IN THIS ISSUE

In This Issue .......................................................................................................................... 2
CRA Info ................................................................................................................................... 3
Message From The President / AGM News ........................................................................ 4
Benefits of Membership with the CRA ............................................................................. 5
AGM ......................................................................................................................................... 7
Garry Diggins .......................................................................................................................... 8
The New Face of the CRA ........................................................................................................ 9
Member in Focus ..................................................................................................................... 11
Important information ........................................................................................................... 14
Enriching Me and My Reiki Community Conference .................................................... 16
The 8th Annual Zoomer Health Show ................................................................................ 17
Shamanism in our New AGE .............................................................................................. 19
Virgil, the Miniature Mule, and Animal Reiki .................................................................... 21

Canadian Reiki Association Mission Statement
The Canadian Reiki Association is an autonomous and private body and will not involve itself with the workings of other agencies within Canada. The Corporation reserves the right to investigate, at its discretion, other similar bodies and/or agencies and apprise members on such issues if such studies may contain relevant information. The Corporation may employ outside resources such as legal counsel for definition and clarification as required.

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We welcome your comments and feedbacks.
The Editors reserve the right to select and edit submissions suitable for the newsletter.
THE CRA ONLINE COMMUNITY

REIKI EXCHANGES AND SHARE LISTINGS:
The ongoing shares and exchanges are posted and updated regularly on our website www.reiki.ca

If you wish to know of an upcoming event near you and you do not have access to the internet you may call our toll free number and we will provide you with the information: 1-800--835-7525

FOLLOW THE CRA UPDATES AND NEWS

CRA Website:
www.reiki.ca

ADVERTISING INFORMATION
Advertising your business, sell merchandise or place job ads in the newsletter. On review of the content, non-members can also advertise in our newsletter.
Contact: Bonnie craboard@reiki.ca

NEWSLETTER DEADLINES
We are always looking for fresh articles that would be of interest to our members. If you wish to publish your article or advertise in our newsletter, below are the deadlines for each issue.

<table>
<thead>
<tr>
<th>Ad Size</th>
<th>Members</th>
<th>Non Member</th>
<th>ISSUE</th>
<th>Date of Issue</th>
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<td>Winter</td>
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<td>November 1</td>
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Message From The President

With the cold dreary days of winter are now behind us, I look forward to the warmth and the sunnier days of the seasons ahead. Living within blocks of Lake Ontario provides a great escape from the office duties. Lake Ontario is the deepest of all the great lakes, and carries with it a strong energy that I find very peaceful and calming.

The Canadian Reiki Association will be celebrating our 20th anniversary this year!! We are pleased to invite all our members to the Annual General Meeting on May 27th. This year the meeting will be held in Oakville, ON. The Board of Directors looks forward every year to this special meeting and we hope you will be able to attend. Further information on the AGM is posted in this spring issue.

Once again, we will be holding our mini market in the Majestic Ballroom. If you have a special product or service and would like to be a vendor, please contact me at craboard@reiki.ca.

We have some exciting news to share with you. Make sure you read “The New Face to the CRA” in this newsletter to hear all the exciting changes that are taking place!

We hope you enjoy the new website and the convenience and added benefits it will provide to our members.

Reiki Blessings
Bonnie Smith
President
Benefits of Membership with the CRA

Our Mission Statement and Commitment

The CRA, a federally chartered and governed non-profit association. It was founded in 1997 to register and represent all professional Canadian practitioners and or teachers of all styles of Reiki. We aim to ensure all registered members work within the Reiki Scope of Practice and perform to the highest standards of professionalism for clients and the public and to disseminate relevant information to all its Members in Good Standing.

- The CRA provides a common voice where practitioners may be heard when appropriate. We publish quarterly newsletters on interesting topics and other issues in various areas of the country.

- Our Registered Teachers follow a common base line of teaching students. There are varying styles of Reiki, but the same content from the Criteria/Educational guideline is taught, allowing for an easy transition from teacher to teacher across Canada.

