



November Informer

Keeping you up to speed with what's going on. I certainly would be happy to receive information on events coming up in your district and any short articles that you have.

**The secretary is Leonie Blackwell
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Celebrating 20 Years

TABLE OF CONTENTS

Inner Secret Insights - Trust	3
Committee Matters	3
Private Health Insurance Rebates for Reiki.....	4
Spring Clean Your Brain	6
COMMITTEE 2014 -15.....	7
Qualified Supervisors	7
Affiliated Members	7
Birthdays.....	7
Networking.....	8
Websites.....	8
Future Events	8
College Directory	8

FROM THE
Editor

Please send all submissions to the administrator admin@ahhca.org.
Article Submission guidelines are below.

Regards *Karen Howard*

ARTICLE SUBMISSION GUIDELINES

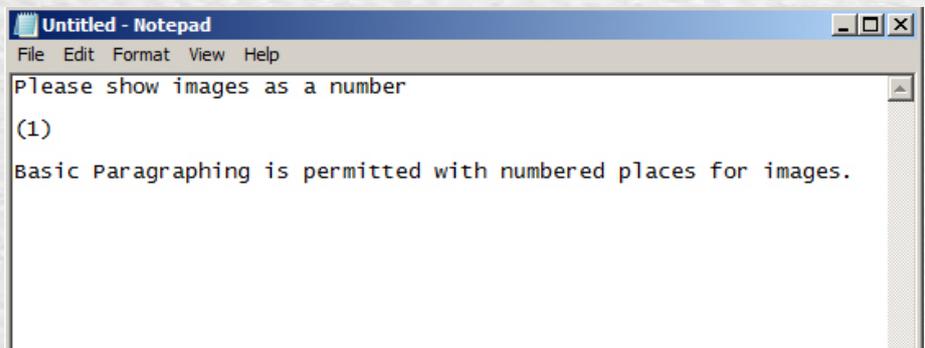
Please Submit all articles in raw text format. A notepad file will be sufficient. Basic Paragraphing is permitted with numbered places for images.

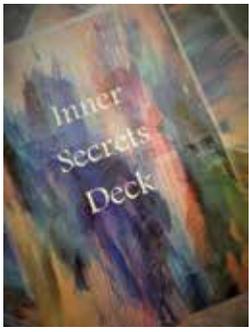
All images must be submitted individually named with corresponding numbers.

Article Length Maximum
500-1000 words

- *Editor*

Please email .txt documents to:
admin@ahhca.org





INNER SECRET INSIGHTS BY LEONIE BLACKWELL

Your Inner Secret Need is to Trust

It is the season of blooming and all around us we see nature showing us the way. Plants don't resist their purpose but the environment definitely creates more conducive circumstances for them to fully express their divinely guided cycles. Within each of us is our divine plan and our psychological health hinders or nurtures our capacity to bloom. Your inner secret need to trust; trust in others; trust in your life processes, the Universe or God; and trust in yourself is often a lifelong lesson. The fear of betrayal consumes your energy with suspicion, doubt, and cynicism. To trust yourselves you have to know all of whom you are with honesty, humility, and accept your

responsibility for all you create. What will it take for you to relax, trust, and go with the flow? Make that you goal for November and bit by bit surrender into your divine plan and trust fully that the universe has your best interests at heart.



COMMITTEE MATTERS

Our AGM and Strategic Planning day was held this year at the Aegean Restaurant in Brunswick on November 15th.

We were in the restaurant's covered courtyard - the sun shone on us and the food was fantastic! We also got a lot of work done - you will here more on that next year.

Thank you to Andonnia Gotsi for organising the day and serving on the committee. Unfortunately, due to personal and professional commitments Andonnia has chosen not to serve on the 2016 Committee. Thank you Andonnia for all your help in 2015!



*Thank
You*



One of our members forwarded the latest edition of In Touch, the Reiki Australia newsletter to us, and I was so impressed at the message I asked for permission to reprint it in total, as most of our membership has a Reiki qualification. Feel free to also give feedback about any other holistic modality you care about when you complete the survey!

Do you want Private Health Insurance Rebates for Reiki?

