healing intuitively, I often tell this story:**

I was asked, years ago to coach a Reiki Level 1 student by another Reiki teacher. This student had done their Level 1 quite a while before, practiced regularly and wanted to do their Level 2 training, but did not feel confident to. I had received a Reiki treatment from this student several months before - it was nervous, lacking in any real connection between themselves and me (the session mainly followed the clock, waiting for another 5 minutes to be up) and seemed very routine. I was asked to work with them one evening, without any aim or expectation, but just to see if it would help this student, one way or the other.

At the start of this session, I turned to them and said, 'Now, I know the order of the hand positions. I don't want to notice you following them at all. I want you to go where you feel guided or drawn to, and if you don't feel drawn to anywhere in particular, go anywhere. Also, at the end of the session, I want you to tell me my star sign.'

The student was nervous but embraced the opportunity to try this out. The session was the most intuitive I had ever known her to give, up until that point, focussing on only a few key areas in the body, all of which having particular significance to physical complaints I was having. At the end of the session, I complimented the student on the trust in their intuition and asked "So, what is my start sign?" The student shyly answered, and was spot on.

In the years that I taught Reiki and have been working with Reiki students, I have encouraged the use of the intuition and helped students find confidence in following it. What I have noticed is that Reiki students who work with their intuition a lot more in healing sessions give far more meaningful healing treatments to their clients, are far more aware of the spiritual guidance that is available to them in the healing session.

## **When is it right to move away from the Reiki Hand Positions?**

This discussion has looked at the polarised points of view – where the answer to the question of “when is it right to move away from the Reiki Hand Positions” ranges from never to always.

I polled Reiki Practitioners and Teachers around the world, on a number of different platforms, whether, during their healing sessions, they follow the hand positions or follow their intuition, hibiki, byosen or spiritual guidance. The result was that only 12% follow the hand positions, where as 88% follow are guided by intuitive or spiritual guidance. Of those who responded, many explained that they may begin with hand positions at the head and then move to parts of the body as they are guided, either by scanning and sensing using a technique like Byosen Reikan Ho or by following spiritual guidance. Many teach the hand positions, but encourage students to listen to intuitive or spiritual guidance. Others describe the protocol as a useful tool when they were learning Reiki, but something that gives way to intuition as they become more experienced.

As you progress on your Reiki journey, you may start to feel (or already feel) guided to move away from the set protocol of hand positions and work as guided. If you are one whose teacher has encouraged the use of intuition, be thankful for the support you have had in this. If you are one who's training has been to adhere to the framework, see that this questioning is a common part of the Reiki journey, and working intuitively, beyond the hand positions, has always been a part of Reiki practice.

Reiki Blessings  
Jonathan Weekes



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## **Catarino House – A Children's Wellness Centre**

*By Maria Catarino - Founder*

Catarino House is a new Children's Wellness Centre in Hamilton, ON, that provides complementary and alternative therapies to children ages 4 to 18 years old diagnosed with cancer, brain tumour(s) or receiving palliative care. We presently provide reiki sessions, group meditation, art and music therapy. No referral is required and all our services are free.



Some of you may be wondering how this all began.....

Fourteen years ago I had a severe back injury that would change my life forever and little did I know then that it would lead me to this path.

I tried everything to cope with the back pain and nothing worked. Then a friend of mine told me I should try a reiki session and that it could help with the pain. To be quite honest I didn't think it would work, but I was in so much pain and had nothing to lose. So off I went to my first Reiki session, that night was the first time I had slept peacefully in so many years. I couldn't believe it, I felt so relaxed! I then went on to become a 6th Generation Reiki Master Teacher and joined the Canadian Reiki Association in 2010.

I wanted to learn more about other holistic modalities that helped with pain management. I then became fascinated with mindful meditation and went on to become a certified Meditation Teacher specializing in kids Meditations

As I started to feel better I wanted to give back to my community that had helped me so much so I started volunteering with cancer patients as a Reiki practitioner and found it very rewarding. Then I felt the pull to volunteer with children and off I went to Milton to volunteer in a children's hospice and respite home. Another amazing place making a huge difference.

Over the years I had heard parents stories of how there was a need for a children's centre for kids diagnosed with cancer, they explained how it was financially difficult for them to access these services, but some parents did and spent a few hundred dollars while others thousands and they said they would do it again just to see the smile on their child's face.

I would go home to my husband and share these stories and tell him we had to do something. We are just regular family, me raising 2 kids and my husband a carpenter. But the more we heard parents' stories we felt we had to do something. It is now here for the community, the parents & children who will be accessing the centre.

We hope in the future to offer some of these services at the children's home for those that are too ill to come to the centre.

