

NEWS OF

Zijn

NOVEMBER 2015 | NR. 1



**SCHOOL & PRACTICE
FOR USUI SHIKI RYOHO REIKI**

Johannes Camphuysstraat 150-152 | The Hague, the Netherlands
+31 (0)70 - 367 79 64 | www.reikicentrum-zijn.nl

THE FLOW OF REIKI

What is going on for you, at this moment in your life? Maybe you are feeling busy, struggling with your health, facing challenges that you have not previously had to deal with, or feeling affected by what's happening in the world. Whatever it is, chances are that Reiki can support you and is supporting you.

As a Reiki student, you might see that Reiki can create a healthier world for us all. To make Reiki visible, to serve the world with Reiki, can take place in a powerful way if it has a permanent place. A home where people come to practice and are taught by Reiki.

Rebecca has initiated such a home: Reiki center Zijn. And it is our wish that Rebecca does not have to hold this on her own anymore, and that it is going into the future in a sustainable way. With this in mind, Annemarie Karsten and Anne Boerrigter knocked on Rebecca's door six months ago, to offer support to Reiki center Zijn with a core team of students. Nobody could foresee then in what kind of momentum we would end up together!

In this newsletter you can read about all that has happened. Who has offered their help? (Complete teams have emerged!) What has been done with the donations we received? Which workshops have been offered?

What is it like to volunteer for the Reikicenter? And ... what can you do – and receive – if you want to go with the flow of Zijn?

Warm Reiki greetings,

Core Team of Friends of Zijn

Annemarie Karsten

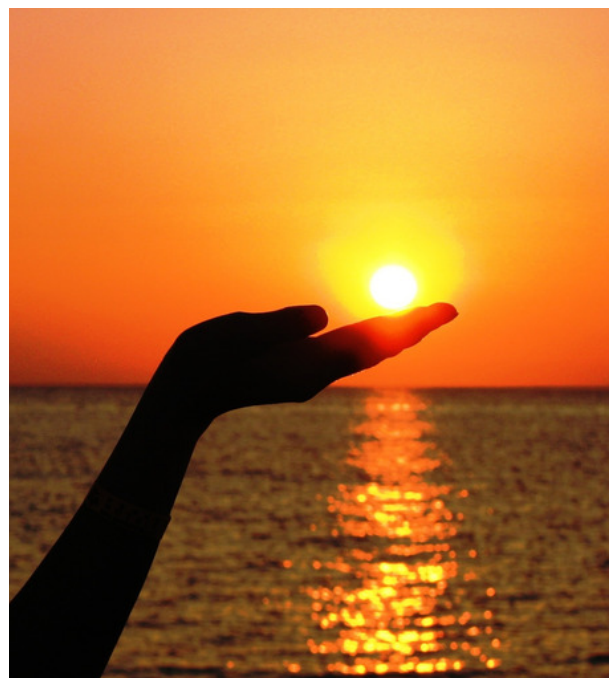
Anne Boerrigter

Ella Fondse

Lilian van der Zanden

Hans Klein

Rebecca Bredenhof





A LOT OF MOVEMENT IN REIKI CENTER ZIJN

*What has
happened in the
past six months?*

Annemarie, Anne and Rebecca have asked Lilian van der Zanden, Ella Fondse and Hans Klein to join the team, which they called the Core Team. After our first energetic meeting, we enthusiastically began to recruit supporters, and Friends of Zijn arose: a (still) small group of people who are sympathetic to the center and are donating money, monthly or annually, or one-off. Lilian has approached teachers to give inspiring lectures about vitality, like Crispijn Hartzema and Anna Kruyswijk. In the meantime, Ella started coordinating of the Energy Group, a group of students that regularly send Reiki to the Reiki center. The energy got under way! And we were approached by several (Reiki) teachers who wanted to teach at the Reiki center. The agenda was richly filled with workshops by Phyllis Furumoto, Marta Getty and Ben Haggard. Annemarie organized in dazzling pace two well-attended workshops by Inger Droog. And together with Lilian she made a checklist for organizers so that people who are organizing an event in the future, know what that means and are supported. Anne teamed up with Mirjam Top to create an address directory into MailChimp, an email program to send targeted e-mail newsletters to all relations of the Reikicenter. During the commemoration of Mikao Usui in Zeist, in August, Rebecca was frequently accosted by Reiki students and -masters who noticed the energetic growth of the Reiki center. Reiki Masters Elaine Andres and Charlotte Bessels, involved in Reiki Home from the beginning, stopped by one evening to share stories. And via Inger Droog we came in contact with Jos Mitsunaga, a professional film maker who has been practicing Reiki since he was eight years old, and who is willing to help us make YouTube clips about Reiki and Reiki center Zijn. And last but not least ... we are working on setting up a DIY-team, to help with the many chores that come with running the Reiki center.

