



HOLISTIC HEALING
REIKI HOUSE NEWSLETTER

ISSUE 18
NOV/DEC 2009

Greetings one and all.

And welcome to the 18th edition of the Reiki House Newsletter.

Don't you just love it? Spring I mean! I have been fortunate enough over the past few weeks to have had time to spend in my garden – enjoying the moist earth, the beautiful blossom, the new growth, all the colours of the spectrum and even the rain. It is such an invigorating time of the year. But back to business:-

This newsletter has the usual reminders about various Reiki House activities and as a special treat there are 3 book reviews. Thank you to those people who submitted them.

Christmas is not too far away so before your diaries get too full....We will be having the below Christmas 'do's' in the Reiki House on:-
Spiritual Development group – Thur 3rd Dec
Reiki Share group – Wed 16th Dec

We would love to see you at one or both events.

And for an update on the various Reiki House activities please see further on in this newsletter.

As always, if you come across an article or you would like to write one, that you would like me to put in the newsletter, please forward it to me. I would be delighted to receive them.

Should you decide that you do not wish to receive this newsletter, please let me know and I will take you off the mailing list.

And as this is the last newsletter for the year, I should like to wish you all and yours a very peaceful, happy and safe festive season.

Contact details: Mobile: 0415 416 168
Email: joynicholson@aapt.net.au
Website: www.joynicholson.com.au
Love, Light and lots of Laughter to you all
Joy

Reiki

REIKI WORKSHOPS 2009
(Last one for the year)

REIKI 1
Sat 21st & Sun 22nd Nov

Cost \$200 per workshop or
if you would like to repeat a
workshop you can do so for
\$50

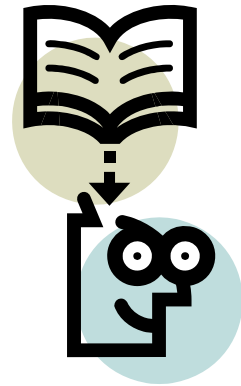
Please see
www.joynicholson.com.au
for dates for 2010

LIBRARY

It is very pleasing to see so many of you
borrowing books from the library.
Several more books have been added
since the last newsletter so:-

Please feel free to browse and borrow.

And again thank you very much to those of you who
have donated – we can all benefit from your
generosity. ☺



REIKI SHARE
Held the 3rd Wednesday of
every month in the Reiki
House, Lindisfarne. 7pm –
9pm. Please feel free to
come along and share.



REIKI HEALING BOOK

The Reiki Healing Book is located in the Reiki House. Please feel
free to either put someone's name in it or ask me to do so. Or have
a look in it next time you are in the Reiki House and send healing to
someone who already has their name down. All healing helps.

You can access newsletters, dates of
courses..... through the website.

www.joynicholson.com.au



Woolen jumpers and blankets are still needed for the
orphaned wild life. If you can help please do so by
bringing your items to me. Thank you.

INTEGRATED SELF EMPOWERMENT THERAPY (ISET)

Hopefully both levels of ISET will be run again next year so if you would like to know more about either certificate course please feel free to talk to me on 0415 416 168 or you can download a brochure on either the “Journey to Self-Empowerment Certificate” or “The Methodology Certificate” - see: www.joynicholson.com.au or/and www.isetinstitute.com



SPIRITUAL DEVELOPMENT GROUPS (Reflections of the Soul)

We have now had 13 sessions (for a list of the topics we have covered please see below) of our ‘Reflections of the Soul’ group. Over the last couple of months we have looked at ‘Nature and it’s connection to Spirit’ and ‘Drumming and Toning’.

To date, we have looked at Symbols, Ley lines, Sacred Places, Dreams, Angels, Food/Nutrition and Gardening, Crystals, Gods and Goddesses, Psychometry, Book Reviews, Nature and it’s connection to Spirit and Drumming and Toning.

☼ Our November session (Thur 5th) will be a very special night with Anna and Teo from “Energies and Insight” (www.energyandinsight.com) coming along with their goods for us to look at, touch, smell and buy. Below are lists of some of the items Anna and Teo will have on display.

Incenses, Tibetan Singing Bowls, Salt Lamps, Tea light Holders, Smudge Sticks, Brass Incense Holders (with handles), Tibetan Reiki and Meditation CD’s etc.

