



HOLISTIC HEALING
REIKI HOUSE NEWSLETTER

ISSUE 16
JULY/AUG 2009

Greetings all and welcome to the 16th edition of the Reiki House Newsletter.

Rain, rain, rain – hasn't it been just wonderful. Everything has been washed and you can almost hear the plants singing. What a real blessing Mother Earth has bestowed on us – allowing the dams to fill, the earth to become moist and our rivers and lakes to be replenished. Fantastic.

Over the last couple of months the Reiki House has continued to have many people pass through its door. There have been clients, students of the ISET Methodology Cert, their case studies, the spiritual development group, and the Reiki Share group.

For an update on some of these please see further on in this newsletter. You will also 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

REIKI AWARENESS WEEK

7TH – 13TH JUNE

A big thank you to those of you
who assisted during Reiki
Awareness Week.



We had two events, an open evening for the public and a visit to a local aged care facility. Reiki was enjoyed by both the receivers and the practitioners.

REIKI WORKSHOPS 2009

REIKI 1

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

REIKI 2

Sat 15th & Sun 16th Aug

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

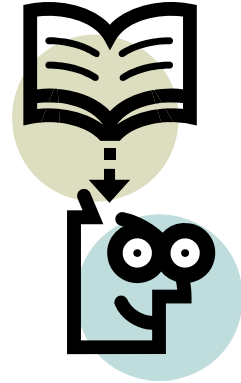
LIBRARY



News Flash –

There will be more books added to the Reiki House library early in July. Gifts from a friend in NSW.

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.

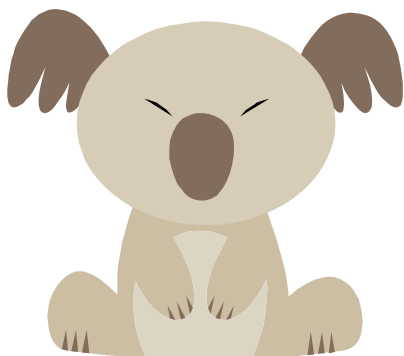


REIKI HEALING BOOK

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



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)

The Methodology Certificate is drawing to a close. The students are busy doing their case studies and assignments and we have one more module to complete. It has been a learning curve for us all! One, I believe, that can and is enhancing our lives by allowing us to get to know ourselves better, and to assist other people in getting to know themselves at a deeper level. If you would like to know more about this certificate course please feel free to talk to me.

For more information and to 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 or ring me on 0415 416 168



SPIRITUAL DEVELOPMENT GROUPS (Reflections of the Soul)

Two sessions have been held since our last newsletter. One on Crystals and the other on Gods/Goddesses.

Both sessions were very interesting and enjoyable, particularly the session on crystals, which was powerful.

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

Our July session (Thur 2nd) will see us looking at the art of "psychometry". Please come along and join us.

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 placed 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:

Chakra Balancing

The Usui System of Healing (Reiki) has always recognized the ‘link-up’ of the etheric and physical bodies through the connection between the chakras and the endocrine glands. Chakra is a Sanskrit word which means wheel. The term is appropriate, as the chakras appear to be spiraling disks of light to someone with clairvoyant abilities. The location of the chakras in the etheric or energy body corresponds directly to the placement of the endocrine glands in the physical body. The etheric body is an energy body of very fine vibration which totally envelops the physical body. Both are interconnected by currents of energy. The etheric body absorbs finer levels of energy from the environment, and transduces this energy through the chakras into the physical body via the endocrine system. The endocrine system controls the hormone balance in the body, which has a powerful effect on a person’s mood and emotions. Thus, it can be gathered from the above, that if the chakra system is out of balance, its counterpart, the endocrine system, is also out. If an imbalance somehow occurs first in the endocrine system, it too will put the chakra system out of balance, because energy moves back and forth between the two. Reiki energy is absorbed by both systems simultaneously, making it an excellent modality for creating balance in both the chakras and the endocrine glands. Because the Reiki practitioner feels the energy being drawn in greater amounts wherever it is needed in the body, there is little guess work involved in trying to find areas that are out of balance.

