



The Reiki Association of Australia Inc.

Newsletter

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Honouring the Spiritual Practice & Teachings of the Usui System of Natural Healing.

HEALING

A basic principle of the 'Usui System of Natural Healing' is that everyone and everything is a natural healer. Sensei Mikao Usui is quoted in the Reiki Ryoho Hikkei (Spiritual Energy Method Manual used by Usui when teaching students) as saying, "Every existence has healing power". In Reiki, it teaches how to bring strength and awareness to that quality. The practitioner facilitates the healing but the responsibility always remains with the client.

REIKI & RITUAL

All five elements of the Usui System of Reiki can be seen as rituals. They are the practicing of the attunement or reiju, symbols & mantras, precepts (the five principles), hand positions, and techniques and meditations.

Ritual could be described as 'the raft' of which the Vietnamese Buddhist Thich Nhat Hahn writes in his commentaries on the Diamond Sutra, "The raft is to help us cross over to the other shore. It is wonderful, even necessary instrument. But we should not cling to it or carry it on our back after we have done with it. The teaching is to help us, not to be possessed by us. It is not meant to deceive us, but we may be deceived by it because of our way of clinging to it." Extract from the book

A-Z of REIKI pocketbook, Everything About Reiki by Bronwen & Fran Stiene.

THE FIVE PSYCHIC SENSES (known as the sixth Sense)

Clairvoyance: the ability to perceive information visually.

Clairaudience: the ability to perceive information through sound and an auditory manner.

Clairaroma: the ability to perceive information through odour or smell.

Clairsentience: the ability to perceive information through sense or touch.

Clairgustus: the ability to perceive information through taste.



OAMPS INSURANCE FOR YOUR REIKI PRACTICE

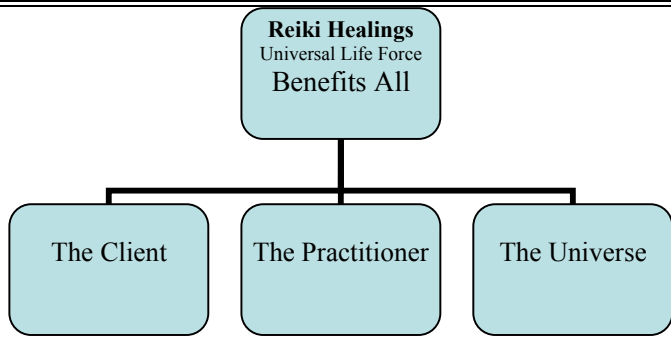
The Reiki Association of Australia Inc is affiliated with OAMPS insurance. This allows our practitioner members the opportunity to attain personal indemnity insurance. It is important to acquire personal indemnity insurance for you as the practitioner working and running a business. Personal Indemnity insurance gives the practitioner reassurance and coverage. All insurance companies required policy holders to have **current** membership with an association to qualify for insurance. You can simply request paperwork from our insurance provider (OAMPS) and state your current membership number when filling in the forms. Alternatively contact The Reiki Association of Australia Inc. and we will be happy to supply Insurance forms.

SPECIAL OFFER FOR MEMBERS

We are pleased to offer all Reiki Association of Australia members a special discount of **10%** off all Giftware, books and Audio merchandise. This discount is for members only, it is offered with the intention to support and help promote your healing practice and to aid the spread of Reiki to the community. Heart & Soul stocks, Reiki CD's and various healing books, incense, crystals, candles, smudge sticks, aromatherapy etc... to inspire a harmonious atmosphere for your clients. Heart & Soul Books, Giftware & Therapies is located at 1226 Burwood Hwy Upper Ferntree Gully, Victoria. Ph: 03-9758-7655. Telephone orders are welcome for our interstate members.

SUPPORT YOUR BUSINESS

All current practitioner members have the opportunity to submit their Name, Address, phone and email details to be listed upon our website Practitioner Directory page for another avenue for clients to access and connect with Reiki Practitioners. Eligible Practitioner member's information will be uploaded as soon as possible. Advertising in cyber space is utilising all our avenues and energetically marketing our business and intention on the fourth plane of existence. Refer to www.heartandsoulcentre.com.au follow link to [The Reiki Association of Australia Inc.](#) click the [Practitioner Directory](#) button. * As the Reiki Association of Australia is a non-profit organization our website is funded by the Heart & Soul, Books, Giftware & Therapies website.