Please come along and join us.

These sessions are a great way for us to expand our learning and to get an insight into the various topics.

All the written information that participants bring to our meetings is being place in a folder and is kept in the Reiki House, please feel free to look at and add to it.

The groups are held on the 1st Thursday of the month from 7pm to 9pm, in The Reiki House. A \$2 donation per person, per session is requested.
For more information, please feel free to ring or email me.

BOOK REVIEWS

“*A Friend Like Henry*” by Nuala Gardener
(Reviewed by Tamatha Creely)

Firstly, thank you to Joy as she lent me this book due to my interest in the topic. I like to read anything human based regarding autism, as it’s a personal topic in my house, due to my son’s diagnosis.

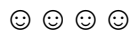
As I read through this book I was appalled at what this poor family went through in trying to get a diagnosis for their son. In this day and age I couldn’t comprehend the lack of support that they had from the medical world, but we hear stories in a similar nature regularly throughout the media.

Nuala (the mother) tells her own personal traumatic journey through this book, while telling her son’s journey, which is particularly heart wrenching. The high’s and low’s equally dramatic, but it’s someone’s life. The changes and breakthroughs the family make while dealing with their child’s obsessions, one of these being Thomas the Tank engine, (obsessions with mechanical items is an autistic trait, as people with autism find it difficult to connect emotionally with other humans), I found most enlightening.

Through her own desire for her child to have a companion, Henry, the Golden Retriever, enters the picture and from there on the changes in Dale were truly miraculous. Noting how tuned in to her child she is, and the lasting benefits in striving to achieve the simplest of tasks from socializing to schooling, right through till work placement, on many occasions brought tears to my eyes.

This story also tells of the parent’s plight to conceive so that Dale is not an only child. A daughter arrives seemingly normal, until she regresses and is also diagnosed with autism, albeit high-functioning, and the support Dale was able to give her along with their family pet, Henry.

There are so many things one can say, as they fought for basic rights for their children, along with helping them reach their full potential. The story ends quite sadly, and I won’t spoil it for anyone wishing to read it, but that Nuala’s son was able to make a very tough decision and understand and feel, is truly remarkable.



“*Destiny of Souls*”: author Michael Newton publishers Llewellyn Publications
(Reviewed by Chris Craven)

Michael Newton is a hypnotherapist in the US specializing in between-lives regression. Over many years he has built up a body of data suggesting a formalized set of events that occur to the soul upon and after passing over and before reincarnation. It is a fascinating read along with his other work called “Journey of Souls”.

His hypothesis runs thus:

Each soul has a unique identity in its formation, composition and vibrational distribution, but each soul yearns for perfection.

Souls are not people but light beings that inhabit homo sapiens so once the body dies the soul feels immediately different without the host body and brain and central nervous system....souls are trying to move toward a greater goodness and a conjunction with the source that created us....we are expected to make mistakes and are humble about being given the opportunity to incarnate...earth is considered to be a very challenging planet, not an easy posting....some souls never incarnate into a body....and unfortunately none of Michael Newton's subjects had ever come in contact with Source although some advanced subjects talk about a time of conjunction when they will join 'The Most Sacred One' and that in this dense purple light there is an all-knowing Presence – but none of the author's clients had experienced this.

At death our souls rise out of the body and just outside the earth's astral plane they are surrounded by grey then a wispy cloudiness and then the majority are then met by their guide who takes them towards the light.....when met by a guide the guide starts a process of energy rejuvenation in the returning soul and this process is extended depending on how tired the soul is.....(although some flash souls just do this by themselves)....time has no meaning and some souls stay around for a while trying to comfort the grieving – often till after the funeral....

When souls arrive at the gateway to the spirit world our guides do a physical and mental healing on us before we move further into the spirit world...(the etheric or soul body is an outline of our old physical body which souls take into the spirit world...if not deprogrammed properly or if severely traumatized souls can carry the imprint from a past life into a new one influencing its physical form).....the souls go to a healing station prior to rejoining their soul groups

Souls can divide and all souls leave part of themselves behind in the spirit world when they reincarnate....so if your mother died many years before you and has already reincarnated you can still meet up with her in the spirit world as part of her remains there – like a hologram being complete

We have orientation session with our guides – a time for counseling where we can whinge if we want to...it is the initial debrief....

