

ARC INK

MAGAZINE

November 2020 to
January 2021
Volume 23 Issue 4



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PRESIDENT'S COMMENTS

John Coleman

Greetings and welcome to the November edition of your ARC INK.



This is our last edition for 2020 and what a difficult year it has been for everyone. Never has there been a greater need for Reiki treatments to play a role in alleviating stress and anxiety in the community and it is good that all States and Territories now permit in person Reiki treatments. I have endeavoured to keep members up to date throughout the process via email and the dedicated page on the ARC website: www.australianreikiconnection.com.au/reiki-in-the-age-of-the-pandemic.

Our Annual General Meeting took place via Zoom on 10th October. I thank all who attended, sent in a Proxy Form and those who sent an apology for non-attendance. Your acknowledgement and support are encouraging to the volunteer Committee of Management.

I welcome the re-elected Committee of Management for the 2020/2021 year and thank them for once again volunteering their skills and time for the benefit of Reiki and ARC members. I look forward to once again working with you on what is going to be another busy year. Committee members are listed on page 16 of this edition.

Like many organisations, ARC has been using the Zoom online platform for our committee meetings, a webinar on 'Running Reiki shares online', and more recently our online Distant Healing event, which is held every Thursday from 8.30 – 9.00 pm. For more information see page 5 of this edition.

Responding to the growing interest in the integration of Reiki into mainstream healthcare, the articles on Reiki and medicine on page 10 give a glimpse as to how Reiki is currently being used in these settings. The Reiki specific research project in the UK is amazing and I urge you to make a donation, no matter how small. Details on how to donate are contained in the article on page 12.

Do you have an article to share with others? Why not send it to me at president@australianreikiconnection.com.au.

Enjoy reading your ARC INK



ARC EVENTS

ARC DISTANT HEALING ONLINE VIA ZOOM

Facilitated by ARC Secretary Andonna Gotsi

You can participate in ARC Distant Healing in two ways: by joining in our live online event every Thursday evening from 8.30 to 9.00 pm AEDT or by offering Reiki to the names and requests in the ARC Distant Healing Book privately from the comfort of your own space at 9.00 pm or at any time of your choosing.

ARC Reiki practitioners offer distant healing for your loved ones. If you have someone who would like healing, simply fill in the form on the dedicated page on the ARC website www.australianreikiconnection.com.au/distant-healing, and the request will be lovingly written into the Distant Healing Book within 24 hours. People who are not members of Australian Reiki Connection are also welcome to send in requests.

You can also call the ARC office on 0439 366 185 and we will make sure your name or your friend's name is placed on the list. We are only too pleased to offer our support to you and yours.

If the healing request is for someone other than yourself, then to comply with the Privacy Act please ensure that you have the permission of the recipient to have their name included in the Distant Healing List.

All Reiki Practitioners are asked to send Reiki to the book on Thursday nights at 8.30pm for the live event or at 9.00 pm privately from your own space.

You can also send Distant Healing at other more suitable times as required.

It is encouraging to see the number of participants joining us for the Zoom online event and we look forward to this number increasing. To participate simply click on the link <https://us04web.zoom.us/j/71257383896...>

Meeting ID: 712 5738 3896

Passcode: 8kMn1R

Programme

- Opening meditation
- Brief Reiki practice
- Distance Healing
- Precepts
- Close.



Andonna Gotsi

ARC Secretary

Reiki Practitioner and Teacher

The Inner Lodge

0422 261 394



"Healing yourself is connected with healing others."

Yoko Ono

REIKI STORY

DISTANT HEALING



One of my dearest friends has an elderly father and she was concerned about him suddenly being unwell. Her father usually has a lot of energy for his late age, but he had become despondent and had somehow lost his spark.

When my friend told me about her father, I offered to do some distant healing for him. I usually do distant healing with a phone call; however, my friend chose to send me a photo of him. She advised that he doesn't really believe in alternate therapies but was desperate to help him in some way.

