

THE REIKI TRAINING CENTRE

REIKI NEWS

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The Peacechain

In spring 2005 the Peacechain was finally born following an extended gestation period of 3 years from when I first conceived the idea. It has now grown into a range of sterling silver Peace jewellery – necklace, bracelet, earrings, pendant and tie/lapel pin, produced by our company “Peace on Earth Ltd.”

The idea came to me when I was becoming unsettled by the increasing wave of religious and cultural intolerance.

I wanted a way of standing up and speaking out against it. We are all on a small planet, we need to embrace all our brothers and sisters



and stand up against the tide of bigotry and blame.

At that time I had a beautiful 6 pointed star, but was increasingly uncomfortable wearing it, as the situation between Israel and Palestine intensified. The

idea for a necklace containing symbols representing all of the earth's peoples, all held in equal respect and tolerance came to me. I designed the necklace with 8 symbols, held together by the dove of peace in the middle. Inspired by the groundbreaking work of Dr. Masaru Emoto who researched the effect of the written word placed over water molecules, the discs have the words for “Peace” in 12 languages on the back. This has the subtle effect of enfolding our whole being in the energy of peace, through the cellular fluid.

After all, if we are to be effective in spreading the message of peace, we need to find peace within ourselves. Inner peace IS outer peace. For this reason, each piece of jewellery has also been blessed in a temple in Thailand “to bring peace to the wearer and peace to the world.”

The discs have been designed to include all peoples, all religions and all ways of being. The inscription on the dove is the Esperanto (Universal Language) for “peace” and “love.”

with the Arabic symbol & word “Salam” engraved onto the back of the disc. The Star of David represents Judaism and has “Shalom” & the Hebrew peace symbol.

The Om represents Hinduism and Eastern religions and has “Shanti” and the Hindi symbol for peace. The cross, representing Christianity,



has the English, Portuguese and Spanish words for peace on the back. I chose the Buddha to represent all the different Buddhist paths and used the Tibetan word and symbol for peace on the back. The Tao (yin/yang symbol) means “the way” and represents the wholeness and

harmony that can only be achieved when opposing forces are in equal balance. Taoism, like Confucianism, is both a religion and a philosophy, so I chose this symbol to also represent all political philosophies, e.g. communism. It has the Chinese word and symbol for peace on the back. The flower of life was chosen to represent all secular and individual spiritual paths and has the Russian word and symbol for peace. The Spiral represents all Indigenous peoples and also all original religions. The inscription is the Aboriginal “Iawa-Nyinami” and the Lakota word “Wolakota.” I chose Lakota as it was to the Lakota nation that White Buffalo Woman appeared long ago, gifting them the sacred peace pipe. **“With this holy pipe,” she said, “you will walk like a living prayer. With your feet resting upon the earth and the pipe stem reaching into the sky, your body forms a living bridge between the Sacred Beneath and the Sacred Above. Wakan Tanka smiles upon us, because now we are as one: earth, sky, all living things, the two legged, the four legged, the winged ones, the trees, the grasses. Together with the people, they are all related, one family. The pipe holds them all together.”**

The peace jewellery will be displayed in the Rosemount Centre in December from 9.30pm till 3pm, Monday to Thursday and thereafter at the Reiki Support Groups. It can also be seen and purchased from the new website www.peaceonearth.org.uk which also has information on meditation and offers a range of other “peace tools,” i.e. peaceful music (including the CD's I use for sessions and attunements) and Tibetan healing incense.

Inside:

2006 Holy Island Karuna Masters & Metamorphic Technique Courses
UK Reiki Federation Festival
International Day of Peace
Metamorphic Technique/Gaston Saint Pierre
Absolute Health Show Aberdeen
Diana Cooper
2005 Reiki Masters
Children's Hospital Reiki Project Update
Dr Hayashi's Teachings
New Karuna Practitioner Course
Therapists Database

Holy Island Courses

I am running a Karuna Reiki Master's course and a Metamorphic Technique workshop in the wonderful Samye Ling (Tibetan Buddhist) World Peace Centre on the Holy Island (off Arran). Karuna on the 28th-



