

Touch 靈氣

The Reiki Association Community Magazine

Summer 2024



HONOURING TRADITION TODAY



Contents

Websites

www.touchmagazine.net
www.reikiassociation.net

Covers

L Cumming

Copyright

Most articles have been written especially for Touch Magazine. Images are shared from private collections and remain copyright of those submitting them (see image credits). Please do not copy or reproduce either photos or articles without first obtaining permission from Touch Magazine.

Copy deadline for autumn edition

30 August 2024
Please send 500 or 1000 word articles to team@touchmagazine.net

Touch Team

Touch Editorial Team

Daniella McErlain
Sarah McNamee
team@touchmagazine.net

Design

L Cumming
design@touchmagazine.net

Reiki Association

Membership & General Enquiries
Tripuri Dunne
memsec@reikiassociation.net

Advertising

advertising@touchmagazine.net

Image credits

p.04 Printed with permission from Feona's family, p.07 Paul Mitchell, p.12-13 Ursula Sjölund, p.15 Robin Barnes, p.17 Carolyn Chilton Casas, p.24-25 Steve Smith, p.26 Steph Edwards, p.29 Mel Cunningham, p.35 Gabrielle Joy, p.36-37 Ahn Thatcher



03 Editorial

A message from your editorial team

04 News

TRA and Touch are making some changes

05 Steering towards a digital future

Daniella McErlain tells us about the plans for Touch

07 Valuing tradition, engaging the future

We hear from senior master Paul Mitchell

10 A sacred pilgrimage

Ursula Sjölund on her journey to Japan

14 Creating a healing community

Caroline Casas shares how she found Reiki friends

18 From the heart

Anna Melli shares her art and her Reiki

22 Sacred frequencies of a healing land

By TRA member Steve Smith

26 Ceremonial cacao & Reiki

Steph Edwards discusses how she uses Reiki

28 Practice spotlight

Professional practice spotlight on Caroline Dearlove

30 Energy therapy

Rachel Rose on the Emotional Freedom Technique

32 Running on Reiki

Gabriel Joy shares her marathon journey

36 Strong foundations

We hear from the TRA Council

38 International events

Online and in-person Reiki events



Editorial

Since our last issue, we've been taking time to contemplate and plan for our summer edition and for our new beginning as Touch Magazine transforms into the new digital Touch! With a fresh design and a new website platform, we give thanks to all the editors, artists and contributors who came before us and honour their work while we move into the future.

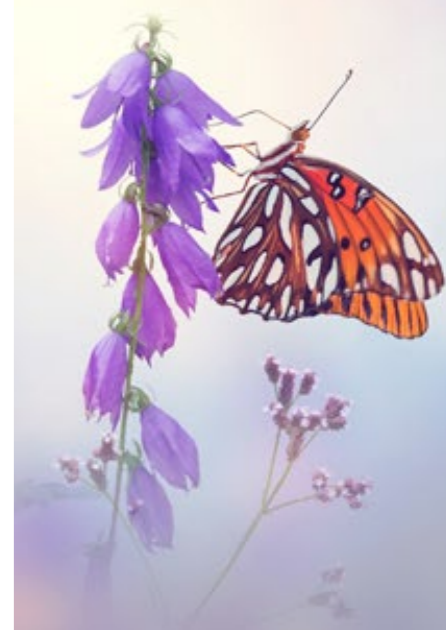
As we launch our new magazine, we have been reflecting on what it means to honour tradition. Which aspects do we keep and which do we allow to be honoured and remembered but not carried with us? As Touch transforms from a physical offering to embrace a digital realm, how can we keep the original spirit of our community magazine alive while embracing its exciting evolution? Our new editor Daniella tells us more about our plans for the magazine on page five.

The Reiki community is one that has continually evolved to embrace the different people, places and languages it has found itself in, and Paul Mitchell reflects on page seven on valuing past traditions while engaging with and anticipating the future. We hear from Reiki Association members Ursula Sjölund and Caroline Casas on trusting Reiki's path and finding their Reiki communities, and from Steve Smith on how he is helping a healing land to heal itself. Caroline Dearlove, Rachel Rose, Gabriel Joy and Steph Edwards share with us a variety of ways in which they use Reiki in their professional practices, in combination with other modalities and to support their everyday living.

Reiki continues to be an increasingly varied practice and we give thanks for the energy which encourages self-improvement and empowers great change. We are sending Reiki to all the places in the world which need support, healing and transformation right now including all the vibrant Reiki communities around the world.

Daniella Sarah

Daniella & Sarah,
The Editorial Team.



News

2024 TRA Gathering

We're returning to Charlecote Pheasant Hotel in Stratford-upon-Avon for this year's TRA Annual Gathering. You're welcome to join us from 18-20 October for a weekend of exploring 'Building Community' with Johannes Reindl. There are only a few places left, so if you would like to come along, visit https://www.reikiassociation.net/event?event_id=348



Steering towards a digital future

Daniella McErlain – Editor and Digital Transformation lead at Touch

I'm delighted and honoured to have been welcomed into the Touch team as an editor and digital transformation lead to steer Touch magazine towards a new era of digitalisation.

I have worked within the publishing industry for over 20 years, working with both traditional printed and digital titles. I have witnessed first-hand the immense transformation the industry has undergone in those 20 years and how content and readers' needs and expectations have evolved during this time. I'm excited to be part of the evolution of Touch magazine at this pivotal moment and to have the opportunity as a Reiki practitioner to work with content that truly makes my heart sing.

It is my intention, as well as the Touch team, to do so gently and always with Reiki and its powerful traditions at the heart of our decision-making process. It is important to me to protect those traditions and the integrity of Reiki and our beloved readership. However, it is time to step bravely into the future and to position Touch magazine in the digital world.

I see this as an exciting opportunity, the chance to broaden our readership audience and increase our reach. There are voices we need to



hear that have not yet reached their audience and words of wisdom that have not yet been shared. By embracing the digital realm and its opportunities, our stories, ethos and wisdom enters an entirely new existence.

This transformation will not be without challenges. Often it can be difficult to embrace the unknown – it feels safer and comforting to hold on to the familiar – but with divine guidance and trust we will step into that fear and welcome change just as we welcome the change in seasons and their unique offerings. »

In Memoriam: Feona Gray (1947 - 2024)

It is with saddened hearts that we announce the passing of Feona Gray, an inspirational figure in the Reiki community, both in the UK and worldwide. Feona was a long-standing member of the Reiki Association for over 20 years and served as a Council member for five years. During her tenure on the Council, she also acted as the Council Liaison for Touch, establishing and managing the TRA and Touch Facebook pages for over a decade.

She carried a passionate and clear vision to encourage the integration of Reiki into the medical profession. Feona's journey in promoting Reiki was not just about advancing a practice, but about building a supportive, compassionate community. Her impact will be felt for many years to come, and we are profoundly grateful for her contributions to The Reiki Association.

We extend our deepest sympathies to Feona's family during this time of loss.

Ann Thatcher – Council Member
For and on behalf of TRA





With a shared vision, it is our intention to digitise the Touch magazine back catalogue, to make all (or as many as possible) copies available electronically. It is also our intention to include more practical articles on public practice and additional CPD opportunities.

By digitalising Touch magazine we increase the flexibility and frequency of how and when our readers can access the articles. There will also be more fluidity in our production process, meaning there will be less restriction on the amount of content that we can publish or when we publish it – timely and relevant articles can be released and accessed instantly, particularly useful for public policy or regulatory-based articles. By using analytics we can keep our finger on the pulse of what our readership enjoys the most and meet those needs more efficiently.