I was unsure what to do as I hadn't performed any healing with a photo before. I didn't want to let my friend down and I was deeply concerned about her father too. I've known my friend for a long time and she talks very lovingly about her father. He is always wanting to help others.

I sat in a quiet place and looked at the photo of the father. I asked other Reiki masters, past and present, to help with this healing.

I felt instantly drawn to work on the father's throat chakra. I somehow sensed that he wasn't able to effectively communicate how he was feeling. I felt frustrated for him. I performed Reiki on his image in the photo for about 20 minutes and thanked the other Reiki masters I had called upon for guidance.

I advised my friend that I had performed the healing and she said she would let me know if it made any difference.

She contacted me a few days later to say that her father was a changed man. He was feeling much better and had his energy renewed. She didn't tell her father that he was given distant healing. Even though it was something a bit different, I am hoping that the Reiki helped in some way. I am so happy to hear that he is well again and is still feeling better.



Nikki Sterel
Reiki Practitioner
0412 099 339

"Happiness is not a matter of intensity but of balance and order and rhythm and harmony".

Thomas Merton

POETRY



ARRIVAL

By Katia Krassas

After years of the wanting and the yearning and the healing,
the arrival was unexpectedly gentle.
The entry to the place she had been seeking for so long,
knowing, but not knowing, what it would be like,
just knowing it was there somewhere,
the freedom to truly know herself, and be at peace with who she is.
The arrival to this place happened long before she realised.
There was no announcement. No fanfare.
Suddenly she realised she was there.
The signs were the experience of joy in everyday things,
the way the sun makes a leaf glow,
the way a raindrop splashes on her skin,
these fleeting things, aroused in her the pure joy of being alive.
She had entered that place of grace and love,
that didn't rely on any events around her,
just on her being present
to the moment to moment experience of being alive.
It was a surprise, because she had never experienced it
as a state of being and hadn't known how to recognise it.
Her mind habits were still pulling her back into old patterns.
Familiar patterns.
When fear came, it came with the old pattern of not being safe.
When pain came,
it came with the old pattern of not having control.
When anger came,
it came with the old pattern of being ignored and disrespected.
So many patterns, deeply embedded, and seductively familiar.
They continued to tempt her back
Into their adrenaline infused responses,
their addictive habits and reactions to people around her
She allowed herself the luxury of feeling every emotion that came to her,
and of not engaging with the old patterns.
Observing them.
Acknowledging them.
And setting them free.
The emotions themselves just wanted to be felt.

POETRY

ARRIVAL (CONTINUED)

They needed to find their way through her cells,
her muscles, her blood,
and to vibrate out, viscerally, to be deeply and fully felt,
in their own time, their own rhythm.
She felt them fully as they flowed through her body
as laughter, as fear, or pain.
She danced them, moved them, cried them, expressed them.
Spontaneous laughter was becoming a familiar companion.
The old patterns though, were something else.
They were the habitual thoughts
that wanted to make meaning of the emotions,
to hold onto old stories of why life is unfair,
why people can't be trusted,
why she couldn't find love,
why she couldn't do all the things she wanted to do,
why she needed to be invisible,
not risk expressing her truth, showing her true colours.
And these were the addictions that kept the old wounds alive,
and kept the pain alive,
and why she kept repeating the old stories in her life,
by the way she lived her life.
Why she kept finding herself in the same painful situations,
wherever she went.
Different relationships, same pain.
She awoke to the realisation that she had arrived.
After so long of deep work, and deep diving, and healing,
and creating new patterns to live by,
while the old patterns reached out and called her back again and again.
The actual arrival was so gentle that she nearly missed it.
She suddenly could see that she was there.
And it was easy to step into that place and remain there.
It had finally become an easy choice.
Her inner life was no longer a battlefield.
Her outer life was no longer a battlefield.
She could move through the tough stuff in life,
feel the depths of emotions,
and still be in that place of grace and love.
She had arrived.

