



# Newsletter

## THE REIKI NETWORK

REIKI, PURE AND SIMPLE

### REIKI

#### COMMUNITY

**"Lets gather our hearts together and make our love grow even stronger"**

*Don Miguel Ruiz*

**"What a wonderful gift we have got together. I have always loved Reiki from the very first time I experienced it with John and Esther. I believe that is valid for all of us. Reiki found all of us in exactly the right moment in our lives.**



**Having said that - today I think that our Reiki sessions are more valuable than ever - not only for ourselves but for the development of the whole world!" 🌟🌟🌟**

*Maud Silverbåge Henriksen*

## The MAZE OF LIFE and our bountiful Diversity!

Last time we spoke about THE SOURCE. The source of our organisation and exploring the source of everything in our lives.

This time the Committee has discussed our RESOURCES within the Network. All that we as individuals bring to the table so to speak, in addition to our Reiki energy, teaching and practice. We do know that Reiki is the centre or energy source that glues us together, but in addition we are a maze of possibilities of different ways of expanding our lives and happiness. Especially these days, when our patience is being challenged; it is important to find hobbies and activities that lift our spirit.



Berit as an example, has started painting! Standing in front a weasel with the brush in her hand, has given her an adventurous creative expression that is new and exciting.

## Our Reiki Network is growing!!!

**4 new members!**

**Finland is expanding!**

**Minna Heinonen as a new RMT, has her two first trainees !!!**

**We welcome warmly**

**KATJA MARTTINEN**

**&**

**NINA PAJARINEN**

**as her RM students starting in 2022!**



**Minna's motto:**

**“BE THE CHANGE YOU WANT TO SEE IN THE WORLD”**

*John F. Kennedy*



**Unni Nagel Eriksen's**

**next two trainees:**

**TRINE SORFANG**

**&**

**CAROLINE LOUISE LASSEN**



**WE ARE SO HAPPY to CONGRATULATE RMT's as well as THEIR NEW STUDENTS and wish them the very best on their Reiki educational journey!**

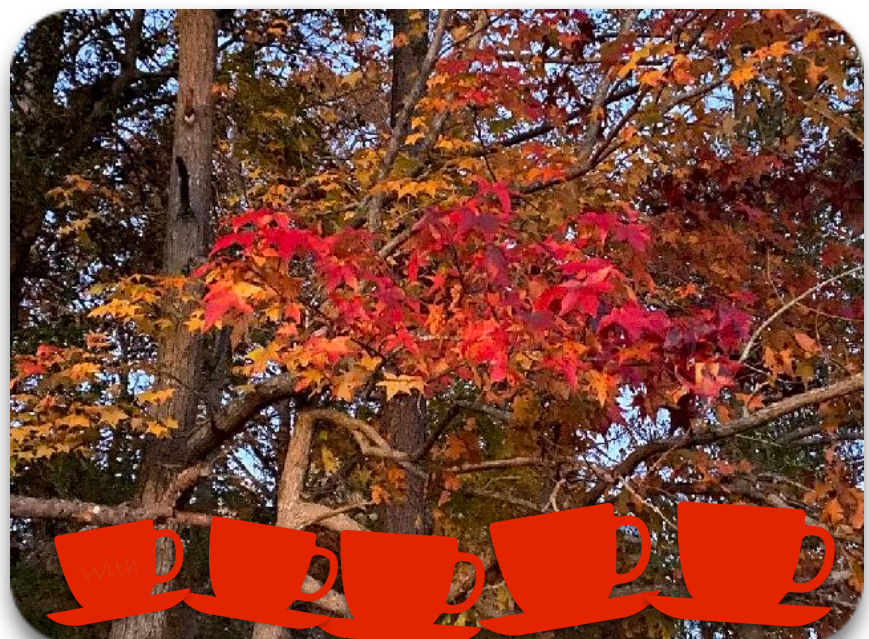


Bjørg is a master in different activities: She is teaching young people recycling, she bakes the best bread and “kransekake” in her region, and she finds immense joy, clarity and inner peace by hiking in the woods with her husband. I mention this, because for many of us, it can be the simplest activity, that right now, becomes a MUST, to keep our minds and sanity at ease. Something to hold on to, that gives meaning in our day. Especially when we think and hope that we can relax a little from the latest news of the pandemic, to find that we are facing another round of restrictions and carefulness. I, by the way, have engaged myself in a new creative coaching business I can practice online; and I must admit, it keeps my feet on the ground and my spirit high. It also gives me new connections all over the world while I am learning something new. The beauty is that I can combine it with Reiki; - in addition to the many Reiki treatments I give here at the centre in South Carolina. Always a great joy and blessing.

