



***Canadian Reiki Association
Newsletter***



Spring 2016 Issue

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Canadian Reiki Association Mission Statement

The Canadian Reiki Association is an autonomous and private body and will not involve itself with the workings of other agencies within Canada. The Corporation reserves the right to investigate, at its discretion, other similar bodies and/or agencies and apprise members on such issues if such studies may contain relevant information. The Corporation may employ outside resources such as legal counsel for definition and clarification as required.

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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

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:
www.reiki.ca

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
advertise@reiki.ca

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 & 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

Spring has arrived, and with it she brings the warmer sunnier days that we have been waiting for over the past couple of months. Colour is slowly coming back into the landscapes, and I notice more folks out enjoying the sunny days with walks and cycling along the bike paths close to my back door. It is a rebirth of our new season, given to us to enjoy with her blessings.



The Board of Directors is looking forward to meeting our West Coast members in a couple of months at our 19th Annual General Meeting to be held in North Vancouver, BC. It has been several years since our last visit, and we hope to meet and greet as many members as possible. We have planned a full day and have asked our members to bring friends or students to join us at our special event. If you have a product or service that you would like to sell at the AGM please reserve a table at the Vendors Mini Market. Contact Bonnie by emailing craboard@reiki.ca

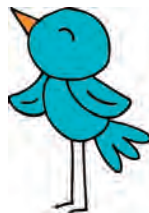
Our newsletter is published quarterly, and we also have it posted in the Members Only section on our site. Our older issues are available with a link on the home page of our website. I would like to remind our readers that we have hard copy booklet-sized versions available for purchase through the web store. We are always looking for article contributions from our members. We appreciate topics that would be of interest to our readers such as book reviews, Service in the Community, a member in focus, etc., along with information about modalities outside of Reiki. We ask that submissions be sent to craboard@reiki.ca in Word documents. Please also enclose a picture.

To help support your business, please consider advertising your business or product in the newsletter. Contact Tracey at advertise@reiki.ca, if you need have questions or need information.

Reiki Blessings,

Bonnie Smith

CRA President



Benefits of Membership with the CRA



Our Mission Statement and Commitment

The CRA, a federally chartered and governed non-profit association, was founded in 1997 to register and represent all professional Canadian practitioners and or teachers of all styles of Reiki. We aim to ensure all registered members work within the Reiki Scope of Practice and perform to the highest standards of professionalism for clients and the public and to disseminate relevant information to all its Members in Good Standing.

The CRA provides a common voice were practitioners may be heard when appropriate. We publish quarterly newsletters on interesting topics and other issues in various areas of the country.

- Our Registered Teachers follow a common base line of teaching students. There are varying styles of Reiki, but the same content from the Criteria/Educational guideline is taught, allowing for an easy transition from teacher to teacher across Canada.
- As an Association we provide include a membership card, a certificate of registration and a designation of RP-CRA, RT-CRA, or SM-CRA. We now include Animal Reiki Practitioners in the Association and their designation is RAP-CRA. The letters CRA after you name establishes your reputation in the community as a highly qualified and competent Reiki practitioner. All classifications have a registration number which our Registered Teachers use on the student's certificates.
- Our websites are in both English and French. We provide all the documentation required for new applicants and renewals. On the websites we post the newsletters, events, reiki shares, Members listing of practitioners and teachers with a link to their own websites if desired, plus potential student and clients are directed to both.

- We offer low cost professional liability insurance for our practitioners and teachers in good standing. Reiki practitioners who are registered with other modalities have found it to be beneficial to become CRA members to obtain low cost group insurance for their practice.
- There are municipalities across Canada that require Reiki Practitioners to be a member in good standing with the Canadian Reiki Association before they will be granted a business license to practice Reiki.
- We offer our members access to social media with Facebook, Twitter and our quarterly newsletters. Members have special rates for advertising in the newsletter.
- Our web store offers, brochures, membership bio page lapel pins, pendants, class certificates. PayPal® is offered to pay for all products and merchandise.
- Directly and indirectly the C.R.A. members give back to the Community by bringing awareness of Reiki into the Community. Members have attended Wellness Fairs, Trade Shows, Hospitals, Universities, Rec Centres, Woman shelters, Animal Shelters
- Reiki and the M.S. Pilot Project was successfully performed in Vancouver with members giving under 400 sessions focusing on the patient's general wellbeing, pain, energy and stress.
- C.R.A. Registered Teachers are eligible to participate in the Federal, Provincial and Territory program for the "Targeted Initiative for Older Workers" Program (T.I.O.W.) The Government will pay for classes on behalf of eligible student applicants.





