



We Are All One Family By Nancy Mosher



Lisa Anne Loucka

Lisa-Anne Loucka, a Reiki Master Practitioner since 2008, began volunteering her services last June at Central Vermont Medical Center's Nat'l Life Cancer Center. CVMC has a long history of supporting Reiki, but the nurses in the radiology department

were particularly passionate about making it more readily available to their patients. After five short months, Lisa now provides Reiki to an average of eight patients once a week. Her practice at CVMC started such a buzz among the staff that the CEO requested a session and loved it!

In describing what its like to work with cancer patients, Lisa says. I'm amazed by the resilience and positive frame of mind of so many patients, and their will to remain positive. She says the staff is really special to work with: They're a family, she reports. Lisa uses visualization and breathing techniques with her patients regularly. At CVMC, she is clear about her intention: to

promote relaxation and stress-reduction during the process of cancer treatment.

Lisa became interested in Reiki because of personal challenges that she faced. She had her first epileptic seizure at age 7. Her intention for many years was to be seizure-free. In 2005, Lisa had a craniotomy, and her dream has come true. She received Reiki during that challenging period in her life. I see what a gift Reiki is for people, and I want to give back, says Lisa.

Thanks to Lisa's hard work, the Nat'l Life Cancer Center at CVMC is now also offering Reiki to chemotherapy patients. The Nat'l Life Cancer Treatment Center's existence is just over a year old! Lisa's sharing Reiki is a step towards the Cancer Center's dream of having many enriching healing modalities to offer their patients. Please contact the VRA Community Coordinator in your area if you are interested in Sharing Reiki as a volunteer.

2010 VRA REIKI CLINICS

The Vermont Reiki Association had another stellar year! We gave hundreds of complementary Reiki sessions. For many people it was their first experience receiving Reiki. Our 2010 events are listed below. Let us know if your name is not listed and should be or is spelled wrong. Please email Chris at channa@gmavt.net with your name and event(s) you participated in. We will try to get the information into the next mailing.

BREAST CANCER CONFERENCE
Oct. 15, Burlington

On a rainy, Friday Oct. 15th, Thirteen VRA members gave pproximately 50 Reiki sessions at the Breast Cancer Conference at the Sheraton Hotel Conference Center in Burlington. This event provides seminars that educate and support breast



Tarasa B. Lovick (VRA President) & Chris Hanna (VRA Membership Coordinator)

"I salute the light within your eyes where the whole universe dwells. For when you are at that center within you and I am at that place within me, we shall be one."

- Chief Crazy Horse, Oglala Sioux, 1877

cancer survivors and their families and friends. Members participating were: Sandy Jefferis, Lynn Ihistrom, Nancy Mosher, Sandi Sicottee, Tarasa Lovick, Robin Farrar, Cheyral Beyor, Jane Dobrowiski, Traci Pena, Norm Sevigny, Chris Hanna, Tanya Cimonetti, and Susan Fortier.

Many of the clients are breast cancer survivors, some currently undergoing treatment. It was good to see old Reiki colleagues as well as meet new members. It was a joyful reunion with cancer survivors who have received Reiki from us in past years at the Breast Cancer Conference and the Weekend of Hope in Stowe.

At the end of the day one the organizers, Kelly O'Malley thanked us for all the Reiki we had given.

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“Your Body Knows the Truth: a Healing Crisis” By Tarasa B. Lovick, MS

Many folks think when they use natural methods of healing that somehow it will not ever be unpleasant. As you may know from personal experience, this is not always the case. Natural healing follows Herring's Law of Cure. Stated simply Herring's law is: "All cures start from the inside out, from the head down, and in reverse order as the symptoms have appeared." Sometimes Herring's law of natural healing results in what is commonly called the "healing crisis" by many doctors, and practitioner's of natural healing.

A physical healing crisis is the body's attempt to restore balance by removing a dis-ease causing situation from the body. The healthy body requires balanced systems; regeneration, vitality, and restoration of the body depend upon your inherited constitution. The healing crisis can last from minutes to hours to three days (or more); involving excruciating pain, sweats, fever, diarrhea, vomiting. So encourage those that you give Reiki to not to be alarmed by what Mother Nature does to eliminate the body's problems. Sometimes the body gets sick in an attempt to get well! Depending on where you are in your life, it can take a while to work through the many layers to health.

