



HOLISTIC HEALING
REIKI HOUSE NEWSLETTER

ISSUE 20
MARCH/APRIL 2010

Greetings to each and every one of you.

I would like to extend a very warm welcome to the students that recently completed their Reiki 1. Please feel free to come and join us at our Reiki Shares held on the 3rd Wed of every month. We wish you much love, joy and peace in your journey with Reiki.

It seems that I have fallen in to a pattern of being a bit late with our newsletter – so once again apologies for the delay in getting this compiled, written and out to you all.

This is our 20th edition of the Reiki House Newsletter. Amazing! Wait till we get to the 100th!!!

As per usual the newsletter has reminders about various Reiki House activities – watch out for the notice re Reiki Awareness Week, dates for workshops and an article or two.

Please remember if you come across an article (or you would like to write one), that we can include in the newsletter, please forward it to me. I would be delighted to receive them.

And 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.

If we haven't managed to catch up yet this year, I look forward to seeing you later in the year.

Love, Light and lots of Laughter to you all
Joy

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Reiki

Symbols

I am very aware of symbols at the moment, no doubt due to doing a Reiki workshop recently, so I thought I would take a brief look at this extensive topic. In doing so I looked at several books and articles on the topic and have chosen a few extracts to include in this article.

Kathleen Milner in her book “Reiki & Other Rays of Touch Healing” tells us that symbols are the conscious communication of the subconscious mind.

William Lee Rand tells us in an article written for ‘Reiki News Magazine’ (Vol 5 Issue 2) that symbols work on different levels of consciousness. That some symbols work mostly on the mental level of the person viewing the symbol in that they convey some sort of meaning and gives the examples of a dollar sign conveying the idea of money, a musical note expressing the idea of a specific sound, a copyright symbols expressing that someone owns a written work and that an astrological symbol can indicate a specific planet along with the qualities of that planet etc. He also points out that symbols express feelings and other aspects of awareness such as the image of a heart expressing love or affection (think of Valentine cards) or a religious symbol evoking spiritual feelings in the heart of the followers of that religion.

Symbols can of course also be used as part of a technique to assist us in going into a specific state of consciousness. This was shown by Pavlov in his ‘stimulus response mechanism’ theory. We often do this by conditioning ourselves to hearing a specific piece of music or saying a word which with practice induces calmness (keep in mind that words and musical notes are also symbols) and as William Lee Rand suggests, it is possible over time to develop the ability to go into higher levels of consciousness and then assign a symbol to that particular state thus allowing us to condition our minds to automatically go into that state by thinking of the symbol.

Therefore we can see that symbols have energy whether we consciously understand the message they are sending or not. And by using them regularly we enhance their energy.

It is believed that Reiki symbols work in a similar but more powerful way than those mentioned above, and Mr. Rand explains why- “because of the energies involved and the ease with which the process is instilled, one could say that once activated by an attunement, Reiki symbols are transcendental in nature. And while they do have some effect on the personal energy of the user, their main effect comes from the way they activate a response from higher levels of consciousness that are usually beyond the reach of the person using the symbol. Their value also comes from the way they achieve this affect without the student having to meditate or develop the ability to reach up in consciousness and connect with the energies that the symbols activate.” In other words because the symbols are placed in our chakra/s during an attunement we have easy and consistent access to them rather than having to condition ourselves to their energies.

It is also believed that the attunements actually empower the symbols so that they will fulfill their intended purpose. In other words without the attunements the symbols used in

Reiki do not seem to have much affect. This is evident when students draw the symbols before an attunement and most often don't feel or sense any energy, yet when drawing the symbols after an attunement the energy is much more evident.

This of course may lead us to asking if the symbols work for someone who hasn't been attuned. For example: if I am channeling Reiki to a client (who is not a Reiki channel) and use the power symbol(the light switch) over an area on their body or in their aura that feels blocked - does it work?

I would be most interested to hear your thoughts and experiences on this. And with your permission can include your comments in the next Reiki House Newsletter.



I am also including in this newsletter a question that is sometimes asked by students. The response to the question is taken from Lawrence Ellyard's book 'Reiki – 200 Questions and Answers for Beginners'.

Q. Why does Reiki feel different from one treatment to the next on the same person?

A. This is usually an indication that the individual you are treating is assimilating the Reiki energy. When we are regularly working on an imbalance, a change of sensation is an indicator of a change in the person's overall vibratory level. In other words the person is regaining wellness. On the flip side, if we were working on someone and felt no change between sessions, then one could say that the effects were less dramatic. This is not to say that Reiki is not working, it may be an indication that further treatment is required. The Reiki energy also targets the primary cause of the imbalance. When we have a strong symptom that needs urgent attention, the Reiki energy will first attend to this outer symptom. Once this has been stabilized or cleared, the more subtle causes or layers are revealed. This often translates as new sensations or energy feedback during a treatment.

One could think of a change from one treatment to the next as a good sign, something is happening.



Reiki Awareness Week

For your diaries:

This year's Reiki Awareness Week will be from **Sunday 6th June to Sat 12th June** inclusive.

We will be planning several activities during that week. So far the suggestions have been:
- a visit to a nursing home to give Reiki, free sessions for the public to experience Reiki,

a visit to a disadvantaged group. If you have any suggestions and/or would like to participate please let me know.

There will be more information re Reiki Awareness Week in the next newsletter.

REIKI WORKSHOPS 2010

REIKI 1

April 24th & 25th
June 19th & 20th

Aug 14th & 15th

Oct 23rd & 24th

REIKI 2

March 27th & 28th

May 22nd & 23rd

July 17th & 18th

Sept 25th & 26th

Nov 20th & 21st

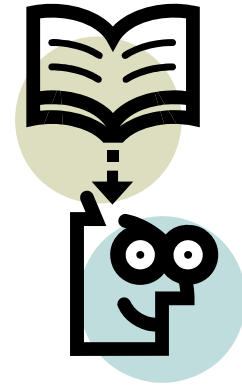
Cost \$200 per workshop or
if you would like to repeat a
workshop you can do so for
\$50

LIBRARY

The library continues to grow and we now have 3 shelves of books, DVD's, CD's and cards.

Please feel free to browse and borrow.

Thank you very much to those of you who have donated – we 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

INTEGRATED SELF EMPOWERMENT THERAPY (ISET)

Unfortunately no one has booked in for the Journey Cert. that was due to start this month. But hopefully we will have enough people to run an intensive course later in the year. It is still my intention to run both levels of ISET this year.

Dates for the courses can be found on my website when organized.

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)

The purpose of this group is, as you know, to have ‘tasters’ of various topics, mainly related to spirituality.

To date we have had 14 sessions (for a list of the topics covered please see below). 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, Drumming and Toning, Tibetan spiritual goods - www.energiesandinsights.com Auras and Sacred Geometry.

Our last session which was on Sacred Geometry was a resounding success with information and various objects being brought by the participants. We even had information dropped off by several people who couldn’t make the session. Thank you to those people concerned for the effort and enthusiasm that you put into these groups.

Our next group will be help on Thur 1st^h April and the topic is PALMISTRY

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 place in a folder and 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.

Dates of Spiritual Development Groups for 2010

April 1st - Palmistry

May 6th

June 3rd

July 1st

Aug 5th

Sept 2nd

Oct 7th

Nov 4th

Dec 2nd Christmas 'get together'



Quote

"Sometimes the days are long, but knowing you'll walk through the gate is all I need"

- David Darcy from A Little Help for our Friends

PEACE