We, the Officers and the Board of Directors of the Canadian Reiki Association invite you to join us for the 19th Annual General Meeting.

Our event will be held on May 28th, 2016 at the Lonsdale Quay Hotel at 123 Carrie Cates Crt., in North Vancouver, L7M 3K7

I am looking forward to meeting our Reiki family who have supported this day in the past and helped us to make the day 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. Members are invited to bring a friend, your students or reiki practitioners who may be considering joining the C.R.A. as a member or taking a Reiki class with you.

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 and members are encouraged to continue their shopping at the mini market.

The mini market has been a success in the past and it is just the place to buy that special gift for yourself or someone special. If you are a vendor and would like to reserve a table now please contact Bonnie at craboard@reiki.ca for detailed information. Seating is limited so please plan ahead and visit the webstore under the events tab to reserve your seats.

We are pleased to announce our afternoon presentation will be brought to by the multi-talented and gifted artist Zoey Wren. Zoey is now planning a special performance for our members to enjoy. We announce the details in our spring newsletter.

We look forward to seeing you in the spring.

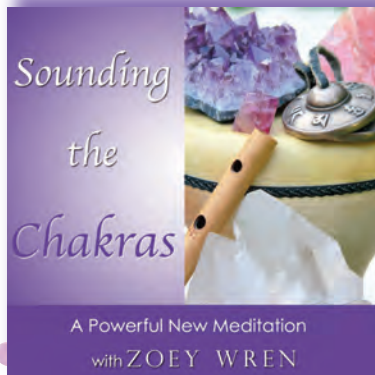
Reiki Blessings,
Bonnie Smith
President





The Canadian Reiki Association is proud to present Zoey Wren at our 19th Annual General Meeting in North Vancouver, B.C. on May 28th, 2016

Zoey Wren is a Healer, Life Coach and Singer who has produced 3 CDs: *Light on the Water*, *Make Me a River*, and *Sounding the Chakras*. She is the developer of the Voice Continuum healing method and has a gift for empowering self-expression and inspiring community through song and sound. Zoey offers regular classes, private sessions, performances and workshops in the Greater Vancouver area. For upcoming events and more information please visit her website at: www.zoeywren.com



Members in Focus- Ontario



Reflection is defined as something that shows the effect of existence of another thing. At times reflection can be challenging, especially when we reflect on aspects of our lives that have been painful or unhappy. I was able to accept this challenge, overcome my pain and suffering and discover Reiki, a practice that would change my life forever. Being unconventional, I am grateful for my pain and suffering. When I reflect on how I used to feel, I am

reminded of the powerful impact Reiki has had on my life. I would like to take this opportunity to share my journey which made me grateful for my aches and anguish and reflect on how Reiki has set me free.

In 1988 my then two-year-old daughter and I were hit head on by a semi-truck. My car was totaled, and we suffered severe whiplash. Our guardian angels were watching over us as our injuries could have been much worse. In 2003 I was in another car accident. We were rear-ended, and as a result I again suffered whiplash. One year later I was again rear-ended and taken to hospital by ambulance. This time the diagnosis was whiplash and herniated discs

The extreme pain eventually became chronic, and my mental health began to suffer. I was feeling heightened emotions, ones I had never experience before. I was suffering from depression and anxiety, two very intimidating words. As a mother of three, I didn't have time to be depressed or feel pain. While driving my daughters to activities, managing the house and running my own business, I needed to find a solution to return to my regular self.

My doctor sent me to a pain specialist who prescribed more pain relief drugs. They lessened the pain but left me feeling loopy and not at all like myself. I returned to the pain specialist, dropped the bottles of pills on his desk and said there had to be a better way to manage pain. He suggested meditation, and that opened up a new world of holistic possibilities, ones I knew would help me immensely on my journey to recover from the pain and depression.

While researching options, I came across an article about Reiki. I was intrigued by the natural healing technique and its ability to restore physical and emotional well-being. I felt as though everything I was reading about this practice aligned perfectly the means I was seeking.

I made an appointment with my doctor to consult him about possible Reiki treatments. He explained that Reiki sessions were available at Wellspring in Oakville and also that Reiki was useful for the pain suffered by cancer patients.