On a more technical front, digitalisation increases accessibility for our readers. Those with sight impairment will be able to take

advantage of ‘read aloud’ functionality that is available on many PDF readers, browsers and digital devices. They will also be able to increase or reduce the font size or screen contrast using the same technology.

The shift to digital also ensures that we are releasing content in a conscious, environmentally friendly and ethical way. We all have a responsibility to protect mother nature and the world we call home, and by harnessing the power of digital technology we can reduce our carbon footprint and help towards protecting this planet for future generations of Reiki practitioners and all humankind alike. I’m really looking forward to what the future holds as we step into this new world, together. As always, we love to hear from our readers. Your suggestions, contributions and comments are so important to us, and they help inform our daily decisions and the future direction of Touch magazine – without you, our readers, there would be no Touch. We thank you dearly for your continued support. ■



Valuing tradition, engaging the future

by Paul Mitchell

The UK Reiki Association’s story of origin has always inspired and intrigued me: to honour the tradition of Reiki passed down through Hawayo Takata and Phyllis Furumoto and be a community of various practices of Reiki.

Throughout much of my life I was part of a culture that threw off many of the perceived bonds of tradition. This was a tendency that I resisted in Reiki, perhaps because of personality and an innate sense of honouring tradition. I knew that I had received a precious gift, and I was not the author of this gift, but a carrier. I had no inclination to change what I felt called to carry and in some way protect. Perhaps this part of my nature suited me for the role of Head of the Discipline in the Office of the Grand Master. In our community, I have been both appreciated and criticised for being seen as a *tradition keeper*.

I think about tradition a lot, searching to understand my own innate loyalty to tradition and its value. I realise that my deepest insights

into tradition came through being a parent and the Native American practice of making important decisions through the lens of caring for the next seven generations.

The vocation of a parent is to love, care for, and protect the child, to enable growth and development, and to foster life-skills so the child flourishes as an individual and contributes to the community. The values, practices and skills that I hold precious and essential to a fulfilling, meaningful and happy life include contributing to the common good. For me, this leads me to view tradition as a carrier of wisdom through the generations.

But coming from a culture that often prizes individual freedom over the good of the community, it can be challenging to hold a place for the wisdom of our forebears. The 19th-century composer Gustav Mahler’s statement, “Tradition is not the worship of ashes, but the preservation of fire”, resonated with me as a counter-balance to that cultural bias against tradition. »

Tradition also needs to be balanced with evolution and change, as the human family adapts to the changing circumstances of life on our planet. We can do our best to initiate change grounded in the accumulation of wisdom and foresight rather than motivations of rashness and self-interest.

Tradition also needs to be balanced with evolution and change

Herein lies my appreciation for The UK Reiki Association. At the time of its founding, Reiki practises had exploded and proliferated around the globe, a trajectory that continues today. By its act of inclusion, the Association issued a call to be a developmental community. Belonging is such a natural and fundamental human need which often expresses itself in polarisation: us and them, the traditional, the pure, the best, the original.

A quote from Edwin Markham comes to mind:

“He drew a circle that shut me out -
Heretic, rebel, a thing to flout.
But love and I had the wit to win:
We drew a circle and took him In!”

The bigger circle calls us to engage, to somehow hold our perceived differences softly and get to know the other person. To see the other as just like me, a traveller committed to a path of healing, growth, development. As we travel together, at some magical point we may find that we have stepped beyond the realm of better and are holding hands. We find ourselves appreciating the experiences of others as a part

of a tapestry that captures a sense of awe and wonder for the gift and journey we share.

Many in the Reiki Association have worked hard to build connection and relationships, have participated actively in weaving the tapestry. They developed skill and capacity that guided the association through challenging and difficult times. They remembered to fall back into and rest in the hands of our practice, to surrender and be guided together.

I struggle these days with the state of my city, country and world. I need to remember and connect with what I have learned through all these years in Reiki. I need to trust in those moments of awakening, communion, miracle, stripping away, seeing beyond my usual capacity. I need to rest in those moments of drawing the bigger circle and giving up what I thought I needed to feel safe and right.

My sense is that over time we develop the capacity to look out through eyes that naturally lean into visioning the healing potential in *any* situation. This is a part of an embodied practice of Reiki.

I am working to deepen my faith and hope in the power we are blessed with in our practice. I need to develop a way of seeing that transcends all the personal, familial, cultural, and nationalistic stories claiming that my and our lives have more value and are more important than yours.

The traditions that celebrate and cultivate this vision in their essence are worth following however they're named. I hope my heart and hands and feet are pointed in this direction and will enable me to keep drawing ever bigger circles. ■





A sacred pilgrimage

Ursula Sjölund tells stories from her 40 years of practising Reiki, from meeting Wanja Twan to her sacred journey to Japan

My Reiki path began with a meeting in Stockholm in 1984. I had heard about a special woman, Wanja Twan, from a friend who booked a treatment for me. I did not know what she did or worked with, I realised when I arrived. But Wanja greeted me with a big smile and gave me a warm hug. Everything was so easy with that woman. I trusted her without understanding. We talked a little about my life and then she told me about Reiki and invited me to lay down on the table. I drifted away and slept for the whole session. She told me that I could learn Reiki and treat myself and others, and that she was offering a course that weekend before flying back to Canada. I asked for a leaflet to read. She laughed and said, “I have no leaflets – if you want to learn Reiki, just come.” Something curious grew in me after meeting Wanja and I went to the Reiki Level I course. It felt like a kind of coming home. That week changed my life.

The next year Wanja was visiting Sweden again and I decided to learn Reiki Level II. At that time I did not grasp it all or understand how it worked: “Energy, what is energy?” Back then I mostly worked with aromatherapy and massage, and soon found out that Reiki could positively affect the other treatments. People responded well during treatments and often told me that faster healing had occurred after the sessions. I began to see visions when I worked with people and had to question what I should tell them or not. I understood that Reiki released my seeing and I loved to work with my hands. I learned different body therapies and was trying to understand more about different types of complimentary healthcare. But in regards to energy healing, I was only interested in Reiki, no other forms. I trusted Reiki more and more as I sensed its effects, without fully understanding it. With Reiki also came a deeper level of spiritual understanding.

Many years later, Wanja called me and asked if I wanted to travel to Hawaii with her. I was surprised and asked, “Why me? I am not a Reiki

master and you have so many who want to be with and travel with you”; I saw at the healing circles I attended with Wanja during the years that she always had many people around her. I said I could not because I did not have the money. I sat down in meditation and asked, or rather begged, the Universe for some other time to be or travel with Wanja.

Some months later, I got a phone call from an unknown woman. She said she lived in Finland and was planning on travelling to see Wanja in Kaslo, Canada... and did I want to go with her? She had some free flight points, enough for two people. She had called Wanja and complained there was no one to travel with her. Wanja had replayed, “Call Ursula Sjölund in Stockholm.” So in March 1995, I was flying with her to Canada. For free! That was a big blessing and adventure for me to experience. To see British Columbia in the wintertime with snow and sun and the amazing mountains. I thought I was in a dream.

“Reiki provides what we need,” Wanja always said. These words began to manifest more and more. My first visit to Canada was a miracle for me. Wanja initiated me as a master and made up a plan for how to pay her. I had had many treatments but this step brought me to a whole new level of Reiki. The master initiation taught me a lot more about what ‘mastery’ was about in my life, a change again to a deeper understanding and to taking more responsibility. The master level teaches me more every year about what healing and Reiki are and what it means to me.

