



UK REIKI FEDERATION

The Umbrella Body for the Development of National Occupational Standards & Best Professional Practice of Reiki

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SPECIAL BULLETIN-May 2002

“Creating The Best”

SETTING THE TONE:

At this year's annual festival we looked at the main achievements during the year:

- we commenced the voluntary self regulation process and are recognised as the professional body;
- we started important PR and Editorial Teams. Their roles are developing and changing rapidly, so are Events, Archives, Pioneers and Research Groups. We are about to start Regional Groups, and much more;
- we are part of the Healthwork UK (NTO) Working Group in developing the National Occupational Standards (NOS) template, also we are working more directly with the Foundation for Integrated Medicine (FIM) in creating our standards for practitioners to work in professional healthcare settings in an integrated way;
- we now have new admin in place which aims to revolutionize our internal processes and procedures.

In the last few months there have been a lot of challenging situations to work through. One has been our ability to respond effectively and consistently to member issues and enquiries. Another has been the recent publication of the Directory which we will very shortly republish as “The UK Reiki Federation Network”. More of that later. We face more exciting challenges

But, UKRF is a very young organisation and is run by and wholly owned by its members. It needs more active involvement in order to grow and mature. It means taking full responsibility and accountability for the professional practice of Reiki, with all its implications and consequences within these countries we call the United Kingdom.

However, now is the time at this our annual review to **celebrate our energies** and we've themed this year “Creating The Best”. We've adopted a symbol of metamorphosis to mark just where we are in the scheme of things. UKRF is still very dependent on the energies of a few key individual personalities for its survival and its life-purpose. In my opinion, **the group energy itself**, the collective resonance needs to be given more life to thrive, to be stimulated into becoming more fully born.

It seems to me – there are probably three very distinct phases to UKRF reaching its fruition, its maturity as an ‘organic’ organisation. (If in our common vocabulary we talk of harmonising and balancing when we do our work, perhaps it's more appropriate to refer to “waves” rather than phases.):

WAVE ONE – To Initiate, to sow the seeds.

The new organisation, dependent on a few people who developed the vision and held it dear and an important part of that vision has been to aim to embrace all styles of Reiki. These people have had special gifts and personal qualities to focus down to the pioneering work of setting the framework, on a number of levels. They have been soul personality-types which one could call the spiritual warriors.

WAVE TWO – Growth, to feed and nurture.

The organisation becomes less dependent on key personalities as more people become actively involved. The group energy shifts as it resonates more. As the nature and quality becomes more manifest, the gifts are shared and actualisation takes place. The working reality of ‘embracing all styles’ is apparent as diversity is worked ‘with’ (rather than against), and multiplicity (in all its complexity) becomes ‘the whole.’ The criteria of being the ‘lead body’ (more accurately the ‘professional body’) emerges and takes form.

WAVE THREE – Integration, to blossom and ripen.

The healthy organisation, balanced and harmonious is no longer dependent on any personality and there is no need for the ‘attachment’ of any one person, or office building, or management structure (in the conventional sense). The organisation is self-administering. The group energies resonating fully on all levels, the group aura is complete. The vision is reaching fruition.

I believe UKRF is entering its second wave, right now. We have started and we are part way into becoming and manifesting what we dreamed and visioned. With this in mind and also in our hearts, UKRF now needs **URGENTLY, feeding and nurturing.**

A significant part of this process is -

- a) developing our working groups more;
- b) becoming more democratic (in terms of meeting the criteria for self regulation);
- c) fulfilling other requirements for Voluntary Self Regulation (VSR)

Our current level of growth and change is not sustainable without more people being actively involved in creating this national organisation. During the past 12 months we’ve had a very few people who have been struggling just to maintain the status quo, let alone realise the potential of the initiatives already started and also to bring to fruition the agreed aims and objectives of the UKRF.

We need to co-opt members into all our Working Groups and extend the greater working knowledge. By next year at the AGM, as part of our Annual Review, we will be able to go through a democratic election process. For those who offer their services this year, it may be useful to regard it as an apprenticeship. Where better to service such an apprenticeship and what better opportunity to gain such unique understanding and learning of our wonderful organisation! Also to sense and experience the emerging group resonance!!