What happened next was not a coincidence. I was walking my dog in our neighbourhood and stopped to welcome a new neighbour named Susan. I asked what her profession was, and she said she was a Reiki Master. I could not believe it and made an appointment for my first treatment. After the treatment, on my walk home, I noticed that my hip pain was gone for the first time in months. I didn't have a headache, and my shoulder pain was fading. I couldn't wait to go for a second session. Susan has played an important role for me as both my healer and mentor.

In January, 2008, I decided to take my Reiki Level 1. I was skeptical, especially on our fourth day of training when Susan said we could treat not only ourselves but pets. Ten months after completing Level 1, I decided to learn Level 2. Most of my immediate family lives in British Columbia, and I was motivated to learn Level 2 as it would teach me how to send distance Reiki to my loves ones far away.

Two weeks after completing Reiki Level 2 my Dad became sick and was placed in palliative care. I immediately flew home, and when I arrived I gave Dad a big hug and told him I was going to Reiki him. His response was, "What the heck is Reiki?" I explained the natural healing process and completed six short sessions on him over a two week period. Before my departure back to Toronto, I told him I would send him distance Reiki. Skeptical again at first, but being reminded of the results of his treatments encouraged him to trust that distance Reiki would work. The one day I missed sending him distance Reiki, he called me and said, "I didn't feel the energy today, Sandra." When I admitted I had been side tracked in the morning he explained, "I knew it. I did not feel that warm fuzzy feeling I get each day when you send me Reiki." The best part of this story is that my Dad was taken off palliative care and enjoyed three more years of his life.

In 2009 my Mom was diagnosed with breast cancer. I flew out to BC to help with my Mom's recovery. I treated her twice daily for four weeks. After her mastectomy her oncologist could not believe how quickly she healed. My Mom has been cancer free for six years.

After helping my parents with their health issues, my pet with her eczema and myself overcome depression and physical pain, I decided to start a Reiki practice. As a Reiki Level 2 practitioner I was also able to apply to volunteer as a Reiki practitioner at Wellspring Cancer Centre and Oakville Trafalgar Hospital.

As my Reiki practise grew, I began to explore different programs to offer at my home clinic, The Healing Place in Oakville. I have a passion for learning and continue to advance myself in the holistic world. I now offer Reiki, Reflexology, Mindfulness Meditation, Axiatonal Alignment, Hot Stone and Aroma Touch Massage, Access Bars and Black Pearl treatments.

Two years after growing my Reiki practice, I decided to become a Reiki Master. I studied for one year with Susan, my Reiki Master, who introduced me to the spectacular world of Reiki. After I completed my training I felt confident and excited to teach and lead others on their healing journey with Reiki. I now offer two workshops a month, keeping attendance open for my students to return for extra practice and to receive and give Reiki for the other students and practitioners.

I have been an active member of the Canadian Reiki Association (CRA), since I completed my Reiki Level 1 in 2008. I have the utmost respect for the CRA, and I appreciate the investment they have made for their members. As an organization, they have done a tremendous job of formatting the new insurance forms as well as introducing the Scope of Practice. I am proud to say I have attended every Annual General Meeting held in Oakville since I joined as a student member. Through my teachings, I make sure my students are aware of the CRA and encourage them to join the organization.

The CRA continues to build credibility for Reiki across Canada. I am grateful the CRA has helped us build a network of like-minded, giving people who are dedicated to learning, teaching and speaking proudly about Reiki.

Moving forward, I hope to continue to see the CRA evolve while promoting standard practise guidelines to maintain consistency and professionalism and to grow the network of wonderful people who appreciate the positive impact Reiki can offer to anyone's life.

I am honoured to be featured in this year's CRA newsletter. I hope you all find time to reflect on your life to discover what you are grateful for and what sets you free.

I would like to conclude with a quote from my favourite book, The Celestine Prophecy.

*"The universe is energy, energy that responds to our expectations."
.... James Redfield*

Namaste

Sandra Lepholtz CRA-RT-Reiki Master, Reflexologist, Meditation Facilitator

Member of the Canadian Reiki Association

Member of the RRCO, Reflexology Registration Council of Ontario

www.sandra-reiki-master-healing-meditation.com

Mark your calendars..... Please join us at the second annual Reiki

Conference Enriching Me and My Reiki Community on May 1, 2016. We have a full day of discovery and exploration planned for everyone with or without Reiki training. The topics will include Reiki and Shamanism, Reiki and Animals, Reiki and Mandalas, Reiki and Crystals, Reiki and the 5th Dimension and



Reiki: building my Business. To enhance your learning we have engaged four new speakers and by popular demand, two of our presenters from last year will be returning. To enrich you as a member of our Reiki community, we have moved our venue to the Long Island Conference Center, in Manotick. (just 10 minutes south of the Ottawa Airport). This facility is beautifully located on a peaceful section of the Rideau River. We have a wonderful caterer booked to bring us a delicious lunch and snacks.

