



HOLISTIC HEALING  
**REIKI HOUSE NEWSLETTER**

ISSUE 14  
MARCH/APRIL 2009

Greetings all and welcome to the 14th edition of the Reiki House Newsletter.

What a strange summer we are having, some very hot weather, little rain, some cool to cold days and of course the devastating fires and floods.

In the last two months or since our last newsletter we have had two Reiki shares, in one of those we did an absent healing for all the people, animals and the land affected by the fires and floods. I would suggest to all of you to send healing as often as you can to all those who need it. There is no doubt that it helps.

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

We have also started the first Tasmanian ISET Methodology Certificate – this certificate is a follow on from the “Journey to Self-Empowerment” Certificate. Please see the ISET section of this newsletter for further details.

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**

## REIKI WORKSHOPS 2009

### REIKI 1

Sat 9<sup>th</sup> & Sun 10<sup>th</sup> May  
Sat 18<sup>th</sup> & Sun 19<sup>th</sup> July  
Sat 21<sup>st</sup> & Sun 22<sup>nd</sup> Nov

### REIKI 2

Sat 6<sup>th</sup> & Sun 7<sup>th</sup> June  
Sat 15<sup>th</sup> & Sun 16<sup>th</sup> Aug

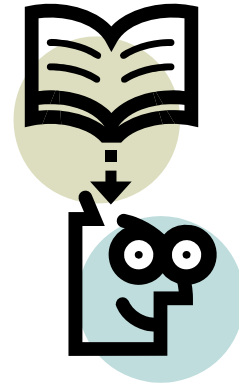
Cost \$200 per workshop or if you would like to repeat a workshop you can do so for \$50

### 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 3<sup>rd</sup> 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](http://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)

The Methodology Certificate started at the end of Jan.

This course runs 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 14<sup>th</sup> & Sun 15<sup>th</sup> March

Week-End Two: Sat 25<sup>th</sup> & Sun 26<sup>th</sup> April (the dates for this week-end may change)

Week-End Three: Sat 23<sup>rd</sup> & Sun 24<sup>th</sup> May

Week-End Four: Sat 20<sup>th</sup> & Sun 21<sup>st</sup> June

For more information please and to download a brochure see:

[www.joynicholson.com.au](http://www.joynicholson.com.au) or/and [www.isetinstitute.com](http://www.isetinstitute.com) or ring me on 0415 416 168



## SPIRITUAL DEVELOPMENT GROUPS (Reflections of the Soul)

We have had one session since our last newsletter. That session was on ‘dreams’- we looked at some different theories and analyzed a dream or two – a most informative evening which I think we all enjoyed.

Our March session will see us looking (hopefully literally!) at “angels”. Please come along and join us. And bring any books, articles, pictures, ornaments, meditations etc on angels with you.

So far, we have looked at Ley lines, Sacred Places and as mentioned before Dreams.

These sessions are a great way for us to learn more about 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 1<sup>st</sup> 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.

*A quite spot in Joy's garden*



***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:

a) Removing Energy Blocks

Occasionally, while giving treatments, you may notice that a particular area of the body seems to draw very little or no energy and perhaps even feels cold to the touch. When you are quite sure that you are feeling an energy block, and that your hands don't feel cool because they are drawing enough energy to feel hot in comparison to the patient's (recipient's) body temperature, you may choose to utilize the following technique: after having laid your hands on (or above) a very cool area of the body for five to ten minutes (or 3 to 5), without any sensation of energy being drawn in quicker fashion, you may intuitively sense that an energy block is present. In order to remove it, you can scoop the energy into a tight compressed ball at the surface of the skin, grasp it with your left hand, and lift it away from the body. Sever it with your right hand by making a slicing motion next to the surface of the skin, and then lift the right hand to the left using it to surround the left in white light, and let the ball of energy go. When you return your hands to the body, you will generally feel a definite increase in the flow of energy, because the person is now free to draw and accept more Reiki. (Or you can scoop the energy out and shake it to the earth with the intention of it being transmuted into positive energy).

One thing that I must point out about this procedure is that it is possible to do it entirely in the mind's eye. In other words, there are times when the personality or belief system of the patient (recipient) is such that to move the hands as I have

described would seem like ‘mumbo-jumbo’. On the other hand, there are times when certain people would benefit by visually seeing you extract the energy as verification that something negative has indeed been removed.

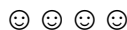
Thus it is the healer’s (hose pipe’s!) priority to find out just what might trigger his or her patient’s (recipient’s) belief system.

While involved in research in the field of Para psychological healing methods, I discovered the aforementioned technique for removing energy blocks, while studying with a Mexican Spiritualist healer. I also observed at that time that people are aware, on a subconscious level, of energy blocks in the body. Sometimes dramatizing the actual removal of these same blocks helps to convince the conscious mind of the healee that a change has indeed taken place, and thus accelerates the healing. Often the person will experience the movement of energy in the body or heat during the procedure. Reiki itself is very powerful and will gradually diffuse most energy blocks in time; however, using such a conscious process as described above helps to remove blocks more rapidly.

Energy blocks themselves are created in a variety of ways. For the most part, they are a result of stored emotions which have not been able to be expressed. Another cause of energy blocks is due to negative thoughts, which when a person becomes obsessed with them, seem to take on an energy or life force of their own. These may eventually attach themselves to the body in a large mass.

The average person doesn’t realize that our thoughts are indeed very powerful. All of our thoughts amass in the etheric or energy body of the earth, which is why it is so important that we become consciously aware individuals. Thoughts which pass through us quickly do not generally take on a life force of their own, and are soon dissipated. However, if a person becomes obsessed with a negative idea over a period of time energy blocks can and do occur.

Long standing family and national feuds are powerful examples of the life force that negative thoughts can create. On the other hand, positive thoughts which are repeated over and over also create a life force of their own, and will perpetuate themselves. It is very important for people to understand this phenomenon, (so that we can be **consciously** create our reality). Truly we are beings of light, and the more we recognize this, the higher our collective vibration will become. Reiki can help this process by bringing back energy and balance to area of the body which have been long denied the nurturing and healing qualities of the life force energy. Take the time to listen to your body, and feel the areas which may be blocked. Daily self treatments, especially using the Second Degree mental healing technique, will help release outmoded patterns of behavior.”



Quote

*Observe your life through your actions, they will teach you all you need to know.* - nari