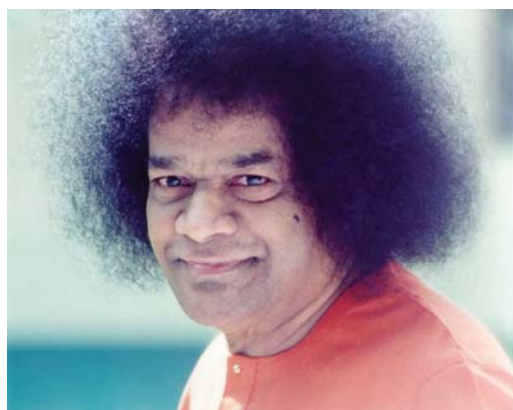


An Intense Year – Continuing to Juggle Wisdom and Compassion.



As we walked down the steps from our New Year's Eve celebrations, a single firework exploded into the sky; unbeknown to us, at that time, our dog Mac had just died. He was supposed to be coming home from the vet the following morning, we were devastated! He was only 13 and we had anticipated quite a few more years with him. I have never experienced so much grief and sadness. Fortunately, we had booked a trip to Bali in March, and could use that time to acknowledge the love and happiness we had shared with Mac, and to continue to let go of the pain of his passing. This was soon followed by the annual retreat at Shoalwater, where I could deeply immerse myself in the healing power of Reiki.

Then, later in April, my spiritual teacher and inspiration, also died; another completely unexpected event. And again, I had the expectation that he would be here encouraging and supporting me for some time to come. On my 2009 trip to India, I had been shown that the next stage of my personal/spiritual journey was to go deeper within; Swami's death preceded a further, even deeper, introspection. Without this external representation, I was forced to find that within myself, as Usui had done so many years before; the core of Reiki practice - the inward path. Once again, I was fortunate - I had booked a trip to India in Sept, both to attend a 10 day Vipassana meditation course, then to spend some time in retreat at the ashram; these allowed me time and space to contemplate my ever changing world, to reconcile my feelings and to give me the motivation to continue.

So why isn't all this just a Facebook item?

Phyllis (Furumoto) frequently advises: "Let Reiki teach you." As matters arise in our life, we realise that the energy brings to our awareness those issues which need to be addressed. By giving ourselves Reiki, we continue the energetic progression of that which needs to be expressed. Situation + Energy = Possible Change. Wholeness, and good health, are a product of a whole life; this means living physically, emotionally, mentally and spiritual. These parts of us require daily exercise; some people try to live 'good' lives, afraid to express their anger and other strong emotions – this is (often) a tragic mistake. Strong emotions must be expressed, the challenge is to find appropriate ways to do that. When we turn 'off' our pain, we can also turn 'off' our love and happiness; they are on the same control knob. Life is not always a pleasant experience, and sometimes, it really hurts!

It's one of Bhudda's great teaching; to live one's life with the fullness of compassion (to fully experience one's feelings), yet simultaneously to have the insight (inner sight) of wisdom, knowing that all these events are just a part of the play of our life. One aims to be totally involved – but detached. Like so many of the Bhudda's teaching, this is a practice to be developed throughout the journey of our life. If we choose, the combined practices of wisdom and compassion allow us to find meaning within the apparent madness, and Reiki can give us the energy to continue to live through it.

The third picture shows Phyllis relaxing in Hawaii; after thirty years of constant travel, administering to the needs of practitioners all over the world, she has realised the need for her to (also) care for herself. She appears to have survived her encounter with breast cancer; I truly hope she can draw on her recent life-threatening experience, to re-shape her life, to strengthen the balance of wisdom and compassion – for herself.

And what of 2012? For me it marks 20 years of teaching, 22 years of marriage, 70 years of life; in so many ways I feel blessed. I intend to work hard and rest deeply. Time in the UK and the south of France in May should be a mixture of family and adventures. Are there to be dramatic changes, shifts in consciousness, a radical re-shaping of our world? I don't know, but I believe that by living fully one day at a time, we will be best prepared for whatever eventuates! I encourage you to live your life well; for your benefit and the benefit of all beings.

