



# Holistic Heart

Australian Holistic Healers & Counsellors Association  
August 2010

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## AHHA OFFICE BEARERS 2010

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## AHHCA OFFICE

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Office is attended on Thursday. Record messages rest of week



Hi All

Best wishes and many thanks to Marilyn who has been our administrator for many years and done a marvellous job has travelled interstate to be closer to family, she will become a state representative in WA.

Membership renewal has been smooth, as we have moved our dates to fit with the financial year and make book keeping easier. There are a few still few to renew their membership ...remember you need to be a member to maintain indemnity insurance.

Life member certificates have been presented to **Mark Brown and Cheryl Floyd**. These members have worked for fifteen years with the association both being foundation members from 1994 and having held office on the governing body. Many thanks to these members for their dedicated service.

Moving with the development of technology the association is looking for ways to reach more of our members and including you in the decision making of the organisation; we are trailing meetings by skype connection. When we are happy with the process all will be invited to attend. We are looking to expand and spread the duties of the organisation and so will be asking for assistance from you the members to step forward and offer your services if you can help.

Articles for the newsletter are always gratefully received.

Helen

## **Professional Development Day..... Free for members**

The Association offers this to enable members to accrue at least 6 hours towards professional development hours by attending this day. This is being held in Melbourne so maximum numbers can attend. Non -Members Welcome \$50-00 for all sessions

### **To be held**

Suite 3 6-8 Hamilton Place Mount Waverly on Sunday 29<sup>th</sup> August 2010

### **Program and workshops**

**9-30: Arrival**

**10-00: Workshop 1 Exploring Master Crystals - Eve Francis**

- Using the power of crystals for healings with vibrational energies.

**11-30 –12-30: Lunch. Bring your own or there are plenty of cafes around the area.**

**12-30: Conversations - Helen Bramley-Jackson**

- Using cards to facilitate themes and topics for self discovery and 'a-ha' moments

**2-30: Afternoon Break**

**2-30 – 4-00: Networking and business promotion...** Bring flyers cards to discuss and exchange. It is always great catching up on how other therapists work.

**5-00: Finish**

**Please RSVP promptly to confirm your attendance by August 19<sup>th</sup> to [ahha@bigpond.net.au](mailto:ahha@bigpond.net.au) I look forward to meeting you there.**



# Reiki International

Some news through Pamela Miles Reiki Master website regarding the promotion of Reiki

She has been working with Dr Mehmet Oz in presenting a program on how he has used reiki in his practice. Dr Oz is a renowned cardiac surgeon who supported the use of complementary therapies long before it was fashionable, He rose to fame when he became a regular guest on The Oprah Winfrey Show, and continues to encourage and empower viewers to take better care of themselves through his own show.

Dr Oz mentions that his wife is a Reiki master, how he and Pamela worked together in the O.R., and his vision of Reiki as the next frontier of medicine. Reiki--and the public-- couldn't have a more impressive, more sincere advocate.

There have been good developments about Reiki from the health care side as well. The current research initiative of National Centre for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health (NIH) is pain management. NCCAM is well aware of Reiki, having already funded five studies. A focus on pain is good for Reiki, because reduction in pain and anxiety are among the first benefits of Reiki treatment, and the most documented by research.

Pamela has had a three-year Reiki program at an off-site hospital affiliate cancer treatment centre with very positive evaluation for the management of pain and the anxiety that often accompanies it. 97% of the people who had pain and/or anxiety before their Reiki treatment reported improvement after their treatment.

Check out the segment on the following site [DoctorOz.com](http://DoctorOz.com)

## Reiki and Gratitude

by Colleen Benelli

“Just for today, be grateful,” is one of the five Reiki principles Dr. Usui asked us to practice each day. It is important for Reiki practitioners to notice and to spread thoughts of gratitude. Increasing the light of gratitude in the world is work we can do daily. When we practice and speak of gratitude, we also remind others to remember the blessings in their lives too. As each individual lives in his or her grateful heart, we become a powerful collective consciousness. We create a band of light that collects the gratitude we express, and then becomes a prevailing thought form of peace and thanksgiving encircling the Earth.

Gratitude is a vibration of divine light. Everything in the physical universe shares gratitude as a part of its life force. When we live in gratitude, we are in the flow of creation, and we increase the divine light within ourselves and in the world around us. I do not always know what to do about the darkness in the world, but I do know that the light always illuminates the dark, and that the greatest power I have personally to effect change in the world, is to add light to the light.



“Imagine all the people living life for peace. You may say that I am dreamer, but I am not the only one. I hope some day you will join us and the world will live as one.” John Lennon, *Imagine*.

Reiki is a source of divine light. When we activate Reiki, we become and create a portal for the divine light to enter into the density of this world. The Usui Master Symbol literally means, “Treasure house of the great beaming light,” and “Great being of the Universe, shine on me.” Reiki sends the vibration of divine light to the Earth through us, and the more we use it the more divine light there is on the planet.

