

MEMBER IN FOCUS — is
Mari Okazaki, RP-CRA, Chilliwack, BC



Tell us how you were introduced to Reiki, your path with Reiki and what you do now?

My path with Reiki started slowly, since my father passed away over 30 years ago, but it wasn't until the birth of our second child that the pieces of the puzzle started to fall into place for me.

My mother was a nutritionist, so I was raised in an environment of good health by eating healthy. However, my father passed away because of a medical accident, simply a doctor's mistake from a prescription when he was being treated for flu at the age of 39.

This accident led me to be interested in the human body, so then I would know what is going on inside of our bodies when we get sick or are in pain.

Over 20 years had passed since his death. My mother suffered from menopause, so doctors prescribed drugs to help control her symptoms. I believe that these medications contributed directly to her death at age 57.

This made me question medications and prescription drugs, and be open to other forms of healing and believe in our body's natural healing system. I believed it was very important to learn about the human body, so I would be able to build a healthy family. I decided to study Health and Physical Education at Tokyo's Women's College of Physical Education in Japan, where I earned my degree.

In 2002 we had our first child, Keith, and he was a very healthy baby. In 2004, we had our second child, Mayu, and she developed a severe case of eczema that covered her face with yellow liquid and dried out her skin. Whenever I took her to a pediatrician or skin specialist, the answers were to take an anti-histamine and steroid cream that I strongly disagreed with. I was desperate to find out the cause, so then I could treat from the root of the cause, not cover the symptoms, but they could not tell me anything.

We tried a strict diet, Chinese herbs, homeopathy etc, many of the alternative treatments, and every time we tried a new method, she would get better for a while, then her body would get used to the treatment and revert back to the worst condition.

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Canadian Reiki Association: We provide our members with a national voice and encourage high educational standards. Through our Code of Ethics, we are promoting ethical practice and teaching. We assist the public with referrals to CRA Registered Practitioners and Teachers and we are committed to enlightening and educating our communities about Reiki.

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We welcome your comments, criticisms, and feedback. Letters may be edited for length and clarity.

“Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.”
 — E.E. Cummings

ADVERTISING INFORMATION

Advertise your business, sell merchandise or place job ads in the newsletter. On review of the content, non-members can also advertise in our newsletter.

Ad Size	Members Cost	Non Members Cost
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1/4 3" x 4.25"	\$40	\$80
1/8 3" x 2.125"	\$20	\$40
1/16 3" x 1"	\$10	\$20

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We bought a high quality vacuum cleaner, we were going to install a air and water purification system, and spent lots of money to protect Mayu from the polluted environment. However, all of a sudden I realized,

“All the other children around her can survive in this environment, why not her? I need to concentrate more on making her body stronger, not changing the environment around her!”

Soon after I realized this, I was introduced to a Japanese girl, Kimi, who was a spiritual healer and she still travels around the world to help heal our Earth. She came to our house and sat beside the kitchen sink where Mayu was taking a bath. She started to rub and splash water from the sink on Mayu’s left arm and shoulder and after about 45 minutes, Mayu’s left side of her body started becoming really smooth as if the skin was regenerating. Even a few months after, the left side of Mayu’s body was clearer than the right side! I asked if I could do same thing that the Kimi did on Mayu, so then I could treat her every day. She said everybody has the healing power and she suggested that I might want to find out about Reiki. It was 2005.


At the same time, our family friend and homeopath, Sharon Richlark, said I should look into Reiki because I am from Japan, and also I would be able to treat Mayu on a daily basis. As Sharon helped us to find out the cause of Mayu’s condition with her encyclopedic knowledge and spiritual ability, we trusted her from the bottom of our hearts and I felt her insight would fit me right.

All of a sudden, Reiki information started popping into my life.

Although I had heard of Reiki before, I did not know what exactly Reiki was. But the more I did research about Reiki, the more I got excited to learn as soon as possible,

I wanted to learn in Japanese, my first language, so then I could fully understand the concepts. I took Level One from a Japanese master in 2005 and this lead me to find out more about the original root of Reiki. I simply wanted to be as close to the original, to Mikao Usui’s teachings as possible and Mr.Tadao Yamaguchi from Jikiden Reiki was the closest in lineage that I could find. When I found out that Tadao-sensei’s mother, Chiyoko, had learned Reiki from Chujiro Hayashi who was one of 20 students of Mikao Usui, I got very excited and decided to further my education from him.

I took his course and started to treat Mayu every night at bedtime. After two months, her skin became clearer, and after about 5 months her skin was completely clear.



We now have three children, Keith, Mayu and Geoff, and every time they feel sick or feel anxious, I use Reiki and it always works, and they just love it. It is a great way of giving attention and kinship for children.

