

# Canadian Reiki Association Newsletter

**SUMMER 2015 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](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  
[advertise@reiki.ca](mailto: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 &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



Summer has arrived and I am amazed how quickly the months passed by us. The office of the C.R.A. has continued to be full of activity with our membership renewal date of July 31st, fast approaching. We look forward to serving our membership as we move forward into our eighteenth year as the Canadian Reiki Association. The membership continues to grow and we thank our Registered Teachers for continued support in promoting the Association to their students.



Our website username and password will change on August 1st. Tracey will send out an email to all active members to let them know what they will be. We do ask that you record it in a safe place. The office had to respond to numerous emails with members requesting a reminder. With all the updates and changes we make to the website it is a good idea to check in on a regular basis.

In this edition of the newsletter we have included a short article on our recent Annual General Meeting held in Oakville, Ontario. We covered many important governmental issues that will carry the C.R.A. into the future.

With the completion of the 18th Annual General Meeting, we now look forward to preparing for next year. It has been decided to hold our 19th A.G.M. in British Columbia. We had sent out a survey to the west coast members and they agreed they would like to have us back. The board of directors is looking forward to seeing everyone again. Information on location and other important details will be sent out as soon as we have confirmed our venue.

We do appreciate your submissions of articles and short stories for the newsletter. All entries will be subject to review by the editorial committee.

Reiki Blessings,  
*Bonnie Smith*  
President



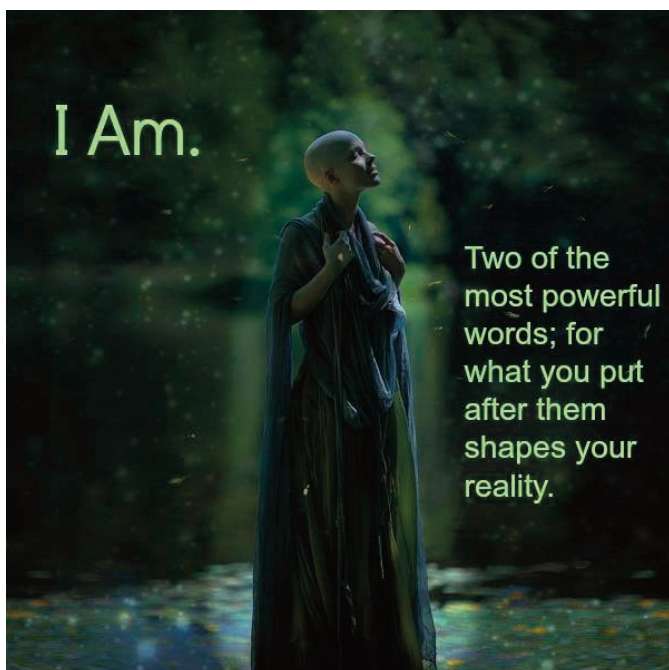
## ***Benefits of Membership with the CRA***



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 where 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 our membership with 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 your 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 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 CRA logo clothing, 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.





## Reiki is Sustainability for Wellness 24/7

*By Rose A. Weinberg*

In a world where we are searching more than ever for meaning, purpose, and asking complex questions to simple answers, Reiki, the Universal Life Force Energy, which surrounds us, can offer us sustainability in all these areas. It does this as we become attuned to Reiki, as it flows through us all the time, allowing the simple accessibility of placing our hands on us anywhere and knowing we can be presented with calmness and peace allowing ourselves the connection to our journey.

In my view, as I have experienced so much in my life, Reiki is the most sustainable healing modality available for all. If you are attuned, you can do Reiki on yourself, or on others anywhere, anytime. If you are in need of bring in calmness and peace into your life to connect to being purposeful in your life, you can call upon someone who is attuned to Reiki energy and they will share the absolute energy with you. And now, Reiki practitioners and masters are everywhere. That's having 24/7 access to wellness! It doesn't get better than this.

While searching and designing purpose in our lives, Reiki offers us the physical and mental component of healing our aches, pains, worries and fears. But, most importantly it offers us the instant sustainability to be connected to our self on a spiritual level. Using Reiki for personal growth is absolute, because Reiki, the Universal Energy is absolute.

