



HOLISTIC HEALING
REIKI HOUSE NEWSLETTER

ISSUE 15
MAY/ JUNE 2009

Greetings all and welcome to the 15th edition of the Reiki House Newsletter.

We are truly in Autumn, and what a lovely time of year this is. Cool mornings, sunny warm days, showers and changing colours. Nature is winding down – maybe we can do they same.

Over the last two months or since our last newsletter the Reiki House has seen two Reiki shares, two spiritual development sessions, clients and the ISET methodology course – for an update on these please see further on in this newsletter.

As always, in our newsletter you will find information on Reiki Workshops, Reiki Share, ISET, articles etc. 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.

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Love, Light and lots of Laughter to you all
Joy

REIKI AWARENESS WEEK

7TH – 13TH JUNE

Reiki

I am in the process of organizing a couple of events as part of Reiki Awareness Week. Hopefully one of these will be a visit to the Queen Victoria Home (Aged Care Facility). Over the last few years we have visited the home and given Reiki to several residents, which was enjoyed by both the recipients and practitioners.

The other event will be an 'open' evening in The Reiki House, where the general public can book in for a ½ hour Reiki session. Both these events are free to the recipients but should they wish to make a small donation, we can then pass that on to a charity.

Dates are yet to be decided but at this stage they will probably be Tues 9th and Thur 11th. If you can spare some time and would like to be involved, please contact me.

REIKI WORKSHOPS 2009

REIKI 1

Sat 9th & Sun 10th May
Sat 18th & Sun 19th July
Sat 21st & Sun 22nd Nov

REIKI 2

Sat 6th & Sun 7th June
Sat 15th & Sun 16th Aug

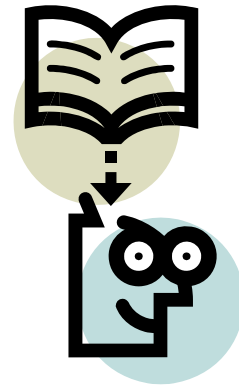
Cost \$200 per workshop or if you would like to repeat a workshop you can do so for \$50

LIBRARY

Our growing library is available in the Reiki House for you to borrow from.

Or if you have any books/CD's /DVD's on healing, Reiki, spirituality etc that you would like to donate, we would be delighted to receive them.

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

HELP!

Do you have any old woolen jumpers, blankets or rugs you can donate?

They would be gratefully received and be used to keep orphaned native animals warm.

Thank you to those of you who have been able to help so far.

INTEGRATED SELF EMPOWERMENT THERAPY (ISET)

As you know the Methodology Certificate started at the end of Jan and we will probably be finished in July. If you would like to know more about this certificate course please feel free to talk to me.

The planned Journey to Self Empowerment Cert, did not start due to a shortage of participants. I will look at doing one later in the year – time permitting.

For more information and to down load a brochure on either course - see:
www.joynicholson.com.au or/and www.isetinstitute.com or ring me on 0415 416 168



SPIRITUAL DEVELOPMENT GROUPS (Reflections of the Soul)

We have had two sessions since our last newsletter. One on Angels and the other on Food/Nutrition and Gardening.

Both sessions were very interesting and enjoyable. And for those of us who were able to attend – informative.

As you know a \$2 donation is made per session and per person. We had \$75 in the kitty and decided to spend some of that on Doreen Virtue's children's book on Angels. We have donated this to the Children's Ward at the Royal Hobart Hospital. I have also taken out costs for heating and drinks. The remaining amount in the kitty is \$32.05. We will discuss, at future sessions, how you would like this to be spent.

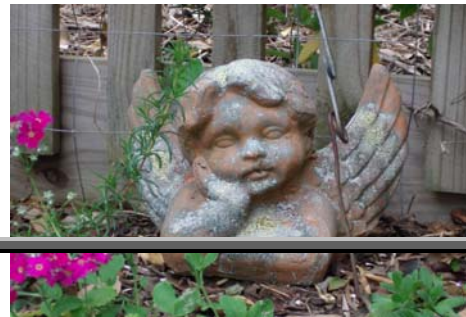
So far, we have looked at Symbols, Ley lines, Sacred Places, Dreams, Angels and Food/Nutrition and Gardening.

