



HOLISTIC HEALING

REIKI HOUSE NEWSLETTER

ISSUE 22

JULY/AUG 2010

Greeting All

I am very late with this issue of the newsletter and for that I apologize.

Well much has happened since our last newsletter, Reiki Awareness Week, The FISH Garage Sale and our Spiritual Development Group – see further on for updates on these events.

Time is flying is it not and here we are more than half way through winter, with Spring not far away now. I mentioned in the last newsletter that winter is a good time to reflect on our lives and to make some resolutions to change anything we are not content with. I have to confess even though I suggested the above I have not put much effort in to either the reviewing or the resolution process. Have you? Maybe I will get around to it before the close of winter.

If anyone has come across an article or would like to write one, that you think our group would be interested in please forward it to me and I can include it in our next edition (Sept/Oct). Book reviews, personal experience of Reiki, case studies (with the recipient's permission of course) can be learning experiences for us all.

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.

I hope you enjoy this edition of our newsletter.

Love, Light and lots of Laughter to you all
Joy

Contact details: Mobile: 0415 416 168

Email: joynicholson@aapt.net.au

Website: www.joynicholson.com.au

Reiki

Thank you

To all of you who gave of your time, expertise and love to give Reiki during Reiki Awareness Week.

There were 3 events during that week,

- one at RHH where a practitioner gave Reiki to some of her co-workers,
- one at QVH (local aged care facility) where practitioners gave Reiki to some of the residents
- and one in the Reiki House where several practitioners gave Reiki to members of the public who had booked in for a free ½ hour session.

All events were enjoyed by both the practitioners and the recipients.

Donations that were received during the week have been sent to the School of St Jude, Tanzania (see below for more info)

Thank you to you all for spreading the joy of Reiki.



The FISH giant Garage Sale, held on Sun July 4th was a huge success.

Our main aim was to “make the day” for the children at the School of St Jude by raising money so that much needed equipment (books, uniforms etc) could be purchased. We also aimed to have a fun day thus creating a stronger bond between the staff (of the Queen Victoria Home) that were involved.

We were successful on both aims! We raised \$1200 for The School of St Jude, Tanzania, and the staff enjoyed it so much that they want to do it again next year.

For more information on the school go to www.schoolofstjude.co.tz or ask me for a brochure



I have recently read a book called “The Prayer of St. Francis” by James F Twyman. This is a beautiful book and well worth reading. It has been donated to the Reiki House Library and is available for borrowing (Thank you Kate). The below quote is in the book (many of you may already know it) and because it is so powerful I thought it appropriate to include in this newsletter.

QUOTE

‘Oh lord, make me an instrument of your peace
Where there is hatred, let me bring love.
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
Where there is sadness, joy

Oh, Divine Master,
Grant that I may not so much seek
To be consoled as to console,
To be understood and to understand,
To be loved as to love.
For it is in pardoning that we are pardoned,
And it is in dying to ourselves that we are born to eternal life.”
-Prayer of St Francis

REIKI WORKSHOPS 2010

REIKI 1

Aug 14th & 15th

Oct 23rd & 24th

REIKI 2

July 17th & 18th

Sept 25th & 26th

Nov 20th & 21st

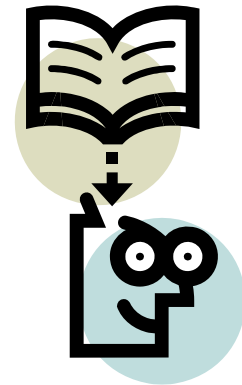
Cost \$200 per workshop or if you would like to repeat a workshop you can do so for \$50

LIBRARY

The library continues to grow and 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

3rd Wednesday of the month
In the Reiki House
7-9pm

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)

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



THE REIKI HOUSE GROUP

(previously known as Spiritual Development Group)

On Thursday 1st July a group of interested people met in the Reiki House to discuss and review our previously known Spiritual Development Group. The Spiritual Development Group was started in Sept '08 and it's purpose was to have 'tasters' of various topics, mainly related to spirituality, we also decided at that meeting to have a review of the group at some stage.

Many topics were 'tasted' over the past eighteen months – for a list of the topics covers please see previous newsletters.

Even though the once monthly meetings were enjoyed by those in attendance, we were aware that attendance numbers had declined, so what better time to have a review.

Nine people attended our review session, confirming that the interest in the group is strong. Lively discussion took place about our purpose, what if any structure we would like and meeting times. Several ideas were put forward and it became evident that a mixture of discussion and 'experimentation' (such as experiencing different energies, different ways to meet and talk with our guides etc) is what the group would like.

A profound question was also asked on the evening by a group member “What exactly is Spiritual Development?” What a wonderful question and what a great topic to start off our 'new' group.

Because the purpose of the group was changing we also thought it was a good opportunity to review our name. Lots of suggestions were put forward and the name was decided by the pendant.

Below are the main points decided on:

- the group is to be called the Reiki House Group
- meetings are to be held on the first Thursday of the month, however, when the group is on a hot topic can meet every 2 weeks

- the first group meeting is to focus on spiritual development - what does this actually mean to each member of the group. Topics for future meetings will also be discussed at this time.
- Joy is to be the facilitator of the group on the 1st evening

Thank you to all of you for your participation, ideas, interest and commitment to the group. I look forward to seeing you on Thur 5th Aug



The below are some 'Fact' extracts taken from 'The Everything Reiki Book' by Phylameana lila Desy.

- Reiki flows spontaneously whenever we work creatively with our hands – when we are gardening, landscaping, playing musical instruments, painting, writing, sewing, quilting, sculpting or carving wood.
- Giving Reiki to a designated space is an interesting experience for you to try. Results will vary, depending on the current energy state of the particular space you select and of the occupants of that space. Optionally, you can send Reiki in advance to any place you plan to visit later by visualizing the symbols and directing a distant treatment.
- Reiki's ki energy carries many different names; God Power, Universal Life Energy, Breath of the Great Spirit, Divinity, and Cosmic energy, among others. There is an unlimited supply of Reiki available for us to tap into.
- Reiki will treat numerous physical maladies, emotional imbalances, mental disturbances, and spiritual afflictions. Reiki will also extend its healing energies to nurture your environment and strengthen your relationships.
- Reiki is often called 'smart' or 'intelligent' energy. It knows which areas of the body need healing and automatically flows to those specific sites where suffering or imbalances are prevalent. Reiki will not cause harm to anyone. It is a complementary modality that can be used safely with all other types of treatment.



Those of you who know me know that I have several loves in my life. One of those being Reiki. And another being my four legged little friends.

I feel blessed to have had both these loves in my life for the past 17 years or so, they have and will continue to enrich me greatly.

Penny left to join Duffy on the 12th June, a perfect day, as she was surrounded by love and Reiki being our Open Day for Reiki Awareness week.

I would like to take this opportunity to thank all of you who smiled at, patted, showed and gave love to, gave Reiki either by distant healing or hands on healing or both to Duffy and Penny. They, I know, as am I, are extremely grateful to you all for your love.

Thank you.