If our souls have become contaminated by our life of wrongdoings we are taken to intensive care units where our energy is remodeled and made whole again and often these souls are returned quickly to earth unless they have had many lifetimes of wrongdoing in which case they might spend a thousand years in solitary spiritual existence....all wrongdoing has to be redressed in future lives whether or not it has been intentional wrongdoing....the idea is not to punish but rather to further spiritual growth
We then return to our soul group – a number of souls work together on a particular issue over a number of lifetimes – it's like we are in a pod where members are similar but each

soul is different...some souls master the issue quickly over a number of lifetimes and move on up the hierarchy or on to another issue and others take a long time to get it right

Not long after we return to our soul group we face a panel of master guides/Elders who probe us about the life we have just lived – did we accomplish what we'd set out to as regards our life contract? and karmic issues are resolved...once or twice between lives we go before this panel and a Presence is felt at this time...when we are before the panel who are keen to talk to us about our mistakes and what we can do to correct negative behaviour in our next life

Our primary soul group is a small part of a larger secondary soul group of about 1000 souls

We all have spiritual names

When we return to our own group we go through what seems to be like a huge transport hub like a gigantic railway station or airport and souls transit these and travel quite a way past other groups along different lines until they come to their own place – where they feel at home and are welcomed with hugs and laughter and great love by the other members of their group....typical group numbers are about 15 but may be as few as 3 or as many as 25 souls....in these groups souls dissect each others' lives and laugh and joke and rib each other and encourage each other's progress and groups are sent to various classes together to help them learn what they need to...their guide will come around and check up on them and once in a while a head honcho more enlightened guide/teacher will come around and help them

A soul's advancement is indicated by the colour-white is a beginner soul with only a few lives under it's belt....as souls advance the white becomes dense white then turns orange and then yellow and then green and then blue shades through to indigo – these are core colours,....and individual souls also have halo colours that relate to character aspects of each soul....in relation to halo colours white indicates purity, clarity or restlessness; silver is ethereal, trust or flexibility; red is passion, intensity, sensitivity; orange is exuberance, impulsive, openness; yellow – protective, strength, courage; green – healing, nurturing, compassion; brown – grounded, tolerant, industrious; blue is knowledge, forgiveness, revelation and purple is wisdom, truth and divinity

Akashic Records exist and are stored in a library....and we study our past lives in depth in this library....as spiritual beings our growth started in the mental realm of the spiritual world with other souls before any of us reincarnate,....we are unique individuals but our development as souls is a collective one and so a lot of time between lives is devoted to empathetic relationships with other souls.

New souls are being born all the time and we as souls once we advance a bit are given apprenticeships for various jobs, depending on our own talents – so some clients had been trainee midwives helping grow the new souls in a honeycomb like hive/crèche....other clients had been learning how to manipulate energy to create

landforms or plants or animals on other planets, others who love animals work with animals and will be the ones who bring our loved pets to visit us in spirit, some advanced souls are in training to be one of the council of elders

Newton's subjects talk about traveling inter-dimensionally...multitudes of inter-dimensional spheres are used by souls for training and recreation...souls can come to earth or visit other planets for a quick spot of R & R...all spatial zones have vibrational properties that allow for the soul passage when their energy waves are attuned to the proper frequency...and elves and fairies do exist in our gardens and sometimes spirits who have never incarnated on earth come to visit

Prior to reincarnation we have probably our second meeting with the council of elders to discuss considerations for the right body for our next life....council members usually dress in long robes and wear medallions that are inspiring and relevant ideals for us to be aware on in our next life – such as an eagles head with its beak wide open – a message to fly high and scream into the silence i.e. don't live in your own world all the time...we go to a movie theatre – the Ring of Destiny where we see our next body and you can observe or participate in the action...it gives you a chance to experience snippets of probable and possible future events in certain bodies before making the final selection.....you see more of your early life between 8 and 20 being usual.....and it is edited.....some years are left out and other's shown in detail.... it is highly unlikely that we would reincarnate into the same family even a few generations along...as time for rebirth nears we go to a place to view a number of possible bodies that might meet our goals...we can see into the future and test out different bodies before making a choice (but we cannot see everything)...not everyone returns to earth some go to a different physical plane...if we accept a body we are sent to prep classes to remind us of certain signposts and clues in the life to come, especially at those moments when primary soul mates come into our lives....when it is time to return we go to the embarkation point and then join the embryo....this is mostly after the third month of pregnancy but some souls leave it very late in the pregnancy to join the baby....the soul works with the baby's brain very gently so it will accept it...after birth amnesia sets in and the soul forgets and melds their immortal character with the temporary human mind to produce a combination of traits for a new personality...if we incarnate onto a different planet we will always be the dominant life form on that planet