*"Where do you need
to think for yourself?*

*When we begin to
cultivate awareness
of our thoughts and
emotions, we begin
to see just how much
we live according to
other people's and
society's beliefs and
actions.*

*Don't get upset by
this. Just get in touch
with how you really
think and feel inside
and begin to express
your authenticity."*

Alan Keightley



Katia Krassas

Holistic Counsellor and Reiki Practitioner

Nature Connection Empowerment

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REIKI SHARES

HUMAN CONTACT AND COLLECTIVE HEALING

An Interview with Elizabeth Thuan



Home Reiki group

My sense of the important qualities of a Reiki group comes from a Home Reiki group which was put together in 1994 by my Reiki teacher Barbara McGregor. She put

the attendees at her Reiki I seminars into groups. We were selected on the basis of geography – clusters of suburbs – not on the basis of compatibility. I imagine that her teacher Beth Gray might have done the same but I have no direct knowledge of that. We started out with doonas on the big heavy dining table and worked from there. Eventually we bought a proper massage table.

That Home Reiki group that started in 1994 is still running today with two other people, my husband Robert and me. We meet once a month on a Sunday evening and it's just great. The nature of the relationship over time is very deeply personal and different from a friendship in the regular sense, although we will occasionally have lunch together, we talk more about having lunch together rather than actually doing it. The Reiki group gives us the opportunity to talk about our lives and our families and what we're doing and what we think and how we are going, and our state of health and how we're getting on the world. That's over twenty-five years' worth of interaction, of giving each other Reiki and receiving Reiki. It's like a rhythm of life, so that if it doesn't happen for a while, when somebody's overseas or whatever, you are aware that it hasn't happened.

It's not just about the physical Reiki. It's about the nature of the human contact, of deep respect and of being able to say things to each other that you perhaps wouldn't take from your spouse. This measure of honesty is remarkable at times, and sometimes it's just about easy sharing.

One of the recent discussions was about listening to ABC Radio and I talked about ABC FM, the classical music station. It plays in my car, but it also plays on the clock radio. This classical music in my bedroom is my alarm in the morning and I don't turn it off until I go to bed. The vibrations of the classical music are in that space, year in, year out. That was a topic of conversation and there was a realisation that while the news is largely negative, the classical music is very positive and you can actually feel that vibration in the bedroom. So that's a recent example. We are teaching each other things that I would not in a month of Sundays think to mention to anybody else; it would never come up.

“Basic Human Contact—the meeting of eyes, the exchanging of words—is to the psyche what oxygen is to the brain. If you are feeling abandoned by the world, interact with anyone you can.”

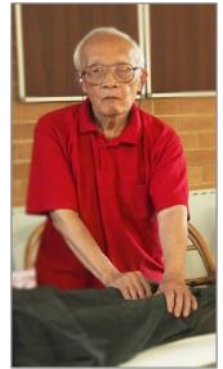
Martha Beck



HUMAN CONTACT AND COLLECTIVE HEALING (CONTINUED)

Firebird shares

Robert and I have also been running big shares here in the Firebird Centre on Monday nights twice a month for the last twenty-five years. The principle is simple: participants receive twenty minutes of Reiki from the available hands and return the favour by placing their Reiki hands on others. In this way, everyone gets a turn and everyone becomes part of a tightly bonded healing group. The sessions are used for gentle reinforcement of teaching and techniques and problem solving, with extra time often given to those who are ill or troubled.



After the initial releases – in the form of greetings, hugs, laughter and chatter – the group settles to its task, quietening down and going deeper into a collective meditative state. Sometimes, we seem to form into a single unit, a kind of superorganism in which we become profoundly silent and aware of the healing force that channels through. This is a moving and humbling experience. The Reiki Shares also work as a friendship group. Participants bring cake to share, baskets of fruit, herbs, honey, plants – whatever is in season to share with each other. We finish with a group hug and sometimes have to just about push people out the door: they simply don't want to leave!

Running these Shares is an opportunity for ongoing quality improvement; a way of validating and promoting Reiki. So, these shares are a way to offer ongoing support to people that have trained with us. People who come regularly are practising their skills and learning a lot about hands on. It's a close ongoing friendship group in its own right, but those who have recently done our Reiki 1 classes come along. And now I've got people who are running their own Reiki classes, and their students will also turn up.

