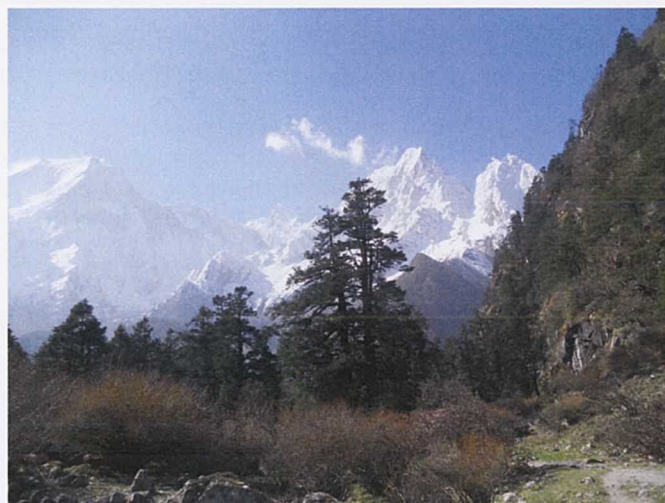


The Secret

I've read that the 'gods' hid the greatest secret in the very last place that people look, within. Mikao Usui - like so many other personal/spiritual seekers - spent much of his life searching for his essential spiritual self, but it was only when he went deep within himself on Mt Karama, that he found what he was seeking and was then able to apply it in his life. What a paradox! What we are looking for - *what we have always been looking for* - is within us.



Shoalwater Retreat



Trekking in Nepal - Manaslu Circuit/Tsum Valley

But it's not enough just to know this secret, you must live a life that cultivates and supports your intentions and aspirations. It's a recurrent theme of these newsletters - over many years - that good health and an empowered life comes from living a life in harmony - physically, emotionally, mentally and spiritually - firstly with yourself and then with your world. *This doesn't just happen*, we have to take responsibility for our life. Some people believe that the state of their current life is the result of their karma, the transit of planets in astrology, or their numerology, or for some, even how many 'likes' they have garnered from their most recent posting on social media! While it's clear that life has some mysterious elements, one apparent fundamental truth is - *what you do has consequences!*

So perhaps there are at least two great truths; it's an inner journey and it's your responsibility. As Reiki practitioners, that journey is both literally and metaphorically, in your hands!



On safari in Zimbabwe



Learning Japanese Reiki Techniques

2018 has been another great year for me, a mixture of private adventures and public endeavours. Reiki self practice, providing treatments to members of the public, volunteering and teaching classes, remain absolutely central to my life. In addition, I participated in a Japanese Reiki 1 class to learn some of the energy sensitivity exercises that were an essential part of Usui's treatment practices. After over 27 years of being a Reiki practitioner and teacher, it was very interesting to once again be (just) a student; I enjoyed the teaching and am committing more time to developing those sensitivity experiences for my treatments.

Travels; 10 days rest and relaxation in Bali, trekking through some of the more remote parts of the mountains of Nepal and getting immersed the wilds of Zimbabwe, provided the additional life stimulation I relish, and a counter-point to my very blessed daily life in Cottesloe, with my wife Toni and dog Robbie. Life is good!

And what of 2019?

In 2005, Keitha Bradley, Deon Way, Shirley Jukic and I founded the Reiki Association (WA) Inc., Sherryl McDonald became our first secretary and we set about establishing an organised group that supported WA Reiki practitioners, presented a professional structure to the public and other healthcare workers, and provided an avenue for active volunteer service within the WA community. This was an enormous endeavour, but one which has provided many great benefits. During this year, I will retire as chairman and take up a supporting role within the committee; it's time for the association to take a generational step into the future and I'm expecting that people like Amy Brandon and Joanna Arbel will be instrumental in that change.

I've prepared another full year of teaching and associated Reiki activities; this year's Annual Reiki Day – the 25th – marks a significant milestone in the WA Reiki community. I'm not aware of any other Reiki activity in Australia that has provided such a significant event, to so many practitioners, over such a long period of time. Plan to attend.

My current travel plans include trekking in Nepal in March, teaching classes at an Ayurvedic Resort in Sri Lanka in May and perhaps walking half of the GR11 in the Spanish Pyrenees in September. It feels like there are other trips as yet undefined.

It was a tradition in India, (perhaps a long, long time ago) that life was thought of as having 4 sections; the first 20 years – the student, the next 20 years – the family man, the next 20 years – establishing the business or financial affairs, and the last 20 years – time for spiritual practice. I intend to continue teaching for the rest of my life but it does feel like it's appropriate for me to devote more time and space to my spiritual practices.

These are some of the programs scheduled for 2019.

Classes: Reiki 1 – Jan 12 & 13, Feb 9 & 10, Apr 6 & 7, June 1 & 2, Jul 13 & 14, Aug 24 & 25, Oct 5 & 6,
Nov 2 & 3 and Dec 7 & 8. daily 9am to 4.30pm – class fee \$250*

Reiki 2 – Jan 19 & 20, Feb 16 & 17, Apr 20 & 21, Jun 8 & 9, Jul 27 & 28, Aug 31 & Sept1, Oct 19 & 20
and Nov 30 & Dec 1 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 – Feb 16 and Jul 27 – no cost. Reiki 2 – Apr 20 and Oct 19 – no cost.

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

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

Apr 12, 13 & 14; beachside villas at Shoalwater.

Cost \$180, limited places, pre-booking essential.

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

Reiki Day - The 25th Annual Reiki get-together, June 30th.

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

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.

Reiki Healing Line - This network of Reiki 2 practitioners sends Reiki to people in need. 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