Remember Herring's law, the body must heal itself from the inside out, and this means that it must eliminate stored toxins. The body will release what it is nutritionally prepared to expel, but without the proper nutritional factors, the body cannot abide by the laws of nature. Our bodies are ruled by elements of the Earth. It must have live food, fresh water, fresh air and rest. If given the proper environment and left to its own measures it is quite capable of dealing with its own health problems. The 'crisis' part of the body's restorative process is simply a temporary worsening of symptoms after a Reiki session or Attunement experience, a "release" occurs and the individual may go into a healing "crisis."

The good news is that as you move toward better health with any natural healing system or better nutrition, a part of the healing process is that the body will begin to discard toxic residues that have built up in your body. In today's world, we are all exposed to pathogenic conditions, such as drugs, toxic food additives, environmental chemicals, parasites, fungus, molds, bacteria, or viruses. The development of various symptoms as a response to treatment is an indication of the body's attempt to dispel the dis-ease.

A healing crisis can occur after alternative treatments for any dis-ease you might have on the physical, mental, emotional and spiritual level. Many Western pharmaceuticals tend to suppress many of the symptoms of a 'healing crisis', but alternative therapies depend on them. It is important for you to let the individuals that you work with know, that as their body realigns itself and begins to eliminate the toxins that have built up over years, they may experience some period of discomfort. Healing crisis symptoms can range from mild to severe. Some healing crisis symptoms may be: sleepiness or fatigue, thirst, nausea, cramps, diarrhea, headache, shooting pains, vomiting, fuzzy head, excess mucous, disorientation, dizziness, coughing. It is important that you are aware that in chronic conditions you may experience a temporary worsening of all symptoms and wonder if the treatment was successful.

Following an alternative treatment of any kind, it is highly recommended that you rest and drink plenty of water. Generally, if you take your body in pounds, and divide that in half, you should drink that many ounces in water, to support cleansing the body of released toxins. Follow your common sense, if you feel sleepy or thirsty, this is your body telling you what it needs, all you need to do is learn to listen to your body it always speaks the truth.

In all cases a Healing Crisis is a positive sign that your body is clearing toxins and restoring your body systems to balance. In most cases, the discomfort will pass in a day or two, or at most a week, depending on how deeply the cleansing goes. A follow up of a Reiki session or other natural healing session may help speed up the restorative process and reduce the more severe symptoms, but a Healing Crisis is often a necessary part of your body's process returning to a harmonious and balanced state.

One fact to remember is that your body always knows the truth, and it is wise at protecting itself. You can help your own healing by being consciously aware of what your body is doing. Actually, simply becoming aware is the first step to your wholeness. Instead of trying to fight off the fatigue allow yourself to experience the fatigue, anger, fear. Enter into an observing meditative state and focus on your body's message to you. In fact, I encourage you to ask your body what it needs to be free from dis-ease--it will tell you if you are able to listen, your body knows the truth.

"A human being is a part of a whole, called by us 'universe', a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

- Albert Einstein

(2010 REIKI CLINICS continued from page 1)

CAMP KNOCK, KNOCK

June 5th, North Hero

Located on the shores of Lake Champlain, Camp Knock, Knock is one the most scenic places we have given Reiki. It is for children and their families who have lost a loved one. Our Reiki practitioners have the option of giving Reiki inside the meeting house or outside on the wrap around covered deck. Most choose to be outside. The camp also provides lunch and dinner for our practitioners. The event is relaxing and joyful with enough time to socialize. Each year we give about 30 sessions.

HOSPICE & PALLIATIVE CARE COUNCIL OF VERMONT ANNUAL CONFERENCE

June 5, Lake Morey Resort

The Hospice and palliative care council is committed to assuring access to High quality palliative and end of life care including caregiver support and bereavement services for all Vermonters. Theresa Vezina coordinated the VRA's Reiki practitioners. Theresa Vezina, Kelly McDermott-Burns, Terri Look, Terrie Picard, Holly Hall, Kathy Gruber and Lisa Anne Loucka gave Reiki at the event.