- As an Association we provide and include a membership card, a certificate of registration and a designation of CRA-RP, CRA-RT, or CRA-SM. We now include Animal Reiki Practitioners in the Association and their designation is CRA-RP/RAP or CRA-RT/RAP. The letters CRA after your name establishes your reputation in the community as a highly qualified and competent Reiki practitioner. All classifications have a registration number which our Registered Teachers use on the student’s certificates.

- Our websites are in both English and French. We provide all the documentation required for new applicants and renewals. On the websites we post the newsletters, events, reiki shares, Members listing of practitioners and teachers with a link to their own websites if desired, plus potential student and clients are directed to both sites.
We offer low cost professional liability insurance for our practitioners and teachers in good standing. Reiki practitioners who are registered with other modalities have found it to be beneficial to become CRA members to obtain low cost group insurance for their practice.

There are municipalities across Canada that require Reiki Practitioners to be a member in good standing with the Canadian Reiki Association before they will be granted a business license to practice Reiki.

We offer our members access to social media with Facebook and our quarterly newsletters. Members have special rates for advertising in the newsletter.

Our web store offers CRA brochures, membership bio page, lapel pins, pendants, class certificates. Beanstream is offered to pay for all products and merchandise. We also accept E-transfers.

Directly and indirectly the C.R.A. members give back to the Community by bringing awareness of Reiki into the Community. Members have attended Wellness Fairs, Trade Shows, Hospitals, Universities, Rec Centres, Woman shelters, Animal Shelters

Reiki and the M.S. Pilot Project was successfully performed in Vancouver with members giving under 400 sessions focusing on the patient’s general wellbeing, pain, energy and stress.

C.R.A. Registered Teachers are eligible to participate in the Federal, Provincial and Territory program for the “Targeted Initiative for Older Workers” Program (T.I.O.W.) The Government will pay for classes on behalf of eligible student applicants.
We, the Officers and the Board of Directors of the Canadian Reiki Association invite you to join us for the 20th Annual General Meeting of the Canadian Reiki Association. Our AGM takes place on May 27th, 2017 at the Holiday Inn in Oakville, Ontario.

I am looking forward to meeting our Reiki family who have attended the AGM’s in the past and helped make this day a great event. As we continue to support our efforts to broaden the exposure and growth of the Association, we ask our Practitioners and Teachers to bring friend or student who may be considering joining the CRA themselves.

We will have a continental breakfast waiting you when you arrive and when we have completed the business meeting a wonderful buffet luncheon will follow. As usual we will have our door prize draws during the luncheon and members are encouraged to continue shopping at the mini market.

The mini market has been a success in the past and it is the place to buy that unique gift for yourself or someone special. If you would like to be a vendor you can reserve your table right now. Please contact Bonnie at craboard@reiki.ca for detailed information. Seating is limited so please plan ahead and visit the web store to reserve your seats.

We are pleased to announce our afternoon presentation will be brought to us by the multi-talented recording artist Gary Diggins. Gary has performed for the members in the past and we are pleased to have him perform at our 20th Annual General Meeting. We look forward to seeing you in the spring.

Love & Light
Bonnie Smith
President
Gary Diggins

Gary Diggins began his musical career in the Detroit area, fronting a nine-piece band that shared the stage with acts ranging from Alice Cooper to Sly and the Family Stone. Gary’s interest in world music and the psychology of sound eventually led him to shift away from the performing arts and into the healing arts.

After years of studying the medicinal gifts of sound, Gary returned to the music field as a performer, teacher, and therapist. As a multi-instrumentalist, Gary uses sound as an impressionistic language. Whether in the studio, on the stage, or working with corporate clients, Gary’s sounds reach the soul of listeners.

Gary has produced five recordings of original music, authored a book on Deep Listening, travels frequently to Europe as a presenter and maintains a private practice using music as a therapeutic tool. He performs regularly in the Toronto area in a variety of improvisational-based groups.

For further information:
www.garydiggins.com
The New Face of the CRA

After months of discussion, planning and hard work, we are pleased to finally announce the launch of the new and improved CRA website! As you will see, the website was redesigned to give it a more modern and fresh appearance while making it easier for people to navigate.

