

Reiki Home ~ An Unfolding Journey

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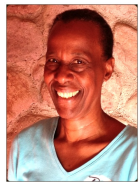
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Greetings!

As you can see, the Reiki Foundation International (RFI) is growing Reiki Home! This is the second issue of a new quarterly newsletter bringing you highlights from around the world as well as insights on the teams working within the Reiki Home movement.

The highlight article is a personal story from Rebecca Bredenhof who, together with her students, has been sharing Reiki with refugees in The Netherlands. We look forward to sharing more personal stories in future issues of how Reiki is transforming life around the world.

This month we are also featuring:

- The team leader sharing the purpose and work of the Communication Team.
- "Home," a poem created from the Home Group conversations held in 2009-2010. These conversations gave birth to the Reiki Home movement.
- A brief summary of the 5-year financial history since the RFI began manifesting Reiki Home.
- Welcome to New Volunteers
- Invitations for a trip to Trinidad and A One-Hour Walk with Reiki. Watch your email for more details.

We enjoy having the opportunity to share our work with you.

Communication Team

By Robert Kramps

The Communication Team consists of eleven people from six countries (Ireland, USA, Netherlands, Canada, Uruguay, Brazil) who meet weekly via an internet conference call.

We are passionate about creating ways for Reiki students to get in touch and connect to Reiki Home (and the people involved) and to inform people what Reiki Home is about so that a worldwide Reiki community is established.

For that purpose, we are working on a number of 'tools' to enable both online and real live contact between people:

- an updated Reiki Home website that allows visitors to interact virtually, to learn from each other and to be updated about events in the Reiki Community.



Patricia
Cuadrado
Uruguay

Member



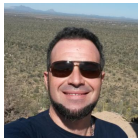
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United
Kingdom

Scott
Howlett
Australia

- a newsletter to make the many people and communities visible by means of interviews and articles and to inform the world community about developments in Reiki Home around the world.

It is a priority for the team to create interaction with the larger Reiki community, so please [contact us](#) if you have ideas and/or want to become involved. All are welcome!

Helping the World Heal: Reiki and Refugees

By: Rebecca Bredenhof

Reiki WorldWide (RWW) is a Dutch Foundation sending Reiki practitioners to post-war areas on a voluntary basis. The volunteers represent different Reiki systems and degrees with people coming from around the world.

RWW only goes to the areas that ask for help. For years Reiki practitioners gave Reiki in Bosnia. In 2013 and 2014 two Dutch teams went to Iraqi's Kurdistan to give Reiki treatments in eight refugee camps. At the same time, they trained people from local and international healthcare organizations in first degree Reiki so they can give Reiki to the refugees.

In 2015, refugees came to Europe and to The Netherlands. After long talks with the refugee organization, permission was given in September for volunteers to give Reiki to the refugees in one of the camps. Because it was a good experience, we were asked to go to more refugee camps to give Reiki. In a short time, the number of Reiki practitioners doubled.

Reikimaster Rebecca Bredenhof is owner of Reikicentrum Zijn in the Hague. For years she and her students have given Reiki treatments to homeless people and refugees in different places in the Hague. Rebecca is also a volunteer for RWW and went in 2003 and 2005 to Bosnia to give Reiki in orphanages, old people's homes, homes for widows and children, and refugee camps.

Since that time, the world view has totally changed. Now 'worldwide' is just a few kilometers from Rebecca's house. Last February, a pilot was started at an intake refugee camp near The Hague. Rebecca went there with seven other Reiki practitioners to give treatments.

Rebecca shared, "At the moment we know that the 1100 people from different countries stay there only for a short time, not knowing if they can stay in the Netherlands. My thoughts went to Hawayo Takata's saying 'better a few minutes Reiki than no Reiki'. The pilot was a wonderful experience.

"In three hours we give short treatments to about 60 people. Most were men from Iraq and Syria, and a few women from Eritrea. The young men were very open and kind. A few speak a little Dutch, others speak English or only their own language. But Reiki speaks all languages, so it was okay. The organization that let us in was very glad. Two weeks later we went again.

The place where we give Reiki (on chairs) is like a corridor. Many men walk by on their way to the doctor or to Dutch language lessons. After that most of them came to us for Reiki.