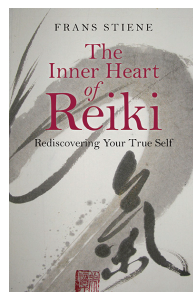
Save 25% off our regular price of \$200 by registering early through Snapuptickets.com. Use the code "Early Bird" until March 31st. For complete details, view the agenda, speaker profiles and vendors visit www.reikiassociates.com or on Facebook

It is going to be an AMAZING DAY! Looking forward to greeting you...
Denise and Brenda

The Inner Heart of Reiki Rediscovering Your True Self

Book Review by Kelly Kiss

Frans Stiene's newest book, *The Inner Heart of Reiki – Rediscovering Your True Self*, helped me to understand the spiritual practice of Reiki in a fuller way. To me, personally, it was deeply eye opening, and it touched my soul. I believe it should be included in every Reiki practitioner and/or teacher's library, and it should be read and studied many times.



Stiene emphasizes the importance of healing the heart and mind and then healing the body. The author maintains we can do this only by becoming our True Selves. The True Self is found again by working with the means given to us by Mikao Usui, of understanding the precepts, meditation techniques, symbols, mantras, Reiju attunements and hands-on healing. These techniques provide us with a system that helps us go deeper within ourselves and discover our own divinity or great bright light. However, it is only through dedicated, daily self-practice that we will achieve this. The Western practice of Reiki seems to emphasize the hands-on healing of someone else, and many practitioners have neglected themselves and their own self-care. This book serves to remind us of the importance of the daily self-practice of Reiki, including meditation. Through this self-care we heal mind, body and spirit, and through this work we fully become the precepts, at which point we discover our True Self. We eventually no longer 'do' Reiki; we 'become' Reiki.

I would recommend *The Inner Heart of Reiki Rediscovering Your True Self* for those who want to gain thorough understanding of the meanings of the Reiki symbols and their mantras as well as the Japanese kanji for the precepts. The book explains them in an easy to understand language. I found it helpful that Stiene gives an overview of some Japanese spiritual teachings and traditions that may help those from the West to easily comprehend the heart of Reiki from Usui Sensei's Japanese perspective.

Stiene's years of dedication to the study, research, teaching and practice of Reiki shines through in *The Inner Heart of Reiki Rediscovering Your True Self*. His words inspire those who are new to Reiki, or those who have been practicing for years, to go deeper and make ourselves a priority by sitting with the Reiki energy every day and using the whole system of Reiki, not just parts of it.

This daily practice will create a true, lasting and healing wholeness and guide us back to remembering our True Selves. He reminds us of a quote from Mikao Usui, "If you can't heal yourself, how can you heal others?"



We must heal our minds and hearts and use the precepts as a guide to letting go of anger and worry so that we can be true to ourselves while also being compassionate with ourselves and others. By doing this we create true balance within our lives, bodies and minds. We have let go and let Reiki guide us home to our True Self. This is when complete healing will take place.

Kelly Kiss, R.H.N., RT-CRA

www.holyfirereikibc.com



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From soul to sole let your journey begin



HO'OPONOPONO.....Article by Ananya Sen

This is a beautiful technique I learnt long back that can do wonders in relationships. It repairs the relationship for the highest good. We often find it difficult to forgive people who have hurt us. It is important to release anger, resentment, hurt and un-forgiveness. Un-forgiveness especially is an evil energy that blocks you from receiving.

HO'OPONOPONO is an ancient Hawaiian practice for forgiveness. Historically, this practice was only done by priests called Kahuna. However, now anyone can benefit from this ritual. Light a candle or an oil lamp.



List down the names of the people you have issues forgiving. Include even those people who have remotely irritated you. Include all the people whom you have hurt across lifetimes.

Obviously you will not know the names of the people you have hurt or who have hurt you in your past lives. So, just mention it as "everyone I have hurt across all directions of time." And "everyone who have hurt me across all directions of time."

Go through each of the names, mentally hold an image of the person in your mind and say

'HO'OPONOPONO _____ (name of person)

I Am Sorry

I Love You

Thank You

do this 2 – 3 times with each person and each time you say thank you exhale with your mouth. As though you are releasing that person and the grievance you had towards the person. Finish the entire list, your forgiveness session is done!