In truth I hope you celebrated this weekend and Reiki Awareness Week. Do participate in the sharing of energies, relish and revel in the achievements so far. I also hope you actively tune-in to and participate in **creating the best throughout this coming year.** Enjoy!

Neil Anthony
on behalf of the Core Team

METAMORPHOSIS OF UKRF – THE SECOND WAVE:

From all the valuable input of members particularly over the weekend and with the considered views of people in our discussion forums and workshops, the product is summarised here. It is distilled into the Working Group headings. I’d like to offer some key guideline points which I hope are useful:

* Our Working Groups seem to be more consistently effective when there are **three active people** focusing on the work. That is our experience. One person often feels alone and burdened, or they’re off doing their own thing, irrespectively. Two people can sometimes agree to things outside or different from the remit, or they can get into dispute, or the energy gets stuck. With three people the energy moves and flows more and generally tends to be more creative, harmonious and balanced.

* We’ve developed a **questionnaire for members new to Working Groups** which we hope will be a very useful and effective tool in our co-working. How much you use this questionnaire is up to you. The purpose of this is to enable a sharing of our own Reiki journey in the context of this, the group journey, to gain greater levels of understanding of one another, and to affect better communications. Our aim is to adhere to the UKRF Core Statement of Values and this helps at group level, hopefully bringing the virtues of **joy, ease and grace** into our work. (The questionnaire can be sent by post or electronically.)

* In thinking “how can I get involved,” I’d ask you to think with the heart. Something to be mindful of, is that UKRF is not the place to just have a dabble at something and pass on. We’re about developing professionalism in a new way. UKRF requires **COMMITMENT, PURPOSE** and above all **INTEGRITY**. Only you can decide what’s right for you. In tuning-in to purpose it can be helpful to ask within “**does it make my heart sing – I mean really sing? Can I fly and will I soar?**” If inner guidance answers yes, perhaps go with it, irrespective of what the mind-chatter has to say! You are invited to trust in heart.

If you feel there is a role for you then please contact Doreen Sawyer at the UKRF Office

CREATING THE UKRF NETWORK OF WORKING GROUPS FOR 2002/3:

This is very much a working document. A number of these groups are initiatives and need only have a short life to fulfil that brief. Some other groups crucial to the regulation process need to be represented at Core Team meetings. Please ask Doreen Sawyer at the new admin office or at enquiry@reikifed.co.uk for more details, or give her your name and contact details so that we can issue the full working model a.s.a.p. Alternatively, if you already know a person in a Working Group you may like to sound them out, first. The groups are in no specific order, all are equal in merit and importance.

I’ve received an important document produced by FIM (hot off the press) which contains a list of organisations providing “**Information, Advice and Support for New and Developing CAM Lead Bodies.**” A copy will be available at the admin office, also I can reference details for anyone who is the lead of a Working Group.

THE CORE TEAM:

Brief: To ensure meeting the requirements of voluntary self regulation (also as standard, to transact all business according to the governing document and maintain solvency). To develop a team of approx 8 people representing each key component of VSR. Note: each person will be required to sign the governing document and will have voting rights on all UKRF business at Core Team meetings. To invite Regional Co-ordinators to host Core Team meetings in their Region.

Roles/People: *Currently, Leonie Clark, Gay Slater, Rosie Andersen, Neil Anthony, Henry Burrell (Treasurer)*

UKRF INFORMATION TECHNOLOGY:

Brief: Firstly, to develop a website with sufficient ‘architecture’ to be the central hub for UKRF, perhaps including a virtual office. Secondly to develop multi-level communication options to include public access, general members use, and to aid regional coordination and facilitation. Thirdly, to maintain a members’ database in accordance with the Data Protection Act, whilst developing formats acceptable to the CAM sector.

Roles/People: *1. Design vacant 2. GFX(graphics) vacant 3. Admin, Doreen Sawyer*

We have no one to manage the current website so our need is URGENT-please contact Doreen for details

FORECASTING & FINANCE:

Brief: Firstly, maintain accurate accounts and to appraise the present and future needs of UKRF, as realistically as possible, then to create budget plans and cash-flow schedule. Secondly, to review membership levels, titles and value for money in liaison with admin and the Professional Development Group. Thirdly, set up membership by Direct Debit. Fourthly, to look at starting or overseeing a Funding & Resourcing Group for grants, special projects (e.g. Archive CD ROM), and general fund raising activities (e.g. Reiki Awareness Week).