At first, I was going to treat only my family and friends, but after this personal experience with Reiki and seeing the positive result from all the other people I have given treatments to, I really wanted to teach Reiki to as many people as possible, especially mothers with small children so then they could treat their children when they got sick. I think it is a great way of building kinship and a close and warm relationship. If you think about our future in a long-term vision, those small children will be supporting our community in 30 years. I want to create a strong base for the healthy mind, body and spirit in our community for our future, by sharing Reiki with as many people as I can.

There was the time that I lost the meaning to live, lost interest in my life, and I did not know why I even existed or who I lived for, and I was lonely. I lost the trust for people and held the fear that everybody would die before me, so I wanted to die before anyone else.

But positive things had happened, one after another since I came to Canada in 1999, and my loving husband supported me, to overcome the trauma and start our beautiful family, but especially after I learned Reiki, I have started to know why I am here today, my intuition has become sharper, and I am more peaceful and laid back. My body is stronger, my life direction has opened up in a wonderful way and I have my life back.

Right after I learned Reiki, my friend sent me an email with this quote and I burst into tears for its deep meaning. I would like to share this quote with many people.

“There are two significant moments in our lives. One is when we are born, the other is when we find out why.”

My beautiful family is the reason why I am here, and Reiki is another reason why I am here.

We live in Chilliwack, 100 km east of Vancouver BC, and there is only a small Japanese population compared with Vancouver, so I am surprised that many people know about Reiki and are open to Reiki treatment. I slowly started my Reiki practice, whether I go to someone’s house for treatment or people come to my house to receive treatment. I am

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always full of gratitude while I do Reiki, and this is my passion. It is a long process to become a teacher by learning with Jikiden Reiki but after I became a teacher I absolutely enjoyed every moment in my class.

What is your major focus for 2007?

As I am writing this article, my memory comes back to me of the time I had decided to come to Canada, in 1999. At that time, my goal was to become a bridge between Canada and Japan in some way, but I did not know how I could do that. Now I realize that I think I am on my way to achieving my goal to be a bridge by teaching Reiki, the Japanese method of healing technique, in Canada in English, which is my second language. Even though it is not easy to teach things in this second language and I am doing my best to improve my English, I am so grateful to be able to teach Reiki along with my Japanese culture, which has a beautiful old history and is not very simple to understand. The concept of Reiki is very deeply related to Japanese culture and I would like to teach Japanese culture, as much as I know, during my class.

I have two focuses for 2008. I am working on my own website: www.JikidenReikiwithMari.com and the other focus is to become a Shihan (second level teacher), and start teaching the first and second level to share this beautiful Reiki path for people to open up their life direction.

As much as my limited time with three little children allows me, I will continue to give Reiki treatment for people, and do my best to make the population of Reiki practitioners bigger, so then more people can give Reiki for sick people.

Tell us about the contribution you see yourself making to the CRA?

My contribution to the CRA is to open Reiki exchange meetings in my local area to make people more aware of Reiki.

I would also like to have Reiki courses for families that have cancer patients, AIDS patients etc, so that they can do group treatments on a daily basis. I hope many people will agree that by learning Reiki, you do not need to become a business owner as a Reiki practitioner or teacher, you can simply use Reiki for your family and friends as one loving way of helping and caring for others.

With gratitude,
Mari Okazaki
www.JikidenReikiwithMari.com

*"The point is not to pay back kindness
but to pass it on."
- Julia Alvarez*

REIKI GATHERINGS, BUILDING COMMUNITY, SHARING LOVE

By Stephanie Cookson

As Reiki students, Practitioners and Teachers, we need to be together;

- to share and learn from our growth and experiences, to hold a common understanding,
- to develop our practice and maintain best practice standards,
- to take care of ourselves, to learn as the world and energy consciousness changes and to celebrate.

A Celebration of Love, the first Fall Reiki Gathering, in Downtown Toronto was held on October 07. This created a new space for doing just this. Those with experience of Reiki treatments, students, Practitioners and Master/Teachers had a fabulous day, getting to know each other, exploring Reiki, getting to know ourselves a little better and having some fun!



The day flowed. Energy flowed. The love was so fully present.

From so many moments, key highlights from the day included;

- Meditations, opening and closing ceremonies and the flow of energy throughout the day. There was so much love.
- Sharing of Reiki stories and creation of a Reiki Story wall for reading throughout the day.
- Sharing experiences with group questions and answers, about Reiki, energy work, understanding attunements.....
- The personal and moving account of survival and wellness innovation with lessons from mother nature for living our lives in health and happiness, from Leslie Bridger.
- The hugest Reiki Circle and Reiki exercises. Sending energy to our personal intentions was facilitated by Diane Young. The energy goes on and on and on as we manifest our desires.
- Experiencing Sekhem energy in the room and exploring our path in understanding energy vibration, connection and different techniques with Stephanie Cookson.

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