Last year I was blessed to experience a journey to Japan. I had always wanted to go, but the time was not right until 2023. I received an email from the OGM saying there was a Reiki Tour to Japan. My heart said yes at once! This was the right time and an amazing opportunity to go with Reiki people. My wish was to share experiences with other Reiki practitioners and learn more about how they work with Reiki. So I emailed and I signed up for the first Reiki Tour to Kyoto and Mountain Kumara. After »



1 Kurama-dera, the temple at Mount Kurama.



2 Omikuji ('fortune sticks') and Buddha statues during a cleaning for Ursula's German ancestors

many thoughts I decided to even sign up for a Pilgrimage Tour to Koyasan as well. Why not, why hesitate? I often have Wanja's words in my ear, saying to trust what comes our way. If it feels right, the money will come. The energy, and money, always comes with the right purpose in my life. I decided that it was my 80th birthday present to myself and on my 40th anniversary of working with Reiki!

So last year I got on a plane to Osaka and met the Reiki group there. The group members had different levels of Reiki. There were two masters, Chiara Corte from Italy and Calli Alexander-Hensley from the USA, whom I got to know more as we shared our amazing experience in Japan. We spent the first week in Kyoto, a beautiful and astonishing sight! In spring all the flowers bloomed in the cherry trees. We lived in the old part of the city Kyoto, Yoshi-ima, in an old Japanese-style house with tatami mats on the floor. We had our meals sitting on the floor with small tables, delicious traditional food served by friendly female elders. Everything was very quiet and neat. We walked a lot to see Classic Kyoto, temples and places all over the town, experiencing old and modern life. Then, what everyone had been waiting for, we visited Mount Kurama. In the main temple there, a female elder priest made a special ceremony for our Reiki group. We could also walk by ourselves and choose a meditation spot the second day at Kurama. I was so taken by visiting Kurama, the potent energy there affected me very much during the visit in Japan. I felt stronger every day we were there.

The group went by public transportation, subways and trains, and it was interesting to see how polite people were to each other in public. As well as visiting for Reiki, we also learned more of Japanese people's lives and history. We had a Samurai experience, saw the Imperial Palace, beautiful gardens and shrines, and walked in a famous bamboo garden. A walk in Kyoto along a canal called The Philosopher's Path had a lot of people who wanted to see the beautiful city and blossoms of the cherry trees. Many were dressed in traditional clothing. My eyes will never forget the places and colourful crafts and designs I saw.

One of the best things that week was when we were invited to a Reiki evening sharing with Hyakuten Inamoto Sensei and his Japanese Reiki group. They greeted us and we felt very welcome. In their Reiki studio there were several Reiki tables; I shared Reiki with some people and Sensei gave Reiki to us at our table. After the evening I talked to one Japanese Reiki practitioner and made a Reiki friend. Kurama and the Reiki evening sharing was one of the best days in the first part of my journey.

During the days in Japan, I thought a lot about the five principles, especially how to honour each other. Wanja taught us to be friendly to everyone and to honour every person we meet and treat everyone equally. So how do we practise this as Reiki healers daily? If we do not live and honour the principles, what effects has it in our Reiki work, both on the inside of us and outside? Especially in our spiritual growth. Reiki has an esoteric spiritual grounding in the teaching in Japan as I understand it. After my trip I decided to read more and learn to gain further knowledge of Reiki traditions, from Usui, Hayashi and Takata. Even after 40 years of practising Reiki, I am always seeking a deeper understanding of Reiki practice, both on a practical and a spiritual level.

I find myself thinking, why am I telling all this? Why do I want to share what happened to me? The oral tradition in Reiki is incredibly important. It's not just about what is written down, it is what is experienced and shared. Wanja asked me to tell some stories, and now I want to share this part of my Reiki life. I will continue to write my life story. Wanja made me promise that at my last visit in Kaslo 2010. I hope to write again because I have a lot more stories to tell. ■

Ursula is a Reiki master, working with Reiki treatments and counselling in Stockholm. She hosts Reiki classes and individual initiations.





Creating a healing community

by Carolyn Chilton Casas

Before taking my first Reiki class, I knew of only one Reiki practitioner in the area where I live on California's Central Coast, a woman who offered sessions in her home. I found her through a friend after I returned from a trip to India where I witnessed Reiki being given to a travel companion who had had a minor accident. Noticing how quickly my companion's cuts and bruises healed in the days after she received Reiki lit a spark of curiosity in me. I came home wanting to know what it felt like to receive Reiki. After experiencing the peacefulness of the energy during my first session, I wanted to know even more about this healing modality. >>

In searching for a Reiki master, I found a woman named Tyann offering a Reiki Level I class. Two days after her class, I had a profound experience when I believe my energy channel opened. Tyann was a massage therapist, and at the end of a massage I had arranged with her, I suddenly felt a coursing of energy moving up my body to my heart and then out of my hands. My intuition told me my life was about to change. I was excited and at the same time inquisitive about the new sensations in my hands and in my whole body.

The first week after that class, spurred by the intensity of the opening I had experienced, I gave eight complete Reiki sessions to family and friends. I used a foam mat on the floor, since I didn't yet have a Reiki table, my handouts of the hand positions I was learning beside me. I sometimes texted my teacher when I had questions about Reiki, mindful of her busy schedule. From the beginning, I wished for the support and community of Reiki practitioners who had more experience. I live in a relatively small town, so finding other practitioners wasn't easy. At this point, my community included five people: the practitioner I had received a session from, Tyann, and the three students who took the Reiki I class with me.

As I practised, I felt guided to make Reiki a part of my daily life. Four months later, I completed the Reiki II class, and my desire to share this journey with other like-minded people grew even stronger. Like I did when I sought a master teacher, I began asking friends and anyone else I encountered who practised a healing modality whether they knew of other Reiki practitioners. Slowly, my community continued to grow.

Through another friend I met Tracy, who lived a few towns away, had taken the Reiki master training and was just starting to offer classes. She introduced me to her teacher, Stacy, and the three of us began to host Reiki share events where I met practitioners of different lineages. These women who hosted shares with me also introduced me to Holy Fire® Reiki, the lineage I would adopt some years later when taking the master and Karuna® classes.

Five years ago I met more Reiki practitioners when I was invited to give bi-monthly energy balancing sessions as a volunteer in the cancer centre of a local hospital. I also formed a Healing Intentions Circle that met monthly at my house, based loosely on the book *The Power of Eight* by Lynne Taggart. In her book, Taggart provides evidence of the miraculous power of groups that unite to focus on healing. Her findings come from decades of research and hundreds of case studies with groups centering their intentions on a common goal. During our meetings, each participant would propose a person or an issue for healing, and then we would spend a set time sending a joint intention. We found these group sessions to be effective for both physical and emotional issues.

My intuition told me my life was about to change

My Reiki community grew exponentially after I took the master class and began teaching. When I made the decision to teach, I didn't consider how one of the greatest benefits of having students would be an even larger group to share experiences and practise with.

I stopped hosting Reiki shares during the pandemic years and have yet to reinstate them. Instead, when my students want to practise, or when they think Reiki might be helpful for solving issues in their own lives, we arrange an hour-long session where each of us gives the other thirty minutes of Reiki. If they prefer distant Reiki, we have set up thirty-minute sessions and given Reiki to each other at the same time. Both types of sessions are wonderful, powerful ways to give and receive Reiki, and they help me stay in contact with new practitioners. I've noticed students often get busy with life after taking my class and forget they can turn to Reiki when they experience difficulties. Offering joint sessions is a good reminder that Reiki is always there for them.