While all of the information that was available on the old site will still be available, our primary focus for this new web site was to make it easier for new members to join and to make it easier for people to find Practitioners and Teachers in their area. Connecting our members with potential new clients is after all one of the benefits of being a member; a benefit that we take seriously!

In addition to better web site navigation, the CRA has also partnered with Membee, a web based member management system that allows members to update their own information and profiles. Membee will completely change the way memberships are processed, making it much more convenient, accurate and it will speed the process up considerably. By allowing members to keep their own information up to date, we will save a considerable amount of time and frustration and avoid any unnecessary miscommunication.

One of the biggest problems with the way renewals were processed in the past stemmed from members not providing information, making a wrong payment or giving us the renewal form but not making a payment. A considerable amount of time and energy was spent chasing people down to request the necessary forms/information/payment. This problem should be considerably reduced with this new system. Members are now responsible for ensuring that their information on file is up-to-date.
It also means that members will be in charge of their own web listings and reiki shares and that any changes will be made on the website in real time; no more waiting for someone else to upload the information!

Our new system also means that people will be able to create their own user name and password on the Members Only part of our web site making the Members Only section more secure. When a new membership year begins, your access to the Members Only site will be suspended until your renewal payment is received, but your user name and password will remain the same unless you change it.

The other change that we have made is E-Billing and the ability to pay directly by credit card. This means you no longer have to try and figure out how much tax you need to pay and payments will be easier. We hope that you are as excited by this new website as we are! If you have any questions or need some assistance, please don’t hesitate to ask! Please contact Jodie your administrative assistant at: reiki@reiki.ca
Member in Focus from Kamloops, BC
Ann Vandrick

We’ve all heard the old saying about “when the student is ready, the teacher will appear.” Apparently, I was ready in December, 2010 because Reiki “found” me through a chance encounter at a friend’s place out in Langley, BC. While out riding her horse, she ‘saw some guys out in a field writing in the air’ and rode over to investigate. They told her they were energy healers practicing Reiki. She promptly invited them to her farm to do some work on a friend’s horse. She then phoned me to come over and watch “something right up my alley.”

Watching Reiki Masters Mark and Dustin effect a visible change in a very anxious Icelandic mare tied to a trailer some 40’ away certainly got my attention! Feeling their quiet and powerful focus, and watching them scribe symbols in the air had me transfixed. After the session ended, Mark came to sit beside me and quietly said that he had felt my heart chakra energy from 20’ away and did I know what Reiki was. Nope, I never heard of it. He politely (but firmly!) suggested that I look into it as I would most likely resonate with the work and find it very satisfying and rewarding as a perfect channel for the energy he had felt.

In January 2011, through another series of serendipitous events, I found the perfect Reiki Master Teacher in Glenna Quinn. By the end of the month had completed my Level I training and attunement. I loved the 21 day integration process and could feel the new energy informing my daily life. Drawn to working with animals, particularly horses, my whole life, I offered Reiki to anyone, both 2 and 4 legged, who would stand still long enough to receive it. I loved it! Wanting to fully integrate, experience, and explore all Level I had to offer, I deferred my Level II training with Glenna until June 2012. During the ensuing years, our Reiki shares at Glenna’s home always felt more like celebrations than practice. They were enveloped in love and gratitude, and connected me with a network of wise and caring healers.
Most of my Reiki work during the past 5 years has been with horses and I was most blessed to find Kathleen Prasad, a superb Animal Reiki Practitioner in California, to study more specialized training. Her course quite literally transformed my animal Reiki practice. The enhanced results were so rewarding that when the CRA introduced the RAP (Registered Animal Practitioner) status in 2015, I jumped on it and was overjoyed when I earned my CRA RAP certificate.

In our goal-oriented society, there can be a real temptation to rush thru the levels for our certificates. For me, it was about exploring and enjoying the God-given energy of Reiki and being in, and of, service. Only when I found myself feeling around for more healing ‘arrows in my quiver’ did I think of pursuing the next level and as of this writing, am sensing my readiness to study the Reiki Master level. Sadly, my beloved Reiki Master Teacher, Glenna, took her leave of this earthly plane in the fall of 2015. Her departure has left a huge void in my life. I miss her terribly and have to trust that I will be gently guided to my next Teacher.