Our May session (Thur 7th) will see us looking at "crystals". Please come along and join us. And bring any books, articles, pictures, ornaments. meditations etc on crystals with you.

These sessions are a great way for us to learn more and 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.



Extra tools to use with Reiki

Taken from '*Empowerment through Reiki*' by Paula Horan.

Over the next few newsletters we will look at these tools. Please note that words in () are mine

“The following tools are not connected directly to Reiki. Many students, after completing Second Degree, receive very clear intuitive messages to guide them in the healing process. Mrs. Takata herself added a variety of procedures to her treatments, which were not passed down from Usui. Each one of us has our own unique talents, and should feel comfortable about experimenting and even expanding our own repertoire of healing methods. Because Reiki treatments do not require a constant focus of attention on the channeling of energy to the healee, the healer (hose pipe!) is left with an opportunity to observe and concentrate his/her thought process elsewhere. While Reiki, in and of itself, is a complete healing modality, you may choose to investigate some of the following methods in combination with a Reiki treatment:

b) Using Colour and Sound

There are many books available which discuss the powerful healing effects of colour. Dr. Joyce Nelson of San Diego, California, completed a research project which tested the effects of various colours on people whose eyes were exposed to coloured lights. During the experiment, the subjects were monitored by a polygraph machine and tested for galvanic skin response. When the subjects viewed a violet light, several of them eluded to drops in their pulse rate. On the other end of the scale, males were more susceptible to a rise in pulse rate, when viewing red, then females. During her research, she also discovered many of the healing properties of colour. She uses this information, in conjunction with her knowledge of crystals, to teach classes in natural healing. Dr. Bara Fischer of Santa Fe, New Mexico, offers seminars introducing the Darius Dinshah method of colour therapy. This entails shining one of twelve different shades of colour on a client, depending on the symptom. The following list illustrates the qualities of each colour, and their effects on the body:

Red: Energizes the nervous system and stimulates the senses. Activates the circulatory system. Helps to heal infections, x-ray damage, and ultra-violet burns.

Orange: Helps strengthen lungs and bronchial tubes. Stimulates the thyroid and stomach. Relieves cramps and helps build bones.

Yellow: Stimulates the lymphatic system, motor and sensory nerves, digestion, and increases hormone production.

Lemon: Nourishes the body and brain, helps to clear lungs, stimulates over all body repair.

Green: Balances the physical body and cerebrum, stimulates pituitary and acts as a germicide.

Turquoise: Repairs acute problems, and heals burned skin.

Blue: Acts as a sedative, lowers fever, relieves inflammations, itching and irritations. Also stimulates the pineal gland.

Indigo: Sedative. Stimulates parathyroid, shrinks abscesses and tumors, and acts as an emotional depressant.

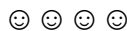
Purple: Lowers body temperature, heart rate, and blood pressure. Also acts as a kidney depressant, and controls lung hemorrhages.

Magenta: Balances emotions, adjusts blood pressure to perfect balance, and stimulates adrenals and kidneys.

Scarlet: Stimulates adrenals and kidneys, emotions and reproduction organs, and raises blood pressure.

I encourage my students to explore the use of colour, not only in healing, but in everyday dress. Sometimes, while guiding a person through a Reiki session, I encourage the recipient to wear the colour which corresponds to the chakra or energy center where emotional release is needed. In addition, I have found Jon Monroe's audio colour tapes to be of great help in emotional release work. Jon has made recordings of the twelve sounds or tones which match the twelve colours of Daris Dinshah's vibrational colour scale. The vibrations of colour actually correspond to the different vibrations of certain musical notes. Playing the corresponding chakra colour of an emotional blocked area of the body, during release work, helps to promote further healing."

(As you know there are many books and CD's available on both colour and sound. If you are interested in either or both of these areas, I can recommend some resources. Please use these modalities to enhance your or the recipient's healing and not as a complete treatment. It is important to see your GP if and when you are ill.– Joy)



Quote

What seem to us bitter trials are often blessings in disguise.

- Oscar Wilde