

**The Reiki Network GM  
at Sundvolden in Norway  
15.-18.9.2016**



**Present:**

Aandahl Unni NO, Amundsen Rita NO, Bjurströmer Maria SE, Cullip Susan Rosie UK,  
Dowerdock Bjørg NO, Granberg Arnhild NO, Henrikson Maud SE, Kjølnér Ruth-Karina NO/US,  
Løddesøl Helén NO, Melhus Aase NO, Nagell-Erichsen Unni NO, Nyborg Greta NO,  
Parkkinen Nina FI, Susrud Berit NO, Tanberg Kari NO, Westin Åse NO, Holst Kari NO

*Helen Løddesøl was leading the GM on behalf of the Committee, since our President Jussi was not able to attend.*

**Thursday 15.9.2016**

Opening ceremony

Everyone was asked to contemplate and write down the meaning of TRN and what we wanted for the future of our organization. Helen did a good job of shaking us up to respond and commit. The answers were put in a bowl at the “altar”.  
Initiations for the GM were made together.

Rita presented TRN budget for for the period 2014-2016, and the present financial situation. Money used for the website meant that there is not much left, but we agreed that the website was a needed investment that we all could benefit from in the future in our Reiki work.

Åse Westin presented the first part of our new website, the new features in general.

Evening energywork – group Reiki

**Friday 16.9.2016**

Started the day with **energywork**. Powerful group initiations on benches, 4-5 in each group. *(One on the bench and others around connect the one receiving the initiations. The initiators connected with a certain bodypart (with the receiver) that called for the initiation and then the initiations were made at the same time to those parts in the body. Everyone in the group got their turn to receive the initiations relaxing on the bench)*

Maud and Susan Rosie presented the origin and history of TRN.

How the Veltheims started teaching Reiki first in Australia and New Zealand. Esther Veltheim was from Hong Kong and taught Reiki there too.

Maud got convinced about Reiki by John Veltheim’s saying “Reiki is one of the best stress-reducing method for an individual.”

In 1990 nine people were trained as Reiki Masters by the Veltheims. Maud and Susan Rosie were among these nine. In 1993-1997 the line spread to Europe and about 40 Masters were trained. A newsletter started circulating.

In 1996 there was a meeting among the Veltheim’s graduates in UK to start an official organisation. Maud Henrikson was nominated by the Veltheims to be the first president of TRN from 1996-1998. After that the President position and Committee was elected in the General Meetings (GM) every two year period.

There are different ways to teach Reiki, scientific and spiritual, and TRN combined/included all the aspects. TRN way of teaching stresses the importance of self-reiki healing.

Susan Rosie talked about the constitution made for TRN. It is to show that we take ourselves and Reiki seriously. J. Veltheim suggested to have “as few rules as possible”. Maybe there are too

many rules nowadays? The purpose of TRN was to have a “Reiki culture”, a society connecting with people taught TRN way.

Maud talked more about the trust and the confidence to the energy of Reiki. “The simplicity is the greatest gift. To have clean and pure air to breathe, clean and pure water to drink, and Reiki to treat ourselves – pure and simple!”

Some questions were made in the end:

When was the chakra system started to be taught in our Reiki seminars?

When were the symbols drawn on the body?

When were the traditional RM initiations done nude?

(the answers were not known or not made clear)

Greta talked about her way into Reiki and how Reiki has influenced her growth process. Due to time limitations, it had to be cut short, but the full version will be presented in the next NL.

### **Our OUTING:**

A spontaneous trip to Kistefos Museum to experience Jeppe Hein’s “**Reflection**” exhibition.

“In 2016 the Kistefos museum presents the exhibition *Reflection* by the Danish artist Jeppe Hein (b. 1974). In the exhibition *Reflection* you are able to experience a number of selected works created between 2002-2016.

Jeppe Hein invites us to experience the artworks with our body, as when we have to jump on a bicycle to activate a work or encourages us to play on the social benches located in the sculpture park. By creating a space for both active play and mindful contemplation Jeppe Hein wants to sharpen our awareness of ourselves and our surroundings.”

We got to experience the chakra multidimensional balls hanging from the ceiling, a bench that let out a cloud of steam when sitting on it, the circle of lightbulbs, multiplied reflections in a mirror labyrinth, playing (and get wet) in a waterfountain, make our own art with singing bowls and watercolours, see statues in the park ... just mentioning a few.

This outing was “a FUN and PLAY” part of our GM, an experience which we enjoyed quite much. “**Maybe we just should have more fun,**” Unni (Nagell-Erichsen) said the first day when the discussion became “deadly serious”, ... and this was exactly what we did at Kistefos, we had FUN!

Back at Sundvolden:

**Kari Holst** presented her story about her path with Reiki and encounter with Sai Maa energy and her feeling of Oneness. That started about 7 years ago, in 2009.