Reiki practitioners can do the same procedure, drawing a big Hon Sha Ze Sho Nen at the back of the paper. This will connect you to the energies of everyone in your list. Including the unknown people of past lives. Your relationships will heal for the highest good.

All misunderstandings will get cleared. Both **Reiki** and **HO'OPONOPONO** send a message to the souls of the people, that all grievances are forgiven and forgotten. Try, it really works!

Ananya Sen

Ananya can be reached at <http://www.zinoathensreiki.com>

email address zinoathens@gmail.com.



KOMYO REIKI KAI CLASS- Level I (Shoden) AND Level II (Chuden)

Offered by Buddhist Monk, Hyakuten Inamoto - From Japan

Hyakuten Sensei is fluent in English, and is noted for his kind, gentle manner and joyous sense of humor. Internationally known as an authority on Reiki, Hyakuten has been an invaluable consultant and translator to many authors including "Reiki: A Comprehensive Guide" by Pamela Miles and "The Reiki Sourcebook" by Bronwen and Frans Stiene.



After much research into the original teachings of Usui Sensei, Hyakuten developed Komyo Reiki Kai style of Reiki in 1998 and began holding classes. Komyo Reiki Kai follows the teachings of Usui Sensei and focuses on healing not only the body, but most importantly, the soul or spirit. Usui Sensei believed that with spiritual improvement, the body would naturally be better capable of healing itself. Hyakuten shares this belief. (*KOMYO REIKI KAI INTERNATIONAL ASSOCIATION*)

**HIS TEACHINGS WILL BE HELD FROM JUNE 9TH. TILL JUNE 13TH. 2016
EVERYONE CAN LEARN REIKI TO ACHIEVE or OBTAIN
A HEALTHY, HAPPY & PEACEFUL LIFE.**

Level I (Shoden) Shoden means "first or beginning teaching." The focus in the shoden degree is primarily on self-healing, health and happiness as well as treating others. Students gain basic knowledge of Reiki Ryoho (natural Healing) and its history and learn the fundamentals of the hands-on healing practice. Emphasis is placed on learning non-attachment through hand on practice and self-healing, self-improvement methods. (*komyo Reiki Kai International association*)

Level II (Chuden) chuden means 'middle' or 'intermediate' teaching. The focus of chuden is on helping others through distant healing and to help the student become more aware of the concept of 'non-duality', and of their connection to and impact upon the world around them. This is achieved through the practice in the use of shirushi (symbol's) and jumon (mantra's). This practice can enable the student to enhance their own energy levels and sensitivity. Three shirushi (symbols) are given and additional Japanese techniques are taught.

(Komyo reiki kai international association)

Introduction Evening for all Students and Public
June 9th. 2016 from 7:00 – 8:30 pm
(Donation CAN \$ 10.00 at the door please)

Komyo Reiki Kai Level I (shoden) and II (chuden) is a two day class
Each day from 9:30 am till app. 5:00 pm. Sign-in starts at 9:10 am.
you can choose from two different dates:

Komyo Reiki Kai Level I&II (Shoden) & (chuden) June 10. & 11. 2016 or
Komyo Reiki Kai Level I&II (shoden) & (Chuden) June 12. & 13. 2016

All classes and the Information Evening will be held at the:
Providence Renewal Centre 780-430-9491
3005 – 119 Street
Edmonton, AB. T6J 5R5
Room 161

Number of students is limited. Hyakuten Sensei will personal
initiate/attune each student into Reiki. Your Certificate will be made
out originally in Japan !

Classes filling up very fast, so please register early !
(First class date is nearly full)

Tuition fee: Level I & II (shoden) & (Chuden) USD \$450.00

For Komyo Reiki Kai Shihan's who took the class from Hyakuten Sensei
before and like to take these classes as a refresher USD \$ 150.00

Payment has to be made in USD. Accepted are USD Cheque, USD Bank /
Money order made payable to Marianne Goetsch or USD cash by April
15th. 2016

Refund Policy: 60 days prior to class minus 5% / 30 days prior to class
minus 15% / after May 10th. 2016 minus 25%.

Reiki Blessings
Marianne Goetsch

Mailing Address = 12221-54 Street NW, Edmonton, AB. T5W 3N6
ewg@telusplanet.net
780-479-0620

Animal Reiki and Transitions

I have offered Reiki to donkeys, mules, cats and dogs while they are transitioning, and the energy is very calming and comforting. Offering Reiki while an animal is passing away, naturally or with veterinarian assistance, helps the animal to cross over easier, reducing the time and any pain and stress. The animal's family or care providers will also benefit from the Reiki energy. You can fill the room with Reiki energy and it will help everyone.