30th July and MT on the 30th-31st of July. It is a unique place with very special energy, however, this time the energy will be even more incredible as we will be there directly following in the footsteps of the Drupchen. Drupchen is a spiritual powerhouse that converts negative into positive energy. It lasts for ten days and involves a large number of practitioners. For the experience and specialist knowledge required, fifteen Lamas have been invited from Nepal and Sherab Ling in India, and five from Tibet. This very powerful practice acts as a remedy to negative forces and develops inner peace, peace within the community and world peace. It involves the reciting of prayers and mantras 24 hours a day for 10 days and is said to have the same benefit as practising alone for seven years. The idea began in 1998, when Lama Yeshe was advised by the head of the Nyingma Ling Lineage that holding a Dorje Purba Drupchen on Holy Island would contribute to dispelling the obstacles to the flowering of the Buddha Dharma in the West. Since then he has been waiting for all the auspicious conditions to come together to enable this to happen. It appears that July 2006 is the right time! The Karuna Retreats are always special. The Dod Mill retreat was very grounded in earth energy and personal healing & transformation. The last Holy Island retreat co-incided with an inter-faith conference and the theme was unity and the path of service, this time it appears to be clearing the blocks to enlightenment! For more info on the Drupchen see www.holyisland.org

Day of Peace

International Day of World Peace, Ceasefire and Non-Violence is on the 21st of September. Imagine if everyone celebrated the 21st of September and looked forward to it as much as Christmas or New Year? Wouldn't that be a world worth living in? Let's make it happen. I guess we have to do it the same way as we would eat an elephant – a little at a time. It has to start with ourselves and moves out from there. How would you like to celebrate it next year? Who would you like to share it with? Is there some way to inform and

involve your family, friends, colleagues, community?

See www.peaceonearth.org.uk "Action for Peace" page for more ideas, and please feel free to offer your suggestions. Meantime we can begin practicing for next year by choosing to be peaceful within ourselves.

The Metamorphic Technique

The Metamorphic Technique is a bit like Reiki was 10 years ago.

Not a lot of people have heard of it, and even less understands it!

However, like Reiki it is a technique whose time has come! I am convinced that in 10 years it will be as popular, accepted and well known as Reiki is now. I first heard about it in 1994 from an interesting lady in Glasgow, who had mysteriously disappeared the next year when I went back to learn the technique. I tried again in 1996 when I booked onto a course that the UK founder, Gaston Saint Pierre was teaching in Aviemore. Sadly, it was cancelled at the last minute. In my disappointment and frustration I had to accept that maybe the time wasn't right for me and that when and if it was, then it would happen. So, I forgot about it again until 1999 when "just by chance," my room mate on a workshop was enthusing about it. She showed me how to do it, and in fact ran a small workshop for the whole group as we were all so interested. That did it, I was hooked again, but this time had managed to get on the bus! I did the workshop with Gaston in London later that year and repeated it in 2000. I have now completed my teacher training and am thoroughly enjoying teaching the technique. The work is based on the practitioner acting as a catalyst to the client's life force energy, which can then move in whatever direction is appropriate. Often people find they release negative or restrictive patterning that on closer inspection can be traced to their birth or gestation period. For example, one lady found that in the 2 days following the workshop, her neck and chest felt tight, with a sense of suffocation. These feelings passed and by the end of the week, to her surprise, she found that for the first time in her life she was comfortable wearing a scarf. It transpired that she had been born with the cord around her neck! Another lady found that for the first time in her life, she was early for appointments - she had transformed the fundamental patterning of her overdue birth.



The Metamorphic Technique seems to attract several types of people – those with known or obvious conditions stemming from birth or womb-time, people who suspect a less than perfect pregnancy or birth may have

impacted on themselves or their baby/child, and anyone who is on their own healing path and wishes to fulfill their human and spiritual potential. Frederick Leboyer, the wonderful obstetrician who pioneered birthing pools wrote about birth and how its effects follow us through life, how its traces are found "everywhere... in all our human folly, in our madness, our tortures, our prisons, our legends, epics and myths." Very few of us are lucky enough to hold onto the huge potential that is there for us at the moment of conception and be born with it intact to grace our lives. The journey to reclaim all that we could be from the potential of our conception parallels our spiritual journey to reclaim all that we truly are.

Gaston Saint Pierre

I am delighted to welcome Gaston, the founder of the Metamorphic Association, to Aberdeen from the 24th-26th of March to present 2 workshops. The Metamorphic Technique workshop will run from 6pm till 10pm on the Friday and 9am till 2pm on the Saturday. The second workshop, on the Universal Principles, will run from 3pm-7pm on the Saturday and 10am till 5pm on the Sunday. The cost is £125 per

workshop or £240 to attend both. As you are required to have taken the Metamorphic Technique class twice to apply for Practitioner membership of the Metamorphic Association, this is an excellent opportunity to experience 2 teachers without having to travel far! Gaston's new book "*The Universal Principles and the Metamorphic Technique: The Keys to Healing and Enlightenment*" can be purchased from Amazon at the moment for £8.50.