My calling to work with animals started when I was very young and it was no surprise to those around me when I enrolled in the pre-vet programme at the University of Guelph (a very long time ago). I’m a self-confessed learnaholic and over the years have enjoyed numerous courses – equine first aid, equine massage therapy, reflexology, essential oils training, animal communication courses, barefoot farriery, equine nutrition, equine lameness, Reiki, and many more. And the books! Oh, how I love books! As a lifelong bibliophile, I extend heartfelt gratitude to the many, many authors who have shared their knowledge and emotions with me. From Ralph Waldo Emerson to Deepak Chopra and all the remarkable Nature Journalists – I give thanks. Their works and wisdom always fell into my hands precisely when I needed them. One of my latest finds was a treasure called “Quiet”, The Power of Introverts in a World That Can’t Stop Talking by Susan Cain.’ It’s eye-opening for both introverts and extroverts alike and highly recommended.

And all that learning was undertaken during a wonderful 40+ year career in a completely unrelated field (and I do mean completely!).
Since welcoming Reiki into my life, the biggest challenge had been balancing my inner calling to further my Reiki work with the demands of that busy and much-loved career. Having just retired from that a year and a half ago, I’m enjoying the delicious journey of uncovering what’s next and how that will look. I have been called upon to do a fair bit of distance Reiki with both people and horses over the last 2 years and am finding that some of my best ‘work’ is done thusly. That works synergistically and harmoniously with my living in the mountains outside of Kamloops, BC. Having said that, the magic and efficacy of in-person sessions continues to be profound. My two most remarkable sessions both taught me powerful reminders about Reiki.

Trust in the process (Reiki always goes to where it’s needed) and listen to your inner guidance.

Firstly, Nick had cold-cocked himself in the forehead with the back of an axe. He had an ENORMOUS goose egg and concussion but I got a valuable reminder about remaining neutral during sessions and trusting Reiki to go where it needs to. When the session ended, Nick opened his eyes and I could see he was doing a 'physical inventory' check of his body. To my everlasting surprise, he was suddenly and inexplicably beside himself with joy and began leaping about! Turns out, an injured left hip had been plaguing him intensely for 8 long years (debilitating pain and limited range of motion) and he said it had 'miraculously' healed during the session. He was thrilled; and so was I!

Secondly, it was a privileged opportunity to offer Reiki to preemie baby, Declan, in the neonatal unit at Royal Columbian Hospital. Declan weighed just 590 grams when he was born on April 19 and was 870 grams when I saw him on May 7th. Remarkable progress! I looked at that precious little boy inside the incubator hooked up to tubes and monitors, and wondered how on EARTH I was going to handle this! I grounded myself and specifically asked that I be a clear channel for Reiki life-force energy in the amount and intensity appropriate for this little being. I asked for guidance and assistance, and it came through loud and clear.

I suddenly “knew” that offering Reiki through his mom, Melissa, would provide the appropriate filter for Reiki energy to Declan. With Melissa’s hands inside the incubator, one cradling his head and the other on his sacrum, I stood behind my friend and put my hands on her back in her heart chakra area.
I appreciate that the CRA continues to add new designations to the fold. As our membership continues to grow, we may see more members attending the AGMs and the event could become a venue for enhanced learning and sharing. I loved the Gong Bath Meditation that Bonnie arranged for the Vancouver AGM last year and would love to suggest another sound healing practitioner for the next one. Self-care for healers is important!! Perhaps we could have a seminar or two on relevant topics…but the attendance needs to justify the expense.

The upcoming 20th Anniversary of the CRA is cause for celebration. Wherever you are in Canada, this would be the AGM to attend as a show of support and appreciation for our wonderful organization, and to acknowledge the tireless efforts of Bonnie Smith, the Board, and Jodie Whitley!