1 A Reiki share I hosted with my cat participating 2 A Reiki share after class 3 Giving Reiki to my son Allen who is also my Reiki student 4 Some of my Reiki students showing off their certificates

Years after I witnessed Reiki being given and received for the first time, I now have an energy healing community to tap into. It has expanded to include practitioners in the county where I live and in other parts of California, as well as friends in different states who I connect with through Zoom, email and texting. My first Reiki teacher, Tyann, passed away last year. The loss of my friend and mentor has made me even more thankful to have the support of new friends who have discovered the wonder of energy healing. I'm so grateful to have found, and formed, a community of like-minded women and men. It's such a beautiful journey to share with others. ■

Carolyn Chilton Casas is an Usui/Holy Fire® Reiki Master teacher, a Holy Fire® Karuna Reiki® Master, an Animal Reiki practitioner, and a student of metaphysics. She writes articles about ways to heal for magazines in multiple countries. Carolyn's poetry has been published in journals and anthologies including *The Wonder of Small Things: Poems of Peace and Renewal*. More of her work can be found on Facebook or Instagram and in her poetry collection, *Our Shared Breath*, and her forthcoming book titled *Under the Same Sky*.



From the heart

Artist **Anna Melli**



When did you discover drawing?

I was very little. When I was 11 years old, I had a very nice teacher and she taught me about art and art history and said that I had a sensibility for drawing and art. At that time, I enjoyed writing. After that, I drew more.

What does art and drawing mean to you? How do they make you feel?

For me, it is a way of saying something without talking. Words are limited; often I feel like there is something missing or there are no words to express things. Even in my native language of Italian, I feel this. With drawing, I feel I have a chance to speak through colours and shapes. It is like when I give a massage – it's a cuddle to me and others.

What inspires you?

Different things. For example the excitement that comes from doing something new, or even loneliness. When I feel empty, when I cannot do anything, I have to release something in a way. I think creating and drawing can be a way of letting go of something.

What effect does Reiki have on your life and your art?

Reiki helps me to release things so I could go through a process. Drawing comes from within for me, it comes with Reiki as well. More than once, I sent Reiki to contact my creativity. When I was going through a difficult period, I could use it to lift myself up. >>





Did you notice any change in the way you work with your art after you were initiated into Reiki?

It is not easy to say because I have also grown as a person. I went through a process of knowing more of myself, so I don't know exactly. I'm sure Reiki helped me to grow to another level. I would say things changed the most after Level I – then I saw things differently. Over time this feeling became stronger.

At the moment, even though I draw less, I have more intuition and more of a combination of feeling and visions. It was always in me, but I think Reiki brought something to the surface.

The heart features a lot in your work. Why are you drawn to drawing the heart?

Because I used to be more in my mind. After Reiki, I took a massage course that also helped me – it meant that I could connect/contact to my body more. Nobody teaches us about the alignment between the mind and the heart. When we use the heart, we forget about reason and we are never balanced properly, so I did a

lot of work on that alignment between the mind and heart. I feel I want to live in the heart, but I don't want to just follow emotion. Now it is different, it is deeper. I feel more balanced as I did so much work on myself.

Is there anything else that you would like to say about how Reiki influences you?

The Reiki principles are really inspiring in art and life. In life, you don't need to worry about everything, just be kind with people. If everyone tried to live with the Reiki principles, the world would be a better place. ■

Email anna.melli79@gmail.com

ANNA'S IMAGE GUIDE

Person carrying hearts (p18)

In the world we need that. It is just missing. I dream about a mother heart. Like a goddess. I dream that there is someone spreading drops of love and kindness, because we need kindness.

Woman in the heart (p18)

It is a quote by Rumi that I translated into a picture: *'I belong to no religion. My religion is love. My heart is my temple.'*

Tree (p19)

A couple should grow like a plant grows, in my opinion. The union of people (not just a couple, but friends and other relationships) must bring fruit, like a tree. A tree is wonderful for everyone; even if it is not a fruit tree, it is good for many things. Trees are like human beings. They have roots and are like us. They do a big job for us.

Heart balloon (p20)

This shows a couple reaching the sky. Because love can do magic.

Lady with the heart on the lead (p21)

At first my heart was trapped in a cage and I drew that. Here, the lady starts to feel that she can handle emotion.



Sacred frequencies of a healing land

Steve Smith tells us about how he is exploring the healing properties of his land and of the amazing things that happen there



I came about Littlefield farm when I needed a change in my life and wanted to go travelling and find some calm. I had hoped to sell my flat and find a house so I had something to return to. At the same time, my father was retiring from a successful life in printing and had always wanted to own an orchard. When I found this house, it felt like fate: to the delight of my father, it had a 15-acre apple orchard on the land. However, I still needed to sell my flat and raise loans, but it was 1984 and the time of the miners' strike; property was not selling. I offered half the asking price, and amazingly the vendors agreed, so long as I could complete the purchase in four weeks, a seemingly impossible task. Later that day an old friend rang and asked if he could buy my flat. I felt like everything aligned.

The previous owner of Littlefield's was head of the Communist Party of Great Britain. They had adopted a modern industrial farming ethos of eliminating all lifeforms other than the crop, resulting in the stripping out of most of its natural features. There were beautiful apple trees but all else was bleak, so my father and I set about planting thousands of trees, bulbs and wildflowers, encouraging all wildlife to return. And gradually, as it did, lots of beautiful, unusual happenings manifested themselves, as if the land was saying thank you.

In 2001 my father passed. The following day a wild robin flew into our bedroom through an open window, followed me into the bathroom and down into the kitchen chirping away. The robin came every day for months and months; I felt it was trying to comfort me.

A while after that, a little brown owl appeared beside me on the branches of an apple tree. It followed me about all morning, even coming to the house, talking away at me, but I didn't know what he was saying. I received a phone call the next day from a friend, a Reiki healer and



medium, saying she had had a powerful vision of me with a bright light behind me and an owl on my head. She couldn't attach any meaning to it but for her it was an incredible experience.

A few days later, on a trip to St. Albans market, a lady unknown to me approached and placed her hand on my head, saying, "You have an owl on your head." She went on to tell me how special the land where I lived was, that it was a place of ancient healing, with lots of underground energy. I bought her a coffee and learned that she had come via a train and a bus without knowing why she was coming to the market. However, when she had seen me, she just knew what she had to say.

When I got home, I told my partner Jane about my encounter; she suggested we should contact a dowser to investigate the underground structure of the land. Jane rang the British Society of Dowzers and was put in contact with one of their members. When I called to ask her to dowse the farm, she asked what I was looking for. I said I did not want to tell her as I wanted her to tell me. She replied, "I have waited for three years for you to ring me up," then repeated everything the lady at the marketplace had told me.

We have enjoyed investigating these lovely events, leading us to engage with many healers and mediums who encouraged us to find answers through Reiki; so we did. Embracing Reiki, it became the best medium to communicate with the land. Through Reiki and dowsing we started to research why the farm has this beautiful, gentle energy. I suspected that the answers lay underground in the springs and streams.

I wanted earth core samples to investigate further and the universe listened – the next day an earth drilling rig business rang to enquire about renting one of the barns for storage of their equipment. So not long after, holes were drilled, samples taken and sent to the British museum for analysis. The results showed that the silica tumbling in the underground streams is 36% quartz. It's well known that places with concentrations of quartz experience a higher electrical charge in the ground because of its natural piezoelectric qualities. We've found that the frequency of this electrical charge in the ground is in harmony with the frequency of channelling Reiki; they enhance and complement each other.