When Reiki came into my life in 1999 it was a means to many answers that I had been seeking. Over the past 16 years, as I evolved with Reiki as a Master and a Certified Teacher, I offer to people all around me this simple insight; Reiki shows us a path to answers we know that we think we don't know. Reiki re-connects us to our soul's journey. It shows us through the Reiki principles and through the measurable results of feeling peace when Reiki is applied, that our answers to our deepest questions are obtainable. Reiki is the answer to sustainability in staying connected to the calmness of the universe and the inner voice deep down in our soul.

Reiki came into my life, when I was suffering from daily panic disorder. My life in my head was in constant chaos. I was seeking purpose in my life, life questions that I knew were there, but I didn't know how to access the answers.

When I had my first Reiki treatment, during a facial I immediately felt calm, and relaxed, something that was very foreign for me over those very dark years of living with panic. When I felt the calmness, when Reiki was applied, I experience a sense of knowing that I was not just connecting to my human purpose, but re-connecting to a long road traveled of my soul's purpose.

When I learned Reiki, it appeared for selfish reasons, "it was for my kids and me!" with the hopes that we could rid ourselves of feeling sick, and fearfulness and find some simple purpose as to why we existed.

After learning Reiki level 1, I realized it was actually a selfless act; I was able to calm my kids, myself at work, rest and play, this brought calmness to my family, to my marriage to my life. Ah... order was in my present and future!

We are born knowing, and I believe that anxiety, fear and unrest are present with in so many of us, because we fear we will not plug back in, or connect to something we once knew, our soul's journey. Reiki is the plug to our Ki, our life force. Reiki; universal life force energy plugs us into our life force, and once plugged in or attuned, we then feel at home. Comforted that we have a connection so deep we can hear our inner voice speak and guide us.

There is an area of our brain, the intellectual self that wants concrete answers that actually never get answered. And we seek out peace, the hardest achievement a human being can obtain. Reiki is calmness and ultimately moments of peace in the palm of ones hand. When connected to Reiki either through someone offering us Reiki or us learning Reiki for ourselves we get the connection with no need for the intellect. At least that is how it happened for me.

Reiki is my daily sustainability; it brings in order to my chaos. Peace to any unrest. And ultimately offers me a means to channel the life I choose to live.

Reiki is my soul mate and has shown me the light to be purposeful in all that I do. From the moment I awaken, to all the lives I meet in a day, to my quiet times I connect to my breath. I am NOW present, peace and purposeful to do my life's work and support others be purposeful.



Helping people enjoy their feelgood life through the simple Reiki principles is sharing sustainability 101.



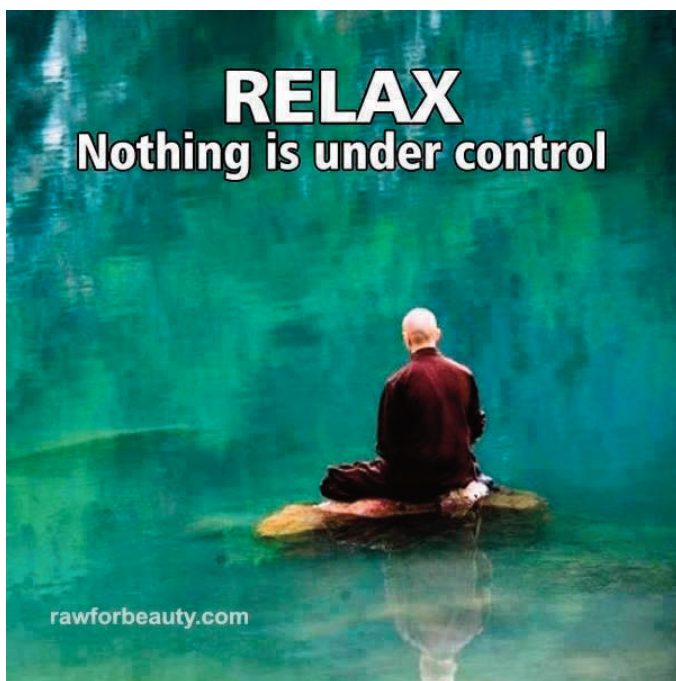
This is the mantra I recite everyday, sometimes twice, it shows me the beam to expand my openness, trust, and fills me with joy. This ultimately shows me how to achieve peace on a daily basis.