TEAMWORK

WORKING TOGETHER IN COMMUNITY

The workshops at the Reiki center were skilled teamwork: Rebecca worked hard at a thorough preparation, students made soup, baked cookies, arrived in time in the morning to make sure there was tea ... Nice that anyone could make their own contribution! This way it became clear that Zijn has grown into a real community.



Annemarie Karsten

A.M.KARSTEN@GMAIL.COM

"Reiki center Zijn is a very important place to me. I notice that this center and the connection to Rebecca and fellow students form a continuous power for me to heal, learn, and from that to connect with my work, relationships and family. This unique place has Rebecca as the bearer, but the time had come to also take my own responsibility. Volunteering gives me lots of insights and practical skills to take new steps in connection with others for inspiration, healing myself and my surroundings."

*Ella Fondse*

ELLAFONDSE@TISCALI.NL

"Within the Core Team, I have taken it upon me to coordinate the Energy Group: a group that energetically supports Reiki center Zijn by regularly sending Reiki treatments, which contributes to bearing the center. I like to make a commitment with other students, share experiences and learn from each other."

*Hans Klein*

HANS.KLEIN57@HOTMAIL.COM

"Since I hesitantly entered Reiki center Zijn in 2009, this has been an important and familiar place to me. Instead of rationally approaching everything in my life, I learned to connect to myself and others. So I am grateful that I can make my contribution to letting the Reikicenter, which has been established so beautifully by Rebecca, be an inspiring 'home' for many."



Lilian van der Zanden

LVDZANDEN@CASEMA.NL



"The Reiki center is an anchor to me, a second home, a safe beacon and an indispensable place to meet, 'dis-must' and share. In order to contribute tangibly as our core team, to strengthen the energy field of the Reiki center, is very valuable to me, and fun to do! To think up things with the team, discuss them and feel what our vision is, openly and with respect, gives me energy. It makes me see that if we would work this way a little more in the business world, meetings would not be an energy leak, but would generate energy! A nice lesson to take into my daily work!"

Anne Boerrigter

ANNEBOERRIGTER@HOTMAIL.COM

"Working in the Core Team gives me energy and teaches me a lot. And it is also challenging. Working in Reiki is different than I was once taught work should be like :). To honour everyone's process, to share leadership, to not make deadlines and 'sell'; but above all to listen, listen, listen. To our own inner voice, to each other, to Reiki and especially to the (future) students at Reiki center Zijn."

*Rebecca Bredenhof*

REIKICENTRUM.ZIJN@HETNET.NL



"With the Core Team I share my 15 years of experience in the workings of the Reiki center and I'm enjoying the new input. Besides that, I give the team the necessary information to set things in motion, I think along when implementing new ideas. It is fantastic that we are now all nourished by being able to harvest, what I have once sowed. I am grateful."



MEET GRATITUDE

ANNY

Maybe you have already spotted her at the Reiki center: Gratitude Anny! Named after the woman who, for a long time, was the oldest Reiki Student in Reiki center Zijn, Anny Swart. It was she who offered Rebecca an interest-free loan in 2002. Later, in one of the most difficult years of the Reiki center, she turned it into a gift. To be clear: our Gratitude Anny is a piggy bank. All donations, large and small, she will gratefully receive.

THANKFULNESS! GRATITUDE!

We often say to one another that the Reiki center is our second home, that we feel safe here and are thankful for its existence. It is very valuable that this translates into the financial contributions that the centre has received. How much money has the Reiki center received from April to October, and what has been done with it?

Donations

We have recently received no less than € 2.000,- in donations

- By now, 15 Friends of Zijn faithfully make donation every month
- Separate donations have been received via the bank account

- Visitors have donated via the piggy bank
- We have received cash gifts during the Master Candidate Café
- We have received donations for which people have been working. Reiki Master Inger Droog has generously donated to the Reikicenter, organizers have worked for free, and workshop leaders have donated a portion of their income

Expenses

- New chairs have been purchased
- One month the donations have been used to pay part of the rent

Reserved funds

- To purchase a new boiler for the kitchen on the ground floor

GRATITUDE

TO CONTRIBUTE FINANCIALLY - HOW DOES IT WORK?

Do you wish to contribute to Reiki center Zijn financially? If so, please transfer your donation to IBAN number NL71 INGB 00 0426 1019 (BIC INGB NL2A) in the name of "Reikicentrum Zijn" in The Hague quoting Donation Friend of Zijn. Would you then be so kind as to send an email to Annemarie Karsten (am.karsten@gmail.com) with your name and account number in it? This helps us to indentify all donations.