However, being human and living life on Earth can be hard, and it is sometimes challenging to be in gratitude. Therefore, we need specific tools that help. Gratitude is a practice. The more attention and focus we give it, the easier it is to be grateful. It actually can be developed as a skill. Reiki offers many tools that can help us focus on our blessings each day. I asked my Reiki guides for ways to express gratitude, and they gave me the Reiki Gratitude Ceremony, and the Reiki Gratitude Treatment as two powerful Reiki tools.

A Reiki ceremony creates an entrance point for the presence of the divine light. People gather together to pray and claim their intentions. The power of the prayers and intentions is increased when a circle of Reiki light unites the people who are gathered. Reiki amplifies the light and invites the divine presence to join the circle. The Reiki Gratitude Ceremony focuses on blessings and allows us to express our deepest thanksgiving.

Reiki gratitude treatments can help us heal our negative mind and find our grateful heart even in the midst of turmoil. It can empower us and make it easier to perceive and choose gratitude, wisdom, and love each day. Reiki can heal the places where we are blocked and ungrateful.

### **Just for today, be grateful.**

Practice gratitude daily. Life feels great when we remember our blessings, and it feels so hard when we forget them. When we think about our gifts and blessings and say thank you, our hearts open and our minds are positive, inspired, and receptive. It is easier to have a creative mind, which makes it easier to manifest our goals and dreams.

When we think about all that is not good enough in our lives, we can spiral into negative circling thoughts. Mind chatter, negativity, blame, and criticism rob us of a full and happy life. “Mind garbage” distracts us, we cannot hear our inner guidance, and there is no room for inspired ideas. We can become depleted, stressed, and anxious, and feel as if we do not control our own lives.

Our negative minds can affect our relationships too. If we are in blame, criticism, judgment, or dislike of others, we are not in our true heart and we can lose the opportunity to love another person in the fullest way possible. We can miss the experience of ourselves as loving human beings. Decide to focus only on what you love about the people in your relationships.



Usually it is a matter of training our minds to think about our blessings, and we have to make a deliberate choice notice them. Managing our mind can be a full time job. Reiki and gratitude are powerful tools that can instantly change our thoughts the moment we focus on our blessings. A grateful heart is one of the quickest ways to heal mind chatter, negative thought, and unwanted perceptions.

“Be directive in what you create in your life. If you are directive, you are utilizing your gift of choice-your sacred free will-to choose the personal thought and beliefs that will manifest in your life. When you realize the power of your thoughts, and start to monitor them, you have taken the first step toward creating change for yourself.”

## **The Age Factor**

By Denise Coote MAHCA

Do you remember when you were a child you couldn't wait until your next birthday? You were so excited about turning a year older and months before the big day, you'd start to remind everybody of the approaching event.

Then you turned thirteen and no-one could hold you back. You jumped to the next number and the next, inflating the truth to a degree about your age. You were fifteen going on seventeen.

Finally you reach the grandest age of all. You turn eighteen and eagerly drive yourself to the pub for your first 'legal' initiation into the adult world.

The momentum gathers and before you know it, you turn 30. Whoa! What happened? People in their 30's seemed sooooo old when you were a kid. And it only feels like yesterday that you were happily celebrating your twenty-first!

You reach for the breaks, but hell you can't find them! At full speed you're 35 PUSHING 40. As in the past you start to bend the truth to a degree about your age.

Turning 50 and everyone wants to celebrate the big day with you. “Fifty?!” Surely you're not that old already. You've been telling whoppers about your age for so long now that you have to resort to the mental arithmetic to figure it out.

It's all down hill from here and everything starts to fall off, droop down and pack up. Ten years pass like two and before you know it you're 60. Whoa! What happened? When you were 30 people in their 60's seemed sooooo old!

70 and it becomes a day- by-day thing; you reach Friday. You are convinced you're going senile, because now you have to refer to your birth certificate for the year you born, to figure it out.

80 and you can't believe you're still here. Day-to-day life is a complete cycle. You reach lunchtime, push it to tea time and turn 'in' for snooze time - straight after.

Then something strange happens; you're 99 PUSHING 100. You're so excited about turning a year older and the prospect of receiving a letter from the queen, that months before the big day,



you start to remind everybody of the approaching event. Whoa! What happened? You never thought it was possible to be 100 and be just like a kid again.

May the cycle of life lead you back to your inner child.

## **A Brief History of Crystals**

The use of crystals for healing on many levels began long before what is called the New Age. When you hold a crystal or meditate with them, place them in special areas of your home, or wear crystal jewellery, you continue practices which are as old as humankind.

The history below is by no means complete; it is intended to suggest that the human connection to crystals is one which transcends time and cultures.

### **Prehistoric Use of Crystals**

Archaeologists have discovered in graves and barrows excavated in Europe, the Middle East, Russia, and Africa beads, carvings, and jewellery of amber, jet, turquoise, lapis, garnet, carnelian, quartz, and other stones. It is believed that the carvings were probably amulets and talismans, used for protection and as reminders of religious rites.