**Rose Weinberg CRA-RT**

*Wellness Expert, Author, Speaker*

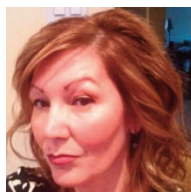
*Homeopath, Fulfilled Wife & Mom*

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## Surrendering into the Flowing with Life

The spiritual community speaks often about the importance of surrender when it comes to spiritual growth and enlightenment. I see this word come up again and again in books and read about it in blogs and I realized that although we are constantly talking about surrender, do we really know what this means?



What exactly is the meaning of surrender? Does surrender mean to just give up on life and lose all goals and aspirations? Does it mean to be beaten to the point of ending up in apathy and dejection? Does it mean to be completely at the mercy of another? Defeated and totally without hope? Does it mean to just give up?

I spent some time thinking about this and meditating on this and I finally came to an understanding that resonated with me.

The act of surrendering has nothing to do with capitulating, backing down, submitting, relenting or crumbling. Surrendering is quite simply accepting where we are at any given moment. Surrendering involves living in the present and knowing that although we do not understand why we are experiencing what we are experiencing, it is exactly as it should be. As soon as we start to judge things as either positive or negative, good or bad, we automatically pull ourselves out of the flow and enter into judgment and suffering. Suffering is the state we experience when we do not accept what is. Suffering is the resistance of what is. As soon as we surrender, we let go of suffering and gift ourselves with peace.

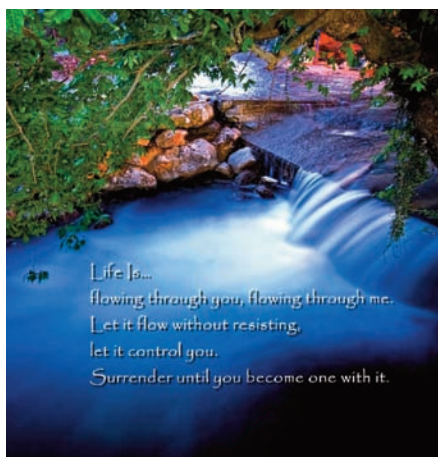
When we surrender, what we are in fact saying is that we trust and have faith in the natural flow of the Universe. We accept that although we may not understand why things are happening the way they are, we understand that there is always a Higher Power who knows better than we do, what is best for us and for all concerned. We trust that this Higher Power has a Divine plan and we surrender to this higher plan without needing to know why things are happening as they are. By surrendering to what is, and not resisting what is, we show our faith. If surrendering is indeed an act of faith, it is therefore implied that resistance is the lack of faith or a state of fear.

One of the biggest steps towards surrender is releasing the need to know and understand everything. We have been born into a society that has taught us to place all our emphasis on thinking and understanding. I've come to realize that in order to surrender completely, we have to unlearn this. If I need to understand everything in order to have faith and trust, isn't my faith conditional? And how true is my faith if it has conditions?

A lot of people believe that they are in total surrender and acceptance of what is but if they are feeling frustration, anger, angst, depression or anxiety, they really are not in a state of surrender. The true meaning of surrender is to accept all of these emotions without struggling against them and trying to escape them. True surrender is to live in each moment trusting that this moment is somehow necessary at this time. We can feel all these emotions without unnecessarily suffering even more, by simply accepting and not judging this state. As soon as we pass into judgment, we have crossed the line from surrender and trust into suffering and resistance.

If we totally surrender and do nothing, can we become lazy and expect things to happen without any effort put in on our part? When do we place effort on a goal and when do we surrender? The easiest answer to this is that when you try to create or achieve a goal and are consistently meeting with opposition and road blocks, this is your clue that, at this time, it is time to surrender to what is. Sit still and wait until you are guided to move forward. Eventually you will build up your intuition to know when to push forward and when to just accept and surrender to each moment of life.