Whenever possible, I will usually give the pet or animal a Reiki session before, as well as during, the transition or euthanasia. I find that when animals are palliative or ready to transition they need shorter Reiki sessions. It's important to talk and communicate with them. While telling them step by step what is going to happen next I send my thoughts and words in pictures to him or her? This allows that, just as for humans, the animal is always in control of the Reiki session.

Grounding is very important when an animal is going to transition. It doesn't keep them here, but helps to send them to the other side, connecting with universal energy. Grounding will also help with discomfort and the buildup of unwanted energy. Because touching can sometime upset an animal at this stage, and in some circumstances I offer hands-off Reiki particularly to their feet or tailbone.

It's equally important to keep yourself grounded as well. You don't want to become light headed or pick up any unwanted energies. An easy way to ground yourself is visualize yourself as a tree, with your feet growing roots deep into the earth and feeling that grounded connection.

I often use the technique of brushing the energy upward and past the crown chakra as this helps to release the animal's spirit when they are transitioning. You can also do this in your mind if you see it is either upsetting to the animal or inappropriate to do this at the time. You do not want to get in the veterinarian's way.

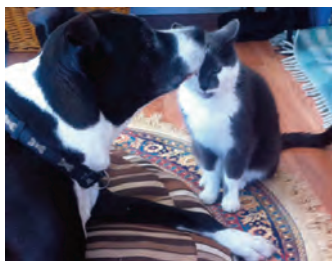
Another valuable practice is to energize a blanket or towel with Reiki for the animal to lie on while being put to sleep or passing away naturally.



Sending distance Reiki to the animal or pet can be another valuable way of helping with Reiki energy. If you can't physically be there, whether it's because of the distance or if it is too emotional for you, Reiki is always helpful.

I get very positive support from the veterinarian who attends the animals at PrimRose Donkey Sanctuary. She appreciates the Reiki sessions very much, knowing it helps the animal pass quickly and more peacefully. As well, she has often asked me to clear the excess energy away from the animal after they have passed. This does not keep the animal's spirits from connecting or communicating with us, but helps them in their transition to the other side.

Justin Credible lived a very long and happy life at PrimRose Donkey Sanctuary. Justin received regular Reiki sessions since I started volunteering at the sanctuary. He was always very happy to have his Reiki session. I was with Justin offering him Reiki, when he was put to sleep. His person Sheila, a few of the other volunteers and Justin's cat Boots were also by his side. This photo was taken on that



day. Justin was a much loved part of the PrimRose Donkey Sanctuary family. It was very emotional but I know Reiki helped him to go quickly and with less stress. Justin also had frequent Reiki sessions prior to that day.

Russell was a very large and wonderful mule who arrived at PrimRose Donkey Sanctuary extremely thin and emaciated. He received lots of love and amazing care at the donkey sanctuary and lived to be 50 years old. He was an amazing mule that loved his Reiki sessions. The first time I met Russell, I offered him Reiki from across the barnyard and he walked over and plopped his jaw into my Reiki hands. I



found out later from Sheila his guardian and owner of the sanctuary, that Russel had some dental issues. Russell knew exactly where he needed Reiki! It's amazing how animals know. Russell knew it was time to go, and I gave him a Reiki session before and during the transition. He knew what was going to happen and was fine with it.

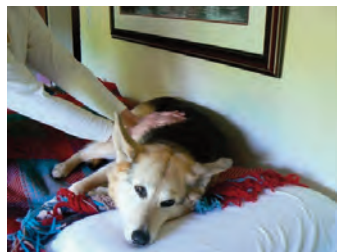


Elliot's guardian Sheila, along with the vet decided it was time for him to be put to sleep. He was very old, thin and not well. Apparently Elliot had other ideas. When the vet arrived, Sheila picked him up with the intention that it was his time. Elliot was not ready and gave her a hard bite and ran away. A few days later I drove to the sanctuary and found Elliot near the side of the road. I called Sheila to



bring the cat carrier. While we waited I gave Elliot reiki, and noticed how quickly my hands cooled as Elliot passed away. Sheila was relieved that Elliot was not alone and received reiki during his transition.