As usual, we encourage our members to share stories from their life. Reiki COMMUNITY is felt more when we share, are active and participate. Our group reiki sessions have been such a necessity for many, as you will see in Maud's article in this number. We are so grateful for this opportunity. But again, we feel the need to connect more with more members. Although we faced some technical challenges to get everyone on board, our first zoom was so NICE !

**We invite YOU**

**to our next ZOOM meeting on SATURDAY the 22nd of JANUARY 2022. Starting at 8am in USA (EST), 15 in England, 16 in Denmark, Germany, Norway and Sweden; 17 - in Finland. We set aside two hours for our meeting! More details and zoom link will come closer to the time.**





## Dearest Colleagues and Friends,

by MAUD

The last and previous years have been outstanding with regard to fear and restrictions in the world. In this respect it has been wonderful to belong to an organisation that has as one of its main purposes to teach and spread a tool for wellbeing, health and light. However most of us have been forced to reduce our teaching due to restrictions in all forms. Some of us have been able to continue to teach very small groups and in other ways than before which of course has been very valuable. I personally also feel that the cancelled GM was a hard blow to all of us and our organisation. It is just so important to meet physically and really feel the connection with all members and friends.

Finally we got a first ZOOM meeting organised – which I think was lovely. Just to be able to see each other again and be able to catch up a little was so valuable. At that time we saw the light at the end of the tunnel. We thought that we would be able to meet in person again within a reasonably short time. Of course that is not so sure at this moment but more about that in another place in this Newsletter.

However we are uniquely blessed with the gift we are all having. We can always meet in the Reiki energies without any electrical or digital devices. This autumn many of us have been taking the opportunity to regularly share Reiki for half an hour twice a month. If you ask me – and many others of us – these sessions have been so supportive and wonderful. The power of Reiki is amazing and actually more and more members have decided to join. Maybe this newsletter will reach you before the last gathering this year on December 20th.

On a local level I am organising distant group Reiki sessions, for those who have taken Reiki with me, twice a month as well. The response has been amazing. Especially those who live in areas where there are no other active Reiki people have been very appreciative. Also people, who for different reasons, have not been able to come to the physical group-Reiki sessions, have joined in. The group has been growing more and more. I charge a symbolic sum for each session to have some form of energy exchange. I can highly recommend this type of sessions if you cannot meet in a “normal” way. In TRN committee we plan to continue with the group-Reiki sessions next year. Please take the opportunity to join in to support yourself and help to spread healing energies and light around the world.

***With much love,  
Maud***



## More from the President and the Editor's Corner, by Ruth-Karina

The year 2021 has gone by amazingly fast. Maybe we have gotten used to

being still; 🙏 - or for some of you, getting the freedom to travel and being with family and friends again, has been a relief and a heartwarming, joyful experience.

For me a new inflatable kayak has given me an experience of seeing the surroundings from a new perspective. Quite wonderful to be in the middle of the lake and just be carried by the water and the breeze of air. With eyes closed it becomes an exercise in trust and inner silence and the feeling of being fully immersed in nature.

The Committee has met when needed, and of course the group Reiki sendings have been wonderful!

Rita has suggested, and the Committee has agreed, that we will surprise you by not sending out any invoices for membership fees this year. Enjoy this free year as a gift from The Reiki Network! 🦋

We have also talked about possibilities of our next General Meeting.

As a start, we have decided to try out a  
**ZOOM VERSION GM!**

It will of course not be the same as being physically together, but it will give every member an opportunity to join without any travelling expenses. We are planning to set aside ONE DAY for this in the Spring with an agenda that will move TRN forward.

More on this will be posted later, and the meeting on the 22nd of January, will be a short way of seeing how well this can function. It is also election time for a new Committee and other important themes that can be discussed.

I will again remind you of RTalks with Rene`. Our Claudia Schembri-Heitmman has recently been his guest on the topic of Matrix. I recommend checking it out! The link is: <https://reiki-conciliation.org/rtalk/> and there are other topics and a Reiki book that also is quite fascinating. The half hour gets by very fast!

Then there is time to show you

**“My” Christmas tree !**



**With this beauty I wish you all  
a merry, joyful Holiday and a  
harmonious uplifting 2022!**

*REIKI on and lots of love, Ruth-Karina*