

THE REIKI TRAINING CENTRE

REIKI NEWS

"You must have chaos within you to give birth to a dancing star."

- Friedrich Nietzsche

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New Beginnings

The Year 2008 represents the Call for Mastery, the Beginning of the

End Times: This year, we will experience the beginning of a series of profound shifts in consciousness that will determine the reshaping of this world as we know it. Many planetary, galactic and numerological cycles that began in 1999 ended in 2007. In 2008 we make a new beginning.

We see this theme of new beginnings echoed when we look at the numerology and also Chinese astrology for 2008. The numerological interpretation is a number one year, again suggesting new beginnings of all kinds. The energy of 2008 is about letting go of the past to allowing new fresh, bright ideas and concepts to come in. Universally, as well as individually, the world of numerology in 2008 promises a brand new beginning for us all.

According to the Chinese Zodiac, 2008 is a **Year of the Rat**. The Rat is the first sign of the Chinese zodiac and therefore also signifies new beginnings!

2008 is therefore a great time to start new ventures and break new ground. This includes new ideas, directions and ways of doing things. It is a time to experiment and maybe put long held dreams and plans into action. Remember that things began during this year are likely to have long term consequences, so choose your actions wisely to enrich your life. Everyone should nevertheless add something new to their life during this year of fruitful new beginnings.

Also, 2008 happens to be a leap year. So, take that leap of faith to follow your heart this year.

Goethe's famous quote has never been so pertinent, *"Whatever you can do or dream you can, begin it now. For boldness has genius, power, and magic in it."*



Dream big! Climb Everest! Whatever you choose to create in 2008, you will be assisted by the trine between Saturn and Pluto from January 18th until July 10th. This aspect suggests an

infusion of Source Energy into physical matter, and makes available positive universal power to manifest what you want to create in your life. A great time to look closely at what we want to manifest and then connect to the universal stream of abundance to achieve it!

When I was writing this article I was guided to choose a card from an Islamic deck I hadn't used for a while. The card I chose I believe is meant for us all. It simply asks, **"Are you living the life you were born for?"**

Many believe 2008 marks the dividing line between the Piscean and Aquarian Ages. We are now firmly in the Age of Aquarius, which encourages us all to work towards the brotherhood of man. Aquarius was not represented in olden days by the Water Carrier as it is today. It was instead pictured as an angel, the sign of humanity and universal love. The Age of Aquarius is coloured by this association and has been anticipated as the Golden Age of brotherhood, peace, and love. It heralds a utopian age of equality, universality and peaceful co-existence.

It may be many decades or maybe even centuries before this new age truly manifests on our planet, but we are laying the foundations now. This is our task – to mirror on the small scale of our own lives the changes we would wish to see in the world – the peace, brotherhood, love, tolerance, compassion and loving kindness. As stated in the wonderful book "Unarmed Heroes" compiled and edited by Peace Direct:

"We are the ones who can create the change.

We do not stand alone.

We have an army of others to support us

And a bedrock of masters gone before us to inspire and assist us."

Pluto which entered the sign of Capricorn on January 25th will affect the individual as well as the collective consciousness of humanity, initiating a 17-year cycle of profound change. Pluto in Capricorn represents the beginning of the end times. Before we can have world peace, we must break down or transform any structures that perpetuate fear. Again, on the small scale, we need to work on our own shadow side to release the seeds and roots of fear within us. Our individual healing is no longer a personal matter – but necessary for the evolution of our wonderful planet.

Working on ourselves has never been so important. However, we are fortunate to have the gift of Reiki, the companionship and encouragement of like minded souls and the presence of wonderful angelic and high level beings to inspire and assist us on every step of our individual and collective journey to love, peace and brotherhood!

What a wonderful time to be alive!

Shambala Meditation Retreat

I am delighted to be holding a Meditation course 8th-10th of August at the beautiful Shambala Centre in Findhorn. I fell in love with the energy at Shambala when I spent some time there in January studying the 5 Tibetan Yogas in greater depth.



