

Minutes of The Reiki Association Council meeting

12 – 14 October 2011 held at Hill Cottage, Snitterfield

Present: Kristin Bonney, Milly Cain-Weale, Feona Gray, Kate Jones, Ivan Middleton

Apologies: Gwen Robison

1. The meeting opened with a Reiki circle and catch up. The agenda was then prioritised.

2. The minutes of the previous meeting were agreed.

3. Events 2013 and beyond. It was reported that Hothorpe Hall is not available for the dates we wanted in 2013. Also no reply had been received from Rick due to health issues. It was therefore suggested that an event without a guest is held every other year so not to book Rick or Hothorpe for 2013 and this was agreed. It was also agreed not to book Hothorpe for that year. However Paul is available for the suggested dates in 2014 and so is Hothorpe, so it was agreed to book this.

There was discussion about holding smaller regional gatherings. It was agreed that a Gathering Info pack would help support this, giving guidance of how to go about it.

It was noted that we need to get the message out that gatherings are not about AGMs any more.

There was discussion about holding a gathering for masters. There was consensus that it would be good to have such a gathering organised by non-council group.

There was also discussion about practitioner support events. There was a vision of 4 people holding 4 events per year with the facilitator taking 80% of the profit, the remainder going to TRA.

4. 'What is Reiki' leaflets – It was reported that these are running out. Feona and Tripuri have been reviewing the wording and design with a view to bringing them up to date. Feona has had her designer look at the ribbons and logo with a view to getting a hi-res image that will work well over a variety of items. Lucy Patterson is also to be involved in the re-design and it is anticipated that there will be a cost of £250 - £480 for this. It was agreed that £480 is too much. It was agreed that Feona will circulate costings, desing and wording by e-mail for agreement. It was agreed that a cost of £17.50 for 100 leaflets was reasonable. It was also agreed to go for a print run of 10,000 if there is somewhere to store them.

5. Touch – It was reported that Feona had had a good meeting with Debs various things they discussed included:

- That having investigated increasing circulation by selling Touch to other Reiki organisations, Debs has decided this does not feel appropriate
- That Debs needs to have a deputy editor and has been reserving some of the budget towards this.
- That the new postal contract will save about £100 per issue

- It was acknowledged that there is no pot of gold right now but she would like to pay Lia more and is hoping to do this from some of the savings.
- Debs has found a possible fund-raiser. Feona recognised that a fundraiser could be good for TRA as a whole and could take the struggle out of TRA finances. Feona, on behalf of Council, is sending thanks to Debs for coming up with the idea.
- There was also discussion about the £500 promotional money which is still available

Feona also recognised that a fundraiser could be good for TRA as a whole and could take the struggle out of TRA finances.

6. Charitable Status – Moving forwards with registration as a charity was discussed and it was agreed to seek charitable status and that it is now the time to move forwards. It was noted that John has made a suggestion of organisations who could help. It was therefore agreed that Kate would lead a team including Feona, Tripuri, and John to move this forwards.

7. Keeping Council Work Light – Concerns were expressed about Council members becoming overwhelmed and the need to keep the work light. It was noted that lightness seems to happen best when Reiki is kept in front and it is remembered that while TRA needs to be business-like it is not a business, so Reiki comes before commerce.

It was also noted that stressful thinking does not allow for creativity, but that Reiki encourages us to stay calm and a way forwards will be found.

In order to give energetic continuity it was agreed to have a document to give guidance to future council members through sharing of our experience.

It was agreed to stay mindful about holding the work lightly, being creative rather than reactive, acting as a wave rather than a particle.

It was noted that starting the meeting after lunch the first day and finishing at lunchtime the 3rd day felt much better. It was also noted that starting each session with Reiki (which began on the 2nd day) created a feeling of less pressure.