Holly had continuing kidney problems since she was one and a half years old. I know that Reiki had helped her kidneys to work well for her, and it helped her to feel well. Even when she was thirteen years old she had the energy of a much younger dog, and people were often amazed at her actual age. Holly was put to sleep close to her 14th birthday with me and my husband by her side when she transitioned.



She was receiving Reiki, and she went quickly. Holly was such a sweetie; she will forever be in my heart and with me in spirit.

My cat, **Mittens**, loved Reiki and would sit on my lap as long as I would give her Reiki. I was with her at the vet's office when she was put to sleep, and she had her Reiki energized blanket with her. Mittens very quickly fell asleep and transitioned peacefully. It's not easy to keep yourself grounded when offering Reiki to animals when they are being put to sleep, but it is very important.



I feel a different sensation in my Reiki hands when an animal has passed away naturally than when they have been put to sleep. For some reason as soon as they have passed over naturally my hands stop sending Reiki. When they have been euthanized, my hands continue to send Reiki a bit longer, even though the vet has checked that their heart has stopped.



Always be considerate of your pet or animal and consult a veterinarian. It's a very difficult decision for anyone to make. We love our pets so much. If possible it's a good thing to let our other pet(s) see their animal friend after they have transitioned. This gives them closure, and they will not be looking for their friend. They sense that their friend's energy is no longer present.

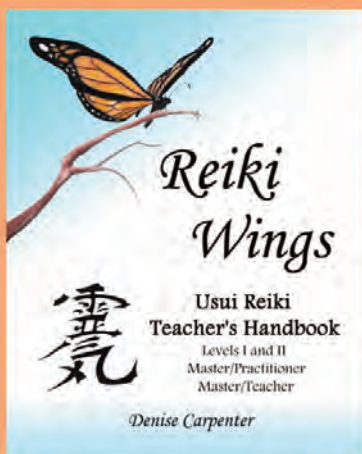
Reiki is such a gift to help an animal's end of life journey. It does get very emotional, but knowing that I have helped by channelling Reiki energy is very rewarding. Reiki is love.



Susan Rouse RT-CRA, RAP-CRA

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Reiki in Hospice

As people become more aware of and experience the benefits of Reiki it only makes sense that it is also gaining momentum in the health care system. I am excited to report that here where I live in the lower mainland of British Columbia one of our publicly funded health care regions Fraser Health Authority supports Reiki in Hospice.

There is a process. Currently one cannot just walk in the door and offer Reiki; you must take the Hospice course offered in your area. Here in Langley it is once a week for ten weeks after which you have an interview with the Hospice coordinator to discuss the details of the job and produce a copy of your Reiki Certificate.

Once you begin, you are welcome to offer Reiki to whomever you are guided to. Reiki promotes deep relaxation, which in turn optimizes conditions that often relieve pain and help with anxiety, fear and other aspects of grief; giving emotional support to the patients as well as to family and friends. When you give a Reiki session to a patient, you are required to report it to the nurses so they can record it.

Reiki can also be offered to the health care providers. Personally I have had wonderful experiences with nurses. Some of the stories they have shared with me in front of their reticent colleagues encouraged their peers to 'try' a mini session. They have little time to sit for very long; but even just 5 min. is enough to help someone relax.

"Studies have shown that providing this type of comfort increases confidence in nurses and their roles as health care providers such as increased touch, sensitivity, perception, as well as assessment skills of the patients."

<http://iarp.org/reiki-for-hospice-and-home-health-care>

Reiki also supports us as the Reiki practitioner. I send Reiki ahead to my shift and know that even on the drive there I am surrounded by this loving energy. I arrive and begin in optimum balance that flows through the shift; calm, grounded and open to whatever is brought to my awareness. Reiki is a great way to reinforce no attachment to outcome.

Acceptance allows me to be in tune with who to offer Reiki to, or to just be Reiki throughout the shift and know that I am helping all who I interact with. Whether that means offering a cup of tea, a fresh jug of water, reading a story, chatting or just sitting quietly and being present and holding space with someone.

Knowing that even just a little Reiki is of benefit to everyone in the Hospice facilitates a deep feeling of relaxation, groundedness and a connectedness with the recipients that I hadn't experienced before.

It is an honour to help someone through the dying process. It is a gift to assist them with Reiki.

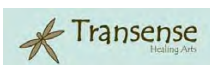
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QUESTIONS FOR A MEMBER IN FOCUS

If you would like to be a Member in Focus for future editions of the newsletter please use these questions in your article.

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

What is your most outstanding Reiki experience to date?

What has been your biggest challenge you have faced?