PROFESSIONAL DEVELOPMENT

Just a reminder, part of your responsibility to yourself and your clients is to further your knowledge and understandings of healing. As we clear the clutter within ourselves and invest energy into our personal development it in turn, is of service to all.

Part of your Annual Membership with The Reiki Association of Australia Inc. is to attend Professional Development i.e. Workshops, seminars, reiki shares, read books pertaining to healings etc..

In other words keep up the good work, for the greatest investment one can give self is the remembrance of the knowledge and wisdom that is innately already within.

Three Pillars of Reiki

Furthering your knowledge of the Five Reiki Principles as taught by Sensei Mikao Usui, are the Three Pillars of Reiki which are: *Gassho*, *Reiji-Ho* and *Chiryō*.

Gassho

Gassho literally means 'two hands coming together'. Sensei Usui taught this meditation to all his students before all of his Reiki workshops and encouraged all practitioners to centre themselves before giving Reiki to a client. Meditation helps one quiet the mind and connect with the essence of their soul. Meditation gives one the ability to cleanse (let go) of any thoughts, worries, emotions, or concerns that are not of a high vibrational energy. The *Gassho* meditation can be performed individually or in a group. The *Gassho* meditation encourages a state of relaxation, calmness, focus and oneness with the universe. In India the *Gassho* is called *Namaste*, which means 'The Divine/God in me greets the Divine/God within you.'

1. To begin the *Gassho* meditation, sit comfortably, preferably up straight, with your back supported, close your eyes and place your hands together in front of your chest. Focus your entire attention at the point where the two middle fingers meet. Allow all other thoughts to flow from your mind, not giving them any attention. You are not trying to achieve anything, simply focus on the point where your two middle fingers meet. If needed, you can drop your hands to your lap, if this position becomes uncomfortable. This meditation is usually done for 20-30 minutes.

A Reiki healing is done in such a way as pure meditation.

Reiji-Ho

Reiji-Ho translated into English, *Reiji* means 'indication of the Reiki power.' *Ho* means 'methods.'

Reiji can only be performed effectively when the ego is turned off through meditation. *Reiji Ho* is a very personal ritual, for you are surrendering yourself with devotion to the Reiki energy. The spiritual attitude in *Reiji Ho* is: 'They will be done.' After all, we are merely the channel for the energy to come through, not the healer.

1. Place your hands in front of you as in the *Gassho* Meditation and close your eyes. Now connect with the Reiki energy. Simply ask the Reiki power/energy to flow through you. Relax and allow the 'universal life force' to flow through you, it is the energy that connects and is one with all things, pure love. You may feel a sensation of energy subtly flowing through your crown chakra, heart & hands; just trust what you feel.

There is no right or wrong!

2. The next step is to release all expectations of outcome and intentionally ask that all healing for the client be aligned with their highest good. Remembering to reframe from judgment and analysis of what is good or bad in your eyes for the client. For a practitioner cannot presume to know, what is destined for another's soul or contracts in a lifetime. 'Trust and Surrender'

3. Now move your pressed palms in front of your third eye chakra and ask for the Reiki power/energy to guide you to where the energy is needed. * This process is a tool you can use to get in touch with your intuition. We as busy humans sometimes do things in a mechanical way, however with these sacred teachings of the *Reiji-Ho* Ritual, we can allow for more enlightenment, understandings & insights to flow for our clients & self. You will find it to be very beneficial for yourself and the client as it helps the heart to be attuned with the treatment.

Chiryō

Chiryō means 'treatment' in English. As in the teaching from Sensei Mikao Usui, Reiki Healing is not performed through the intellect but through listening to your heart and following the guidance you receive. Place your hands above the client's crown chakra and allow yourself to come in tune with the client's needs, where do you feel drawn too? The chakra positions can be a foundation and integral part of the Reiki healing, however if you are drawn to another place on the body (obviously adhering to personal boundaries) or auric field trust and allow.

*So Chiryō (treatment)
builds upon Reiji Ho (devotion)
and Gassho (meditation posture/attitude.)*

*Only when we can devote ourselves without being prejudiced by our
thoughts and feelings, will we become an instrument for the 'universal life force.'*