Jane had been offering Reiki to help friends but needed somewhere to work, so we decided to build a lodge on the land, nestled within the trees. Through Reiki I asked for shape and form, and using intuition created and built octagonal and hexagonal lodges, placing them where I felt they should be, one of which was in the location of the previously drilled core samples. When using the lodges for Reiki healing, we realised both the sizes were needed; the six-sided for the healing of the body and the eight-sided for the healing of the mind and soul.

Many years later, after building the lodges, I learned that sacred geometry is used to design and construct such structures, using the golden mean ratio, platonic solids and Fibonacci



numbers. However, I had built these lodges using only Reiki and intuition; when I later applied these principles to the structures, I found they conformed in every way.

These examples of the energies of the farm and the land interacting with me and the people who visit us here are not unusual; they happen on an almost daily basis when the healing energy of Reiki is channelled. There is a symbiotic relationship between the land here and the Reiki healer. The energy from the quartz in the ground interacts with the energy channelled during a Reiki session and amazing things happen. After 20 years of living, experiencing, and researching the land, I believe Reiki is the right conduit for this energy.

I do not advertise the healing nature of the place, but over the years many people have visited. How they find out about this place is a mystery, but they know they need to come; it is as if the land draws them here.

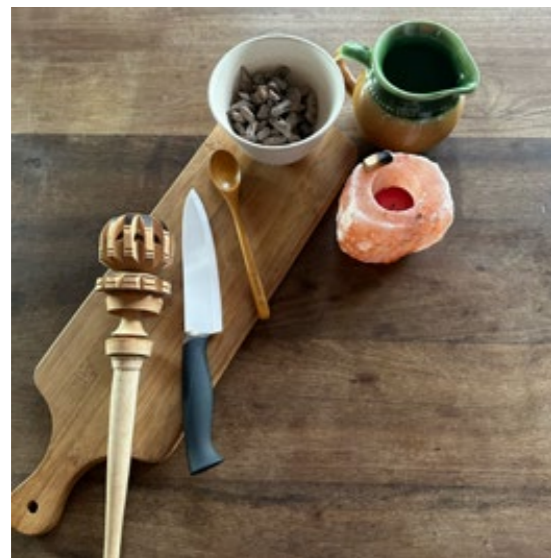
The energy of this sacred healing site is slowly recovering. I feel I'm the caretaker of the land and through taking care of it have become part of it and part of its history. I want to safeguard its natural healing properties for future generations, and I feel Reiki will show the path and find the way. ■

1 A glimpse inside the Reiki lodge

2 The eight-sided lodge nestled harmoniously among the trees

Ceremonial cacao & Reiki

by Steph Edwards



It was in the heart of Asia, Singapore, that I embarked on a life-changing journey that has led me to where I am now: intertwining the powerful energies of Ceremonial cacao and Reiki.

At 39 years old, I encountered my first Reiki treatment. Though I knew about it from attending many holistic festivals in London, I had always felt too shy to receive it. Being Australian, I am a happy-go-lucky person and would not class myself as overly sensitive or energetically aware. However, I have always been drawn to the supernatural and all things holistic.

Back in 2012 I started struggling with the feeling of overwhelming discontent and unhappiness. I did not know where it came from or what it was that made me so unhappy. I was just out of sorts. It lasted for weeks, maybe even months. Then, one morning, I woke up with a clear vision or, as they say, a calling to receive a Reiki session. I became obsessed and could not rest until, eventually, I found an old healer who had practised and taught traditional Usui Reiki for many years.

During the Reiki session my brain and body felt as though they were realigning. I can still remember the sensation of his hands on my head. It felt magical and profound. For the next three days I lived in euphoria – everything seemed richer, clearer and I felt deeply happy, as if I was in love for the first time.

I told the Reiki healer about it and he suggested that I learn Reiki. In 2013 I was attuned in the traditional Usui Reiki Level I and II and in 2018, six months after coming to London, I became a master teacher.

Since 2013 Reiki has been a guiding force in my life, leading me to many serendipitous encounters. It showed me that, if I wanted to dive deeper into my esoteric nature and improve my healing abilities, I needed both to continuously work on myself and to keep a clear and open heart.

This is how I was guided to working with sacred cacao – it was a deep calling from my soul. Mother Gaia's gentle, heart-opening plant medicine touched my soul and facilitated deep healing, leading to remarkable shifts in my life. In the same nurturing manner, the sacred cacao enhanced my connection to Reiki and my Reiki treatments.

Sacred cacao embodies the energy of Mother Earth. It thrives under the cover of night – it blooms and is pollinated during nocturnal hours by creatures of the night. It is the core of the mother earth energy of love, compassion and gratitude compressed, reminding us to show gratitude, respect and unconditional love and compassion for all. Similarly, Reiki represents the universal love energy, the unconditional love of creation. When combined, I find that the Reiki energy channelled feels more balanced, allowing me to feel grounded, expansive and present. I embrace the duality and find wholeness.

Not all plant medicines are the same, and not everyone reacts to them in the same ways – some can find them to be very opening and other experiences are not as potent. I've delved into extensive research and conducted delicious taste tests of various Ceremonial Grade Cacaos. Each cacao must meet specific criteria for me, including heart-opening qualities, frequency, agricultural sustainability, fair trade practices,

community support, and the intention and energy of its producers. All the cacao I source comes from South America.

I've begun hosting open Ceremonial Cacao Nourishing Reiki circles for my community. These circles involve meditation, energy sharing and healing, offering both attuned and unattuned individuals the opportunity to experience a profoundly healing, magical alchemy. Reiki connects us, allowing us to experience the power of unconditional love that transcends all healing.

Privately, I work with two different plant medicines at home, each with unique properties and vibrations. Cacao has played a pivotal role in enhancing my intuition and grounding abilities. Through my work with sacred cacao, I've learned to listen to my heart and embody its guidance, which has propelled my modalities to new depths and advancements beyond explanation. ■

Webinar hosted by TRA: Reiki and Cacao

Facilitated by Steph Edwards
7-8:30pm BST, 2 and 30 July 2024
<https://www.eventbrite.co.uk/e/learn-about-reiki-and-cacaowith-steph-edwards-the-reikiassociation-tickets-912093384867>

Website www.steph-edwards.com

Practice spotlight

Caroline Dearlove shares her notes from her public practice

... a good strong foundation of staying grounded, heart-centred and present...

How long have you been a public practitioner?

My first paid session was in August 2010; I started out in any spare time I had alongside my full-time career in the corporate world. I mostly worked with friends and family and it wasn't until May 2017 when I leapt into my public practice full time.

Where? (At home or in a clinic?)

I currently work from my home. I initially worked from clinic spaces but have found that working from home is the best environment for me and for those that come to me. I also occasionally go to people's homes – this tends to be my clients who are unable to travel due to their cancer treatment or they are receiving end-of-life care.

Who are your clients and how do they find you and/or what do you do to reach them?

The majority of my clients are women who are at executive level or women who own their own businesses. Roughly half of them find me through word of mouth and the other half find me through my social media accounts. I also love to collaborate with other therapists and meet new people at different networking events.

How do you keep your Reiki business thriving?

Always remembering to stay present in my heart. There is a balance between knowing that the right people will always find me and making sure that I am always keeping my business moving and evolving. And throughout it all, maintaining a good strong foundation of staying grounded, heart-centred and present in each

day. Running a business continues to be my medicine as it is not always smooth sailing.

Do you specialise in a particular area of interest or certain ailments/conditions?