One of the rules we have is: Don't speak about treatments, people are not ill; speak about relaxation and energy. We used only three positions for 10 minutes. I'm deeply touched by the wonder of Reiki when I see most of the men folding their hands after two or three minutes in a prayer attitude and come into a place of deep relaxation. After receiving Reiki, some send other people to us.



Laurence
Fontaine
Mexico



Paul
Mitchell
Idaho USA



When we come back after a few weeks, people are waiting for us and Reiki. Sometimes we have time for a short talk, so we know that people come from Somalia, Syria, Iran, Iraq, Eritrea, Armenia and Afghanistan. The women are most from Eritrea and very young.

One young women had a telephone talk with her mother in Eritrea when we arrived in the department for women. We answered her questions about what we are doing. It was important for her to know that Reiki has nothing to do with religion. She asked her mother if it is safe and okay to receive Reiki. Her mother gave her permission. So touching!

After a short tea break, a young man was waiting to talk with me. His English is very good and he had many questions about what we are doing, before he will receive it. After my explanation about the energy he said " Oh, then you also can give it to plants." and took his place on the chair.

Later he told me that he comes from Afghanistan. When I told him the story of one of my Reiki students coming from Afghanistan as a refugee twenty years ago, the pictures of his kids came out. They are one and three years old and he will give them a peaceful life. That is the reason he was on the road for five months and is waiting four months in the Netherlands for permission to stay and then to bring his family.

When we got the message in April that all refugees are to be moved to other refugee camps, I saw pictures in my mind of his terrible trip to the Netherlands. I can only hope the 10 minutes of Reiki gave him the strength to manifest a peaceful life for his family."

At the moment the Dutch government has organized new places for refugees in the area of the Hague. Jaqueline Spierdijk, organizer and contact person between Reikicentrum Zijn and RWW, has talked about offering Reiki for refugees in other new places.

Rebecca says, "Hopefully in a short time we can start again to give Reiki to these people, because I have seen that only 10 minutes of Reiki can make a difference".

Trinidad Trip

Watch your email for an invitation to travel to Trinidad and explore the gift of land the RFI is receiving in the near future.

Welcome New Volunteers!

Karen Johnson joined the Communication Team as a writer/editor for the website and newsletter.

Erika Breiter and Renate Heinmann are serving on the RFI Board's Financial Oversight Committee.

Antonella Vincini, Tania Rizzo Cervenka, Nur Stepanova, Petra Timmermans, Helena Hungria, Esther Rodriguez Camacho, Jolanda van Herk, Elina van der Heijden, Astrid Bagwitz, Ana Maria de Laudo Castrucci, Dina Konysbaveva, Joao Antonio de Oliveira Jr and Beatrice von Schlick are new members of the Translation Team.

We look forward to getting acquainted and receiving the gifts you offer as we work together to bring healing to the world.

Home

By Elaine Andres

This poem was written during the Home Group's discussions in 2009 and 2010. The discussion focused on the questions: *Does Reiki need/want a home? If so, how might that home look?* The poem shares the energy and defines the vision of a home for Reiki.

Home

Home is a place of welcome!
A place where I am received just as I am
without judgment,
Where I am loved
without any need to be different,
A place where I am trusted to find my own way,
to create my own path in my own time.

Home is a heart space
A place of being known,
A place where my vulnerability is honored
and love, compassion, and support abound.

Home is a place of rest,
A place of silence, stillness and solitude.

The First Virtual Reiki Circle

You are invited to join us for a *One-Hour Walk with Reiki* - a virtual Reiki circle with students around the world. Save **June 24** and gather your Reiki friends around your computer. Watch for an invitation coming soon!

Invite Others

All are welcome!

Reiki Home welcomes all students (First Degree, Second Degree and Masters) from all lineages and established Reiki practices to join us.

Please forward this issue to your friends and invite them to subscribe to *An Unfolding Journey*.

Forward to a Friend

 [Forward to a Friend](#)

Volunteer Opportunities

You are invited to join those making a difference. Share your gifts, talents and skills.