We are receiving a lot of energy so we have an opportunity to help people with issues that arise. My experience is that we have been talking about pretty much the same things for twenty-five years. So, it's a long, long developmental progression. The heap turns over, obviously, people come and people go. Some of them have been there for all that time and some of them got taught last year.



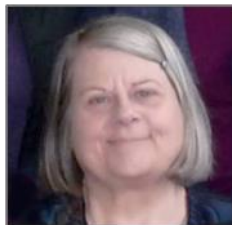
HUMAN CONTACT AND COLLECTIVE HEALING (CONTINUED)

Healing and transformation

For me it is about relaxation healing and transformation. I talk about incoming energy changing emotional and physical elements in the individual, about stimulating growth, about releasing undischarged energy.

I talk a lot about pressure cookers and not putting the peas on the ceiling. People have heart attacks, people get cancers, particularly those who deny the need to express their emotions. There is a lot of habitual anxiety, I think, that runs through the community and that anxiety becomes a way of life. We interpret it as physiologically normal. People go looking for their anxiety chemicals; they are actually coming back into a state that is familiar. It's biochemical, it's retraining the neural connections, and so on. There is a whole lot of explanatory stuff that is coming up to get things back in sync.

If I think I'm doing something, it's training people to catch themselves as they trigger. Quite a big part of what it is not sorted out, particularly overtly, can be exposed when somebody goes off. When they trigger. Finding what is behind that reaction is increasingly a focus of my coaching work and in conversations that I have outside of the group as well. Triggering and negative self-talk emerge as some of the most destructive behaviours. This is the sort of training that happens. It is not necessarily pursued overtly. More by osmosis, by repetition in the group.



Elizabeth Thuan

Reiki Practitioner and Teacher

Asia Pacific Reiki Institute & The Firebird Centre

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REMINDER

It is important to note, at the time of producing this edition of the ARC INK Magazine, that in-person Reiki Share Groups also called Reiki Circles, are not permitted under current COVID-19 restrictions. ARC will inform members when this situation changes.

We all look forward to the time when we can meet again in person and share our experiences as described by Elizabeth in her wonderful article.

John Coleman ARC President



"If you are really thankful, what do you do? You share."

W. Clement Stone

REIKI SHARES

WEBINAR: RUNNING REIKI SHARES ONLINE

On Mikao Usui's birthday this year, ARC members around Australia attended the first ARC Gathering via Zoom. A panel of four ARC members, Anita Kyriazopoulos, Samantha Avery, Sally Wain and Viola Rosario shared their experiences of Reiki Shares online to inspire members to keep connected while we are physically distancing.

ARC President, John Coleman, handed over to Anita, who came up with the idea of the webinar, to lead us in a traditional Reiki meditation and the Reiki Precepts in Japanese. Andonnia Gotsi, ARC Secretary, helped facilitate the wide ranging discussion that followed.

Members can access the recording of the webinar
via the **Members page** on the ARC website.



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"By simply relaxing, being quiet, breathing and having a heartfelt intention to help another being, you create a sacred space. In this space, all things are possible."

Kathleen Prasad



Starting in January 2021 ARC will be hosting a monthly Reiki Share event.

The first event will be on January 25th from 7.30pm and 8.30pm.

Details will be emailed to members and posted on the ARC Facebook page.

REIKI AND MEDICINE

VOLUNTEERS AT SOLARIS CANCER CARE WA

ARC Teaching Category members Helen Martino-Bailey and Margaret Papaelias talk about their volunteer roles as Reiki practitioners at Solaris Cancer Care in Western Australia.



Our Reiki volunteer work involves working in the Solaris Cancer Centre, in the St John of God Hospital, as well as on the hospital wards, when patients are unable to come to the centre. On occasions we also see patients in the chemotherapy unit.