General News:

2011 was not only intense, it was also busy. A year full of classes, treatments, voluntary practice, the Shoalwater retreat, practitioner and teacher gatherings, and promoting Reiki through the endeavours of the Reiki Association (WA) and the Reiki Practitioners Council of WA. As standards of training are fundamental to the standard of practitioners, there are significant programs to improve the quality and consistency of training to be implemented in 2012. It was also an immensely rewarding year for voluntary practice; in one instance, 70 parents of children with disabilities were provided with treatments, an incredible – and much appreciated – effort. The final report of the Health Care Complaints Commission's review of the "Codes of Practice", has yet to be released, but when it does, it will affect all complementary health practitioners who work in public.



Dharma Giri, Vipassana centre, India



Annual Teachers' Gathering



Robbie's first Reiki class

These are some of the 2012 programs:

Classes: *Reiki 1* – Jan 21 & 22, Mar 3 & 4, Apr 14 & 15, Jun 9 & 10, Jul 14 & 15, Aug 25 & 26, Sept 29 & 30 and Nov 24 & 25
daily 9am to 4.30pm – class fee \$200*

Reiki 2 – Jan 28 & 29, Mar 24 & 25, Apr 28 & 29, Jun 16 & 17, Jul 28 & 29, Sept 22 & 23 and Nov 10 & 11
1pm to 4.30pm Sat & 9am to 4.30pm Sun – class fee \$250* (*concession for card holders)

Proposed Schedule - Please check for additional weekend, mid-week, evening, teen & country classes, as requested.

Repeating classes – Repeat any class for only \$25

Classes are also conducted at the 'Paramount College of Natural Medicine', usually in Aug and Dec.

Reviews – these provide the opportunity to come, ask questions, and to deepen your practice:

Reiki 1 – Mar 24 & Sept 22 – no cost.

Reiki 2 – Apr 28 & Nov 10 – no cost.

Reviews from 10am to 12.30pm. *Please pre-register.*

Accreditation Reviews– By attending any review or the first part of a R2 class (Accreditation c/t fee is \$25)

Residential Retreat – Mar 9, 10 & 11; beachside villas at Shoalwater, a whole weekend of Reiki treats and relaxation.

Cost \$95, limited places, pre-booking essential.

Please contact for registration form.

Reiki Day - The 18th Annual Reiki get-together; June 24th, Swanbourne.

Program & registrations available mid May. Cost \$50.

Teachers' Gathering – 6th Annual Teachers' Gathering – Jul 22nd. – Swanbourne.

Programs and registration forms available mid June.

Sharing Groups - There are a number of practitioners offering Reiki sharing nights; currently these include:

* Cottesloe – Roger - last Thurs @ 7pm – 9384 2344

* Merriwa – Zofia - first Mon @ 7pm – 9406 8994

Please contact host to advise that you are attending.

Reiki Crisis Line - This network of Reiki 2 practitioners sends Reiki to people in crisis. Please contact me for their assistance, or if you would like to participate by joining the line. This is a great Reiki service, I encourage Reiki 2's to join.

Treatments – One hour treatments provided on request, cost \$40.

Introductory Treatment Special – Give your friends a first experience of Reiki, 1 hour @ \$20.

Gift Vouchers – For classes or treatments available on request.

Voluntary Reiki – Practitioners will be invited to participate in a number of events throughout the year. This is a wonderful opportunity to contribute to a diverse range of people and organisations. Email updates will advise.

I've also included two of my brochures, and one from the Reiki Association (WA) Inc, please pass along to someone who may be interested in Reiki; multiple copies are freely available.

And thank you for your referrals, they support me in my practice and teaching.

Finally, should you require any assistance with your practice, please contact me.

With love and great respect,

Roger