When I first went full-time, I was offered an incredible position of working within the Oxford Fertility building working alongside an acupuncturist and supporting those going through IVF. Since moving full-time into my home, I have continued to work under the 'fertility' umbrella which has also led me to working with pregnant and postpartum mums.

I also attract women who are at the peak of their careers in their industry and are realising that it is not bringing them the happiness that they thought it would, often experiencing burnout physically, mentally and emotionally.

In the last few years, I have also been working alongside those who are going through cancer treatment. This has also included end-of-life support for both the patient and their families and carers. I have witnessed first-hand the incredible support that Reiki has given to everyone involved.

Do you offer other modalities?

I often speak to my students about having a 'toolkit' and I am passionate about the fact that each person that comes to me is an individual – so I love to be able to mix and match different modalities, weaving them together depending on what is needed in that moment. I offer Foot Reflexology, Facial Reflexology, Sacral Womb Massage, Sound Healing, Crystal Healing, Meditation and Human Design mentoring.

Top tips for a novice?

Less is best. I remember when I first started out and especially when I was getting some pretty amazing results and energetic feedback – my ego absolutely LOVED it! You could say that I shared too much. My Shamanic teacher would always say – 'It is not about you', and she was 100% right. The most important thing is to hold space for another; a space that is so deeply filled with love, allowing the client the space to share. Silence is powerful. 'Awkward' silence is okay. In fact, it is pure gold. Learning what to share and when not to share because my ego wants me to is also important.

I'd tell new Reiki practitioners not to be afraid to be different. The person who is in front of you, waiting to receive your beautiful Reiki healing, has come to YOU. Don't try to mould yourself into something you think you have to be.

And never stop giving yourself Reiki treatments. When you set your intention, and tune into the frequency of love – your Reiki healing will flow in abundance. It is not all about what you can, or cannot feel. Don't stop giving Reiki treatments just because you think it isn't working. Get out of your own way and release the voice of the ego. Allow your heart to lead you and your soul's voice will sing the most beautiful tune.

Any no-nos?

I believe that it is important to prioritise the client's empowerment throughout the healing process. By guiding them and providing signposts rather than doing the work entirely for them, I enable them to take an active role in their own healing journey. This approach fosters



a sense of empowerment and self-reliance within the client, as they learn to tap into their own innate abilities and resources to facilitate healing and well-being. Ultimately, empowering clients not only enhances their sense of control and autonomy but also promotes deeper and more sustainable healing outcomes.

Favourite Reiki or practice-related book?

Untethered Soul: The Journey Beyond Yourself, by Michael Singer. I recently read this book again (I have read it so many times) and I am still finding wisdom amongst the words. ■

Website www.carolinedearlove.co.uk

Instagram [@iamcarolinedearlove](https://www.instagram.com/iamcarolinedearlove)

Facebook [Caroline Dearlove – Inspiring Change](https://www.facebook.com/CarolineDearlove)



Energy therapy

by **Rachel Rose**

I've practised Reiki for 25 years and am guided regularly by my intuition in my work. As well as being a Reiki master/teacher and Animal Reiki Practitioner, I have 17 years' experience as a Clinical Hypnotherapist and Hypnoanalyst, Neuro-Linguistic Programming (NLP) Practitioner and Emotional Freedom Technique (EFT) Practitioner.

I work from my private holistic therapy practice in a small hamlet in Gloucestershire and have helped numerous clients with a wide range of issues. I offer a free initial consultation as it's important to speak to my potential clients first to gain more of an understanding of their issue and I can then explain how I can help them and

answer any questions they may have. They can then make an informed decision as to whether they wish to pursue therapy.

In essence, I have a 'big bag of tools' as I like to describe it and will tailor each session specifically to my client's needs, occasionally combining the therapies should it best suit the client. Hypnotherapy, NLP, EFT, Talk Therapy and Reiki are very powerful therapies working either on their own or as combined therapy. Reiki is a huge part of my work and I use it with the other modalities more often than not, as it's such a gentle, versatile therapy.

I regularly use Emotional Freedom Technique (EFT), also known as a 'tapping'. It is a form of energy psychology that combines elements of cognitive therapy and somatic stimulation while applying gentle acupressure, or 'tapping', on specific areas of the face and body while the client focuses on their negative emotion or situation that represents fear or trauma. I find that Reiki really complements EFT, as they're both energy therapies. EFT works on the same principles as acupuncture working with the meridians (energy pathways in the body) without the use of needles. When energy is blocked and the natural flow of energy is disrupted we can experience mental and even physical pain.



An example of tapping

EFT can help a wide variety of issues ranging from fears, phobias, anxiety, limiting or negative core beliefs pain and trauma. Strong negative emotions such as fear, anger, shame and sadness dissolve into clear thinking, enabling a fresh view and the ability to move forwards and get on with life.

Before I begin a 'tapping' session, I will ask the client to rate their negative feeling or emotion on a scale from 0-10, with 0 being no distress and 10 being the highest level of distress. This is called the SUD (Subjective Units of Distress) rating. We then tap together (client on themselves and myself as a guide) working to reduce whatever number they initially start with to as low as possible or zero. Once this has been achieved the negative blocks are released and we then 'tap' on the positives as to how they now see it and feel. When working on a specific issue it can often be compared to that of an onion, in that it is working with layers. One aspect can be peeled away to reveal another layer, so I would then work with this.

One example of how I've helped someone using EFT is when a client in his 40s came to see me with an irrational fear of dying. During the 'tapping' session a buried memory popped into his mind where he was a toddler sitting on his father's shoulders at the top of the stairs. His

father had been joking around and pretended to throw him down the stairs, however, being a toddler, he had felt such catastrophic fear that he thought he was going to die. This negative experience was stored within his subconscious and triggered at a later date. It was an emotional session for him and we continued with the 'tapping' until he saw things completely differently and that he was completely safe. He had the biggest grin on his face when he left!

EFT is also hugely helpful for someone dealing with anxiety. EFT can create a feeling of complete calmness and clear thinking. Clients always comment how much calmer and more in control they feel afterwards. As they tap and the energy settles, the level of negative emotion reduces, relieving psychological stress and physical discomfort.

One of the reasons I'm such a huge champion of EFT is because it's so empowering for the client. It's a simple technique I can teach them so they feel confident to use on their own and practice in between sessions, they essentially have a tool for life to feel more in control. It's a lot like Reiki in this regard.

Occasionally, I will recommend certain clients to have a Reiki treatment immediately following their therapy session. This is for those I intuitively feel will benefit as their therapy session may be emotionally challenging and Reiki is so wonderful to help bring them into balance, harmony and peace. As we all know, Reiki works on such a deep level; on the physical, mental, emotional and spiritual. I'm truly humbled and grateful to have Reiki in my life and it's such a huge part of my daily practice and life in general. It really flows into everything I do and enhances, not only my life, but the lives and experiences of my clients every day. ■

Website www.positiveexchange.co.uk
Email rachel@positiveexchange.co.uk
Instagram [@rachelrose.positiveexchange](https://www.instagram.com/rachelrose.positiveexchange)
Facebook [positiveexchangegloucestershire](https://www.facebook.com/positiveexchangegloucestershire)

Running on Reiki

Gabrielle Joy shares her experience of using Reiki before, during and after her recent inspirational marathon run

I've been practising Reiki for a year and a half now, after completing my Level I training in the tail end of 2022, followed by my Level II in the spring of 2023. Up until the end of 2023 I mostly just practised Reiki on my family and occasionally offered some free distance treatments for people on my social media page. It was at the start of 2024 when I officially began my Reiki practice and taking on clients for Reiki treatments. The Reiki Bee is where I now provide my Reiki healing. So far the experience has been wonderful and after every single session I'm filled with gratitude to be able to hold this healing space. One of my highlights of practising Reiki has to be holding an online distance treatment for someone while I was spending time teaching in Italy during the summer. It felt magical to hold such a potent experience for someone back in my home country, while I was miles away in my favourite country.

