

NEWS OF

# Zijn

SEPTEMBER 2016 | NO. 2



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

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

## DE FLOW OF ZIJN ... THROUGH THE EYES OF REBECCA

First of all, I want to thank everyone for the wonderful comments on the first News of Zijn in November 2015. Less than two months later, the English translation was sent to about 150 people in Australia, America, Canada, Russia, Austria, Switzerland, Germany, Denmark, Barbados, Trinidad, Argentina, Brazil, Mexico, Italy, Israel, UK, Poland, Spain and Estonia. To people I know personally and of whom I know that they are interested in how Reiki resides in the world. The reactions were touching, beautiful and very supportive. Again, we became a bit more visible. There were requests to write articles for the newsletter of Reiki Foundation International. And one morning I found a note in the mailbox of an American colleague: "Just thought of how beautifully you and your students are bringing spirituality and love to the world."



The helping hands to prepare Reiki center Zijn for a nine-day event did come! Stuff movers took unnecessary stuff from the storeroom for their own use, or they brought it to recycling shops and bulky waste processing. By various handymen the storeroom has been tidied up and has been transformed with simple means into a tidy pantry and storage facility. As we found out later, it is even possible to create a cosy guest spot down there. The loo on the ground floor finally got a nice colour after 14 years. The guest room on the first floor, which is also a dressing room for the yoga group, got a window with ventilation. Nice touch to this very simple room is that almost everyone who has slept there calls it 'my room'. We organized extra cleaning help and helpers for the evening dishes, hired a cook, and we were ready to receive the group of Reiki Masters from Russia and Uzbekistan who came to work here with Phyllis Furumoto. It was the first time there was a group here for so long, which was quite exciting. But thanks to the good preparation it was a beautiful and warm time for all parties. We learned that we can also organize events of this size. So when we had a two-day workshop in the Reiki center early July for 23 English-speaking participants with our two newly promoted doctors of Reiki, Jojan Jonker and Dori Beeler, everything went smoothly.

A few organizers for workshops and one for movie nights came forward. And even though it has been postponed due to the organizer's illness, we have a great team for the YouTube project. We have Joost and Lilian, two cooks who are already working for Zijn, and two cooks in the background whom we can ask if necessary. And my daughter and son-in-law spontaneously built a small front garden, which gives the Reiki center a flourishing appearance.

What has not been realized yet? An administrative assistant, finishing a mailing list in MailChimp for which already hours of work have been done, new curtains for the training room, help with small chores and translating the website. So grab your chance if you want to contribute to a healthy growing Reiki center Zijn.

On a practical energy level we really have been innovative. This year the Reiki center receives electricity via solar panels from Wiljo Kraayenbrink, a farmer from Aalten. It gives a great feeling to know where your electricity comes from! When a few months later, the 25 year old boiler quit on us, the landlord

partly sponsored a new boiler. Since we already had plans for the expansion of the hot water supply downstairs, we did not choose a single boiler but a combination boiler. The extra costs we could afford, thanks to the donations.

With those, we also have paid for the replacement of the more than 40-year-old gas stove. Through the energy savings that these innovations will bring, we earn something back again in the future.

In my eyes, the flow of Zijn mainly shows itself in the form of service. To be subservient to the large(r) whole; creating space for the potential that is present in every human being; encouraging each other and empowering without being forceful. To be an open circle for everyone who wants to be part of this; to honour the gifts of Reiki by consciously making time for a conscious joint practice. To give Reiki a place in our lives and understand our own place in life.