By opting for a monthly fee, we create an energetically and financially healthy foundation. But a one-time or annual fee is also more than welcome! This can be done via bank, or you can put some money into the piggy bank. Feel free to donate.

**Please note that any donation amount is welcomed with a bow!
Thank you for contributing to Reiki's place in the world.**



Want to join?

Are you a second degree Reiki student or master, and do you also want to join the Energy Group of Reiki center Zijn by sending Reiki tot the Reiki center regularly? Please do, you are welcome! You can sign up with the coordinator of the Energy Group, Ella Fondse, by sending an email to ellafondse@tiscali.nl.

TO BE PART OF THE

ENERGY GROUP OF ZIJN

... WHAT'S THAT LIKE?

In recent months, Ella Fondse has formed a team of people who regularly send Reiki to Reiki center Zijn. Meanwhile also Attie Aarsen, Bernadette Gulickx, Hans Klein, Karin Mackaay, Liesbeth van den Brink, Lilian van der Zanden, Netty Hakkaart, Tabine Zoethout, Thérèse van der Harst and Dé Zwaanswijk joined this group.

Members have indicated that they feel it is a special experience to send Reiki to the Reiki center. Liesbeth van den Brink: 'Reiki is universal life energy. Reiki center Zijn is the place where I have connected to share Reiki

and grow in Reiki. The Energy Group is the place where I take part: to send Reiki to the Reiki center via distant treatments. I experience how this sending is energetically tangible. **There is interaction: I send and connect to Reiki center Zijn. Plugged in, I feel the energy and at the same time I am also nourished by the energy that we all are creating in the Reiki center. By sharing together, the potential of energy is growing. And from that I can share with the world. I do that abundantly, and my source is always full. There is plenty."**

PROGRAM

IN ANTICIPATION FOR 2016

The 2016 agenda of Reiki center Zijn is already abundantly filled. **Phyllis Furumoto** will come for a workshop for Russian Reiki Masters. And the group of students in **Reiki Resource Development** is going to meet three more times for challenging weekends with Ben Haggard. For Rebecca, the first half of 2016 is especially dedicated to **healing work with the family tree**: two editions of Healing the Family with Reiki (HFT), a weekend HFT & Money, and a workshop work with the family tree for Reiki Students of all degrees, in addition to her 'normal program'! There are plans for a workshop on **cell awareness** with Roger Rundqvist. Plus a two-day **Reiki deepening workshop** with Reiki Masters and 'Reiki PhD's' Jojan Jonker and Dori Beeler, about Reiki as spirituality in an Eastern and Western context. And late June, there is a **Reiki Holiday** at estate Marathea in Greece, facilitated by Annemarie Karsten.

To add to your agenda ...

World Peace Meditation with Netty Hakkaart

Thursday 31 december 2015 from 1PM to 2PM

Info & registration: Netty Hakkaart, gerardnetty@gmail.com

Workshop on nutrition: Simply Healthy with Anna Kruyswijk

Friday afternoons 18 March, 8 April en 13 May 2016 from 1PM to 5PM

Info & registration: Lilian van der Zanden, lvdzanden@casema.nl

Healing the Family Tree with Reiki (HFT) with Rebecca Bredenhof

Edition 1, 12-14 February *plus* 25-27 March 2016 | Edition 2, 3-5 June *plus* 15-17 July 2016

Info & registration: Rebecca Bredenhof, reikicentrum.zijn@hetnet.nl

WHO WANTS TO HELP MAKE REIKI 'VISIBLE' IN THE WORLD THROUGH YOUTUBE MOVIES?



By Annemarie Karsten

The Core Team of Reiki center Zijn wants to help to make Reiki visible in the outer world. This can, of course, be done in many ways and every Reiki student is making a contribution in his or her unique way.

A few weeks ago, the Core Team has spent a fantastic evening with Jos Mitsunaga, Reiki student of the first hour and a specialist in social media and making films. Jos showed us that the world is changing and that many people take in information by watching moving images, easier than through reading written words. To respond by making movies could be a good way to show Reiki's contribution to the world.

Making movies that can be posted on YouTube and are linked to a website or Facebook page is something we can learn, according to Jos. The possibilities are endless. From short instructional films, to attending to particular subjects. Jos is eager to help us with a film camera and software to create it all and assemble and upload it. He has also offered to provide a day of instruction. This will probably be in March 2016 on a Saturday.

As Core Team of Zijn we are looking for volunteers, who would like to team up to do this and are willing to donate their time to regularly make a movie with Rebecca or one of us, and help upload it.

Does this sound appealing to you? Please contact Rebecca. Your help is much appreciated!

