



# The Reiki Association of Australia Inc.

## Newsletter

1226 Burwood Hwy, Upper Ferntree Gully Vic 3156 Phone: 03-9758-7644

[www.heartandsoulcentre.com.au](http://www.heartandsoulcentre.com.au) email: [heartandsoul@dodo.com.au](mailto:heartandsoul@dodo.com.au)

Volume 1, Issue 2

Date: 27/04/08

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

### **INSURANCE IN YOUR REIKI PRACTICE**

The Reiki Association of Australia Inc is now 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. As through our life experience, we have experienced different manifestations of the one essence, often referred to as good or bad, however let us remember our client too is learning as do we, this is not buying into fear but having discernment about the world we live in. Yes, all experiences are learning's, but does one really need to learn, the harsh or extreme way? I am all for learning through ease and grace.

Personal Indemnity insurance gives the practitioner reassurance and coverage. All insurance companies required policy holders to be part of 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.

### **YOUR BUSINESS AND YOU**

We all start and create our business with the highest intentions, but it is very important to marry the practicalities of business and healing. As in any profession a balance of business awareness and the client's needs are imperative to succeed. See your business from all perspectives; honestly look from all directions, through the awareness of your mind, body and spirit. Put your emotional attachments aside for a moment, take an outsiders look at your healing practice. What does it need? How would it like to be treated? How can you best serve your healing Practice? What is it, that your client's need? For example a harmonious environment, a quiet space, affordable rates. All ideas, goals, dreams and thoughts are energy in motion, just as your healing practice. Connect with the energy of your practice and listen and learn from it. For it speaks! Your practice is an extension and manifestation of your desires and love, nurture it, trust it. Where you expend your energy, whether it by thoughts, actions or word, you create.

As we are living in the third plane of existence, as in every plane of existence, the *universal law of cause and effect* exists. Therefore the art of giving and receiving, the energy exchange between the practitioner and the client is vital to honour all in the process. For in facilitating healing for another, it is necessary for an exchange of energy to take place, whether this is by money or another form of value. It does not serve the client to be a guru, 'the healer' the power; the choice must remain with the client.

A healthy business takes commitment, passion, love, and profit, an understanding of finances, taxation, marketing and meeting the demand and supply of your Clients.

Essentially the universal law of cause and effect is modeled on supply and demand. Your service is the product/supply, the demand is who and how many are drawn to you for a healing. Your energetic vibration radiates from every aspect of your being; you are your best marketing tool. Being and living your truth, radiating your 'Divine Essence', simply yet, powerfully begins a journey of sharing, communicating and exploring the challenges and triumphs of running a business.

Be realistic, you are working and living, in the third plane, your basic needs to survive, emotional, financial, physical and spiritual, need to be fulfilled. Some Practitioners hide behind the facade, the beliefs that healing, being spiritual, needs to be at the sacrifice of self, whether this be sub-conscious or conscious. This does not serve you or anyone, to work and share your wisdom, your gifts with another is to be valued by others and most importantly yourself!

Self worth, self reliance, believing in whom You are and a balance of business skills will propel you into the successful Reiki Practitioner you are. 100% commitment is the key, your passion, your energy needs to be directed into the NOW, for seeing and being grateful for what you already have achieved in your healing business, breeds a state of awareness and a level of success begins to vibrate within your cells, your energy and you realize you already are what you want, it is a matter of doing, believing and living this reality and accepting the support, messages and little moments of inspiration that come daily from *Spirit*. Action the steps, ground the ideas you have about your business now, put them into matter, don't just think about them. By trusting the knowledge, ideas and taking action on the baby steps you know now, builds and clears the pathway for the next step of the journey to unfold.

Sensei Mikao Usui is quoted in the Reiki Ryoho Hikkei (Spiritual Energy Method Manual used by Sensei Mikao Usui when teaching students) as saying "*Every existence has healing power*". So what are you waiting for, you have within your being, the gift of Universal Life Force, it flows unlimited, unsolicited to all, not just the select, it beckons to be shared and expressed with others. Are you sabotaging yourself? It is *time* to be who you truly are!

### **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](http://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.

**Reiki Healings**  
Universal Life Force  
*Benefits All*

The Client

The Practitioner

The Universe

**Reminder** to members who have not renewed their Annual Membership, please renew membership by the **1<sup>st</sup> of July 2008** or you shall be charged the initial administration fee again of \$20 when renewing your membership thereafter.