8. Visioning A distant treatment was sent to "What is Reiki asking of us for The Reiki Association now?" There was sharing and discussion of the insights received. The following were agreed:

- To start every session of the meetings with 5 minutes Reiki treatment per person (30 minutes)
- To use distant treatment during the meetings, especially if stuck on an issue
- To share experience rather than set down rules

There was also a suggestion to use a facilitator for Council meetings. It was also noted that several of the visions included connection, taking the long view and that there seems to be some momentum. Also fun!

9. Suggestion from Tripuri – It was noted that an e-mail from Tripuri had been received in which she reported that many people are asking for a certificate of membership that they can display on their wall. It was understood that they are looking for recognition, belonging, community and support. It was also reported that they understand that TRA is not a professional body.

It was noted that for those who wish to work in clinics or hospices the insurance certificate from Balens is most relevant and includes the TRA logo and mention that people are members of TRA.

It was not agreed to issue a certificate of membership, but it was agreed that an acknowledgement of membership that is attractive to look at and has a nice wording, including an expiry date. It was agreed that Kristin would draft some words.

It was also agreed to point out to people in public practice that they also have the directory, insurance that mentions membership of TRA, leaflets. There was a suggestion to have a practitioner pack available for £5 that might include a membership card.

10. Finances Reports from John and the budget were considered. The budget was agreed with the addition of £250 for travel expenses to meetings concerning regulation and practitioner standards (Reiki Council, CNHC).

It was agreed that TRA has come through the first phase of re-building and now needs to stop using up the 'pot' and start generating revenue for the future. It was noted that over the past 2 years there has been an overall loss of £200. Meanwhile there has been one off investment to promote TRA by:

- Subsidising people to attend the AGM weekend
- Development of the website
- Reiki Film and interview

Suggestions to generate income include:

- Merchandise project – only one person had been suitable but did not get in contact again
- Recipe book
- MP3 downloads of talks (Phyllis, Paul etc)
- Donations banner on website

11. Free Ads – It had been pointed out that Reiki classes were being advertised in the free ads area of the Members website. In order to support those members who have paid for listings in the Reiki Directory, an email will be sent to people who use the Free Ads area inappropriately, to clarify boundaries of advertising. It was agreed to ask Mamta, as Reiki Directory representative, to take responsibility for moderating the free ads in future.

It was noted that the 'free' ads was supposed to end in October. It was agreed to extend them to encourage people to use the website.

There was a suggestion to have a 'community diary' consisting of just 2 lines to announce events.

It was agreed that the prices for ads may need to be included on the classifieds page.

12. Birthday Event - It was noted that the booking form for the Birthday event had not gone out with Touch. During the meeting it was established that it had been printed but had been overlooked by the Suffolk Stuffers. It was noted that there is an alternative way for people to book via the website, so it was agreed to e-mail all members with a link to the online booking form and also make them aware that printed forms are available from Tripuri (as stated in the newsletter). It was agreed to ask Christine to get some of the forms to Tripuri and some to go to the Buckland weekend.

It was agreed to offer buddies to those attending their first gathering. Volunteers to act as buddies will be asked to put their names in a hat as they arrive and those needing one will pick one out.

It was agreed that a joyful piece about the Birthday Event needs to go in the Winter newsletter. Also an editorial to call people to Council. It was suggested mention of specific areas of skills that are needed might encourage people to step forwards.

There was discussion of the programme for the weekend. Ivan offered some blessing cards. It was agreed that it is important to ensure John brings the postcards.

It was agreed to put a request in the next newsletter for photos of the past 20 years for a collage under the banner "Good where we've been...".

Ivan reported on his investigation about cancellation insurance for the events, but found it to be too complex and expensive. It was therefore agreed not to take out any insurance.

Other suggestions for the event included:

- commemorative T-shirt
- souvenir programme like a birthday card

13. Website and Connection with members - It was suggested that a monthly e-newsletter could foster connection with members. One person was needed to write/edit it (Kristin?), another person to send it out

Further to discussion about encouraging members to use the website it was agreed to have a 1 – 2 page spread in the April issue of Touch and a 1 page about the birthday in the Winter issue.