Reiki Blessings  
Taline Bedakelian CRA-RT  
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## Pot Bellied Pigs Animal Reiki Gold Energy

Ruby the pot-bellied pig lives at PrimRose Donkey Sanctuary. She lost her pig friend Beau in 2011 that also lived at the sanctuary. After Beau passed away, Ruby was lost. Ruby is also blind so she could smell/sense but not see that he was not with her.



Ruby and Beau used to sleep in their pig house together in the barn at the sanctuary. After Beau passed away, Ruby was very sad. She hid in another stall in the barn not wanting to go back into her pig house, missing Beau so much.

I cleared the negative energy in the pig house and stall that Ruby and Beau used to share. I then filled the areas with Reiki (a very positive energy that promotes healing). I also did some mental/emotional healing on Ruby.

Shortly after, she went back into her pig house. I continued sending her Reiki both in person and distance. She improved and I know she still missed Beau but she felt better.

Ruby still lives at PrimRose Donkey Sanctuary today and loves Reiki and belly rubs and combining the two makes Ruby very happy!

Notice the gold energy above my head in the photo where Ruby was receiving Reiki.

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



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## Spring Renewal Reiki Retreat Day



Our first Annual Spring Renewal Reiki Retreat Day was a great success. Specifically focused on self-reflection and personal growth, we spent the day in meditation, attunements, journal writing for some and of course Reiki sessions for all at St. Andrews Church in Langley BC on Saturday, March 28, 2015.

It was a quiet day, though not silent, where we were able to do our own contemplative work. We began with a guided self-healing session that led to a meditation and healing attunement. Then we had thirty minute Reiki sessions, which were enhanced by a lovely crystal bowl playing.



While most of the events took place in the hall, Reverend Paula Porter-Leggett opened other areas of the church for us to be in quiet mode; from the lounge area to the sacred space with lovely stained glass windows, it was truly a soul-filling day.



As the weather would have it the sun came out on our lunch break and many went out and about the grounds to enjoy the senses in the fresh air and the early blossoms. Some of us also got in a set of tai chi before heading back inside for another guided meditation and our second Reiki sessions.

We finished the day with a group sharing and gratitude for the wonderfully renewing, connecting and nurturing time we had. It is with great pleasure that we thank everyone for their participation!

***We look forward to next year's Spring Renewal Reiki Retreat Day on Saturday April 2, 2016.***

Bhree Young and Virginia Smith [Reiki and Self Care]



## Our Member in Focus from British Columbia

*Ann Mayo RP-CRA*

I've been practicing Reiki for over 30 years, but back then I didn't know the word(s) for those wonderful things that happened when my hot hands touched others. If it weren't for Barb Weston and Virginia Smith, I still wouldn't. They are the two incredible women who taught me and introduced me to the Canadian Reiki Association and I am so grateful to them.



I joined the Canadian Reiki Association on August 1, 2008. Becoming a member of the CRA and gaining that professional status was among the



best things I've ever done. Not only has it allowed me to attract the clients I want, but I've discovered a wonderful family of like-minded, peaceful and giving people, so many of whom have become friends and allies. How incredibly heart-warming it is to be at a trade show or wellness fair and telling others about Reiki while in the company of Reiki family members. Reiki isn't just about the touching of hands. It becomes a grateful and meaningful way of life.

When I'm not practicing Reiki, I'm very involved with my community the Canada Day Task Force in Port Coquitlam, the Terry Fox Home Town run, BROKE and my federal Green candidate take up a large amount of my time. Gardening, car exercising and being out on the ocean with my orcas are just a few of the moments in my life when I can combine Reiki, laughter and freedom. I love it!



## Working with the Psychotherapy Legislation

For a while I've been contemplating this issue with the Psychotherapy Act. I am an energy healing practitioner, along with a spiritual coach and Reiki Master. I've wavered between not being threatened by this Act and feeling like it is yet another way that the government wants to ensure that healing is controlled and stays within the structure of the traditional medical model. I've gone through the conspiracy theory debate, wondering how much the pharmaceutical industry is behind these high regulations to stop holistic practitioners from offering their services and making the public dependent on authority figures for their well-being (which I still think there is some truth to).