I hope as you read my story it inspires you to make a change in your community that you see needs to happen. Sometimes we think we are just one person, as I did, what can we do, but if you think of a pebble dropped in a still lake the ripple effect it has is powerful.

For more information about Catarino House please visit our website [www.catarinohouse.com](http://www.catarinohouse.com).

Or to connect with me on my personal website [www.mariacatarino.com](http://www.mariacatarino.com).

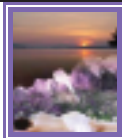


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## How to Let Go Of Fearing Your Abilities

Hi Friends. I have received a lot of questions from people saying that they have been gifted with all sorts of abilities (psychic and spiritual) that allows them to give their Reiki clients extra help but that they have a lot of fear from these same abilities. Because of this they do not perform Reiki much and are shying away from a healing art they have a passion for and are gifted at. I will start by saying that many different levels to all of you. I too used to have from a place of constant fear and little self-love to a place of strength and believing that love is the greatest healing energy. I think it is only fair that I share some of my own experiences so that you can see how I have gotten to where I am today. I will also share the methods I used to let go of my fear at the end of this article.



Growing is not always an easy process and it was by no means easy for me. I would equate it to the saying about the butterfly, "Everyone stares at the beauty of the butterfly but few acknowledge the metamorphosis it took to get there." I was born with several extra sensory abilities. While I am not a psychic medium who gives readings with departed loved ones I do have many similar gifts and use them in my own healing practice. Until the last few years of my life I was terrified of these abilities. As a child I used to see spirits in my room at night and sense when darker energies were around. I can remember routinely covering myself in a blanket so that I looked similar to a ghost myself and running out of my bedroom on almost a nightly basis. At the time I thought (or hoped) that if I couldn't see or sense the spirits and energy under this blanket then they couldn't see me!

This sort of thing went on my entire life. Everywhere I lived were in locations that others would term haunted. I was not accepting of this and just chose to believe that it was a coincidence that every house I lived in, in multiple cities and states across the U.S. happened to be haunted. Also, that every friend and family member's house was haunted as well when I spent the night. I would ignore things like water turning on by itself, doors opening and closing, locks locking and unlocking, lights going on and off, extreme temperature changes, etc.. I was also ignoring how unhappy I was in my life and how I did everything for everyone around me and not one thing for myself.



There finally came a day when things escalated so much at the location I was living at with my then husband at the time that we were both unable to sleep. The activity was also affecting my children who would wake up seeing things in the middle of the night. My then husband was set to deploy for a year and I knew right then and there that I did NOT want to be left alone in that situation. I did a simple google search on my computer for someone that could do a basic house cleansing. It was there that I came across a woman named Lynn Troop who would forever change my life.

Lynn came over the day after I contacted her and cleansed my home. She picked up on the fact that I had abilities and asked me why I had been blocking them and ignoring all of the activity around me. She also picked up that I felt like a sinking ship, had a lot of anxiety, was in a loveless marriage and had little self-love left. She herself was a Reiki Master and used Reiki to help cleanse my home. I was instantly drawn to Reiki and wanted to learn everything about it.

I was in Lynn's next Reiki class and my world changed. I had so much fear to let go of and a heart chakra that I had been told had never felt much self-love before. I was a huge work in progress. But I was quickly evolving and changing.

### **Things that I found to be the biggest comfort in helping to let go of the fear of my abilities:**

- Holding different stones in my hand. Many different ones will work here. I had a special one that was composed of Moonstone, Quartz and Amethyst all in one stone. I also kept Rose Quartz with me all the time. An easy way to do this is to leave one stone in your purse and have another one on the nightstand by your bed.
- Daily self-reiki.
- Relaxing meditations that help you relax and let go of fear.
- Accepting my abilities.
- Keeping a journal of any messages I received each day for myself or others. Over time it helps build confidence and will also show you how far you've come.
- Flowing with the universe instead of against it. If you keep coming across blocks with something you want you may want to explore why or other options instead of ignoring the blocks and forging ahead like a bull in a china shop creating havoc.

- Practice, practice, practice with Reiki and any other abilities you have. Practice combining your abilities and allow yourself to receive feedback from what your specialized healings can give.
- Don't ignore the fear or try to push it away. Acknowledge it and thank it for being there and trying to protect you and keep you safe from harm. Then tell it that it is no longer needed and send it on its way!

This process took a few years for me to complete. However, at the end of it all I was happier than I had ever been before, full of self-love, out of my loveless marriage and in a healthy romantic relationship, a Reiki Master, and rid of debilitating fear!

Wishing you all love and light.