NURSE'S KNOWLEDGE DAY AT FLETCHER ALLEN HOSPITAL

May 14, Burlington

Our members signed up to give Reiki in 2 or 3 hour time slots. VRA members whogave Reiki are: Denise Mckenna, Terrie Look, Jane Dobrowiski, David Morgan,Christy Morgan, Tanya Cimonetti and Chris Hanna. Cindy MacKechnie, Wellness coordinator and in charge of Employee and Family Assistance at Fletcher Allen coordinated the event, assisted by Pam Bean who also gave Reiki.

"God knows the past, present and future. He will determine the future for you and accomplish the work. What is to be done will be done at the proper time. Don't worry. Abide in the heart and surrender your acts to the divine."
 "Ramana Maharshi

Quoting Cindy in an email she sent after the event. "I would like to thank all of you for making our Nurses Knowledge Fair another success this year! A few interesting stats: 47 employees experienced a Reiki session (some for the very first time) and 40 employees for seated chair massage. I continue to hear the praises of our "Therapy Room" and how much people benefited from it. Thank you all again for your donation of valuable time and as always I enjoyed seeing each and every one of you."

STOWE WEEKEND OF HOPE FOR CANCER SURVIVORS

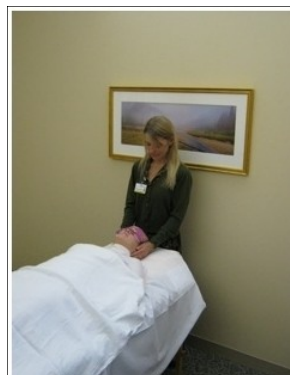
May 1, Stowe

Seventeen of our members gave over 100 Reiki sessions at beautiful Stowe Mountain Resort. 1000 people from all over New England as well as other States attended the event. Many of the participants use Reiki as part of their Healing program. Members who participated were: Christy and David Morgan, Terrie Look, Jane Dobrowoiski, Chris Hanna, April Goodrich, Lynne Ihistrom, Theresa Vezina, Sukhada Repass, Tanya Cimonetti, Lisa-Anne Loucka, Mary Beth Giroux, Nancy Oakes, Terri Picard, Nancy Mosher and Beth Swann.

WOMEN'S HEALING FIRE,

April 29, UVM's, Woman's Center, Burlington

Woman's Healing Fire is for survivors of sexual violence (as well as friends, and family). VRA members have been giving Reiki sessions at the event for 2 or more years. Theresa Vezina represented the VRA at this event.



Carey Rounds, Oncology
 National Life Cancer Treatment Center

The VRA has a new address! Please update your records!

Vermont Reiki Association
35 King St., #7
Burlington, VT 05401

www.VermontReikiAssociation.org
info@vermontreikiassociation.org

Membership cards and Renewals

We ran out of cards in 2010 and some members who paid their dues may not have received one. If your annual membership is due it should be on your card. If you don't have a card or you have any questions about your membership you can email Chris at: channa@gmavt.net

WELCOME NEW 2010 VRA MEMBERS

Lynne Ihistrom,	Paul Speziale,
Pamela Rodriguez,	Beth Ann Swann,
Nancy Mosher,	Julia Gignoux,
Barbara Smith,	Sandi Sicotte,
Catherine Cerulli,	Suzanne Boyd,
Bonnie Wheeler,	Robbin Farrar,
Louise Muyon,	Nira Grinott Fox,
Carol Wallace,	Cheyral Beyor.
Lisa-Ann Louka,	

2011 Events Mark your calendar.

- Sat. April 30 - Stowe Weekend of Hope for Cancer Survivors.
- VRA Spring Member Potluck!
Saturday, May 7, 2011 10 am - 2 pm
Montpelier Library, Montpelier, VT
- Sat. June 4 - Camp Knock, Knock. North Hero
- Thurs. June 9 - Hospice and Palliative Care Council of Vermont Annual Conference. Lake Morey
- Gifford Medical Center, Randolph. VRA member Kay Seymour is looking for other members to help her give Reiki at Gifford. If interested email Chris at channa@gmavt.net We will forward your email to Kay.