I went to the Mid-Atlantic Reiki Conference on May 2nd in Toronto, where a gentleman, Glenn Rumbell, a business lawyer and advocate for the alternative wellness industry, who addressed some of the concerns about the "Stop Psychotherapy" campaign concerns around the new Psychotherapy Act in Ontario. He presented a compelling argument about the issues, stressing the main point of the legislation is that anyone can be taken to court if they treat someone with a serious mental disorder that has proven to cause harm. He stated that a chiropractor would have more likelihood of causing harm to a client than a Reiki practitioner. Though the ongoing concern in the holistic community around this Act is around the lack of definition of what a serious mental disorder is, it doesn't mean you can't treat someone who has the disorder, e.g. someone with autism. That is, you can't say you can cure autism with Reiki, but you can let the client know that you can help them relax and de-stress. He also emphasized that if you are working on a client with a serious mental health issue like bipolar or schizophrenia, that you should ensure that they are seeing a psychotherapist or psychiatrist as well. This way you are doing due diligence and the client isn't depending on the Reiki practitioner to address more serious health issues. Mr. Rumbell emphasized that there isn't a psychotherapy police out there trying to convict Reiki practitioners.

I asked him about what to do in the case of someone who has addiction issues, which is considered to be a mental disorder according to the DSM – the journal for psychiatrists. He implied that it is about letting the person know you cannot treat their addiction. You can help them to de-stress, relax, come back to balance, but you cannot say that you can heal their addiction.

This seemed reasonable to me and so I let it go and felt fine with being able to approach my practice in this way – because even in Reiki training we are taught that we cannot ever claim to heal anyone – that there is a natural and wise intelligence to Reiki and the client receives exactly what they need.

After listening to Mr. Rumbell's presentation, I felt more relieved about this new legislation and so long as we, as Reiki practitioners stay within our training, and scope of practice, we will be just fine. So I've been contemplating about the whole nature of this legislation. I do agree there needs to be regulations put in place to protect those with serious mental health issues. And that psychotherapists need to be regulated, because out there a ton of people were calling themselves psychotherapists without being trained.

I'm a great fan of Reiki and alternative healing, but I know that there is a place for the traditional model. There is a lot of experience within psychotherapy about the nature of psychosis, clinical depression, schizophrenia, delusion, and the way the human mind battles with itself. It addresses deep inner child pain and the behaviour patterns the person is playing out. I give great credit to those psychotherapists who understand the subconscious mind and all of the actors in it. I have seen alternative practitioners walk the fine line of providing therapy and can end up dominating their clients with a "they know best" attitude, because they haven't done their own inner work and healing. Clients can get confused and re-traumatized because their spirit is opening up while a practitioner is trying to implant their own agenda.

As we all know, it doesn't take much to become a Reiki practitioner. A one-day class for level 1 and a two-day class for level 2. Yes, these courses open us up to the healing path, and we are each gifted with new understandings about ourselves. If you haven't done the work of having a regular spiritual practice, or healing self-esteem issues, or addressing your own hurt and pain, this can affect the way you interact with your clients. We are each human and susceptible to the way our own mind works with the way it can project onto others, fault-find, fall into perfectionism, blame and shame.

This legislation is calling us to pull on the support of the psychotherapists who can show us more about ourselves and what our boundaries are in how we can and cannot help our clients.

We are being asked to take responsibility for learning more about serious mental health issues, so we can spot them and know how to respond in a compassionate and aware manner, as well as being able to refer clients when professional help is needed.

One of the problems I have seen with some clients after going to Reiki is they believe that they don't need to do anything else for their healing. That it's just about their chakras. When the reality is that Reiki can bring what has been dysfunctional to the surface, and further treatment is needed. I've also heard of some practitioners telling clients things that can create a delusion in the client's mind – things such as this person is the reincarnation of Christ, or that they are one of the special and chosen ones on the planet. Without any knowledge of the ego-state of the person, the practitioner could cause some serious damage to the identity of the person. This is where Reiki practitioners do need more training in how to work with clients.

