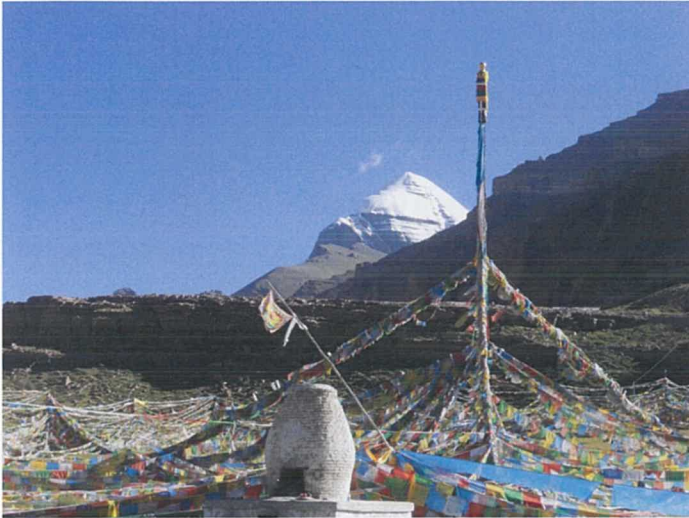


Good health comes from wholeness – physical, emotional, mental and spiritual

Perhaps it's possible to sit in some fast food joint, eating a double burger with fries, sipping an extra large soft drink contemplating the dessert menu and to be healthy and full of vital life force; *perhaps it's possible*, but I doubt it! After so many years of volunteering it's clear that many people only begin to pay attention to their life when they are about to lose it; tragically, people have all kinds of excuses to rationalise their past behaviour but ultimately their health or illness is (generally) the outcome of how they have been living. Time and energy invested in living a holistic life – physically, emotionally, mentally and spiritually - has many significant benefits, not just the absence of illness and disease but the possible experience of being a healthy and empowered human being, enjoying life; and if you could select that option, why wouldn't you?



Approach to the Kora of Mt Kailash

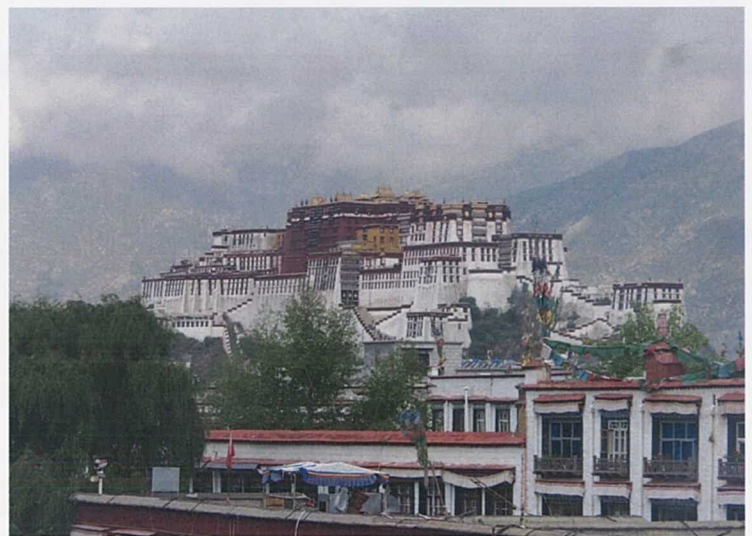


Crispin, Ton, Julia, Roger on the Dolma Pass – 5636 metres

For yet another year I trekked through mountains, this time I significantly increased that pleasure by going to Tibet with my daughter; it was an amazing experience both in itself and to have shared with my daughter. (Thank you Julia xxx).



Image of Medicine Buddha with Tibetan Mantra



View over Lhasa towards the Potala Palace

Often, while walking, I would quietly chant the Medicine Buddha mantra: 'Tyantha Om Bekanze, Bekanze Maha Bekanze, Randze Samu Gate Soha' - 'To eliminate not only pain of diseases but also to over-coming the major inner sickness of attachment, hatred, jealousy, desire, greed and ignorance'. (Be inspired: <https://www.youtube.com/watch?v=yUJucA-mrgE>).