Some of the discovered stones were carved in the shape of various animals, and were probably symbols of particular totems. Others were necklaces and other items of adornment.

The value given to crystals in these various cultures is indicated by their presence in the graves; they were intended to go with the departed soul to help them in the next life.

A striking example of prehistoric reverence for crystals is the solar temple, Newgrange. This ancient passage grave in the Boyne Valley of Ireland, which is older than the pyramids, was built so that the sun would stream through the 70-foot-long entrance tunnel on the Winter Solstice. Its roof was originally covered with white quartz, to symbolize the White Goddess.

### **Crystal Skulls**

One of the most remarkable archaeological discoveries has been that of anatomically perfect crystal skulls. According to the many sources I've consulted on them they defy modern dating techniques; estimates are that they are at least 20,000 years old.

One of the best known of these is the Mitchell-Hedges skull. Its origins are disputed. Some believe that Anna Mitchell-Hedges, the daughter of archaeologist F.A. Mitchell-Hedges, in Guatemala, discovered it; others claim that the archaeologist bought it in London.

Although the specific purpose for the carving and use of the crystal is unknown, those who have spent time with it have reported a variety of mystical experiences.

I had the privilege of spending some time with this skull in 1988. Simply to view its perfection (it is so lovingly carved that its surface is perfectly smooth) and the rainbows which flash from its interiors would have been gift enough; being able to touch it was an experience so powerful that I am sorry to say I can't describe it, except to say that there is enormous spiritual energy in this skull.



## **Ancient Egypt**

Crystal was widely used in this civilization. A hieroglyphic papyrus from the year 2000 B.C. documents a medical cure using a crystal, and several from the year 1500 B.C. have additional prescriptions.

Lapis was considered to be a royal stone. It was often pulverized and made into a poultice to be rubbed into the crown of the head. It was believed that as it dried it drew out all spiritual impurities. The pharaohs often had their headdresses lined with malachite in the belief that it helped them to rule wisely. In powder form this stone was used for poor eyesight and inner vision.

Many other stones were found in the tombs, including carnelian, turquoise, and tiger's eye. These were often shaped into amulets, shields, and into the shapes of hearts, the Eye of Horus, and scarabs.

## **Native American**

The original settlers of North, Central, and South America used crystals widely for spiritual, ceremonial, and healing purposes, and served practical purposes, as well. The ancient Mexicans, for example, made mirrors out of pyrite.

Obsidian served both practical and ritual purposes. The Mayans used it for ceremonial knives, and other tribes believed that it served to sharpen both outer and inner vision.

Turquoise was believed to be a stone, which bridged heaven and earth (a belief also held in Tibet). In one legend it is stated that if one went to the end of the rainbow and dug in the earth he would find a turquoise.

Mayan Indians used quartz crystals for both the diagnosis and treatment of disease. Some Mexican Indian tribes believed that the souls of those who led good lives would go into crystals.

## **China and Japan**

Quartz was traditionally revered in the Far East, especially in carved form. Quartz crystal balls were considered to represent the heart or essence of the dragon. Dragons were thought to have great power, and a deeper meaning for "dragon" is that of a very wise and evolved individual.

The stone most associated with China is jade. It was termed the concentrated essence of love. Many kinds of amulets are carved from this stone, including those for friendship and for romantic love. A jade butterfly was a symbol of successful love.

## **India**

The culture of ancient India is a rich source of information about crystals. The system of chakras (energy centres), which helps us to place crystals on the body for healing and meditation originated there. Astrological documents written as early as 400 B.C. contain detailed observations about the power of various stones to counteract the negative effects of planetary positions.

Stones were regarded as having great spiritual and emotional powers. Moonstone, for instance, was a sacred stone, and believed to arouse love. Onyx, in contrast, was believed to help release the ties of old loves. The ruby was a highly valued gemstone, and was known as the "king of precious stones."

The connection between humans and crystals is especially vivid in the following verses from the Vedas (Hindu sacred texts):



There is an endless net of threads  
Throughout the universe.  
The horizontal threads are in space.  
The vertical threads are in time.  
At every crossing of the threads,  
There is an individual,  
And every individual  
Is a crystal bead.  
The great light of absolute being  
Illuminates and penetrates  
Every crystal bead, and also,  
Every crystal bead reflects  
Not only the light  
From every other crystal in the net,  
But also every reflection  
Of every reflection  
Throughout the universe.

## **Crystal meditation**

Helen Bramley- Jackson

This combines visualization with a meditation, select (or imagine) a fairly large quartz crystal and begin with it in front of you or in your hands. (or imagine a crystal before you) Breathe deeply.

Gaze into the crystal while breathing slowly and deeply

Imagine the crystal expanding and becoming larger imagine it growing to expand gently around you so that you are sitting within the safety of the crystal the light coming into the crystal illuminates your entire being and fills you with peace and love,

Stay within the crystal breathing in the light for as long as you wish then allow the crystal to move away from you and return to its natural size.