Yes? Then you must act urgently by December 4th 2015

Dear Reiki Australia Members and Friends

Action to Take

- a. complete the healthcare consumer survey – see below
- b. widely distribute this message to friends, relatives, colleagues, clients, students who wish Reiki to be considered for health fund rebates.

Why is your participation critical?

Until 4th December, the government is seeking consumer feedback as part of its consultation into Private Health Fund Insurance.

Reiki Australia has already drafted its stakeholder submission, but it will have little influence if the first test of widespread consumer demand for Reiki is not met.

The Reiki community holds a keen desire for Reiki treatment to be widely accepted and available as a healthcare option. Currently, no private health insurance rebate is available for Reiki treatment.

You now have a valuable opportunity to influence the future direction of Private Health Funds in consideration of Reiki for rebates.

Numbers matter! With your help, many thousands of consumers will request inclusion of Reiki.

Private Health Insurance Survey

CLOSES 4th December

The Australian federal government has commissioned a survey into private health insurance and they are seeking wide consultation with members of the public.

Even if you do not hold private health insurance the government wants your input.

How do you feel about the current lack of support for complementary health and wellbeing services? How do you feel about the general lack of focus on preventative healthcare?

Here is the link to the survey

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phiconsultations2015-16>

Several of the questions use a priority rating in which there is a list to select your top 3 priorities. NOTE the 'Other' option which when clicked, enables a free text area. Here, you can list Reiki as a service you would like rebated and voice concerns you might have about that particular area of question.

The last question lets you make other comments about private health insurance (PHI), including stating your wish, in more detail, that Reiki treatment is included. Here are some points that may be relevant to you, in talking about why Reiki treatment should be included in Private Health Insurance (PHI).

- freedom to choose the services, like Reiki, that work for you
- wanting PHI to cover Reiki as wellness and preventative healthcare
- documented benefits of Reiki as shown by research
- the place of Reiki in treating chronic illness
- benefits of incorporating Reiki care for ageing population
- potential cost savings for the health systems as a result of people benefiting from the effects of Reiki, such as reduced anxiety and stress, improved sleep, and other quality of life benefits for people suffering chronic illness, including side-effects of treatment for cancer
- potential of Reiki treatment to reduce medical costs and improve health outcomes, such as reducing risk of subsequent heart attack
- the benefits of Reiki in reducing symptoms of mental illness such as anxiety and depression
- the benefits of Reiki in the support of people withdrawing from alcohol and other drugs
- benefits of Reiki in provision of palliative care
- the expectation that government and PHIs should match the increasing community preference for Complementary and Alternative Therapies, including holistic treatments like Reiki
- the inherent safety and non-invasive nature of Reiki treatment makes it suitable for a range of ages and conditions
- Reiki is a low cost treatment

PLEASE DO NOT COPY AND PASTE – this may put at risk your feedback being counted.

We urge you to complete the survey and to promote it widely. Please forward this email to your clients, students, colleagues, friends and family members.

If enough consumer surveys express the points above, we may be able to influence the future direction of Private Health Funds and Reiki's standing in Australia's healthcare system.

Act now! – the survey closes Friday 4th December.

Reprinted with permission from Reiki Australia.

<http://www.reikiaustralia.com.au>



Spring Clean your Brain

It is that time of year. The weather is getting warmer. We start to feel more energised. We put away the winter clothes, the heavy coats and boots, etc. It is time for a bit of Spring Cleaning!

One of the main reasons we spring clean is to clear out the stuff that is no longer useful and make space (which we may or may not fill up with new stuff). Did you know that it has been scientifically proved that in order for new ideas to be generated you need a certain amount of mental "space"? And that one of the biggest contributors to stress, anxiety and lack of success is actually the state of your mind, and if you change your mind you can change your life?!

So what clutters up your mind? Such things as:

- Limiting beliefs eg You can't teach an old dog new tricks
- Emotional baggage
- Traumatic memories
- Bad attitudes
- Addictions
- Attachments
- Unrealistic expectations
- Conditioning - cultural, religious, political, economic, social, familial
- Fears/phobias
- Attachments
- Negative self talk

I don't have enough space here to address each of these in detail, so I decided to offer you an ode to spring:

O - Observe

D - Decide

E - Experiment

If you want to clear out your mental trash you first need to identify what is trash. This is where you need to OBSERVE. Begin to notice your mental chatter and make note of the types of negative observances you make about yourself and others. Keep a notebook handy and jot some of them down. If you notice you are reluctant to try new things/ways ask yourself "what is really going on here"? If you notice that you feel particularly emotional ask yourself "what expectations did I have about this situation"?