Roles/People: *1. Gary Williams 2. Henry Burrell 3. vacant*

EDUCATION & TRAINING:

Brief: The development of Core Curriculum alongside NOS, and to investigate methods of accreditation in liaison with other CAM and Reiki organisations.

Roles/People: *1. Rosie Andersen 2. Doreen Sawyer 3. vacant (Leonie Clark & Fay Bailey to input)*

NATIONAL OCCUPATIONAL STANDARDS:

Brief: To work directly with Healthwork UK and develop in liaison with other CAM and Reiki organisations.

Roles/People: *1. Leonie Clark 2. Gay Slater 3. Fay Bailey*

PROFESSIONAL DEVELOPMENT:

Brief: Firstly, to outline categories of Continuous Professional Development (CPD) and specialised training for the diversity of healthcare settings. Secondly, to liaise with admin and Forecasting & Finance in the review of membership levels, titles, and value for money.

Roles/People: *1. Leonie Clark 2. Rosie Andersen 3. vacant (Fay Bailey to input in the first instance.)*

REGIONAL CO-ORDINATION:

Brief: Firstly, to contact current co-ordinators and ascertain their on-going interest in the new role. Secondly, to plan regionally activities which will directly involve people in their locality and increase awareness of UKRF broadly. Thirdly, to focus on beginning an effective regional network and developing good regional practice through piloting in up to seven regions during the next six months, Fourthly, to hold a special Retreat for Regional Development in September this year in Cumbria.

Roles/People: *1. Joan Hitchco 2. Mike Randell 3. Hazel Preston*

MEDIA:

Brief: Firstly, to help build the professional profile of UKRF. Secondly, to develop a training package and a trained team who are able to present UKRF to the media in their region, and also nationally. The training package to include a) history and future of UKRF; b) answering awkward questions; c) working with a variety of different media.

Roles/People: *1. Mari Stevenson 2. Leonie Clark 3. Christine Johnston*
(More people are invited. Mari is the Lead having commenced the training and has experience. In the interim whilst training is developed Leonie currently has most working knowledge of UKRF, historically and its' future growth, trends etc. therefore is current nominated spokesperson, in the event of urgent need. This is temporary.)

PUBLIC RELATIONS:

Brief: To 'create the bridge' a) with our members; b) to Reiki organisations (mainly by inviting them to create links to our redesigned website); c) to the general public. To liase and co-work with other Working Groups to accordingly.

Roles/People: *1. Christine Johnston 2. Mari Stevenson 3. vacant*

MARKETING & ADVERTISING:

Brief: Firstly, to build the image of UKRF by reviewing the corporate identity and the effectiveness of the logo, stationery etc. Secondly, to establish a range of merchandising appropriate to membership (in liaison with Forecasting & Finance) Thirdly, to input on the style of the website to the designers.

Roles/People: *1. vacant 2. vacant 3. vacant*

EDITORIAL:

Brief: To produce and publish Development Newsletters to members, 'Resonance' magazine, and to input on the Gossip Sheet and liase accordingly with IT (website publication) and Regionals.

Roles/People: *1. Cynthia Day 2. Catherine Brown 3. Christine Johnston*

THE UKRF NETWORK PUBLICATION:

Brief: Firstly, to collect and collate all amendments to the Directory and reissue as The UK Reiki Federation Network with a statement on the inside cover explaining "*as UKRF grows and changes all entries, listings and categories, working teams, and contact details are subject to change during these early day. We refer to our Federation listings as a network, enabling flexibility and organic growth.*" Secondly, our aim is to reissue the Network listings annually.

Roles/People: *1. Doreen Sawyer 2. vacant 3. vacant*

RESEARCH:

Brief: Firstly, to design a website for research so that potential and existing Reiki researchers can co-ordinate a body of knowledge that is both replicable and to minimum scientific standards. Also, to create additional opportunity for experiences of Reiki to be shared, which do not necessarily come under scientific criteria. Secondly, to design and implement a survey of professional Reiki throughout the UK in liaison with and with the assistance of Regional groups. The purpose is to establish the extent of professional practice and the numbers involved.