---

### ***Justine Melton***

*Justine Melton is a Reiki Master/Teacher and an Intuitive Counselor. Reiki came into her life a few years ago and changed it in amazing ways. It is her passion now to bring Reiki to others and help them to heal in an alternative way. Justine is lucky enough to be an Empath, Clairaudient, Clairsentient, and Clairvoyant. She is able to use these gifts with Reiki to give extra messages during a session for the client's highest good. She has her own business called Divine Light*



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## Some Scientists Are Calling This The Second Brain. It's Very Important to Keep It Healthy



Have you ever had “butterflies” in your stomach or a “gut wrenching” experience? You know, that type of feeling that you get in your stomach when you are nervous or excited about something?

As it turns out there is a scientific explanation as to why, the gastrointestinal tract is sensitive to emotion. Anxiety, anger, sadness, excitement can all trigger physical symptoms in the gut. There is a network of neurons that line our guts; it is so extensive that some scientists have even nicknamed it our “second brain.”

As it turns out, our gut does a whole lot more than handle digestion and cause feelings of nervousness, in connection with our brain; the gut partly determines our mental well-being and plays a key role in the development of diseases throughout the body. In turn, it has been concluded that a healthy gut helps in maintaining good mental and emotional health –what you are eating directly affects your mental and emotional state.

The gut and the brain both develop from the same tissues, one section evolves into your central nervous system –your brain and the other into your enteric nervous system –your gut. The Vagus Nerve connects these two nervous systems. Some of the same hormones and neurotransmitters that control the brain are also found in the gut! The enteric nervous system (ENS) helps you to sense environmental threats and then directly influences your response. Dr. Michael Gershon author of “The Second Brain and chairman of the department of anatomy and cell biology at Columbia University says: “A lot of the information that the gut sends to the brain affects well-being and doesn’t even come to consciousness.”

### Study Finds Probiotics Directly Affect Brain Function

A study conducted by researchers at the University of Los Angeles found that probiotics (beneficial bacteria) actually altered the brain function of the participants. The study was conducted on 36 women between the ages of 18 and 55, they were divided into 3 groups:

## **Some Scientists Are Calling This The Second Brain. It's Very Important to Keep It Healthy**

- One group ate yogurt that contained probiotics that are said to have a beneficial impact on intestinal health twice a day for one month.
  - Another group ate a product that looked and tasted like regular yogurt but contained no probiotics at all.
  - The control group ate no product at all.
- After the 4 weeks the women were examined and it was found that the women in the probiotic yogurt group had a more stable emotional response when exposed to a stressful situation.

*"By changing the environment in the gut, we can actually change what happens in the brain." Noted Kirsten Tillisch, the head of the research team for the study. She also stated "Time and time again, we hear from patients that they never felt depressed or anxious until they started experiencing problems with their gut. Our study shows that the gut-brain connection is a two-way street... 'When we consider the implications of this work, the old sayings 'you are what you eat' and 'gut feelings' take on new meaning."*

### **How to Ensure Healthy Gut Health**

To keep your second brain and your... first brain at optimal health you want to ensure to nurture your gut, by eating a healthy diet rich in probiotics. Yogurt can be a source of probiotics, but there is an increasing amount of evidence to support the claim that dairy is not very beneficial to your health. There are some alternative dairy free probiotic options for you to consider adding to your diet:

- Sauerkraut, preferably raw, unpasteurized sauerkraut, it is actually really easy to make on your own.
- Kombucha tea, also, raw unpasteurized.
- Coconut yogurt.

### **Other Nutrition Tips For Optimal Gut Health**

- Don't skip breakfast; breakfast really is the most important meal of the day. A quick smoothie is all you need to get your day started and to ensure a healthy start.
- Avoid acidic foods like soda and don't over indulge in things like coffee and alcohol.

- Eat fruit. Fruit is the best source of vitamins and enzymes that will keep your digestive system working very well.
- Drink lots of water throughout the day and ideally, at least 500 ml of lukewarm water with lemon every morning before consuming anything else.
- Decrease stress in your life and make time for things you enjoy, follow your passions and make time for them every day.
- Take time to relax, make time for yoga and meditation if that's your thing. Exercise regularly, these activities boost the presence of healthy hormones required for maintaining a healthy mind, they also keep the gut healthy *Your brain is going to thank you!*

*Much Love*

Sources

[www.psychologytoday.com](http://www.psychologytoday.com)

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## Member in Focus

*Susan Rouse CRA-RT*

*Cobourg, Ontario*

Hello, I'm Susan Rouse, a Registered Reiki Master Teacher with the Canadian Reiki Association. I provide treatments and teach a full range of Reiki courses, including Usui and Karuna Reiki® and Animal Reiki workshops. I also teach Reiki Kids/Teens Courses at my studio, Cedar Cove Wellness, in a peaceful, 3 acre rural setting in Baltimore, just north of Cobourg, Ontario.