While you are observing please don't judge. Just note/record and say to yourself "that's interesting". This is mindfulness. It also reduces the power of the thing (judging adds energy).

Once you have identified some mental trash pick one thing at a time to let go of. That way it is manageable and you are more likely to have a positive outcome. DECIDE to change.

Next, EXPERIMENT. You can go to a professional for facilitation (great with trauma, addictions, beliefs and more) but there are also some things you can try yourself. Play with your language - reframe negative thoughts and words. Change routines slightly. Do something new. Add more fun activities to your schedule. Say "no" to something that is taking more energy than it is giving back. Do a bit less of something "bad", or a bit more of something "good". Look at your thinking more logically - often $a + b$ does not equal x !

Lastly, remember that no change has to be "forever". Experiment, then assess if it made things better or worse. If better, YEAH! Celebrate. Have gratitude. If worse, oh well, experiment again.

Let me know how you go, and I am always here if you need help.

Here's to a fresh brain!

Karen Howard is a Brilliance Facilitator specialising in fast change and helping people lose of their emotional baggage with ease. She offers private sessions and group training. Karen can be contacted via email alwaysshinebrightly@gmail.com or via phone on 0403 982 185.

COMMITTEE 2014-15

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VICE PRESIDENT: Vacant

SECRETARY: Leonie Blackwell

TREASURER: Belinda Harber

ADMINISTRATOR: Karen Howard

GENERAL COMMITTEE: Helen Bramley Jackson, Jayne Boyle, Karen Howard

QUALIFIED SUPERVISORS

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The committee would like your support

We would like to get our organisation noticed by a lot more people, you can help us by displaying our logo on your website.

Please contact the office for a copy of our logo

November Birthdays

*Happy birthday
to the following
members*

Pam Ashton, Kate Barnes, Margot Broug, Valdie Cham, Margaret Coad, Tim Fraser, Theresa Jones, Dalene Knowles, Laverna O'Malley, Antonia Ruhl, Jai Srita, Jillian Sutherland, Cari Taylor, Cheryl Webster, Manami Yamaguchi

NETWORKING

The committee feels it is important for all our members to support like minded organisations conferences; it's a great way to learn new things, gain professional development hours and meet new people.

WEBSITE LINKS

Hearts in healthcare

www.heartsinhealthcare.com

Australian Industry Training Association

www.aitd.com.au

Australian Hypnotherapy Association

www.ahahypnotherapy.org.au

Walter Last

www.heal-yourself.com.au

Strauss heart drops

www.straussheartdrops.com

National federation of healers

jenny@nfh.org.au

Magnetic Healers Unlimited

www.magnetichealers.org.nz

kathyaauric@atrix.co.nz

Cancer support organisation

www.ucansurvive.org

White Eagle Healing Centre

www.whiteeaglelodge.org.au

Australia Counselling association

<http://www.theaca.net.au/>

The Healing Forum

www.thehealingforum.com

Caledonian Colour

PRINT | SIGNS | DESIGN

www.caledoniancolour.com

FUTURE EVENTS

2015 International Indigenous Health Conference

Shangri-La Marina Cairns Hotel Dec 1-3 2015

2 for 1 booking offer if book before 27th November. All accommodation at Shangri-La, The Marina is now fully booked, but accommodation at a discount rates is available at Cairns Harbour Lights, please visit our website www.indigenousconferences.com to book - Hotel Booking Code: 8777.

Improving Healthcare International Conference

16-18 November Melbourne

<http://ihic.improve.org.au/>

STOP Domestic Violence Conference

7-9 December Canberra

www.stopdomesticviolence.com.au/registration/

The Digital Health Show

1-3 April 2016

Hordern Pavillion & Royal Hall of industries, Sydney

<http://www.digitalhealthshow.com.au/>

Early bird specials end 18th December 2015

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