Diana Cooper visits Aberdeen

For the first time ever, Diana Cooper, Britain's famous "Angel Lady" came to



Aberdeen in November. She offered an evening workshop titled "*Discover Atlantis*" in the Beach Ballroom. As usual, it was inspirational and uplifting. She was glad to be in Aberdeen and pleased by the

turnout, so hopefully she will add us to her regular tour route from now on!

Dr. Hayashi's Teachings

In September I did a Reiki I & II course with Tadao Yamaguchi from Japan. He had been brought up with reiki as the "magic medicine for all diseases" as his mother had been taught Reiki by Chujiro Hayashi when she was 17. It felt wonderful to be so close to the original teachings! Hyashi Sensei's presence was so strong, especially at the attunements. Tadao sensei had 3 assistant teachers with him, so we all had 4 attunements each time. He clarified the ambiguity in the stories surrounding Hyashi Sensei's death. Apparently he committed Sepaku (Hari-Kiri) when Japan entered the war. As an ex naval officer, he was expected to give information about his time on Hawaii and there was no way he could give information that could lead to the death and suffering of his "Reiki family" in Hawaii. Refusal was not an option in wartime Japan, he would have been tortured till he gave the information, so rather than be the cause of other people's death, and he chose to take his own life.

Children's Hospital Reiki Project

Thanks to everyone who volunteered their time to work at the children's hospital. My proposal was to offer free Reiki sessions to parents of sick children and taster sessions to the staff. We were very well received at the consultants meeting - both the nursing and medical staff showed lots of interest and seemed keen on us giving the staff taster sessions throughout Reiki Awareness Week! Unfortunately permission was eventually withheld on advice from their legal

department, who decided that allowing us to proceed could be seen as "*putting the stamp of approval on complementary therapies.*" While this attitude was very disappointing, we have sown the seed; all we can do now is water and wait!

Reiki Masters

Congratulations to this year's Reiki Masters, who graduated from the Mastership Programme on the 18/9/05. Well done to **Ann Duncan, Jean Souter, Joyce Duncan, Dawn Allardyce** and also the Masters who travelled all the way from Aberlour and Jersey, **Elaine Christie and Sue Calder!** The next Mastership programme will begin in February 2006 and will include some original Japanese teachings.

Therapists Database

We sometimes get asked to provide therapies in the workplace. If you currently practice Reiki and other therapies and would like to be included on the database, please drop us a line and we will send you an application form.

UK Reiki Federation

Next year the UKRF Festival will be held in Leicester University on the weekend of the 22nd and 23rd of April. Reiki Awareness week begins on the 10th of June. In 2003 we gave taster sessions in the Bon Accord shopping centre. This year we will be giving free taster sessions at Shell, Tullos, Aberdeen. If you have current insurance and would like to come along for a fun day to promote Reiki, call us!

Health Show

There will be another Absolute Health Show in the Aberdeen Exhibition Centre on the 3rd-5th of February. If you can spare some time to come along and help out by giving Reiki taster sessions, please get in touch. It is good experience, good fun and you always meet lovely people!

Karuna Practitioners

Many people feel drawn to the Karuna energies but don't want to wait until they have completed their Usui Master's. So I have decided to teach Karuna Practitioner Levels I and II as a 2 day workshop in 2006. Anyone who is interested (at Reiki II level or above) please get in touch to arrange dates. The cost will be £300.

Actions

Please let us know if you can:

- 1. Help out at the Health Fair (either giving Reiki or Metamorphic Technique taster sessions)**
- 2. Give taster sessions at Reiki Awareness week.**
- 3. Supply your details for the Therapist's Database.**
- 4. And don't forget to visit the Rosemount Centre to see the Peace Jewellery during December!** (You can also pick up a complementary Peace Flame tea light there if you don't already have one.)

2006 Support Group Dates: 12th February, 19th March, 7th May, 11th June, 27th August, 1st October & 26th November, from 2pm till 4.30pm at the Rosemount Centre, 1c Mount St, Aberdeen.

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Peace Website: www.peaceonearth.org.uk

Metamorphic Website: www.metamorphictechnique.org

Course Information / Syllabus

Reiki I (One Day with ongoing support)

The foundation level covers:

Meditation and attunement
The History of Reiki
Effects, uses and contraindications
Ways of using Reiki energy
Reiki Principles ~ a stress reduction kit
Effects of attunement and cleansing period
Self practice
Working on others
Keeping your energy clear
Hand positions: self, others, sitting, lying

Practical sessions include:

How to sense the flow of energy
How to know when to move on
Reiki Okuri and Reiki Mawashi
Hatsurei Ho, Chanting the Gokai

Each student will receive:

