



HOLISTIC HEALING
REIKI HOUSE NEWSLETTER

ISSUE 19
JAN/FEB 2010



to each and every one of you.

May it be a year filled with fulfillment, peace, wonders, blessings, love, learning and anything else you wish it to be.

This is our first edition for the New Year and our 19th edition of the Reiki House Newsletter. I apologize for it being a bit late but I hope you enjoy it.

As always the newsletter has the usual reminders about various Reiki House activities, dates for workshops and a couple of articles that I found interesting/inspiring.

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.

Looking forward to seeing you in 2010

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 2010

REIKI 1

Feb 27th & 28th
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

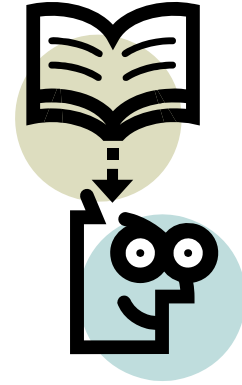
Cost \$200 per workshop or
if you would like to repeat a
workshop you can do so for
\$50

LIBRARY

We have quite a selection of books in
the library.

Please feel free to browse and borrow.

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

INTEGRATED SELF EMPOWERMENT THERAPY (ISET)

Both levels of ISET will be run this year. Due to time restraints the “Journey Cert” (in Tas.) will be run on single days rather than week-ends. There is also a possibility that an intensive Journey Cert will be held in Tasmania – this would be either two blocks of four days each or a block of eight days.

Dates for the courses can be found on my website.

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 to have ‘tasters’ of various topics, mainly related to spirituality.

To date we have had 13 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 objects – www.energiesandinsights.com

Our next group will be help on Thur 4th Feb and the topic is AURAS

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

Feb 4th Auras

March 4th

April 1st

May 6th

June 3rd

July 1st

Aug 5th

Sept 2nd

Oct 7th

Nov 4th

Dec 2nd Christmas 'get together'



The excerpts below are from a book a close friend gave me on a recent visit. The book is called “Sonas – Celtic Thoughts on Happiness” and is a collection of thoughts on topics such as gratitude, mindfulness, lightheartedness, kindness, understanding, compassion, self-love, freedom of mind and peace written by a large number of Irish people. I hope you enjoy the ones I have chosen to include in this newsletter.

“How to be Unhappy” by Paul Sreenan

In what, of necessity, is a brief contribution, I am going to leave aside the unhappiness which is a result of the awful condition of depression. I am also not speaking of the unhappiness which is a result of acute loss or trauma. Rather, I am speaking of the sort of happiness or unhappiness that is the result of attitudes of mind over which we may have some control.

For most people, it takes little or no effort to be unhappy. On the other hand, if you want to be happy, you have to work at it. Happiness is not like a university degree that, after you have acquired it, you get to keep. No, it takes effort, constant effort. On the other hand, unhappiness is the default condition that arises when you fail to make the effort.

Happiness is also a product of a combination of personal qualities, whereas any one of a large number of things can on their own make you unhappy. Chief amongst these in my own experience is perfectionism. Perfectionists find it very hard to be happy. Their standards are so high that the chances of them being met are slim. This applies to everything in their lives, from the important, such as relationships, and their work product, to the trivial, such as the food in a restaurant or the cleanliness in their home.

Anger is not far removed from perfectionism and, again, is a potent cause of unhappiness. How many people have causes themselves and others so much suffering, because they could not or would not control their anger?

Just these two causes of unhappiness serve to highlight two important points. The first, I have mentioned already. You have to work at being happy. The perfectionists has to work at recognizing that the glass is half-full – and not half-empty. And we all have to make the effort to acquire the tools to manage anger, so that as a result we will, it is hoped, never have to face the destruction and remorse that comes from having reacted violently to some perceived insult, perhaps while drunk, to which we would never have reacted while sober.

The second I have also mentioned briefly; that happiness is the result of a number of personal qualities working together. To my mind, there are nine qualities that can be seen in happy people. First, gratitude. Second, to use the term often referred to in the writings of the inspirational Buddhist monk, Thich Nhat Hanh (to whom I and many thousands of others are deeply indebted) mindfulness. Again, these two qualities are interlinked. A mindful person is deeply aware of the magic of his sight, of the beauty of the world around him, of the commitment, friendship and the work of his spouse, children and those with whom he works. Mindfulness leads to gratitude.

