



# DEVELOPMENT NEWSLETTER

## UK REIKI FEDERATION APRIL 2005 - Issue 23

PO Box 1785, Andover, Hants. SP11 0WB Tel: 01264 773774 enquiry@reikifed.co.uk www.reikifed.co.uk

### ANNUAL REVIEW AND FESTIVAL

Just a gentle nudge to remind those of you who are intending to come to the Annual Review at Leicester to please book your places a.s.a.p!

To those of you who are not able to make any part of the weekend please remember to send your postal votes for Management Committee nominees before Friday April 1<sup>st</sup>.

If you have already booked or are about to book the MC look forward to seeing you at Leicester.  
Be safe on your journey!

*Mari Stevenson vice chair*

### MEDIA CONTACTS

If the media approaches any of you could you please contact us (if possible before you speak with them). It is becoming more common for the media to contact us if they know you are a member of the UK Reiki Federation, so it is useful to know what they have asked you.

As we have mentioned before we hope to look at media presentation skills at the Annual Review and to make this information available in a the UKRF pack which will be available for Reiki Awareness Week.  
[mari@reikifed.co.uk](mailto:mari@reikifed.co.uk)

*Mari Stevenson, media/PR*

### REIKI SHARES – CONTACT DETAILS

When advising of changes in your personal contact details, would members please advise separately if they hold a Reiki Share and need these details amended also. The Reiki Share list is amended regularly, but is only sent out as a mailing once a year (January). An up to date listing is forwarded to all new members of the Federation.

### UKRF EXHIBITION NEWS

Due to the success of the Complementary and Natural Healthcare Expo in the Docklands, London last October, we intend taking part in this year's event. We also feel it will be worthwhile attending the Mind Body Soul Exhibition at Olympia, London on 12th and 13th November.

Exhibitions are an excellent way of promoting the UKRF and Reiki to the general public. Unlike other forms of promotion, exhibitions are the most cost-effective way of reaching a target audience in greater numbers. Only exhibitions can connect with all five senses.

Our stand at the Mind Body Soul exhibition is located in a good central position near the visitor registration desk and the access to the workshops and lectures. The organisers tell us that the marketing of this exhibition, now well established, includes a programme posted out to over 40,000 people on their database and emailed to a further 12,000 addresses. Other activities include local and national press advertising, street banners, editorial coverage, newspaper competitions, radio interviews and newsletters. It will also be featured on Healthy Pages, their sister company, which has grown its visitor base by a staggering 207% in the past 12 months and now attracts over 500,000 visits per year. The UKRF's details will be included. The visitor profile to this event are 80% women between 25 and 45 who are interested in complementary health, personal growth or spiritual awareness.

Mari, Christine, Doreen and myself manned the stand at the Docklands Expo and were kept constantly busy for 2 days. We would like to offer members the opportunity for the first time, of joining us at this event and sharing the cost of the stand. You are most welcome to promote yourself/your company on the UKRF stand. As numbers are strictly limited we ask that in the first instance you register your interest with us as soon as possible. Costs per person will depend on the number of people participating and we will be able to give you fuller details when we have the list of everyone interested in taking part. So in the first instance, please can you email: [mari@reikifed.co.uk](mailto:mari@reikifed.co.uk).

*Carole Block*

## NATIONAL CO-ORDINATION AND NETWORKING

We are pleased to advise of changes and additions to our list of area representatives:

Area and NCN ref:	Representative and email:
Angus & Dundee	Mary Whyte <a href="mailto:nwmw@kirkside15.fsnet.co.uk">nwmw@kirkside15.fsnet.co.uk</a>
East Sussex	Rifa Bhunno <a href="mailto:rifa@brightonreiki.co.uk">rifa@brightonreiki.co.uk</a>
Falkirk & West Lothian (change in details)	Helen Walker <a href="mailto:helenwalker@reikinaturalhealth.co.uk">helenwalker@reikinaturalhealth.co.uk</a>
Somerset	Sally Edwards <a href="mailto:cherryblo1300060@aol.com">cherryblo1300060@aol.com</a>

We are grateful to the 18 members of the Federation who act as Area Representatives, and to the 2 Regional Co-ordinators. They provide a valuable contact for members locally and act as a liaison for local events. We still have vacancies for more area representatives, and if your area has not been listed in either Newsletter 22 or 23, and you would like to offer your help, then please contact Doreen Sawyer on [ncn@reikifed.co.uk](mailto:ncn@reikifed.co.uk).

Last year the NCN team made a valuable contribution towards Reiki Awareness Week, and many events are again scheduled for this year.