Ann Vandrick  CRA-RP

Periodically we email our members with important information about the Canadian Reiki Association using the MailChimp program. I have reports indicating some members have “unsubscribed” from receiving notices sent to you by this email service. By doing so, we are not able to keep you up to date with the latest information we feel you need to know as a member.

We kindly request that you remain “subscribed” so that you can stay in touch with the CRA!
KOMYO REIKIDO
with
HYAKUTEN INAMOTO SENSEI

Edmonton welcomes Hyakuten Inamoto Sensei, an independent Buddhist monk from Japan, whose Reiki master was Chiyoko Yamaguchi, student of Chujuro Hayashi. This branch of the Usui lineage is entirely Japanese.

Hyakuten Inamoto Sensei is the founder of Komyo ReikiDo (former Komyo Reiki Kai), a spiritual training or practice of Reiki Ryoho. The teachings have always been on Reiki practice as a gateway to spiritual awakening leading to Satori (enlightenment).

Komyo ReikiDo is more than a hand-on healing art. It is a practice meant first and foremost to be a spiritual way or path for personal enrichment and enlightenment, with the enhanced hand-on healing ability as an outgrowth of that inner working.

**JUNE 8/9/10/11/12/2017**

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<tr>
<td>June 08, Thursday</td>
<td>7:00PM — 8:30PM (Public lecture about Reiki: free admission)</td>
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**For advanced Reiki Students only:**

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**LOCATION:** Hampton Inn Hotel, 950 Emerald Dr., Sherwood Park, AB. T8H 0X6, 780-449-1609
We have a special room rate for students from out of town reserved at this hotel too.

**REGISTRATION**, contact Marianne Goetsch at m.goetsch70@gmail.com or 780-400-7604

**WORKSHOP FEE:**
Payment of $ 100 US or CAD with registration please.
BALANCE has to be paid by April 30. 2017
REPEATING STUDENTS Level I & II or Level III & IV $ 220.00 (US FUNDS) or CAD $ 300
No electronic payments please, but you can pay with PayPal or Credit Card on my website at www.wholistichealth.ca, or US $ cash.

US Money Order/Bank Draft etc. payable to Marianne Goetsch and mailed to 2313, 4 Augustine Crescent, Sherwood Park, AB. T8H 0X8, Canada.

**REGISTER EARLY, AS HE ONLY TAKES A SET NUMBER OF STUDENTS.**

**YOU WILL FIND HIS TEACHING UNLIKE ANY YOU HAVE EXPERIENCED BEFORE.**
**THE WORKSHOP WILL BE AN UNFORGETTABLE EXPERIENCE.**
Enriching Me and My Reiki Community Conference

We’re Back and so full of Gratitude!

Take a deep breath and think about these few words.

**Learning-nurturing-inspiring-networking**

Don’t all those words make you feel good? The Enriching Me and My Reiki Community conference embraces those key words. Get ready for an AMAZING day on Sunday April 30, 2017. Planning this year’s conference has been such a joy! When the planning begins we ask ourselves how we can support our community to continue to grow and expand their skills and knowledge to bring more health and wellness to ourselves and our planet. We see progress year after year. Progress in the number of people attending the conference. Progress in the openness of the attendees to expand and enrich themselves. We are still talking about the wonderful speakers and the lasting learning and enrichment we received on that day. Here we grow again in year 3.

Reiki training is not necessary for you to experience and benefit from this full day of discovery and exploration.

**So just how do you Enrich Me and My Reiki Community?**

Bring together a remarkable speaker lineup. The conference brings specialists in Transformative Energy Work, Relational Clearing, Integrated Energy Therapy, Healing Touch, Galactic Shamanism, Crystal Therapy, Certified Soul Coaching, Yoga and Spiritual Teaching of the Algonquin Medicine Man. Now, add a wonderful group of people that are curious about and honor energy. Next, invite participants to a relaxing venue located on the beautiful Rideau River. We share some relaxing meditations, tempt you with delicious chef inspired food and enlist the help of enlightened and enlightening people to help expand our horizons.

Mark your calendars…..Please join us at the third annual Reiki Conference – Enriching Me and My Reiki Community on April 30, 2017.