Solaris Cancer Care operates from two hospitals, Sir Charles Gairdner Hospital, Nedlands, a government public hospital and St John of God hospital, Subiaco, a private hospital. There are two country centres, one in Albany and the other one in Bunbury, as well as a major metropolitan centre in Cottesloe which offers therapies and many courses which clients can attend for educational purposes.

There are many therapies offered at the Centre: Reiki, Pranic healing, massage, craniosacral, reflexology, creative visualisation, yoga, counselling just to name a few. All therapies are free and delivered by trained therapists who volunteer their time. When clients come to the centre, they are greeted by the 'Meet and greet' volunteers who do their paperwork and make their appointments.

For Reiki practitioners to volunteer, they must belong to a certified Reiki association such as the Australian Reiki Connection Inc. They also need insurance cover and a minimum of twelve months experience in Reiki 2.

Both clients and their carers can receive free one-hour Reiki treatments from the therapists, once a week. If clients are not well enough to come to the centre, then their session can be done by the Reiki therapist on the ward or in the chemo unit. Hospital staff are also welcome to book an appointment through the centre for a free Reiki treatment.

You will find more information about Solaris Cancer Care here: solariscancercare.org.au

LIVING WELL WITH CANCER

Watch 'Living well with cancer – demystifying integrative oncology' an hour-long webinar recorded in June this year: youtu.be/Woddy5sYbrM



Associate Professor Judith Lacey, the Head of Supportive Care and Integrative Oncology at Chris O'Brien Lifehouse, NSW, leads a fascinating discussion with Prof David Joske the Chairman and Chief Medical Officer of the Solaris Cancer Care Foundation and Dr. Santos Rao, a medical oncologist and the Medical Director of Integrative Medicine for Banner MD Anderson, USA. Dr Rao is also a Reiki practitioner.

"Reiki is so controversial that it is popular."

Dr. Santos Rao



REIKI AND MEDICINE

CONNECTING REIKI WITH MEDICINE

By John Coleman

Reiki's use in complex medical settings has grown steadily in many hospitals around the world, along with other complementary therapies. Reiki's simplicity, the lack of known contraindications and ease of providing treatments make it an ideal therapy for integrating in healthcare settings.



Have you provided Reiki in a medical setting, prison, drug, alcohol or rehabilitation facility ?

We would love to hear from you.

Send your story to John Coleman, Editor ARC INK.

Even though there is a great deal of research available into the benefits of Reiki one of the main reasons given for not accepting Reiki treatments into mainstream healthcare is that it is not Evidence Based.

Up to now one of the barriers for not carrying out quality Reiki specific research that would be acceptable is the cost. Hopefully, all that is about to change, thanks to our colleagues in the UK. I have been following the great progress of integrating Reiki into the National Health System there.

I have written in previous ARC INK issues about Reiki in St. Georges Hospital in the UK. Recently, I have been communicating with Feona Gray the founder of the charity Full Circle Fund Therapies – Connecting Reiki with Medicine: www.reikiwithmedicine.org. One of London's leading teaching hospitals, Reiki has been introduced to St George's as an evidence-based practice. In line with Full Circle's ethos its progress is being continuously evaluated to support patient care.

The charity aims to disseminate findings on how Reiki may help in hospitals, including supporting families and very sick children on the paediatric wards, through Full Circle's research committee, which includes medical consultants and researchers, and their established links with research institutions in the UK and elsewhere. It is also looking at how Reiki supports cancer, sickle cell and palliative care patients.

Watch this short, amazing video on the Reiki in Medicine project at St. Georges Hospital youtu.be/5qV0s1VU5Z4



The project

The award-winning Reiki project at St George's is just the beginning. Full Circle Fund Therapies is creating a transferrable clinical training and mentoring programme which allows Reiki practitioners to work on acute and high dependency units in a way which can be accepted by the medical professions.

Practitioner training takes place on the bone marrow and transplant wards. Treatments are also available for oncology and neurosurgery patients who have medical referrals, and was introduced for paediatric patients in early 2020.