Some people believe that to be a spiritually evolving person, strong emotions like anger, jealousy and rage have to be sublimated, this is a tragic mistake; while we don't want to unnecessarily stimulate these emotions, we do need safe and effective ways to release them if and when they arise in our life.

The daily practice of self treatments helps bring to our awareness those aspects of our life which are supporting good health, and perhaps even more importantly, those aspects which are dysfunctional. When we become aware of those beliefs and practices which do not serve us, we have the option to make changes. When we change our life, we change the outcomes of our life.

Other News.

As neither Phyllis Lei Furumoto nor Paul Mitchell intend to travel to Australia during 2017, if you would like the personal experience of being with them, you would need to attend one of their overseas programs; details are posted on: Office of the Grand Master - theogm2011@gmail.com. Alternatively, Phyllis has been conducting interesting and informative webinars; search Phyllis and Rachael - webinarinfo@webinarjam.net. (Register, then watch replay during Australian hours).

I'm advised that Marta Getty will be coming to Perth to run her 'Healing the Family Tree' workshop in the second half of 2017; if this appeals to you, please contact Christine Bone: boneca@westnet.com.au for details.

At present, I'm not aware of any National Reiki events, but will advise you if they are arranged. And, I would recommend that you join the 'Reiki Association (WA) to be kept informed and able to participate in local events.

Somewhat unexpectedly, I'm training a number of Master Candidates this year; I judge them to be really good practitioners and expect they will become excellent Reiki Masters, making a significant contribution to the future of Reiki in WA.

And I expect to be in Europe during Sept, a combination of visiting my son in the UK and trekking in the Spanish Pyrenees.

These are some of the programs scheduled for 2017:

Classes: Reiki 1 – Jan 14 & 15, Feb 18 & 19, Mar 11 & 12, Apr 15 & 16, May 13 & 14, June 10 & 11, July 8 & 9, Aug 5 & 6, Sept 2 & 3, Sept 30 & Oct 1, Nov 4 & 5 and Dec 16 & 17.
daily 9am to 4.30pm – class fee \$250*

Reiki 2 – Jan 7 & 8, Mar 4 & 5, Apr 22 & 23, Jun 17 & 18, Aug 12 & 13, Oct 7 & 8 and Dec 2 & 3.
1pm to 4.30pm Sat & 9am to 4.30pm Sun – class fee \$300*
(*\$25 discount for students & concession cardholders)

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

Repeating classes – Repeat any class for only \$25

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

Reiki 1 – Mar 4 and Aug 12 – no cost. Reiki 2 – Apr 22 and Oct 7 – no cost.

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

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

Residential Retreat – a whole weekend of Reiki treatments and relaxation, plus stimulating activities.

Apr 28, 29 & 30; beachside villas at Shoalwater.

Cost \$150, limited places, pre-booking essential.

Flyer & Program available March. please contact to register your interest.

Reiki Day - The 23rd Annual Reiki get-together, June 25th.

Program and registrations available late May. Cost \$50.

Teachers' Gathering – 10th Annual Masters' Gathering – July 30th. Venue and program to be determined.

Sharing Group - Solaris Cancer Care – Wanslea, Cottesloe - last Sat of each month: treatments from 12 noon, refreshments, then structured teaching session from 2.30 to 4pm. Come and go as you need.

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.

Treatments – 1 hour treatments provided on request, cost \$50. A/H and weekend times may also be arranged.

Introductory Treatment Special – Give your friends a first experience of Reiki, 1 hour @ \$30.

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 prospective events and opportunities.

And thank you for your referrals and postings on social media, this supports me in my practice and teaching.

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

With love and great respect,

Roger

..... *Good health comes from wholeness – physical, emotional, mental and spiritual!*