Roles/People: *1. Caroline Anson 2. vacant 3. vacant*

PIONEERS:

Brief: To develop good practice and share ideas within the diverse range of special interest groups.

Roles/People: *1. Gay Slater 2. vacant 3. vacant*

ARCHIVE:

Brief: To collect all relevant UKRF material to show its progress and for reference. Secondly, to provide an indexed listing for inclusion in the new website design. Thirdly, to research the feasibility of making archive material available on CD ROM in liaison with IT and Forecasting & Finance groups.

Roles/People: *1. Sandy Haden 2. vacant 3. vacant*

(As Sandy has done such phenomenal work, she is the natural lead, however, as volume increases and applications develop this vital area of work is likely to need more people.)

To round-off, many people have great ideas to offer to the Working Groups and other valuable contributions to make. Where possible, can these be done directly with those groups who will then feed-in to Core Team. Doreen is working very much with the database, all membership secretary functions, along with administration and general business in her new role as Business Co-Ordinator and Secretary to the Federation.

ARCHIVE UPDATE:

Dear Reiki friends,

The folder which contains the Reiki articles that have been collected in the recent past is now full and the next one will be started. There are 89 articles in the folder and anyone wanting more information about the content can contact me directly. The articles were available for members to see at the Annual Review. I have copies if people wish. There is a small charge to cover copying, postage and packing. The scope of the archives is now going to be extended and I will be saving Federation documents and these will help to record progress. It will be interesting to chart its development. In the Federation folder I will keep Newsletters, Resonance magazines, Federation press releases and various other items. If you have any ideas please let me know.

For the new articles folder I again request ongoing help for you to send me articles from newspapers and magazines. **Please state which publication the article is from and who the author is , the date of publication** if possible, as this makes the collection more complete. **Without your help I am unable to do the work.** Thank you to people who have sent me articles in the past – to those who may send them in the future.

As the Fed develops new ideas will come, but some future contents are: CODES OF CONDUCT; N.O.S.; VOLUNTARY SELF REGULATION; TEACHING PACKAGES & CORE CURRICULUM; PRESS RELEASES & PR PACKS; DEVELOPMENT NEWSLETTERS, RESONANCE & GOSSIP SHEETS; FED ARTICLES IN MAGAZINES AND NEWSPAPERS; PRACTITIONER PACK; MILESTONE EVENTS FOR THE FED; CORE TEAM MINUTES & ANNUAL REVIEW INFO.

I need help from other people to pass-on the material to me at:

Email: sandy.haden@lineone.net

Post: 64 Clifton Crescent, Sheffield, South Yorks S9 4BE

Phone: 0114 244 1793

Sandy Haden

REIKI “NURTURING” RETREAT:

If any members would like to go on a weekend retreat in the Bath/Glastonbury area please contact either Janine Parkinson 01954 202703 or Sue Cawthorne 01225 8525874 or Kay Morris 01905 26002.

When we've hear how many people and decided dates we will let people know using the Gossip Sheet or in "Resonance".

Janine Parkinson

FRIENDS OF UKRF:

A number of people have asked to be part of the UKRF, but don't necessarily want to be professional practitioners, how they can best support and have a sense of belonging. It's likely that as the Working Groups review membership levels and as the Regions begin to develop this will come under their remit. To give a flavour, benefits to supporter are likely to include free subscription of Resonance, also the Gossip Sheets; invitations to conferences and events organised by UKRF; discounts on UKRF merchandising and any publications and a copy of our annual report will automatically be sent, and more. If you have good ideas, please feed them to the appropriate Working Groups as it will help their appraisals.

The Core Team

DATES FOR YOUR DIARY 2003

**FESTIVAL WEEKEND
MARCH 29/30TH
Venue to be decided**

**REIKI AWARENESS WEEK
beginning MAY 12TH.**

We want more members. Why not suggest to your students that they join the UKRF. If you are participating in any Fairs, please give out UKRF leaflets. Recruit one other member and we double our membership !

Positive Health magazine is offering reduced annual subscriptions to UKRF members. If you are interested please send a cheque made out to UKRF for £36. instead of £40. The UKRF benefits too.!

Practitioners packs available at £3. each.

Please photocopy and distribute freely