As can be seen by the diagram on page 6, not only are the endocrine glands affected by the chakras, but the surrounding organs and certain sections of the nervous system are as well. Each of the chakras also has a specific function which corresponds directly to certain types of emotions and factors in human development. Some of the different purposes associated with each chakra are listed in the diagram. If one of the chakras is

out of balance, its associated function in the individual is also out of balance to some degree.

All of the chakras are of equal importance. This is necessary to note, as many people tend to focus solely on the development of the upper chakras because they are more 'spiritually' connected. The fact of the matter is that everything is a manifestation of Spirit, and if one chakra is out of balance, they are all out of balance. The lower chakras tend to be more attuned to earthly energies, as can be seen by their connection to specific earth elements. The heart, which is at the center of the body, is the meeting place of the two energies. It is the place where the two polarities, spirit and matter, meet in the expression of love. As heart is of the element air, it is truly the meeting place of heaven and earth. We need to focus a great deal of attention, at this time, on the development of the lower chakras, as growth in these areas will help to ground us to our Mother Earth, and help in the healing of the planet. We must not forget that matter (earth), the female/mother polarity, needs just as much recognition and love as (heaven), the male/father polarity.

In order to balance the chakras and promote healing on all levels, full Reiki treatments are very much in order. If you desire a briefer technique, the following is also effective: Standing Method: With the heelee standing sideways, you place one hand a few inches in front of the lower belly and the other just a few inches away from the tip of the sacrum, where the root chakra is located. Hold your hands there for two or three minutes until you feel a wave-like rise and fall of energy. Continue on up over each of the chakras for a period of two to three minutes, until you come to the crown chakra. Place your hands over the top of the head, leaving the fontanel uncovered. After several minutes, bring the hands down over the chakras, again ascending to the root chakra as you integrate the energies in all centers.

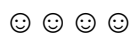
Balancing heaven and earth: With the person laying supine, place one hand over the lower part (closest to the table) of the top of the head and place your other hand under the coccyx (tip of spine). Wait until you feel a similar pulsation, tingling sensations, or heat, and then move one hand over the brow (third eye chakra) and one hand up to the belly (three fingers width below the navel). Again wait for similar sensations in both of your hands, or an intuitive sense that they are balanced. Next, place one hand gently over the throat and thyroid area (do not exert pressure on the wind pipe), and the other on the solar plexus. Wait to feel a sense of balance between the two chakras, and finally, place both hands over the heart center. When complete, gently and slowly raise you hands off the body, while taking into consideration the sensitivity of its auric field.

Be sure to engage your intuitive knowingness when balancing bodily energies. Feel free to connect different combinations of chakras, as each person has different imbalances, and might be aided in very different ways. Second Degree Reiki can also be used in this process by adding the symbols where appropriate.

Balancing the chakras ultimately creates balance in all of the systems of the body; therefore, it is appropriate to focus on these energy centers when performing Reiki treatments. The Endocrine system in the physical body will also benefit, and the corresponding rise in the vibratory rate of the body will promote greater conscious awareness.

<i>Chakra</i>	<i>Endocrine System</i>	<i>Physical Organs</i>	<i>Function</i>	<i>Element</i>
1 Root	Suprarenal	Kidneys, bladder, spine	Survival issues, physical vitality, seat of Kundalini, creative expression, abundance issues	Earth
2 Sacral	Gonads	Reproductive organs	Center of sexual energy – feeling/emotional center	Water
3 Solar Plexus	Adrenals	Stomach, liver, gall bladder (digestive system)	Power and wisdom center	Fire
4 Heart	Thymus	Heart, lungs, liver, circulatory system	Love, compassion	Air
5 Throat	Thyroid	Throat, lungs	Communication, self-expression, clairaudience	
6 Third Eye	Pituitary	Autonomic nervous system, hypothalamus	Intuitive center, seat of will, clairvoyance	
7 Crown	Pineal	Upper brain, right eye	Connects us with our spiritual self	

(Please note that you do see slight variations of the above)



Quote

Whether you focus on the seedy and unpleasant or on the positive and hopeful, your world will be defined by how you choose to look at it.

You can sidestep much of the unpleasantness of life simply by looking somewhere else.

Concentrate on the beautiful.

- *Paul Wilson*