My journey in energy work started when my beloved dog Cleo had breathing problems and I wanted to help her. Shortly after taking my first Therapeutic Touch™ course and using it on Cleo, she started breathing easier. I was hooked on energy work, and couldn't wait to learn more. After becoming a recognized Therapeutic Touch practitioner, I started to learn Reiki in 2007 and am now a certified Reiki Master Teacher registered with the Canadian Reiki Association.

Reiki is so simple but yet very powerful. It is such a smart energy and knows exactly what to do. It's wonderful to see a person's face when they have felt Reiki energy. They are so surprised and I never get tired of seeing that. I love teaching Reiki, and providing Reiki sessions and classes for both people and pets.

I have learned so much from working with pets and animals. They are wonderful teachers. The decision to include Animal Reiki in my practice, and to offer home visits for pets, was a natural follow through for me. Pets are very open to energy and highly intuitive, and they will show us where they need healing.

I believe whole heartedly in Reiki for animals because I have seen firsthand how it can reduce the pain of health problems including arthritis, joint injuries, hot spots, bee stings, insect bites and many other conditions for pets and animals. I recently worked with a pregnant dog experiencing morning sickness and the dog was much improved after the Reiki session. It works equally well with emotional issues with pets and animals too. I will also attune the animal to Reiki if I feel it is necessary and if the pet or animal is agreeable to that.

Having learned so much from treating my dog Cleo I began teaching Animal Reiki Workshops and volunteering at PrimRose Donkey Sanctuary (Roseneath, Ont.) in 2009. The donkeys and mules are wonderful teachers who benefit greatly from the sessions and everyone enjoys how receptive they are to Reiki. To promote both Reiki for Animals and the Sanctuary I donate a portion of the proceeds from the workshops to support the sanctuary. I believe it is very important to give back, and volunteering at the donkey sanctuary has become addictive!

The sanctuary's veterinarian has recorded information about what I have picked up from the animals during sessions in her notes, and refers to me as "The Reiki Lady". I am very happy to say that my own pet's vet- and many others- approves of Reiki as an alternative and complimentary practice.

I have been a member of the Canadian Reiki Association for 6 years. I think being part of the CRA, and adhering to the very high and consistent standards of professionalism gives serious Reiki practitioners and teachers the credibility they deserve, and furthers our practices. Being on the CRA website provides more exposure for me as an individual but also for the practice of Reiki everywhere. I love the educational aspects for the public that are included on the web site, and often refer people to it for additional information. When teaching Reiki courses, I always tell students how important it is to become a member of the CRA. If someone is looking for a Reiki practitioner or teacher the CRA will be one of the first websites to show up. It is very easy and affordable to be a member and a wonderful promotion. By promoting the CRA we each can continue to improve the education for the public which will be better for everyone.

My goals for the coming year include expanding my workshops and courses, with significant focus on Animal Reiki. To accomplish that I will be promoting Reiki to more vets, animal chiropractors and other animal professionals, as well as to pet owners in general. The value to their pets and the affordability make it a wonderful choice for anyone who loves and cares about pets and animals.

I'm very pleased to be helping the CRA with the class outlines and criteria for Reiki Masters who wish to apply as a Registered Animal Teacher with this amazing association.

*Susan Rouse CRA-RT* Reiki for People and Pets  
**[www.cedarcovewellness.com](http://www.cedarcovewellness.com)**



# The Power of Intention

Deliberate creation requires little more on your part than an intention. You see, your intentions hold a frequency within them, and holding an intention puts the frequency out. So living intentionally means that you are paying attention – paying attention to how you feel and paying attention to what is going on around you.

As the creator of your experience, you get to decide. As the liver of your lives, you are the one having the experiences. And the experiences lead to your choices and your intentions. So who better than you to decide for yourself what most is appropriate for you to intend and for you to experience?



Often you allow your beliefs to take over. Your beliefs tell you what is possible and what to expect, but your intention does not need to conform to those beliefs. We recommend that you give more attention to your intention and let go of the need to believe something about it. Because the intention holds the frequency that you desire to experience, and the frequency outweighs the belief.

The frequency that you are offering supersedes all else that could have an influence on the reality you are creating. The more intentional you are about your lives, the more you are practicing holding the frequency that you desire to experience. State your intentions. Be bold. Be willing to put them out there, regardless of what anyone thinks about them.

Your intentions for the lives that you want to live are unique to you. They are part of your contribution to this universe. Therefore, you have a right to hold the intention of your desires, and the universe has no choice but to respond to those intentions.

We are Gabriel. We are senders of Love.”

~ Daniel Scranton  
[www.danielscranton.com](http://www.danielscranton.com)

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