HELPING(HEALING) HANDS

Do you want to contribute to a healthier world for yourself and the people around you? An interconnecting world? At Reiki center Zijn we welcome your unique contribution. Do you feel called to volunteer for any of the following tasks?



1 'STUFF DROPPERS'

In April 2016, Phyllis Furumoto will come over for a nine-day workshop for a group of Russian Reiki Masters. For this, the first stockroom needs to be cleared. We would be delighted if people could help us to take out stuff. Your help is appreciated!

2 KITCHEN FITTERS

Once the stockroom is more empty (see under 1), then we intend to have a small kitchen installed there, so cooks have more work space. And for this, we are in search of one or more ... kitchen fitters :).

3 CURTAIN SEWERS

The curtains on the first floor need to be replaced. Who would be willing to sew them for us?

4 GENERAL CHORE-DOERS

People who can help putting in lightbulbs, tighten the screws, fix treatment tables ... you're more than welcome to help! Thank you!

5 ADMINISTRATIVE HELPER

Rebecca is looking for an experienced administrative assistant for approximately 10 hours a week. Are you looking for volunteer work in a warm, inspiring office with a lot of Reiki flow? This is your chance!

6 ORGANIZERS OF WORKSHOPS

Behind every workshop at Reiki center Zijn, there is an organizer. As an organizer, you commit to a workshop, for example, a workshop Transformation Game. You keep in touch with the workshop leader, do public relations, maintain subscriptions and take care of practical matters. You are also present at the workshop. A super instructive and enriching job!

7 ORGANIZERS OF MOVIE NIGHTS

Regularly, documentaries come by that we think are worth the watch, together with a group of students, and discuss. For example, about awareness, healthy living and healthy nutrition. For this we are looking for movie night organizers with ideas!

8 TEMPORARY JOB COORDINATOR

Normally, Hans Klein coordinates the chores in the Reiki center: creating lists of chores and matching them with the right people. He temporarily is not able to do this (probably for several months). Who is willing to jump in?

9 WEBSITE TRANSLATORS

Reikicenter Zijn is becoming increasingly international, so we also have the plan to make an English website. Who wants to help us translate?

10

REIKI SENDERS

We feel that the energetic support by the Energy Group is very important for strengthening Reiki center Zijn, for now and for the future. Its members regularly send Reiki to the Reiki center and share their experiences by email. Do you feel called to join the Energy Group? Please sign up with Ella Fondse by sending her an email at ellafondse@tiscali.nl.

11

IDEA HAVERS

Do you have ideas to empower the Reiki center ... please let us know!

12

COOKS

For workshops, we often require cooks who want to prepare lunch and/or dinner. Sometimes this is on a freelance basis, sometimes for a fee. Do you want to sign up?

13

EXPERIENCE SHARERS

If you want to write a few lines about your experiences during a workshop at Zijn for newsletters, flyers or the website, this is very welcome! This way you help to make the practical spirituality of Reiki visible: What does (or did) it do for you? You can email your text to Rebecca. It's appreciated if you can also indicate whether your name can be added, and for what communications your text may be used. Thank you!

THANK YOU ALL!

Thanks, thanks, thanks to the volunteers who recently and earlier have come forward. Together we will create a powerful Zijn and a balanced world!

Energy Group Ella Fondse, Attie Aarsen, Bernadette Gulickx,
Hans Klein, Karin Mackaay, Liesbeth van den Brink,
Lilian van der Zanden, Netty Hakkaart, Tabine Zoethout,
Thérèse van der Harst, Dé Zwaanswijk

Coordinator Energy Group Ella Fondse

Coordinator Support Group Anja van Brenk

Coordinator Zijn for Reiki Worldwide Jacqueline
Spierdijk

Friends of Zijn Anne Boerrigter, Annemarie Karsten,
Hanneke van Nistelrooij, Christina Spies, Egbert Pladdet,
Tabine Zoethout, Herma Harmsen, Sirpa van der Heiden, Ingrid van Alst,
Lilian van der Zanden, Ineke Zwetsloot, Mirjam Top-
Termaat, Jetske Stortelder

Preparation monthly email reminders
Alexandra de Savornin Lohman

Website maintenance Rianne Leijten (before: Denise Belfor), Levi Brown

Translators Tabine Zoethout, Willemijn
Leedekerken, Anne Boerrigter

COLOPHON

This newsletter is published by
the Core Team of Friends of Zijn

Text

Lilian van der Zanden
Annemarie Karsten
Ella Fondse
Hans Klein
Rebecca Bredenhof
Anne Boerrigter

Editing & lay out

Anne Boerrigter

Dutch-English translation

Tabine Zoethout
Anne Boerrigter (editing)



Zijn