Reiki led Kari to New York starting with the article in the paper of Beth Israel Hospital, where Reiki was practised. Later on she met another Reiki Master in New York, who gave her information and a picture about Sai Maa, a spiritual master and a guru. (More of her may be read in <http://www.sai-maa.com/en>) Following that energy led Kari to a new job, evolution, joy, new challenges and changed her life around. “Let the soul take driver’s seat and let the ego go on in the backseat”. Kari started to give Sai Maa deeksha.

She also found out that Reiki is compatible with everything. Different people came to her seminars, more with spiritual and psychic angles and she felt that Sai Maa was present at her seminars. Sai Maa has had a great influence on Kari in many ways and now she has started building a new organisation in Scandinavia for Sai Maa.

**Unni Nagell-Erichsen** had a speech of her Reiki path and where it had led her.

Unni’s story of Reiki started in 2002, when she was sure about taking a Reiki seminar. Her path led all the way to Master graduations in a few years.

Then in 2012 big changes happened in her life that led her to a meeting with the Maya elders. Unni also talked about Oneness deeksha, that she has learned, and what she gives.

That is slightly different from Kari’s Sai Maa deeksha.

Kari and Unni both showed their ways of giving deekshas to some volunteers. They also taught us how to apply a deeksha to others. Some openly followed the instructions to try it out in pairs, and had a powerful love exchange experience; while some had left the room in feeling of anger, disgust and frustration.

## **Saturday 17.9.2016**

Helén opened for a discussion about yesterday's deekshas and how she felt about them, reflecting on feelings that emerged in others.

Do we need other deekshas, when we have Reiki as our tool? The heart to heart connection within our Reiki initiation would be our own deeksha. In the state of namaste – heart to heart – the true self. Reiki is not restricted, only the human mind is.

The motions and voting for the new Committee were rescheduled to Saturday, due to some members leaving Saturday evening.

Some energywork was called for with hands on treatment and reflecting about the Committee work. We made a "reiki-train" in circle sitting on chairs, hands on the next one's shoulders. Some moment of silence and humming after which everyone shared their feelings of their role in TRN and about the committee work.

A list of nominees / suggestions for the committee were written on the board for voting. Some miraculous way that happened to work out quite fast and smoothly.

A short session of the new web-site with Åse introducing more features and presenting the admin-site, how we would be able to edit our profiles and how to add seminars, events etc. Every member has their own passwords to get into the admin-site with rights to edit their own information.

Åse continued with the admin web-site and got us practising in action with our own laptops, tablets or smartphones.

**Voting** for the committee and the motions that were made before the GM. 15 members were present and 10 proxys were given.

Voting for the committee passed with exclamations!

The new committee:	President :	Ruth-Karina Kjølner
	Vice President:	Berit Susrud
	Secretary:	Björg Dowerdock
	Committee members:	Maud Henrikson Nina Parkkinen
	Treasurer:	Rita Amundsen
	Web master:	Åse Westin

The three motions of the constitution that were made by the former committee were accepted unanimously.

The motion made by Susan Rosie was left to be handled later after this two year period.

### **Two honorary mentions were given with gratitude:**

Rita Amundsen was awarded with a golden medallion and a voluntary life-member status for a long time contribution and devotion for TRN.

Åse Westin was awarded with a golden medallion for the contribution and well-done web-site work.

The next time and location for the GM was discussed.

The time in September seems suitable. Around the full moon would be good.

Exact dates will be decided later.

Ruth-Karina kindly invited to have the next GM in South Carolina, US.

Also an option of England (Glastonbury) was discussed.

Other suggestions mentioned were Japan and Slovenia.

The new Committee will research, at least for the options of England and South Carolina.

The new website's publishing date was left to Maud and Berit to decide based on the original "birth" of TRN.

Quality check of the symbols.

Only the symbol 3 merged some discussion again, mainly about the "handwriting" differences.

*Evening activity:*

A movie about consciousness presented by Rita

## **Sunday 18.9.2016**

The new committee was called by Ruth Karina for a meeting at breakfast in the King's cabinet.

Quality check of the 4. symbol DKM

Some discussion about the configuration of the symbol and the procedures how and when the RMT's give the symbols to the students, 3A, master training – or is it wanted at all. The differences in these procedures may have caused some anger and conflicts in the past.

Helén revised the complete initiation and performed it to Greta.

Then the RMT's and RM's divided into groups and worked as pairs doing the complete initiation to each other.

Official presentation of the new Committee by Ruth-Karina

Closing Ceremony by wishing us all to communicate more, be more active,- grow and expand our vision and our members of TRN.

Goodbyes

Referees: Nina Parkkinen and Berit Susrud