We return to the Long Island Conference Center, in Manotick. (just 10 minutes south of the Ottawa Airport). This welcoming facility is located on a peaceful section of the Rideau River. Our incredible caterer from last year is returning to bring us a delicious lunch and snacks.

Save 15% off our regular price of $200 by registering early through Snapuptickets.com. Use the code “Early Bird” until March 31st. For complete details, view the agenda, speaker profiles and vendors visit [www.reikiassociates.com](http://www.reikiassociates.com) or on Facebook

*It is go be an AMAZING DAY!*
The 8th Annual Zoomer Health Show

The Zoomer show was held on the week-end of October 29th, 2016 at the Enecare Center in Toronto, Ontario. This was the third year Gabriela Zgirta asked me to volunteer and help organize this fantastic show. Over the course of the week-end, our volunteer booth consisted of over thirty-six practitioners comprising of Reiki Practitioners, Reflexologists, Therapeutic Touch™ Practitioners, as well a Kinesiologist.

This show has always been well attended, and the 2016 Zoomer Health Show was no different. We were located in the Wellness Zone and I personally had the opportunity to explain, introduce and demonstrate Reiki to more than forty interested people during the course of the two day event. My “elevator speech”, perfected from previous years, made it possible for me to talk with the public so they could easily understand what Reiki was all about. My intention was not to resolve health or stress issues, but rather to advocate Reiki as an alternative energy medicine and I was prepared to answer all their questions.

Visitors to our booth had the choice to not only to experience Reiki, but sample some of the other modalities in the Wellness Zone. This opportunity allowed people to feel and compare the energies of the all the other modalities available in the Wellness Zone.

Our Practitioners gave ten to fifteen minute mini sessions, and it was long enough for the visitors to relax and experience some pain reduction at the same time. One person even commented that she felt “rejuvenated“ after her experience! With the numerous practitioners giving mini sessions, the interest was so big we had to turn visitors away at times.

I am looking forward to overseeing the 2017 Wellness Zone at the Zoomer Show.
I would like to personally thank the Canadian Reiki Association for spreading the word about this wonderful event and all the Reiki Volunteers for coming out and making the 2016 Zoomer Heath Show another huge success!

Submitted by:
Marlene George CRA-RT
mgeorge@marlenegeorge.com
www.marlenegeorge.com
Upcoming Events:
www.marlenegeorge.com/00Schedule.html

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Shamanism in our New AGE

Shamanism originated out of Siberia and is an intrinsic way to heal sickness, illness and disease. It is also a way of journeying to altered states of consciousness. The Merriam Webster dictionary states shamanism as a religious practice performed by the indigenous peoples of Europe and Siberia. In today’s time, practitioners learn to move into altered states of reality in order to know and interact with the spirit world.

What I know in my journey of 15 years with Shamanism is that it has not only assisted me on my healing journey of evolution, but it has healed me in ways I can only begin to understand now and that has helped me to weave this knowledge to assist mankind. I have witnessed powerful healings and that with their desire to heal; a client can heal and carry on with a wonderful, happy life.

Shamanism is a true deep connection to nature that in itself provides a place of healing. I follow the healing path of a linage that is ancient and through this; we walk a path of self responsibility for our walk in life and our spiritual path. This was dreamed by the Rainbow Bridge Ceremonial Society and within that container; we stand for the 10,000 behind us which is a circle of law. It is an honor to be of service in this way.

Our commitment in our Shamanic community is to be of service to others and to assist people to heal whatever that may look like. Our healing team, consists of Shamanic coaches and practitioners, work together to provide an opportunity to heal a disease or sickness for a client so that they can stay here in this reality or to get ready to cross over through death.