I would strongly support a legislation that states that all holistic practitioners need to take a course in learning more about mental health issues and how to respond, in order to practice professionally. There is a course offered already through the Canadian Mental Health Association called Mental Health First-Aid. If you want to learn more or protect yourself from any legal action with this new legislation, I highly recommend you take it. It's 2 days and provides a wealth of understanding on one's own mental health issues and how to take care of and respond to clients going through this type of incident. This way you will know what is and isn't in your scope of practice.

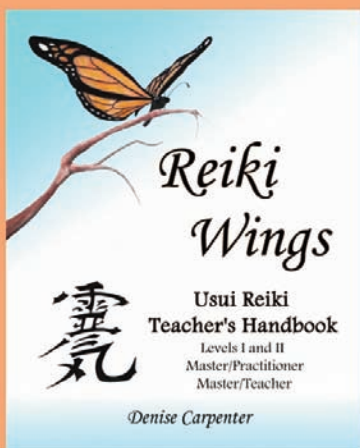
I agree that we need to honour what holistic practitioners do that the traditional model cannot. But since modern medicine has been alive, it's always been a back-door approach for complimentary health, which is the nature of a wholistic approach.

Peace comes when everyone knows their place in the scheme of things, and that place is respected. I believe we could look at this legislation as a threat to our practice, or we could see this as an opportunity for growth as practitioners and for educating the world about what Reiki can and cannot offer. We have a chance to become more mature in our field and for the Association to offer more courses or guidance in how to have healthy client relations in our practice so we don't have to worry about being sued.

With change comes opportunity. How can we embrace this and work with the government's concerns so our clients and Reiki students can feel more relaxed in who we are and what we do?

\*\*\*\*\*

**Heather Embree** is a soul coach, writer, medium and Reiki Master in Guelph, Ontario.  
You can find out more about her at:  
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## Karma and Reiki

*by John Veltheim*

Reiki practitioners have observed, over many years, the particularly powerful affect Reiki has on Karma and Karmic diseases. Traditionally, the soul is our stored memory of this and other lives. The soul is an energy archetype which also processes our Karma.

This energy archetype acts like a more refined and eternal version of our physical energy blueprint. It is constantly evolving and fluxing according to the life patterns we choose.

Mythologically, Karma follows the principle: 'what you reap you sow' this view is, unfortunately, often oversimplified. We see concepts like - if you kill, you will be killed either in this life or the next life; or if you steal, you will be a victim of theft. It is an eye for an eye and a tooth for a tooth mentality.

Karma isn't that simple. Karma can be related more to an internal bow string. When our bow string is relaxed, we are in a state of peace. Our karma is in a state of balance and harmony. People in this state have neutral karma.

In life, we often do things that are against our own inner understanding of what is right/wrong - good/bad - harmonious/inharmonious. Each time we do something wrong/bad/inharmonious, we create a tension in the bow string. We create a karmic debt.

What is right or wrong is relative to us. It stems from cultural and personal belief systems. For example, in some cultures stealing is not a bad (karmic) crime. The pigmy culture in the Congo in Africa does not have a word in their language for stealing because they don't 'steal' things. They have community property and they 'borrow' things. They don't understand the concept of stealing. If they take an ax and don't bring it back, they have not created a karmic debt because they don't understand the concept of it being stolen. (They have merely borrowed it for a long time!)

We see this in our own society in different ways. A soldier who kills in the line of duty is not the same a murderer who coldly murders someone for gain or profit.

It also follows that karmic debt has little to do with the prevailing laws of a country. What is legal in one country may be highly illegal in another. (Alcohol is legal in the USA but illegal and sinful in many Muslim countries.) What counts from a karmic point of view is whether we feel we have unbalanced our system. Obviously if we have many strong judgmental belief systems and are locked in to a lot of 'should(s)' in our lives, then we will create our own misery in the form of a lot of karmic debt. Our internal bow string will be constantly under tension.