Third is light-heartedness. You can't take life too seriously. A joke a day helps to keep the doctor away. Smiling relieves tension, not just for you, but for those around us. Fourth is kindness. Not a word we frequently use. Those who practice kindness on a daily basis not only make others happy but become happy themselves in the process.

The fifth is closely linked to kindness: understanding. This, in my experience, is the most difficult one because it takes real effort and often has to be practiced in adversity. However, without understanding, we cannot be truly kind. Neither can we be compassionate, which is the sixth quality I would identify, which together with kindness, is almost a natural result of understanding.

The seventh is also important. It is self-love. We have to form a positive view of ourselves and be less dependent on others for praise or friendship, and less susceptible to their criticism. We also have to stop beating ourselves up over our past mistakes and concentrate on the present. The late pope John XXIII was fond of an inscription that can be found in the church of his birth, the first section of which referred to: 'three past things-the evil done, the good left undone and the time wasted'. We also have to let go of past mistakes and traumas if we are to be truly happy.

The next quality again is linked to the others. It is freedom of the mind. Freedom from cravings for possessions, people, food, freedom from addictions, freedom from blaming others for where or what we are. The freedom of realizing that you, not others, are responsible for your own happiness. Freedom from jealousy. Freedom from dependence on others – and what they do or say – to make you happy.

Finally, there is peace. A lot of unhappiness is born of fear and anxiety, both rational and irrational. Peace does not just happen. You have to work at it. My own path involves my Christian faith, spirituality, prayer and meditation, but others will follow different paths

just as effectively. For many, peace is the result of the other qualities of gratitude, light-heartedness, mindfulness, kindness, understanding, compassion, self-love and freedom.

The thing about happiness and unhappiness is that they are both infectious. Both affect others around us. That means that we owe it to ourselves and others to follow the path of happiness and to make the effort that this requires.

Paul Sreenan is a Senior Council, practicing in Dublin.



Under the section on 'Understanding' the following has been written by Niamh Brennan.

'People will forget what you did. People will forget what you said. People will never forget how you made them feel'. – Maya Angelou

We live in world in which it is perhaps, more than ever, impossible to escape harsh realities. Everything bad that happens is almost immediately brought to our consciousness by the instant communication systems of global electronics media. There is virtually no corner of the world that is hidden from us; there is virtually no corner of the world in which we can truly hide away.

Reality is inevitable. And, in consequence, we need a philosophy of life that faces up to reality. Each of us has to point the bow of our boat into the wave every day and in every way. Meeting this challenge requires inner strength.

That inner strength depends on seeing the good rather than the bad; on being grateful rather than resentful; on celebrating the successes and achievements of others, rather than envying them; on empathy with the problems of others rather than closing our minds and hearts to their pain.

Building that inner strength is a lifetime's work: it is a work that is never done. Doing the 'right thing' as distinct from the 'easy thing' is the exercise that brings 'inner strength'. But rectitude without altruism is sterile, lonely and futile.

That's where love comes in.

We cannot expect in life that our cups will always be over-flowing. My hope is that I will always be able to see my cup as half-full rather than half-empty, that I will always be grateful for the good things that surround me and regard the bad things I encounter as reminders of just how good the good things are. I see life's journey as an opportunity to warmed by love.

What is love? It is easier to recognize than to define. It is easier to experience than to describe. But, at it's heart, is identifying with other people, sharing and empathizing with their emotions and experiences: putting 'me' in the heart and mind of 'you', putting 'you'

in the same place as 'me', making 'us' of 'me' and 'you'. Celebrating others, respecting others, regarding others as part of oneself.

It has been said that love is the only thing of which 'the more you give, the more you have'. It cannot be possessed or owned. That is the only 'overflowing cup' to which we can all aspire. The warmth of love: what can be better than that? Money cannot buy it. Ambition cannot possess it.

Possessions cannot substitute for it. It is all around us, but somehow cannot be grasped: it can only be felt.

Now that is a reason for optimism.

Professor Niamh Brennan. BSc (Microbiology), PhD, FCA, CDir holds the Michael MacCormac Professor of Management at University College Dublin.



Quote

To engender a spirit of challenge, keep a house key in a bucket of similar unmarked keys next to your front door.

- Kaz Cooke

A HAPPY
NEW YEAR

A HAPPY
NEW YEAR