If you do not have access to email, but wish to contact the area representative then please forward your communication to the office and we will pass it on for you.

*Doreen Sawyer*

### BADGES & CAR STICKERS

We still have available the two "fun" badges, ie one with the Federation logo, the other with "I love Reiki". Also the UKRF car sticker (white print on lilac background). Cost is £1.50 per item, including postage and packing. Please send cheque made payable to the UK Reiki Federation, clearly stating item required, name, full address and membership number. Enquiries to [sales2@reikifed.co.uk](mailto:sales2@reikifed.co.uk)

## NOTICE

The UKRF office telephone will be manned to answer calls from Monday through Thursday only, from 10 am to 1 pm.

### NOTICE TO TEACHERS -- REIKI CERTIFICATES

It has come to our attention that some teachers are including the Federation's title at the top of their certificates. This may be misleading and indicate that the Federation is endorsing the certificate. It is not permissible to use the Federation's name/logo in this way, but it is acceptable for the teacher to state that they are a teacher member of the UK Reiki Federation on the certificate.

We would also be grateful if, when issuing certificates, teachers could clearly state the level of training, and in the case of "Masters" indicate whether this is "Practitioner" or "Teacher" level. With the varying styles of Reiki within the Federation, there is sometimes confusion when only the term "Master" appears.

### ANNUAL REVIEW & FESTIVAL 15-17 APRIL 2005

Notice of the Annual Review, and nominations for the new Management Committee have been sent to Members under a separate mailing. Practitioner members have been asked to send in their proxy votes for the position of Chair by 1 April 2005. Formal election for the full Management Committee will take place at the Annual Review.

There are still spaces left for the Annual Festival being held in Leicester on 15-17 April 2005. Once again this is being held at the University of Leicester, near to the Botanical gardens. Proposed workshops include "Getting to know the four elements Egyptian Style", "Sound for Healing with Tuning Forks", "Introduction to EFT", "Tibetan Bowls Meditation", "QiGong for Health & Vitality". To check for availability please contact the office if you are interested in attending, or email [enquiry@reikifed.co.uk](mailto:enquiry@reikifed.co.uk)

*Doreen Sawyer, Secretary*

Non-members – to receive a membership form please send a SAE to:

Membership Request Form, UK Reiki Federation, PO Box 1785, Andover, Hants SP11 0WB or [enquiry@reikifed.co.uk](mailto:enquiry@reikifed.co.uk)

## RESEARCH, DEVELOPMENT & PIONEERS

Since the last meeting of the Management Committee Dr Caroline Anson has had to step down from the RDP team. We were very sorry to lose Caroline but would like to acknowledge and thank her for the tremendous amount of work which she has done for the team up to this time.

Dr Robert Jefford has now taken over as sole co-ordinator of RDP and has been working extremely hard to build up a new team. We must also extend our thanks to Doreen for keeping together the requests for information on the pioneers as they have come into the office. A great deal of work has been done to clear the backlog of queries and requests for support which had arisen over the past few months. This has now all been dealt with.

We have been looking at a number of positive ways forward for RDP and are delighted to be able to report that we have had an enthusiastic response from a number of members in helping us move forward. Many of these contacts include members with professional qualifications in various fields.

Several contacts have also been made to start putting into place programmes of research which will help build and extend our resource base for members. These include contacts with the Department of Health and several major universities where links have been set up with professors and deans of medicine. A senior official from the department of health has been researching into the best ways forward for us to approach, and get into, hospitals. When completed, this information will be made available to assist our members.

We have also established a very valuable contact with a member who was at one time head of midwifery and was responsible for the implementation of a number of projects within major NHS trusts. This lady is also very keen to work with our pioneers with a view to heading up the nursing and midwifery group. Her advice is going to be invaluable in leading us forward in this field.

We are also in the process of co-opting a fundraiser for RDP which will also open up an association with a major cancer care trust in Australia. This is being pursued with a view to sharing and cooperating on research materials and resources.

We have a comprehensive list of active pioneers and have new members applying to

join us all the time. The pioneers cover many different fields of practice and approaches are now being made to those interested to head up smaller teams within the overall framework of RDP. We intend to develop a supportive network of practitioners working within the different sectors, with each smaller team feeding back to the RDP. In this way RDP will then be able to report back to the Management Committee on developments being made at grass roots level within the pioneers' team as a whole. We hope that much enlightening information will emerge in this way which will be collated for the future use of all our members.