What is your favourite book?

What is your major focus for 2016?

Tell us your vision for the CRA, where would you like to see it in one year – 5 years

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

What is your major focus for 2016?



Reiki Sleep Intentions

When you are in need of a good night's sleep but you have a problem weighing on your mind, racing around in thought circles through your head, don't just lie awake all night pondering a solution to the issue! Reiki can not only help you get a very good night's sleep, it can help you infuse your sleep with the intention to see a solution while you dream, so that you can drift off peacefully with the knowledge that the solution awaits you in your slumber.



To allow this process to happen, simply make yourself comfortable for sleep, with your pillow and blanket or whatever you like. Then allow your attention to rest on the problem you wish to find a solution to, without trying to force a solution to come. Draw the Reiki symbol, either mentally or in the air above you and ask that they carry into your mental state while you sleep and dream that night, intending that they help bring forth a solution to the problem you are focusing on. You may also wish to give Reiki to yourself on the head area, especially focusing on the back of the head and the crown area. Allow yourself to drift off into a peaceful and restful night's sleep.

Using this method, you will find that even problems that seem overwhelming will look very different to you by morning! You may find that a solution you never thought of is suddenly presented to you in a dream, or you may have a sudden understanding about the issue that brings new light to why the problem is occurring. No matter what, the way you see the problem will shift by morning and you will feel differently. And the lovely sleep you will get will help as well!

Remember to release any ideas about how you believe the problem needs to be solved before you do this!

Your preconceived ideas about the problem and its possible solutions may be blocking you from seeing the solutions your subconscious mind already has available for you. Allow the Universe to bring them through by being open to all possibilities! ***Sweet dreams!***

Angie Webster is a freelance writer, Reiki Master Teacher & meditation teacher.

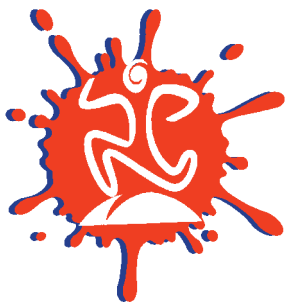
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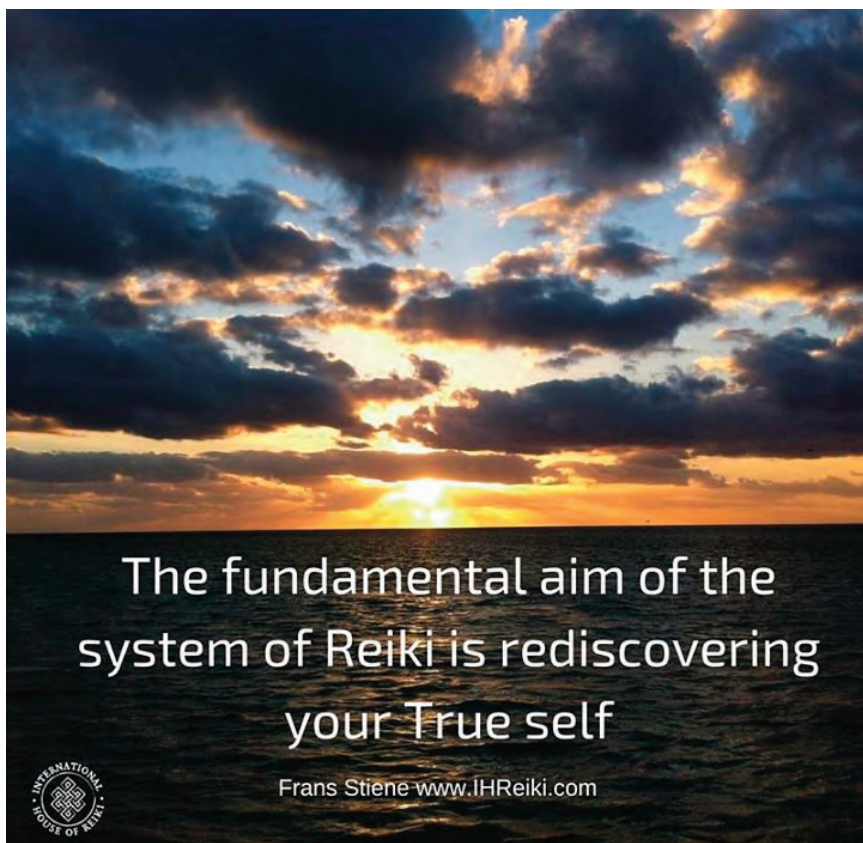
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