When we create a tension in this bow string, we have to find a way to release it. Very often, this tension accumulates from many different little things. Several petty deviancies from our 'code of life' can create tension equivalent to one serious incident.

It should also be made clear that karma doesn't accumulate from genuine mistakes no matter how serious, unless we choose to punish ourselves. In this case, the karmic tension comes from the disharmony created by the masochistic punishment rather than from the original mistake. Karmic debt only occurs when we make conscious decisions against our well-being.

Eventually, the tense bow string has to return to its original position. This can take place through a series of 'events' happening to us. These events will, hopefully, result in a shift in our awareness. (Remember, it was our lack of awareness/consciousness that got us this way in the first place.)

If we don't learn from the event our system finds another way — karmic disease.

Karmic diseases relate to the soul which, in turn, relates to the liver system. The liver system includes the liver, gall bladder, eyes, (we see the soul in the eyes) muscular system and the immune system. (The liver creates the antibodies.)

Psychologically, the liver system relates to decision making (gall bladder) and planning (liver). The liver plans the chemical system of the body and we make plans before we decide.





The yin of the liver is the fascia of the muscles. This is why deep tissue structural integration (Rolfing) can have such a profound affect on the psyche and character of a person. The structure of the person is directly reflected in the character and 'soul.' Change the structure by changing the fascia of the muscles (yin of the soul) and you change the person.

The yang of the liver is found in the wei chi (protective energy) of the body which flows on the skin. The wei chi protects us from injury, promotes healing, protects from the elements (wind, cold etc.) protects us from psychic phenomena and is our body's way of synthesizing our interactions with the world. Healthy wei chi means that we respond rather than react. We respond to the world in a healthy way rather than doing things that will create a karmic debt.

Simply - a person with perfectly harmonious wei chi and muscle fascia is a person in perfect health and karmic harmony.

In my opinion, Reiki works on the wei chi first.

By harmonizing the wei chi, the Reiki is having a profound affect on the karmic balance of the person.

This may be to directly harmonize them, if the disharmony is mild, or to catalyze an 'event' in their lives which will bring about the necessary awareness to change their lives.



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## Train of LIFE

At birth, we boarded the train of life and met our parents, and we believed that they would always travel by our side.

However, at some station, our parents would step down from the train, leaving us on life's journey alone.

As time goes by, some significant people will board the train: siblings, other children, friends, and even the love of our life.

Many will step down and leave a permanent vacuum. Others will go so unnoticed that we won't realize that they vacated their seats!

This train ride has been a mixture of joy, sorrow, fantasy, expectations, hellos, good-byes, and farewells.

A successful journey consists of having a good relationship with all passengers, requiring that we give the best of ourselves.

The mystery that prevails is that we do not know at which station we ourselves will step down.

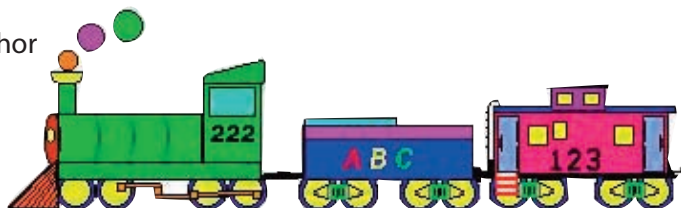
Thus, we must try to travel along the track of life in the best possible way -- loving, forgiving, giving, and sharing.

When the time comes for us to step down and leave our seat empty -- we should leave behind beautiful memories for those who continue to travel on the train of life.

Let's remember to thank our Creator for giving us life to participate in this journey.

I close by thanking you for being one of the passengers on my train!

Unknown Author



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## **The Canadian Reiki Association**

### ***at the Second Annual Hans Wellness Fair in Vancouver***

I'm a member of HANS (Health Action Network Society) in BC, and when I went to their office last February, I was asked if the CRA would like to participate in their wellness fair on May 30. I contacted Bonnie, and the rest is the proverbial 'history'. After some communication between the board and HANS, plans fell into place, and Tracey sent me a supply of fabulous CRA business cards.