REIKI AND MEDICINE

CONNECTING REIKI WITH MEDICINE (CONTINUED)

Connecting Reiki with Medicine also supports research to provide an evidence base for using Reiki in clinical settings. Emerging themes from patient evaluations suggest benefits for anxiety, sleep, pain and stress reduction. Such is the reputation of the project that medical staff drive its referrals and integration into new areas of the hospital.

The programme, currently based at St George's University Hospital, is also creating a transferrable clinical training and mentoring programme for Reiki practitioners. This allows them to work on acute and high dependency units in a way which can be more readily accepted by the medical professions in hospitals everywhere.

The charity

The Full Circle Fund Therapies is an award-winning integrated medicine charity. They are dedicated to supporting the quality of life of children and adults being treated at St George's. They rely totally on donations to support this service and receive no government or NHS funding.

Feona Gray tells me that the project requires funding for data gathering, confidential data management, preparation of reports and case studies, analysis and systematic review of quantitative and qualitative data to support rationale for future research into the application of Reiki in various diverse and complex medical environments. It also includes the work of a post graduate Research Assistant (typically a PhD graduate), and an Academic Research Lead based at St George's University of London.

Well-designed, publishable clinical research acceptable to the medical profession will take a minimum of two years per project, and costs range from between £25-45,000 each.

I am a great believer in not reinventing the wheel and believe **when** this research project is successful it will benefit Reiki Practitioners and Reiki Associations worldwide to push for the integration of Reiki into Mainstream Healthcare settings.

The Fund is appealing to the Reiki community, saying that even a small donation has the potential to make a huge difference. Full Circle Fund Therapies is a UK Registered Charity Number 1162010.



You can donate here: www.totalgiving.co.uk/charity/full-circle-fund-therapies



REIKI AND MEDICINE

INTRODUCING REIKI INTO THE MAINSTREAM

One of the aims of the Australian Reiki Connection is for the integration of Reiki as a stand-alone therapy, into mainstream health care and community settings.

As President of ARC, I am often asked by members for information and advice on how they can approach hospitals, nursing homes and other facilities with the aim of providing Reiki treatments to patients, in those settings.

An individual unique approach may be necessary, depending on the person responsible for that aspect of the facility. However, the best approach is to have factual information on similar settings that already have a Complementary Therapies programmes, that include Reiki.

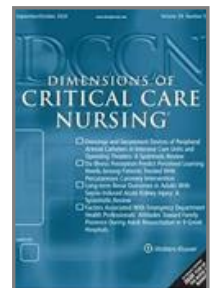
The previous articles in this edition, on Solaris Cancer Care programme in WA and the Connecting Reiki with Medicine project in St. Georges Hospital in the UK are good examples.

There are other examples of mainstream hospital that provide Reiki as part of their Complementary Therapies programmes, as well as numerous research articles on the benefits of Reiki.

The Dimensions of Critical Care Nursing journal has a great article on the Development of a hospital Reiki training program at the Boston's Brigham and Women's Hospital (BWH) in Massachusetts USA, which provides Reiki as Part of an Acute Care Integrative Care Program.

Read the full article at:

[journals.lww.com/dccjournal/Fulltext/2014/01000/
Development_of_a_Hospital_Reiki_Training_Program_.5.aspx](http://journals.lww.com/dccjournal/Fulltext/2014/01000/Development_of_a_Hospital_Reiki_Training_Program_.5.aspx)



The Centre for Reiki Research in the US has a list of at least of 76 hospitals, medical clinic and hospice programs where Reiki is offered as a standard part of care. An important part of their website is the Touchstone Process which is a method of analysing all studies within a specific field of scientific research. It was developed as part of a project to determine the current state of Reiki research. In this project, every Reiki research study, ever published in the U.S. in a peer reviewed journal, was put through a rigorous critique.

Visit their website: <https://www.centerforreikiresearch.org/>.

*'The next big
frontier in medicine
is Energy Medicine'.*

Dr. Oz



WISDOM

THREE OLD MEN

A woman came out of her house and saw three old men with long white beards sitting in her front yard. She said, I don't think I know you but you must be hungry please come in and have something to eat.