It was agreed that a step by step guide about how to use the website would be a useful insert that could be kept. It was therefore agreed to put this together with Brian.

A teleconference meeting place that is better than Skype was mentioned, which could be used in the future to connect with Phyllis.

It was agreed that other people are needed who are not on council to run the website long term. It was suggested that a box requesting people interested in helping to get in touch be put on the home page. It was also agreed to ask a the birthday weekend.

It was noted that the Weavers could be helping to foster community on the website.

The new map facility on the website was demonstrated and even Kristin found it exciting!

14. Company Secretary – It was agreed that there is need for consistency and that having a company secretary provides this with regard to filing with companies house. Ivan agreed to continue as company secretary until after the next returns, which council gratefully accepted. It was agreed to discuss the need for a company secretary further at the next meeting and also to clarify whether the company secretary is a member of the board. Gratitude was also expressed for all Ivan has done in holding the role to date.

15. Guidelines – It was noted that last year a start had been made to create guidelines for volunteers instead of the policy book. It was agreed that there is more work to do on this.

16. Weavers – It was noted that Weavers are not being contacted by members and not much is happening, so it seems that people aren't interested. A distant Reiki treatment was therefore sent to the question of whether TRA needs the Weavers? The insights were shared and there was a feeling that it is better to use networks that already exist i.e. sharing groups which already bring people together and are run by key people interested in developing regional community. Many Weavers are share group leaders. There was a suggestion to identify the share group leaders at the birthday event.

Kristin was asked whether she felt that it was OK to let the Weavers project go given the needs of the 'Luddites' and she responded that she felt it is as she has asked the Weavers and it seems this facility is not needed.

Kristin offered to write an article about how people want community but it is not up to council to make it happen.

There was a proposal to cease the Weavers, which was not agreed but it was agreed to hold it lightly, Kristin will keep the list and put people in touch with each other. There was discussion of whether the list should go in the next newsletter and it was agreed not to include it next time. It was also agreed to consult the Weavers about what they want to offer before the next newsletter and include their suggestions as appropriate.

17. Next Meeting – venue to be agreed, Ivan is to be next chair with Milly as thread-holder.

It was agreed to have the same timing: start 2 pm 1st day, finish 1 pm last day.

Visioning: What is Reiki asking of us for The Reiki Association now

Milly

- Bring Reiki to the front
- Free yourselves from ownership of roles
- Be honest with time
- Develop as you serve
- Be aware of ecology
- Achieve development not just change
- Confront egos create safety, love
- Not a vessel for others troubles
- As servers allow TRA to support you more

Kristin

- Images: mountain, journey, boulders, trying to shift them
- Remember to look back, see the view of where you came from: a long way
- Hum – harmonious whole – taken up by the crowd
- Where are we going? None of your business!
- Call for more: people want to join the hum: events

Feona

- Lots of light into a small area: council, not shining out laser like pin prick in the middle
- Lots of concentric circles – light not connecting with members?
- Direction (where going) question from outside
- Being – what? not enough
- Joy, image of flowers petals on the ground, circle of flowers, connection association
- Light shining on petals, glistening.
- Guidance

Ivan

- Guidance
- Direction
- We try to enthuse others & no response – can only work for and with members
- Are we setting desires too high? Giving ourselves too much work?
- Preparing a feast and no-one comes, try to do too much for people who don't want to go there
- Get people who ask for something to do it – with our support
- Perception of members about our responsibility

Kate

- Be present
- Be honest
- Be together
- Image: turning a roundabout with feet: starts to spin by own momentum: fun!
- Bring Weavers together in person
- Heart beating more strongly now – still more to go
- Be fearless
- Image: mud breaking off skin – old ways to release still: by smiling
- Be joyful
- New green shoots appearing but tender