My running journey so far

You could say running is in my blood. I competed in cross country races during primary school and continued right through secondary school. Eventually I stopped running when competing in the cross country team got too intense for me. In 2020 – when the world was collectively on pause – I returned to running. Getting out in nature and moving was an easy and powerful way to maintain my sanity during such uncertain times.

It was during this return to running that I ran my furthest, which was 12km. Hitting that milestone felt huge and was the first time I really felt the positive effects of the runners high (which is very real). I was mostly running on and off in the years that followed, until the tail end of 2023 when I signed up for my first marathon in my hometown, Manchester. This felt like a huge but exciting step and I felt >

so ready for a new challenge. The following months were a test of my commitment, resilience and mental strength; training throughout the dark nights of winter with unpredictable weather changes – the rain, wind and snow – is not for the faint-hearted.

As race day slowly but surely approached, my weekly mileage increased. I was running the most and furthest I'd ever run before. I was pushing my body and mind to new limits. It was exciting, and simultaneously straining, on my body and spirit. Were there days I wanted to give up? Of course. But it was imagining myself crossing the finish line on race day, and the subsequent feeling of elation that would come with it, that pushed me through.

Reiki and marathon training

To me, Reiki is a beautiful and powerful tool that can be accessed at any moment to provide nourishment, healing and groundedness. Throughout my marathon training, particularly the weeks in which the intensity increased, Reiki provided me with an additional form of healing for my body and spirit. It also proved an effective way of motivation during my runs too!

During the peak training weeks, my long runs were pushing 30-32km. This involved running non-stop for 2 hours 45 minutes. At this point, things soon became more like a mental battle rather than a physical battle. But through breathwork, visualisation and connecting to Reiki, I was able to support myself not just physically, but emotionally, mentally and spiritually throughout. During these long runs I would envision a beam of bright light, Reiki energy, shooting down through the crown of my head, flooding through my body. With each

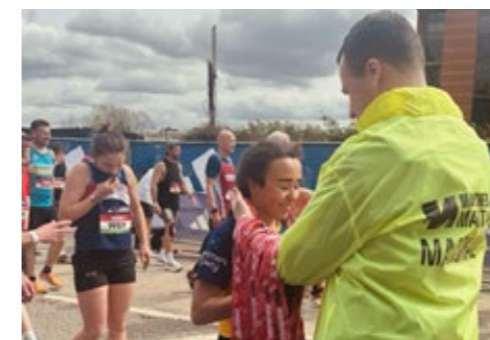
inhalation I would imagine Reiki filling my tightening muscles with its healing energy. More than anything, it provided me with a distraction to channel my focus elsewhere instead of being stuck in my head focusing solely on the pain in my legs.

Reiki was there to support me after my runs too. I believe in the importance of maintaining my energetic health, to ensure my physical health thrives. This is why I'm such an advocate for Reiki; and also why, throughout my marathon training, I frequently practised Reiki on myself – most notably my legs which were working overtime!

In addition to self-healing with Reiki, during my training block I also occasionally visited an acupuncturist. Similar to Reiki, acupuncture works to restore balance to the body's energy systems. I deeply believe that it was through incorporating both practices during the intense months which allowed me to not only avoid injury, but also recover faster and avoid illness. It's common that high-intensity running such as marathon training, and the marathon itself, can temporarily weaken the immune system.

Marathon day

In the lead up to, and during marathon day, I connected with Reiki in the same ways I had done throughout the months of arduous training. It helped me relax and prevent pre-race jitters, allowing me to stay grounded and calm even right up to the start line. Throughout the majority of the run I felt great. Powered by the collective positive race day energy, my energy gels, the handful of almonds in my pocket, support from friends and family – I felt unstoppable!



Gabrielle after crossing finishing line on Marathon Day

It wasn't until the final miles of the marathon approached and my muscles were dehydrated that my mind was only focused on one thing: PAIN. Temporary relief came through seeing a waving banner as I ran through mile 23 stating, "Pain is just the French word for bread". It was through pure grit and determination that I kept pushing.

But, despite the sound of strangers cheering my name, the whoops of support from family on the sidelines, the blaring of *The Final Countdown* blasting through my headphones, nothing could distract me from the pain in my legs for the final miles.

As the end was almost in sight, I was struggling. My legs were begging me to stop, but all I could do was look ahead and keep moving. It was seeing the word 'FINISH' in big thick whitewriting, as I turned the corner for those final 385 yards, that fuelled me to the finish line!

Words can't explain how my body felt in the days following the marathon and nothing could have prepared me for the surges of pain in my legs each time I took to the stairs. The following days consisted of much-needed full body aromatherapy massage, gentle walks, lots of rest, and taking my medal out to show friends, family and colleagues at any given chance.

A physical experience that really took me by surprise was the sudden appearance of bruising that covered both my thighs. It was quite worrying at first, but I soon learned this was a result of mini tears to my muscles during the run and inadequate hydration.

Mentally I found myself feeling proud, and continuing to bask in the joy of what I'd accomplished; simultaneously I felt frustrated about the muscle pain and impatience to be fully recovered. It taught me a lesson in surrendering and having faith in my body's innate healing ability. I'm convinced that my connection with Reiki, and the continued use of it throughout my marathon journey, allowed me to trust the process with more confidence.

The Reiki Bee – my Reiki practice

After my marathon experience, and knowing the benefits of Reiki healing, I recently launched a 'Reiki for Runners' treatment – found on my Hatchpath page, link below – which is specifically for those training for, or who have just completed, a marathon. The mental, physical, emotional and spiritual toll marathon training can have on you is real and those DOMS (Delayed Onset Muscle Soreness) are no joke, so this is my way of supporting fellow runners to have the best marathon and post-marathon experience possible. ■

Website <https://app.hatchpath.io/profile/gabrielle-joy-JUXcF>
Instagram @thereikibee



Strong foundations

by **Ahn Thatcher**, on behalf of the Reiki Association Council

On the 16 May 2024, the members of the Circle of Service teams of The Reiki Association (TRA) gathered in St. Neots, Cambridgeshire, for a significant and heartfelt meeting. This wasn't just any ordinary meeting; it was an opportunity for us to get to know one another and to explore our feelings and expectations about TRA. Despite the challenging journeys many faced to arrive, the unifying energy of Reiki supported and guided everyone safely to the venue.

The meeting began in a powerful way, with everyone standing in a circle, holding hands, and allowing the energy of Reiki to be grounded into the room allowing a flow of connection amongst us. This simple yet profound act set the tone for the day, establishing a sense of unity and shared purpose. As the conversations started, it became evident that we were all there to belong, to be part of a community fuelled by the essence and passion we all have for Reiki.

A considerable amount of planning and preparation had gone into this meeting, with the aim of genuinely getting to know the Circle of Service members and understanding their roles. More importantly, the meeting was designed to ensure that every voice was heard, fostering a sense of inclusivity and respect. This was crucial for us, as it was a rare chance to express our views and expectations about the organisation openly.

Throughout the day, as ideas flowed and discussions deepened, a clearer vision emerged for TRA's future direction. We shared visuals and insights that highlighted the areas where the organisation needs to focus to continue serving

its members effectively. This collaborative spirit was a testament to the dedication and passion each member brought to the table.