The Reiki Manual, The 1st Degree Reiki Certificate plus an Invitation to attend Reiki Support Groups. Reiki I costs £95

Reiki II (One day with follow up case studies plus One to One practical session)

This Practitioner level course covers:

Meditation and Reiki II Attunement
Forming the Symbols
Use of the symbols and mantras
Healing the subconscious mind
Healing negative habits
Absent healing techniques (Enkakku)
Healing the past
Empowering future goals and events
Scanning and beaming
Aura cleansing and protection
Reiki Okuri, Mawashi, Gokai

Each student will receive: The Reiki II Manual, the Reiki II Certificate, an invitation to attend Reiki Support Groups. Reiki II costs £165

Advanced Reiki Training

(2 day workshop conferring RTC Advanced Practitioner Registration)

Advanced course content includes:

Moving Meditation: (Grounds, centres & connects us to our higher self, increases confidence and clarity of mind & heals the lower chakras.) **The Usui Master Symbol:** form, mantra, use and effects. Using the Abundance & Antahkarana symbols.

Crystal Healing: Understanding crystals, Crystal formations, choosing appropriate crystals, cleansing, charging, dedicating and programming, healing with crystals.

Using pendulums, setting up crystal grids enabling continuous Reiki to be sent to people, situations and events. **Meditation** for healing, achieving goals, assisting focus, increasing visualisation abilities and expansion of consciousness.

(Advanced cont'd)

The Master/Practitioner Attunement. (Attunement to the Master symbol) and **Psychic surgery:** A powerful technique to identify, locate and remove blocks or old unwanted energy from the energy field and the psyche. This technique combines Reiki energy with a Kahuna healing technique and NLP (Neuro Linguistic Programming) technique. It can be amazingly fast, powerful & transformative.

Each Advanced student will receive: The Advanced Reiki Training Certificate, the William Rand Advanced Reiki Training Manual. Advanced Reiki Training Costs £250 and entitles you to use the letters "RTCAP" after your name.

MASTER PROGRAMME (Confers RTC Master/Teacher registration)

This Programme is designed to initiate the huge vibrational shift required to step into your role of true Mastery. Includes:

Meditation & Ascension teachings: to assist your spiritual growth, development & raise your vibration, develop your sensitivity & awareness, reclaim soul aspects & original gifts, to reconnect with your support network and release negative Karmic, intrinsic or external influences, patterning or conditioning.

Attunements: Receive and learn how to give: Healing Attunements, the Reiki I, Reiki II, Advanced and Master/Teacher Attunements and the original Japanese Reiju Empowerments.

Background Knowledge: Running meridians. The Auric & Chakra systems. Checking & balancing the chakras, (from body & feet.) Other healing methods. Additional symbols. Overview of other therapies.

Developing your ESP: Sensing energies. Working with your intuition. Seeing & feeling energy. Seeing, feeling and scanning the aura.

Dowsing.

Teaching Module: Learning teaching skills & strategies. The physical environment. Lesson plans. Teaching aids. Teaching methods. Producing quality materials. Assessment & confidence building.

Working with others: Protection. Preparation of self, client and workspace. Practitioner guidelines. Techniques to increase flow. Therapist / client & Master / student relationships.

Clearing & Developing Your Energy:

Throughout the programme you will learn powerful exercises, meditations and visualisations to keep your energy clear and balanced, strengthen and purify your Reiki flow and develop your visualisation and intuitive ability. Techniques include the Taoist Microcosmic Orbit, The 5 Tibetans, Running Meridians, Chanting, Smudging, and using the Violet Flame.

Teaching Guidelines: How as well as what to teach. The importance of time intervals, Charges, Notes, Sample lesson plans. Teaching Reiki I, Reiki II, Advanced, Masters. Sourcing useful materials & resources.

Original Japanese Teachings:

Koki Ho (healing with the eyes)

Gyoshi Ho (healing with the breath)

Detox techniques. Energy exercises and techniques designed to strengthen and purify your energy. Kekko - the Dr. Hayashi Reiki massage. Kotodama, Reiki Okuri & Reiki Mawashi.

Running your Reiki Practice:

Marketing, Promoting your business, Attracting clients & students. Admin & paperwork. Record keeping, tax, insurance & legal aspects.

The Reiki Scene in Britain today: Political background. The Reiki Association & Reiki Federation. Independent Masters. Consequences of the new information from Japan.

Each student receives the William Rand manual, comprehensive notes throughout, the Master/Teacher certificate, the opportunity to sit in on Reiki I & II classes and an invitation to join the RTC register & use the letters RTCMT after your name. Costs £950.

"Whatever you can do, or dream you can, begin it now! For boldness has genius, power and magic in it." Goethe