Mostly you would not expect large numbers of your primary soul group to incarnate with you as your family spouse or friends but it is highly likely some will...in each lifetime – the numbers may be around 6 souls from your primary group and 2 from your secondary group.....so it is likely that friends or partners have been in some of your past lives in various roles...we are very close and loving to other souls in between lives in a mental setting and yet when we incarnate with some of them we can be severely tested by karmic challenges in our host bodies...this is one means by which spiritual masters expand our consciousness....the one person who gives you the most love or grief in this life may be a member of your primary or secondary soul group....usually our parents in this life come from our secondary soul group...we do have primary soul mates that reincarnate as our spouse or lover or best friend over various incarnations – we may have been reincarnating

with them for thousands of years....individual souls who have peripheral roles in our lives also may reincarnate with us through many lives – as a shopkeeper, neighbour, teacher etc

There is way too much in this book to give more than a brief glimpse of it....certainly worth a read and a re-read



“***When We Remember***” – by Melissa Abraham

(Reviewed by Joy Nicholson)

The cost of this book is \$50 and is worth every cent.

Published by: Three Things Pty Ltd, 45 Emma St. Mona Vale. NSW 2103

www.WhenWeRemember.com

This is a very comprehensive book written with great sensitivity and love. It’s a book that is useful to us all but maybe more so for those of us working in the health field and specifically Palliative Care.

“When We Remember” is all about death and organizing a funeral. It is divided into 4 parts with the following headings;

Part A – When the time comes

Part B – The first decisions

Part C – Inspirations and Integrity for a Meaningful Funeral

Part D – Small steps forward

Topics covered are:

A

How to use the book

The first few hours

What to do when somebody dies

What happens first

How the funeral director will help

Pre-arranged services

How do we select a funeral director

What will the funeral director do

How much will it cost

B

The first decisions

Burial and cremation

Caskets and coffins

Viewing

Memorials

Coming together

Where will we meet
Who will attend
Bringing people together
Notice of funeral

Completing the arrangements

Early decisions
Later decisions
In summary

When difficulties arise

Who is the chief mourner
The very young
Separation by distance
Separation by circumstance
Separation by belief
Emotionally challenging & difficult deaths

C

The spoken word

Examples of religion – based on funeral traditions
Examples of Community, Individual & Other Belief Funerals
Crafting a Eulogy

The written word

Secular Poetry
Sacred readings and text
Music for listening and singing
Live music and resources
Recorded Music
Hymns and ceremonial music

Other meaningful ideas

Technology and creating memories

D

Small steps forward

After the funeral

Financial and legal considerations
Memorials

Grief resources

Appendices & References

Your personal details
Recording your memories
Funeral arrangements
Bibliography

And the book comes with a CD with 20 tracts of music suitable for funerals and memorials

A terrific book well - worth having for personal use or for your work place.



Many thanks to our book reviewers

Quote

*The art of being yourself at your best is the art of unfolding your personality into the man or woman you want to be....
Be gentle with yourself, learn to love yourself, to forgive yourself, for only as we have the right attitude towards ourselves can we have the right attitude towards others.*

- Wilfred Peterson

DON'T FORGET OUR CHRISTMAS DO'S

Thur 3rd and Wed 16th Dec 7pm on

Please bring a plate to share



MERRY CHRISTMAS

Sadly Duffy (one of my little dogs) died on the 29th Oct. He died very peacefully, receiving Reiki throughout. He loved Reiki and would often let me know when he

wanted some extra sessions by gently tapping my hand with his nose. Both Penny (my other little dog) and I were with him when he died.

We, Penny, Duffy and I thank you all for the pats, chats, Reiki and love you have shown to Duffy over the years.