'Is the man of the house home?' they asked.

'No', she said he is out.

'Then we cannot come in', they replied.

In the evening when her husband came home, she told him what happened. 'Go tell them I am home and invite them in.' The woman went out and invited the men in.

'We do not go into a house together', they replied.

'Why is that?' she wanted to know.

One of the old men explained. 'His name is Wealth', he said pointing to one of his friends 'And', he said, pointing to another one, 'he is Success and I am Love'.

Then he added, 'Now go in and discuss with your husband which one of us you want in your home'.

The woman went in and told her husband what was said. Her husband was overjoyed. 'How nice', he said. 'Since that is the case let us invite Wealth, let him come and fill our home with wealth.'

His wife disagreed, 'My dear, why don't we invite Success'.

Their daughter-in-law was listening from the other corner of the room. She jumped in with her own suggestion. 'Would it not be better to invite Love. Our home will be filled with Love.'

'Let us heed our daughter-in-law's advice', said the husband to his wife. 'Go out and invite Love to be our guest.'

The woman went out and asked the three old men, 'Which of you is Love? Please come in and be our guest.' Love got up and started walking toward the house. The other two also got up and followed him.

Surprised, the lady asked, 'Wealth and Success, I only invited Love, why are you coming in?'

The old men replied together, 'If you had invited Wealth or Success the other two of us would have stayed out. But, since you invited Love, wherever he goes we go with him'.

Wherever there is love there is also wealth and success.

"Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity".

Henry Van Dyke



ARC MEMBERSHIP NEWS

MINUTES OF ARC ANNUAL GENERAL MEETING

Australian Reiki Connection Inc. October 10th, 2020 via ZOOM

*NOTE: Annual Reports and **full minutes** of this AGM and AGMs from previous years are available on the Australian Reiki Connection website in the **Members area** and printed copies are posted to Members without Internet access.*

Members Present: [17] Apologies: [7]

Members Present by Proxy: [56]

Minutes of the previous **2019 AGM [12/10/2019]** were presented. There were no matters arising from the minutes. Minutes of the 2019 AGM: **Accepted.**

Reports Presented and Read aloud: [3]

President's Report by John Coleman: Accepted.

Secretary's Report by Andonnia Gotsi: Accepted.

Treasurer's Report by Tony Carroll: Accepted.

As required under the Associations *Incorporation Reform Act 2012* the existing [2019-2020] Committee of Management stood down with the thanks of the attending Members and all Committee positions were declared vacant.

Executive: 4 Members for Committee of Management positions for the 2020/2021 year: **Declared Elected:**

PRESIDENT: Mr John Coleman: President

VICE PRESIDENT: Ms Slavica Praporski

TREASURER: Mr Tony Carroll

SECRETARY: Ms Andonnia Gotsi.

As permitted under the *Associations Incorporation Reform Act 2012* a resolution was called allowing the election of five (5) Ordinary Committee Members. The membership has allowed that for the year 2020/2021 there would be a nine Member Committee of Management with the vacant positions (two) left open for filling through co-option at a later stage.

Motion to confirm or vary the Number of Non-executive/Ordinary Committee Members in that the 2020/2021 new Committee consist of nine members: 4 Executive + 5 Non-Executive: **Carried.**

Non-executive: 3 Members as Ordinary Committee Members: Ms Sue Lake-Harris, Ms Cheryl Hurst & Ms Anita Kyriazopoulos: Declared Elected.

Motion to confirm the amounts of the annual subscription fees and joining fee remain unchanged for the 2021/2022 membership year. **Carried.**

OTHER BUSINESS: There was no other business.

*"A man who wants
to lead the
orchestra must turn
his back on the
crowd."*

Max Lucado



MISSION STATEMENT

THE AUSTRALIAN REIKI CONNECTION INC.

To work with and promote the spirit of Reiki
through teaching, healing, fellowship and research,
both within the Reiki community and the wider community.

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