The team would like to offer three useful websites for colleagues wishing to follow up avenues of research. These are:

[www.reikimedresearch.com](http://www.reikimedresearch.com)

[www.healedyou.com/reiki2/reikiresearch](http://www.healedyou.com/reiki2/reikiresearch)

[www.chiinstitute.com](http://www.chiinstitute.com) or contact by e-mail on [info1@chi.us](mailto:info1@chi.us)

In conclusion the RDP team looks forward to an exciting and fulfilling year, with new and valuable contacts being made and a team of pioneers keen to contribute to the development of our work and the creation of a valuable bank of resources for members.

*Robert Jefford*

## MANAGEMENT COMMITTEE

We are sorry to advise that due to other commitments, Caroline Anson has had to step down as a member of the Management Committee. We thank Caroline for all her work on behalf of the Federation and wish her well for the future.

*Doreen Sawyer, Secretary*

## CD FOR REIKI AWARENESS WEEK

Two UKRF members who also happen to be professional actors will be providing the voice-overs for the professionally produced CD. This will form part of the pack for Reiki Awareness Week as well as being circulated to the media.

Cost of the CD will be confirmed shortly. If interested please contact Mari at- [media@reikifed.co.uk](mailto:media@reikifed.co.uk)

## REIKI REGULATORY WORKING GROUP (VOLUNTARY SELF REGULATION)

The RRWG now has in place a two year Work Programme which, it is hoped, will lead to the setting up of a Regulatory Body for Reiki in 2007. There will be a number of RRWG workshops in 2006 to offer opportunities for UK Reiki professionals to give feedback on the VSR (Voluntary Self Regulation) Process. Members of the UKRF will be kept informed of developments.

The National Occupational Standards, having gone through the consultation process at the end of last year, have now gone forward for formal approval by QCA (Qualifications Curriculum Authority). It is hoped these will be available in the Spring.

There have been no meetings since the last Newsletter, but we are pleased to advise that Leonie Clark, and Christianne Wyke-Mettraux are now the UKRF's representatives on the Education and Codes of Ethics sub groups respectively. Carole Block has been nominated to be part of the Promotional Team to help promote Reiki and the RRWG via the planned workshops.

There has been an agreement for students at Birmingham University to undertake a systematic review of Reiki Research. The aim is for publication by April 2006.

Full information on developments with Voluntary Self Regulation is given on the Federation's website, or on the RRWG website at [www.reikiregulation.org.uk](http://www.reikiregulation.org.uk).

If members have any questions regarding VSR or the RRWG please feel free to contact your representatives, Doreen Sawyer or Robert Jefford via [vsr@reikifed.co.uk](mailto:vsr@reikifed.co.uk) or through the Admin Office.

*Doreen Sawyer & Robert Jefford*

## FEDERATION CLOTHING

We have a range of clothing items available displaying the Federation's logo. Items include polo shirts, sweatshirts, T-shirts, tabards, fleeces. For catalogue send large (C4) stamped addressed envelope (47p) to the Admin office. Further details available from Mike Randell 0121 684 6103 or [sales@reikifed.co.uk](mailto:sales@reikifed.co.uk).

Newsletter Editor *Christine Johnston*

**REIKI AWARENESS WEEK 14<sup>th</sup>-  
22<sup>nd</sup> MAY**

## What have you planned?

Please don't forget to let us know as soon as possible about any events you're planning in your area, so that we can send you a CD for your local newspaper and radio stations..

We have already quite a few members organising Reiki tasters and free Reiki treatments. Another member is aiming to do a Reiki Marathon again.

## MEMBERSHIP CERTIFICATES – CARDS

We are pleased to announce that the introduction of Membership Certificates to replace the Membership Cards has been warmly welcomed by the majority of members. The Membership Cards have now been discontinued.

## RESONANCE

The last Resonance was very well received and we will be featuring different artists' work on future covers. If you have created images that would be suitable for a Resonance cover. Please email [Christine@reikifed.co.uk](mailto:Christine@reikifed.co.uk)

Also please send us articles or letters telling us what you are doing. There are members achieving wonderful results with Reiki and also working in interesting places.

## ADVERTISE YOUR COURSES IN RESONANCE

Don't forget that we now have a section in Resonance to advertise your courses. It only costs £15. for a couple of lines.

## MASTER TEACHER DIRECTORY

The UKRF Management Committee have been discussing whether or not to compile a Master Teacher Directory of our members. What do you think? Are you happy with the referrals you are getting through the Admin. Office? Please email Mike with your thoughts at [sales@reikifed.co.uk](mailto:sales@reikifed.co.uk).

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