The retreat is going to be a wonderful experience not only offering the opportunity to practice various meditation techniques to see which is best for you, but also to relax, recharge your batteries, raise your vibration, balance and raise your

chakra energy and have an altogether unforgettable experience! We will also have optional 5 Tibetan yoga sessions, angelic chakra work, chanting, swimming in the sea, (right outside the garden gate!) and a visit to Pluscarden Abbey to hear the monks perform their evening chant. We will be doing wonderful work but have great fun doing it!

If you wish you can extend your stay to spend some time visiting the Universal hall, shop, sanctuary etc. at the Findhorn Foundation just 5 minutes across the bay. Early booking is recommended for this course.

UK Reiki Federation

The UKRF phone number has now changed to 01264 791 441.

Course Accreditation

The Reiki and Metamorphic Technique courses have all now been externally validated by **IPTI** (Independent Professional Therapists International) which means that on completion of the training you have the added option of joining IPTI and getting insurance as a practitioner, Master Practitioner or Master teacher.

Reiki Awareness Week

Reiki Awareness Week this year is from the 8th-14th of June. If you would be interested in giving free taster sessions to the public during RAW week, please get in touch. (Insurance required)

Metamorphic Technique

There will be a Metamorphic Technique sharing group on the 13th April, 4.30pm-6pm at the Rosemount Centre, following the Reiki group. Please see the website for future dates. There will be 2 more workshops in Aberdeen this year (24th-25th May and 1st-2nd November) and one on Holy Island following the Karuna Reiki Masters course on the 18th-20th July.

Angel Courses

The angel courses are continuing this year on similar themes, although there will never be 2 exactly the same! There is a new focus for the 15th November course which will be based on my forthcoming book and is on the theme of **Happiness**. Don't miss that one!

I was delighted to be invited to be an Angel Master Teacher for Diana Cooper's School last year, so I will be offering a **9 day Angel Teacher Training** starting in November.

Crystal Course

There will now be 2 **Crystal Healing** courses a year which will be open to everyone, no previous experience required. The first one is on the 14th June followed by **an Advanced Reiki Training (Master Practitioner)** course the next day.

This means we will have a full day to play with crystals and a full day to work deeply with the advanced techniques.

The focus of Advanced Reiki Training will now be the attunement to Master Practitioner level and the incredibly powerful Psychic Surgery technique. In order to take the ART class you need to be at Reiki II level. Please note –you do NOT have to have done your case studies first! (They may well be more interesting afterwards!)

Tibet Trip 2009

Duncan and I are planning an adventure to Tibet next year, open to Reiki people and partners. The main focus will be on exploring the incredible country, people, spirituality and culture, but we will also have the opportunity to receive attunements on a rooftop within sight of the Potala palace and with the sound of the monks chanting from the Jokhang Temple drifting past.



Potala Palace, Lhasa

Our Tibet itinerary will be based on what we found to be the best parts of our trip last year which was not necessarily as the guide books suggest. We will be using Tibetan owned hotels where possible, Tibetan guides and drivers and we will avoid the areas we found to be devoid of energy due to the infiltration and suppression by the Chinese. Although it is a holiday, we may choose to take time for spontaneous meditations in the incredible environment and maybe hold group healing sessions if appropriate.

We will fly in and out of Kathmandu (passing over Mt Everest) where we

will visit the wonderful temples, shop till we drop in the Durbar market, have some incredibly wonderful Ayurvedic massage, stay 2 nights in the incredible Dwarikas Hotel and eat in the most amazing restaurant I have ever experienced!

Reiki Regulation

In 1993 Prince Charles founded the **FIH, the Prince's Foundation for Integrated Health** to promote the principle of integrated healthcare available for all. In order for this to happen, the professional bodies for 12 disciplines in the complementary and natural healthcare fields, including Reiki, have agreed to a process of **VSR (Voluntary Self Regulation)**. The profession of Reiki is working towards national regulation alongside 11 other disciplines, including aromatherapy and reflexology. We all have our views on regulation I'm sure. It is much easier just to flow along in our own individual ways. However, over the years I have heard so many horror stories about Reiki training and practitioners that I am firmly of the opinion that some form of regulation is a good way to protect the public from substandard and in some cases downright dangerous practices. But regulation needs to be approached sensitively by people who are involved in Reiki and understand its intricacies, variability and unique depths. Only then can VSR can be a benefit to committed practitioners as well as to the public.