I contacted two great CRA women, Sandra Sinclair and Janice Whitty, and the day was planned. I went to Virginia Smith's to get the large suitcase full of CRA materials, chair covers, table clothes, display stands, etc., and it was then that I learned that a bajillion ton suitcase doesn't fit well into the passenger seat of my Miata. On a positive note, with a head scarf and some lipstick on the suitcase, I think I could use it as a passenger and drive in the HOV lanes.

There was much communication from HANS, and Janice and Sandra were right on board with helping me along the way. May 30, 2015 arrived, and we arrived to find a large number of holistic and health groups on hand. We found a quiet spot and set up shop.

Although we had a sign-up sheet for folks who might like a free 15 minute session, we had a number of people who just sat in an empty chair until we could get to them.

We treated well over 35 people, but the most rewarding part of the day was to be visited by so many people who had questions about Reiki or who just wanted to talk about the Reiki training they had taken.

We answered all questions, and each person left with a CRA business card so that they could easily contact practitioners and teachers in their area of the Lower Mainland. Additionally, it was great to hear from at least 10 people who had taken some training. They heard the benefits of a CRA membership, so we expect there to be a rise in the number of student members.



It was also rewarding to be asked about Reiki by other health workers, and the questions about how Reiki might work with chiropractic and other modalities.

No matter how many of these events we attend where we give free sessions, I think we're all still delighted to see the looks on their faces and the words, "Wow! What did you do to me? That was incredible."

So Bonnie and the rest of the board, Sandra, Janice and I express our sincere thanks to you for funding this event.

Reiki Blessings,  
*Ann Mayo RP-CRA*



Anytime you feel negative emotion, stop and say: Something is important here; otherwise, I would not be feeling this negative emotion.

What is it that I want?

And then simply turn your attention to what you do want. . . . In the moment you turn your attention to what you want, the negative attraction will stop; and in the moment the negative attraction stops, the positive attraction will begin. And—in that moment—your feeling will change from not feeling good to feeling good. That is the Process of Pivoting.

*Abraham-Hicks*



## 18th ANNUAL GENERAL MEETING OF THE CANADIAN REIKI ASSOCIATION

Our 18th AGM was held on May 30th in Oakville Ontario, with 80 members and friends in attendance for the day. We had twelve vendors with us selling great products and services for everyone to shop and browse. From aura photography, reiki books, spiritually infused feathered wands, Norwex cleaning products, jewellery, creams, lotions and the list goes on. I want to thank the vendors for providing a wonderful array gifts for the luncheon door prize draw. Once again the Holiday Inn gave us their full attention throughout the day, then treated everyone to an assortment of ice-cream bars after the buffet lunch. That was an unexpected treat by Ehab the Manager of the food and beverage department.

Our business meeting covered extensive issues on what we accomplished over the year and clarified specific By-Laws in the Not for Profit Act. A few members were confused about the Scope of Practice and we clarified it was not part of the teaching guidelines. Examples were provided in the By-Laws of what is acceptable within the scope of a Reiki session.

In the end we were able to answer clearly and concisely all questions put to the board of directors. It was a difficult year for the Association but we feel we were able to weather the storm while keeping the Association on a strong steady course going forward into our nineteenth year.

Membership passed the new By-Laws and other documents on the agenda with a large majority. I want to thank members who submitted their proxy votes as it showed you supported the Association from a distance. We were required by NFP Act to submit new By-Laws as all old By-Laws would be repelled later this year. We will now be in compliance with the Industry Canada and the NFP By-Law Act.

As of May 29th we had 1069 active members in the C.R.A. Our membership is expanding with new students and now with our new Animal Reiki Practitioners.



The afternoon presentation was provided by Clearly Conscious. Ann and Bill worked with the members on a demonstration of the effects on quantum sound and scalar energy through mediation. Many members were able to express themselves upon the completion of the workshop which showed they all had an interesting experiences with the sounds. We look forward to our 19th Annual General Meeting that will be held in British Columbia. More detailed information will come to our members in the coming months.

Reiki Blessings,

**Bonnie Smith**

*CRA President*





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