Administration

Office (online) Assistance
Scribes for meetings
Email list maintenance

Newsletter

Editor/manager
Article Writers
Proofreaders
Article Editors

Media

Graphic designer
Video/audio producers
Website management
Website designers
Social media manager
Page managers
Bloggers

Translators

Languages: Dutch, French, Spanish, Danish, German,

A place where I come
to listen to the words of my soul,
where the gift of Holy Listening is practiced.
A place where my voice is heard
and my truth acknowledged.

Home is a place of healing,
where wounds are bound
encouragement given.
A place where I am held gently in honor
and respect as I heal.

Home is a grounding place
A place of light I share with others.
A place of learning,
of deepening my connection to the System I practice.
A place where questions are pondered
and discussions are held
in an open and respectful way.
A place where freedom is encouraged
as I move deeper into the Mystery of my Life.

Home is a place of service
where the gift that I am is named,
welcomed, and celebrated.
A place where I am invited to offer
all that I am
and all that I am becoming.

Home is a place that beckons me to return.

By Elaine Andres (C) 2010

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A Brief RFI Financial History

By Grainne Warner, President of the RFI

In 2009, the Home Group gathered at an Office of Grand Master (OGM) retreat to explore the question "*Does Reiki want/need a home?*" This became a 2-year discussion that birthed a movement we now call Reiki Home. In 2010, the RFI Board, a non-profit organization formed in 1997, decided to carry the work of Reiki Home.

As we explored the facets of Reiki Home, we received donations and incurred expenses. From that beginning point, the total cash donations and income from a music CD were \$178,000. In 2010 we received \$4,000; in 2011, \$45,000; in 2012, \$40,000; in 2013, \$42,000; in 2014 \$32,000 and in 2015 \$15,000. We are grateful to the many people who supported us for their generous donations, time and trust in us and in Reiki.

The focus, at that time, was on a physical location for Reiki Home. In 2010/11 when Kenyon Ranch came on the market, we worked towards purchasing the ranch by consulting an architect (\$2,440), a communications expert (\$9,120), a lawyer (\$4,230), a fundraiser (\$10,456) and regenerative experts (\$3,040) to advise us on the purchase and potential of this site as Reiki Home. The work with Regenesys expanded our thinking about Reiki as a living system and helped us discover ways Reiki Home can be a vital part of our living planet (\$34,315 from 2012-2015).

As it became clear we needed a wider support base, we began to grow our community as a global movement. In 2012/13 a social media plan (\$9,587), an online video (\$12,127) and the Reiki Home website (\$5,535) were developed.

Italian, Portuguese,
Russian, Japanese.

Team members

Akademia Team
Communication Team
Core Team
Translation Team

Is Reiki inviting you to join in the work and adventure of Reiki Home? For more information, contact Elaine by [clicking here](#). She is happy to answer your questions and share more information. Remember, having a conversation or an email does not mean you have said, "Yes!"

Give a Gift

Our vision is to have many people contributing a small amount regularly.

Every dollar received allows the RFI to develop more offerings for the global community.

Donate

Join Our List

[Join Our Mailing List!](#)

As the number of volunteers and teams working on Reiki Home expanded, we hired an Executive Director to co-ordinate the efforts (\$16,909 in 2013 & \$34,018 in 2014). Unexpectedly, we experienced a decrease in donations and made the difficult decision to cease her contract in 2014.

Regular running costs during the five years included: accounting (\$19,274), additional legal fees (\$3,600), bank charges (\$3,082) and office expenses, Constant Contact and virtual meeting facilities (\$9,023). Currently, the administration is done by a halftime volunteer Executive Administrator who receives a \$400 per month honorarium, a volunteer bookkeeper, and volunteer teams.

Board meetings are held virtually twice a month. We gather in person eight days each year for the Annual General Meeting (AGM). Transportation and accommodation expenses are paid by those attending. This cost (circa \$20,000 per year) is given as a contribution in service to Reiki Home and is not included in the above mentioned income.

As a Board and as a community, we have grown in our understanding of Reiki Home as a movement on all levels, not only physical. We recognize Reiki Home already exists through the connection of our practice of Reiki.

We embrace all forms and lineages in our rich Reiki community as we come together hand in hand around the world to create a way of living in which all life flourishes. We are grateful to participate in a living, global Reiki Home. We look forward to growing our home together.