REIKI PRACTITIONER SHARES

At a Reiki share, practitioners not only give Reiki but receive Reiki from others. It can be a social event and is not necessarily just for VRA members. It is up to the organizers. Below are the Shares listed on the VRA website. Some of the organizers list only their first names.

- N. Congregational Church, St. Johnsbury (monthly) Gail Brown
- Spirit Walker Healing Arts Center, Milton (weekly) Barb
- Sweet Hollow Herb Shop, Johnson, (monthly) Terrie Look
- Thrive Center, Wallingford, (Dec. 13) Lisa
- Pyramid Holistic Wellness Center, (monthly, Wednesday & Sunday) Traci. [Traci is also one of the organizers of the Great Rutland Race which donates to the Pink Ribbon Diva Foundation and the scholarship fund of the Rutland Parks and Recreation Dept.]



RESEARCH PROJECT

Kim Winnege, a graduate student at the Smith College School for Social Work, is conducting a research study exploring individuals' experiences with their use of Reiki in psychodynamic mental health practice.

Strict confidentiality will be maintained throughout the project. Participants for the study would include individuals who

- have achieved at least one level of Reiki training,
- are licensed as a mental health professional with a psychodynamic focus,
- have at least five years of professional, licensed experience as a mental health clinician,
- and have incorporated Reiki practice within your mental health work at least one time.

If you are interested in participating in this study, please contact Kim at kwinnegg@smith.edu or (413) 774-6252, extension 110.

ONGOING FREE CLINICS

CENTRAL VERMONT MEDICAL CENTER

Berlin (monthly)

Members who gave Reiki at this clinic in 2010 were: Laurie Morrill, Terrie Picard, Beth Ann Swann, Catherine A. Seymour and Sylvia Gaboriault who is also the coordinator of the event and works at CVMC in Outpatient Health Education.

RESPITE HOUSE

Williston. (bi-monthly)

Respite House provides a comfortable home-like atmosphere for people with a few weeks/days to live and is run by the Visiting Nurses Association. Norm Sevigny is VRA coordinator of our members. Norm, Laurie Morrill and Nancy Mosher gave sessions. Norm also gives Reiki at Genesis Nursing Home in Rutland and recently finished Hospice and Palliative care training with Rutland Visiting Nurses and Hospice.

NORRIS COTTON CANCER CENTER,

(On going) St. Johnsbury, VT & Hanover, NH.

Deb Steele is the coordinator.

GIFFORD MEDICAL CENTER

Randolph, Conference Room

Kelly McDermott-Burns, Bonny Willet, and Kay Seymour gave Reiki sessions in 2010. They discontinued this clinic in November due to lack of interest.

Kelly along with other members of the Shelter Animal Rescue Association gave over 100 Reiki sessions to participants who attended the American Holistic Veterinarian Medicine Association Conference on Oct. 1. Kelly also finished Hospice and Palliative Training with Rutland Visiting Nurses and Hospice.

CHAPEL OF ST. JOHNSBURY HOUSE

(Monthly) St. Johnsbury, VT.

Gail Brown is coordinator of this event.

Compiled and written by Chris Hanna

VRA President's message



Namaste.

Since Chris Hanna and I sat together at Rising Sun in 1991 and wondered what would happen if Reiki practitioners worked together, the Vermont Reiki Association has grown from a handful of dedicated members to over 100 members. Our growth in membership seems to coincide with the public's and the medical community's interest in Reiki. I think this acceptance of Reiki is because it works. The essence of our organization is to educate the community about Reiki, provide community service and support our members in their Reiki work. With our clinics, Reiki Shares and our website we have educated the public.

I want to thank you for all the Reiki you have given at our clinics, to family and friends and clients. Thank you for the leadership that selflessly gets the work done behind the scenes so these magical clinics can happen. Thank you for supporting our work by being members of the VRA. Thank you for holding the VRA standard of living and working in clarity, integrity, and compassion.

Warmly,
Tarasa B. Lovick, MS

My breath rises within me,
the breath of the heart.
The sweet breath.
The sacred breath leads me in.

Now the winds die down
and the waters grow calm.
I have found a haven for my
heart,
In the harbor of the Name
- Krishna Das