The day was deemed a success for several reasons. For some time, it has felt like each Circle of Service team has been operating in isolation, which had weakened the core structure of the organisation. The meeting brought an awareness that we are all part of the same team, emphasising the need for better communication and collaboration across all fields. This realisation is vital for re-strengthening the foundation of TRA.

As the day progressed, the atmosphere was filled with a renewed sense of connection and trust, underpinned by the healing and unifying power of Reiki. We shared our personal journeys, challenges, and triumphs in regards to our involvement with TRA, which helped build a deeper understanding and stronger bonds within the team. The meeting wasn't just about

TRA's Circle of Service Members. Front row from left-right: Margaret Rose, Ann Thatcher, Jill Mason. Back row from left: Jennifer Bebb, Grainne Warner, Sheila L Roberts, Christine Studman.

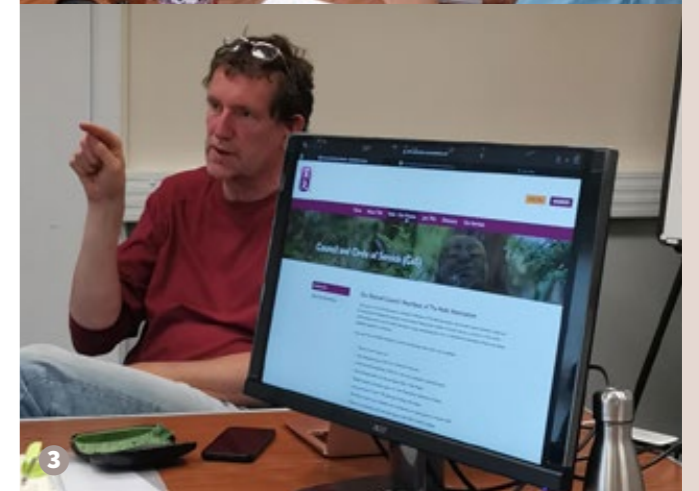


discussing organisational strategies; it was about re-establishing human connections and reinforcing the sense of community that Reiki naturally fosters.

Reflecting on the day's events, it was clear that this gathering was more than just a meeting. It was a reaffirmation of our commitment to TRA and to each other. Adding to the day's excitement we had a sneak peek at the new website, which is almost at its completion, ready to be launched and accessible to our members. This project has been led by Pete Wayne, our appointed web-development manager. With his knowledge and expertise, Pete and his team have successfully captured the essence of TRA, transforming the old site into a fresh, clean platform that perfectly reflects our vision for the future. His work not only showcases technical skill but also a deep understanding of our mission, underpinning the core values of the Reiki precepts.

The agenda of the day, 'To get to know you', was beautifully captured. We closed the meeting by returning to a closing circle, where once again we held hands, feeling the Reiki energy that had supported us throughout the day. It was a reminder that, despite the challenges we face, we are not alone; we are part of a dedicated and compassionate community. This gathering marked the beginning of a new chapter for TRA, one where collaboration, trust, and the unifying power of Reiki continues to lead us the way to grow our community. ■

1 The circle's centrepiece 2 Grainne, Tripuri and Ahn in conversation 3 Demo of new website 4 Service members





International events

Online

Reiki Association events

Reiki and Cacao

Facilitated by Steph Edwards
7-8:30pm BST, 2 and 30 July 2024
<https://www.eventbrite.co.uk/e/learn-about-reiki-and-cacaowith-steph-edwards-the-reikiassociation-tickets-912093384867>

Reiki for Animals

7-8pm GMT, 3rd Wednesday of every month

Free Distant Reiki Session for all

10-11am GMT, 1st Thursday of every month

Reiki Association Online Share

2-3pm GMT, last Wednesday of every month

For all online TRA events, visit:
www.reikiassociation.net/events



Reiki Home

A Storytelling: Healing Your Family Tree

Presented by Rebecca Bredenhof
11am PDT, 27 June 2024
www.flipcause.com/secure/cause_pdetails/MjA2NzA1

Together in Reiki

Online shares, webinars and events and in various languages
<https://reikihome.org/events/>

Circle of Scholars Webcasts

Regular webinars hosted by a variety of Reiki scholars
<https://reikihome.org/participating/circle-of-scholars-webcasts/>



In person

Europe

The Reiki Association Annual Gathering

Including the Association General Meeting
18-20 October 2024
Stratford-upon-Avon, UK
https://www.reikiassociation.net/event?event_id=348

The Way of Reiki Retreat

With Frans Stiene
1-4 November 2024
Cheltenham, UK
<https://ihreiki.com/united-kingdom/?v=79cba1185463>

America

Student Workshop with Johannes Reindl

Hosted by Pam Rimmer of The Reiki Alliance
8 and 15 June 2024
Bracebridge, ON, Canada
Email: Pam Rimmer at pamrimmer87@gmail.com

Office of the Grand Master

For various global events, both online and in-person
www.usuishikiryohoreiki.com/events

Join The Reiki Association

The world's original organisation for Reiki practitioners and everyone exploring Reiki as a spiritual practice and healing art.

Benefits include:

- Membership of a UK and international Reiki community with networking and support opportunities
- Significantly discounted public practice insurance from Balens (UK and selected other countries)
- Preferential rates at selected Reiki events and gatherings
- Distance healing from the Reiki Care Service at times of extra need
- Special rates, even free of charge, for listings in the Reiki Directory of practitioners and teachers
- Public Practice Verification Service (UK only) and CNHC Accredited Registration (UK only)
- Members' Newsletters and Touch magazine
- A range of membership levels to meet your needs starting at a concessionary fee of £55



To join visit:

www.reikiassociation.net

Or email:

memsec@reikiassociation.net

The Reiki Connections Phonenumber - with Liz Watkin

Especially for those members who prefer the phone as a means of connecting with other community members. We have a team willing to talk to any members who would like a chat, or are feeling isolated or missing out on community support. We can also offer messaging, emails, video calls or online meetings to help with further communication.

Please call our co-ordinator Liz on:

07398 5000159

who may be able to put you in touch with others.



The Reiki Directory:

an online resource

A unique service for Reiki Association members and non-members



- Find Reiki masters, practitioners and classes
- Advertise your work and location
- Connect with local and other Reiki communities
- Share details with friends inside and outside of the Reiki Association
- Find people with specialist skills - Reiki in pregnancy or treating animals
- All listed UK masters and practitioners are fully insured for public Reiki practice, and many are registered with the Complementary and Natural Healthcare Council (CNHC)
- Listings open to UK and overseas Reiki teachers and practitioners

Find the Reiki Directory at
www.reikiassociation.net/reiki-directory.php

The Reiki Association



The Reiki Association Care Service offers our members, close friends and family, 7 days of distant Reiki for all requests submitted via the website.

We are now looking for a volunteer to co-ordinate these requests (on average two or three a day) and forward them to our team of Reiki practitioners who send distant healing to those in need. We always receive warm favourable feedback from this service helping people through stress, bereavement, injury and loss.

You do not need qualifications just a willingness to learn, and to check emails regularly as sometimes requests are urgent. You will have access to a streamlined admin package which will enable you to respond easily to people's requests and report to Council whenever required.

Please contact Tripuri at:
memsec@reikiassociation.co.uk if you are able to help us continue being there for all our members.

The Reiki Principles

Just for today do not worry

Just for today do not anger

Honour your parents, teachers and elders

Earn your living honestly

Show gratitude to every living thing