**Annual Membership Renewal Fees**

Non-Practitioners Member: \$40 (Reiki Level 1)

Practitioner Member: \$70 (Reiki Level 2, 3 & Masters)

**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.

**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. As humans are evolving so are healing practices therefore do not be limited by outdated beliefs but be inspired and excited and open yourself up to the possibilities of new learning's and truths. Balancing the traditional teachings of Reiki with respect and welcoming new learning is a holistic approach. Professional development can mean lots of things for example attending Reiki share classes, furthering your knowledge by reading and attending workshops and seminars relating to healing. I.e. Reiki Level one, Two, Three and Mastership training etc...

**INSIGHTS INTO SENSEI MIKAO USUI**

Sensei Mikao Usui was born in the village of Yago in Gifu prefecture in Japan on August 15, 1865; where his ancestors had lived for eleven generations. His family belonged to the Tendai sect of Esoteric Buddhism. Mikao Usui was sent to a Tendai monastery to receive his primary education, when he was four years old. He was a very bright student.

Mikao Usui grew up during a period of time when the Japanese society was going through dramatic changes. Since 1641 all foreigners and Europeans, except the Dutch, had been expelled - and those who were allowed to remain, did so by being confined to particular trading centers in Nagasaki. Christianity was made illegal, and the Japanese were made to enlist at Shinto temples. Japan did not open its doors to the West until the 1850's, and the ban on Christianity was not lifted until 1873.

Throughout Usui's early adulthood, he lived in Kyoto with his wife Sadako Suzuki and two children; a son - Fuji, and a daughter. He was a businessman and had varying degrees of success. He encountered some difficulties, but his strong determination and positive outlook helped him to overcome these difficulties. Usui continued his spiritual studies and was involved in a spiritual group named "Rei Jyutsu Kai." This group had a center at the bottom of the holy mountain Kurama-yama, north of Kyoto. On the Kurama-yama mountain, is the Buddhist temple, Kurama-dera, which has a statue of Amida Buddha.

The temple, at that time, belonged to the Tendai sect and was built in 770 AD. Kurama had been regarded as a power spot and many famous sages as well as Emperors came to pray there. The Temple and the nearby areas are kept in their natural state and the mountain itself is the spiritual symbol of Kurama temple. Steps lead down to the base, where people sit to meditate and pray. Nearby is a waterfall that is said to be where Mikao Usui himself often came to meditate

Mikao Usui was ahead of his time, he believed that the layperson should have access to the Buddhist healing methods. He wanted to find a way to offer these powerful methods to the common man, without need for long difficult practices. Out of his great compassion and determination, Mikao Usui vowed that he would some day uncover a way to develop a "synthesis" healing method (or spiritual discipline) that would cure every type of disease, and that could be taught to anyone.

In 1914 Usui undertook a meditation retreat so he might receive an answer to his questions about healing. As the story goes, Mikao Usui went to a meditation spot at Mount Kurama-yama and undertook an intensive practice utilizing some the practices he had studied, for example fasting, mantras and meditation. During the 21 day retreat Mikao Usui received a cosmic attunement/initiation. He came to the realization of how working with divine "Ki" energy (Universal Life Force) can assist him and others in daily life. Mikao Usui now had an in-depth knowing of all the teachings, he had studied throughout the years and with practice Usui was able to weld together a method for bringing the essence of Buddhist teachings and healing practices together, which later became known as Reiki.

In 1922, Usui moved to Tokyo where he opened a Reiki clinic in Harajuku, on the outskirts of Tokyo. Usui began to set up classes and instruct his system of healing - Reiki. He also began to utilize a small manual, which contained the Precepts, Meditations, and Japanese poetry (Waka). His teachings were well received by the older generation, as they viewed them as a return to older spiritual practices that they were familiar with. Usui trained a very small number to the Shinpiden (Master) level approximately 23 people.

On September 1, 1923, Tokyo, and the surrounding areas, were struck by the devastating Kanto earthquake. Most of the central part of Tokyo was completely destroyed by fire. Over 140,000 people were killed. The wooden houses quickly ignited as they collapsed from the tremors. Three million homes were ruined leaving countless homeless. Many thousands of people suffered serious injuries. The public water and sewage systems were destroyed as well. It took many years for the rebuilding to take place. In response to this catastrophe, Mikao Usui and his students offered Reiki healing to countless victims. His clinic soon became too small to handle the amount of patients, so in February of 1924, he built a new clinic in Nakano - outside of Tokyo. His reputation spread quickly all over Japan, and he began receiving invitations from all over the country to come and teach his healing methods. Mikao Usui received an award from the Emperor, for all of the honorable work. His reputation continued to spread throughout the region and many prominent healers and physicians began requesting teachings from him. In 1924 Usui began to teach a more simplified form of Reiki to the public, in order to meet this demand, thus enabling people to heal themselves. \*Extracts from various international Reiki sites, compiled by Tony Bansagi RAA member.