There are also rites of passage for different times in our lives that help us move on to the next stage in life for example, a Mother Blessing Ceremony or a Grandmother Honouring Ceremony. Our community comes together at these times to support each other as we move in and out of these life transformational times. Another way we can engage in community is with a drumming circle. It is one of the most profound ways we connect, as it represents the heart beat of Grandmother Earth.
In Shamanism ceremonies and healing, we use a protocol of alchemy that is all in relationship to nature and the particular lineage we follow from some of the old teachings. Quite simply, it may be a personal ceremony as well using a medicine wheel or embarking on a drum journey. We work with our animal totems and our power animal. If you love being in nature and enjoy engaging with the elements such as wind, earth, sun, water, there is much there for you to learn from and also to heal. And to add to that list, the plant and animal worlds have much to give us in their ways of wisdom.

One of the skills learned by someone who is practicing shamanism is the ability to perform spirit vision and to connect with and understand the information that is being relayed from spirit whether it is for them or for another. When we engage in the healing process, it is called energy medicine. Methods used included smudging, drums and/or crystals just to name a few.

The Shamanic way of healing has taught me much about myself and about the concept of community. I am grateful for all the ways spirit has shown me how I can heal and how I can continually heal. The journey isn’t about a destination; it is about the journey itself. I invite you to explore and feel the beat of the drum or just to be with the sun, water, earth and air to really understand its power and what it is has for you to heal and to grow. This spring find a power spot near a big old tree and see if you can hear its message. You may be surprised.

Namaste
Carell Mehl CRA-RT
www.kilifestyle.ca
Virgil, the Miniature Mule, and Animal Reiki

Virgil is a miniature mule who has been a resident at PrimRose Donkey sanctuary for ten years. He had been rescued from an auction where he was being mistreated. I first met and began offering Reiki to him when I started volunteering at PrimRose in 2009. Originally named TJ, he was renamed by a Primrose volunteer soon after he arrived at the sanctuary. When Laurel started to call him Virgil, the look on his face said “YES! That’s the name I want to be called!”

Virgil has made tremendous improvements in his time at the sanctuary, both physically and emotionally. He is more confident and will now come close enough to enjoy being patted while receiving Reiki. He’s even been known to sneak up close to me to enjoy the Reiki energy when I am offering it to other animals.

Virgil’s a clever fellow, and knows how to get what he wants and how to make other animals move out of his way. But he is also a compassionate soul. He has received the Reiki animal attunement, and I have witnessed him using calming signals to help another animal named Stuart.

Stuart was showing signs of being upset and distressed during the time that a horse he had become attached to was being adopted and leaving the sanctuary.

While I was offering Animal Reiki to Stuart, Virgil stayed just a short distance away from us and was using his own signals, yawning, slowly closing his eyes, stretching and looking very relaxed, to help Stuart feel better, to settle down and become less stressed. Fortunately Stuart eventually found a new buddy in Jesse, a very large mule, and they have formed their own special bonds.
Another animal who has been helped by receiving Reiki from me and additional help from Virgil is Timothy. Before coming to PrimRose Donkey Sanctuary Timothy and 3 others were left to fend for themselves. Timothy arrived in very poor shape, with a severe limp, but has improved greatly with the help of Reiki (both from me and from Virgil), massage and chiropractic treatments. And with Virgil’s help Timothy has become much more at ease with the other animals at the sanctuary. As seen in the picture below, these two lovely boys are carrying out a bonding activity by grooming one another. On-going Reiki treatments are a valuable element of their care, and of course, both Virgil and Timothy receive Reiki on a regular basis.

It is truly amazing the caring interactions that go on between animals at PrimRose Donkey Sanctuary. You can see in the photo of Virgil, he has an orb over his heart chakra area, this tells you how extra special this boy is.
PrimRose Donkey Sanctuary is located in the Roseneath Ontario area, a short drive from Cobourg and is home to 43 donkeys, 6 mules, 3 goats, 1 sheep, an assortment of cats, and Ruby, Charlotte and Dave pot-bellied pigs. I love volunteering offering Animal Reiki at PrimRose Donkey Sanctuary. The animals have taught me so much.

Susan Rouse, is a Reiki Master Teacher, and Animal Reiki Teacher. Susan started her journey in energy healing to help her dog Cleo. She loves teaching Reiki to others, showing them how easy it is to use Reiki on themselves, other people and pets.

Susan Rouse CRA-RT/RAP
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