



HOLISTIC HEALING
REIKI HOUSE NEWSLETTER

ISSUE 13
JANURY/FEBURARY 2009

Greetings all and welcome to the 13th edition of the Reiki House Newsletter.

And our first for 2009!

Christmas Day has been and gone for another year and I sincerely hope each and every one of you had a love filled day with your family and friends. As I write this newsletter I am listening to “On Christmas Night”- King’s College Choir, it’s a beautiful CD and it’s become a tradition of mine to play it at this time of year. The sound of boy’s voices cannot be beaten in my view!

In the last two months or since our last newsletter we have had two Reiki shares, one of those been our Christmas get together, where we had a most pleasant evening – chatting, sharing experiences, laughing, eating yummy food and we even had a song!. This is a good opportunity to thank you all for supporting our Reiki Share evenings. These evenings are always filled with love and often wonder – without your dedication to them we would all miss out. Thank you.

We have also had two Spiritual Development sessions – for an update on these please see further on in this newsletter.

The Reiki House has also seen another two people qualify – one as a Reiki 2 practitioner and one as a Reiki Master/Teacher. Congratulations to you both.

Wishing each and every one of you a new year filled with contentment, some challenges, laughter, love and lots of Reiki.

As always, in this 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

REIKI WORKSHOPS 2009

REIKI 1

Sat 14th & Sun 15th Feb
Sat 9th & Sun 10th May
Sat 18th & Sun 19th July
Sat 21st & Sun 22nd Nov

REIKI 2

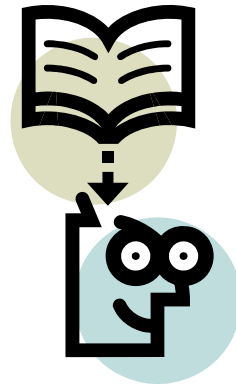
Sat 28th & Sun 29th March
Sat 6th & Sun 7th June
Sat 15th & Sun 16th Aug

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

LIBRARY

A small (and growing) library is available in the Reiki House for you to borrow from (and it's lovely to see so many people availing of this). 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

Happy New Year

INTEGRATED SELF EMPOWERMENT THERAPY (ISET)

The Methodology Certificate starts at the end of Jan.

The course will be run over 10 days – and is for those of you who would like to add an effective tool that you can utilize with your existing modality or/and further develop your self knowledge.

Pre-requisite: Journey to Self Empowerment Certificate

Dates for the next Journey to Self Empowerment Certificate are:

Week-End One: Sat 14th & Sun 15th March

Week-End Two: Sat 25th & Sun 26th April

Week-End Three: Sat 23rd & Sun 24th May

Week-End Four: Sat 20th & Sun 21st June

For more information please see: www.joynicholson.com.au or/and www.isetinstitute.com or ring me on 0415 416 168



SPIRITUAL DEVELOPMENT GROUPS (Reflections of the Soul)

September saw the start of this new group – and we have had two sessions since our last newsletter. Ley lines were looked at and talked about in November and December saw us looking at some sacred places. Both sessions were most interesting with each of us learning something and having our appetites whetted for more information.

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. January will see us exploring the fascinating topic of ‘dreams’ please bring any information and your personal experiences along with you.

You maybe wondering about the ‘reflections of the soul’ bit above – well – at our Nov meeting we each came up with a name for the group and ‘reflections of the soul’ was divined to be the one. Most appropriate and apt.

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.

THE REIKI PRINCIPLES

In the last Reiki House Newsletter – we looked at the THE REIKI PRINCIPLES of ‘Honour Your Parents..... ’ and ‘Earn Your Living Honestly’. In this issue we will look at the last of the principles, ‘Show Gratitude to Every Living Thing’. These excerpts have come from the book “Reiki” by Penelope Quest

Show Gratitude to every Living Thing

As part of the universal life force you begin to feel more and more connected to “All That Is”. As your consciousness is raised, you know instinctively that every living thing is a part of you, and that you are part of it. Everything is a part of the Divine, God, the Source or whatever you choose to call it. We come to realize that there is no place for prejudice, cruelty or indifference in a world where we are all connected and part of the whole. All people, animals, birds, insects and plants have a vital role to play, and therefore they should be valued, respected and treated with kindness. We need to be grateful for our many blessing, but first we need to recognize what they are.

If life is difficult and we’re going through a ‘bad patch’, we tend to see things from a very morose perspective and assume everything is bad. Even when life is relatively calm and happy we are often not aware of it, and take it very much for granted. Yet most of us in the West are living very good lives, even if they aren’t perfect. Even if you have few material goods, there are still many things to be grateful for, from the beauty of a sunset to the warmth of an open fire, from the gentle touch of a lover to the sweet kiss of a small child.

I believe it is important to develop an ‘attitude of gratitude’, to constantly remind ourselves of the wonderful world we inhabit. Take time out every day just to stand and stare, whether at the beauty of a flower or the happiness of a child at play. Develop an awareness of life, and what it means to live it. There may be ups and downs, and sometimes we’ll be happy and sometimes we’ll be sad, but every experience is valuable because it helps to make us who we are. So, just for today, *show gratitude to every living thing*, and give thanks for your many blessings.



QUOTE

Whether you believe you can or you can't, either way you are right.
- The Secret

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.

A Carrot – An Egg – A Cup of Coffee

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs and in the last she placed ground coffee beans. She let them sit and boil, without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them on a plate. She pulled the eggs out and then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, 'Tell me what you see?'
'Carrots, eggs and coffee' she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell she observed the hard boiled egg. Finally, the mother asked her daughter to sip the coffee. The daughter smiled as she smelled its rich aroma. The daughter then asked, 'What does it mean, mother?'

Her mother explained that each of these objects had faced the same adversity...boiling water. Each reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee were unique, however. After they were in the boiling water, they had changed the water.

‘Which are you?’ she asked her daughter. ‘When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?’

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a break-up, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstances that brings the pain when the water gets hot; it releases the fragrance and flavour. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are their greatest, do you elevate yourself to another level?

How do you handle adversity?

Are you a carrot, an egg or a coffee bean?

Taken from Hospice Newsletter