The UK Reiki Federation were one of the first associations to respond to the call by gathering together a group of people willing to work towards self regulation. This group, the **RRWG (the Reiki Regulatory Working Group)** was composed of people from many different styles and camps of Reiki including the Reiki Association, **The UK Reiki Alliance, Reiki Alliance International, Reiki Healers and Teachers Society, The Tera-Mai™ Reiki and Seichem amongst others.**

The first stage was exploring and establishing public & professional standards to regulate the practice and teaching of Reiki in the UK. The RRWG offered many consultation opportunities nationwide **in association with Skills for Health** in order to get feedback and consensus on their proposals at every stage.

The **NOS (National Occupational Standards) for Reiki were published in 2004 and** can be viewed at:

www.reikiregulation.org.uk

Since then, the RRWG has been working towards the formation of a single national multi disciplinary register for complementary therapies, as recommended in the government report from the Parliamentary Group for Integrated & Complementary Healthcare in 2001.

In January 2007, the **FWG, the Federal Working Group**, which was made up of 12 members (including the RRWG,) from different complementary & natural healthcare groups, continued to explore the best way to make proposals for

voluntary self regulation, working alongside the FIH and the Department of Health.

They attempted to design a new type of organisation to protect the public and also to set realistic standards for the professionals. This body not only proposed to be a National Register of practitioners, but the Regulatory Body to which all the Professional Associations would belong. As such, it outlines our destiny and we need to be very sure it is what we want as a profession.

Sadly, for no apparent reason, the RRWG were excluded from 2 important meetings in September and October and were therefore unable to put forward their views directly on important issues at a key stage.

Following an emergency meeting, it was unanimously decided that the FWG model currently presented failed to meet Reiki's needs, so the RRWG have formally resigned from the FWG. The RRWG had a number of concerns with what was proposed in the FWG Progress Report and sent a letter detailing these to the Prince's Trust and to the working group. Basically the FWG model did not give Reiki practitioners any say in the regulatory process, including the setting of training standards.

Before training as a complementary therapist I was a staff nurse for many years both in Glasgow and Aberdeen. I have seen first hand what a multi layered hierarchy of boards, councils and managers can do to a caring profession. I therefore fully agree that we cannot be ruled by lay people who have no conception or understanding of the ways of Reiki. If that were to happen to Reiki it would be a tragedy for both practitioners and public. The CTHA, (The Complementary Therapists Association) the aromatherapy and the reflexology groups all had similar concerns regarding their professions. The FWG would not listen to these concerns either and told them that they were not wanted on board if they could not concede to their proposals. The 4

groups then all individually decided that the only option was to consider setting up their own regulatory body. They met and put together proposals based on the work already done and so the **GRCCT (The General Regulatory Council for Complementary Therapies)** was set up as the proposed regulatory body for the professions.

However, all is not decided yet. There seem to be divided feelings as to whether to go with the GRCCT model, which is basically the same model developed by the FWG, or to go with the BCMA's (British Complementary Medicines Association) proposal for a regulatory body which is a model being developed particularly for therapists and they suggest will be "leaner" and more cost effective to run. The UKRF and the RRWG believe the GRCCT is the best option, although they also considered a proposal from the BCMA. So it looks like we will have a single regulatory body governing the professions of Reiki, Reflexology and Aromatherapy.

So how will this affect us? Well, if we choose to be registered we will pay the GRCCT £30 pa (plus £5 for each additional therapy,) and we will need to follow the NOS both for practice and for training. For more info see www.grcct.org If you can attend the Body and Soul Fair in October, I will be giving an update on the progress and current NOS, see talk schedule for details.

Reiki Sharing/Support Group

Dates for the rest of 2008 are: 13th April, 1st June, 27th July, 31st August, 5th October, 23rd November and 14th December. Venue is the Rosemount Centre, 1c Mount Street, Aberdeen. Times: 2pm – 4.30pm. No need to book, just turn up on the day!

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www.metamorphictechnique.org

Angel Website:

www.angelcourses.com