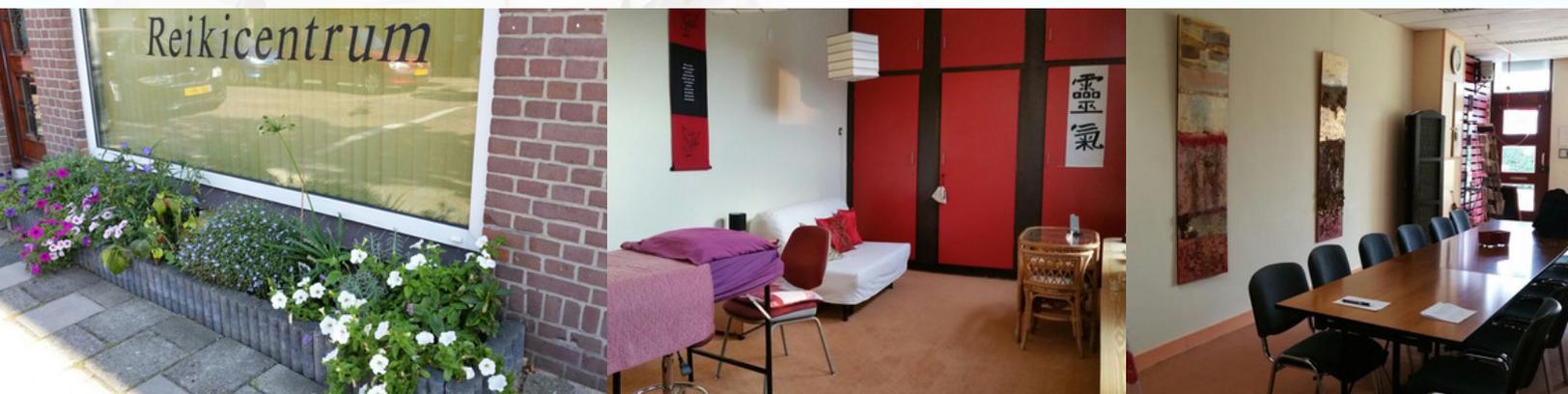


There have never been so many willing hands and hearts registered for the Reiki treatments to homeless women on the Pampering Day on 8 March. A number of students have given Reiki treatments to refugees in asylum centres, on behalf of Reiki World Wide. During the master training for the third master I have initiated, students of Zijn have been cooking almost every day for us for that week. And for the initiation party that followed snacks were provided by yet other students of Zijn. Even fellow Reiki Masters regularly offer their help.

Reiki center Zijn is alive, we hear more often that it is called a 'Home'. And that is not just in the Netherlands, attested by a reaction to the English edition of the former News of Zijn. "I'm so excited to see for real what Reiki Home will look like. Because it feels to me that your centre is a taste of what we are building in the international community." The activity of the Reiki centre appeals to people. New students increasingly let it be known that they have been looking for a place where they can grow further in groups after receiving the 1st degree of Reiki.

To save the Reiki center for the future is just as unreal to me as the fact that it exists in this place for almost 15 years. When I heard, twice in a few days' time, that colleagues see it going on for several generations, I only thought of the miracle of Reiki. Just for now I know that my life and work have certainly not calmed down over the past year, and I enjoy all the opportunities that present themselves to explore how we can grow into shared leadership. That is my future.

Rebecca



## TO PUT INTO YOUR AGENDA ...

**Wednesday 28 September 2016, start of a 13 weeks long Reiki treatment cycle**, weekly from 7.30PM – 10.30PM, for all degrees. Weekly receiving and giving of Reiki in a group.  
**Investment:** € 150,- (for 13 x, can be paid in 2 terms. [More info and application form](#))

**Friday 30 September until Sunday 2 October 2016, Reiki Resource Development - Europe**, a year's training with Ben Haggard. 4th weekend with a steady group. In March 2017 we start a new year and the group can be expanded with more participants.  
 Interested? [Contact Rebecca, Annemarie or Anne](#)

**Tuesday 4 and Wednesday 5 October 2016, Basic workshop Reiki symbols, with Reiki master Fokke Brink.** Times: Tuesday 9.30AM until 5PM /Wednesday 9.30AM-12.30PM for second degree and masters. Wednesday afternoon 2PM-5PM only for masters .  
 Investment: seond graad € 210, master € 260,- (incl. coffee/tea, materials, bring lunch yourself). [Registration and information: organiser Christina Spies, christina@two-hands.nl or +31\(0\)6 1881 2965](#)

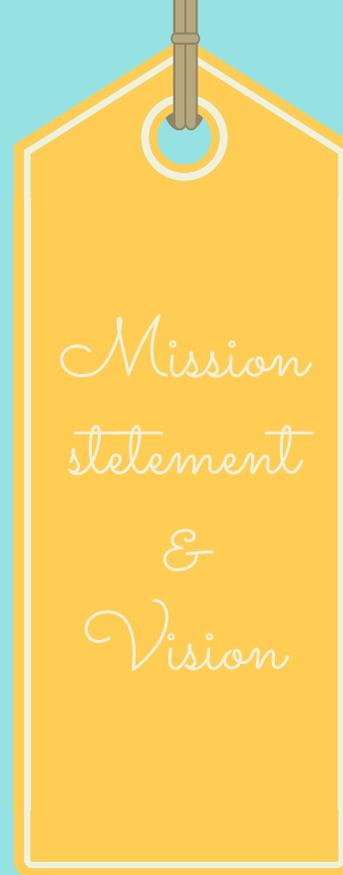
**Thursday 6 until Sunday 9 October 2016, Reiki for a Better world, workshop with Phyllis Furumoto, Ben Haggard en Jessica Palin.** In Almaty, Kazachstan. [Rebecca is going, because she is in the design team for this workshop! Maybe you want to join her?](#)

**Thursday 6 October 2016, workshop Constellations met Fokke Brink**, from 9.30AM - 5.30PM. **Investment:** € 80,- , bring lunch yourself. [Registration and information: organiser Anja van Brenk, avbrenk@xs4all.nl or +31 \(0\)6 5164 2903](#)

### And further:

13 October | **Lecture Emily Jane Lowe: Zero Waste Living** | € 15,-  
 15 and 16 October + 2 November | **HFT and Money** | € 270,-  
 17, 20 and 21 October | **Second degree Reiki class** | € 500,- + € 45,-  
 27 until 30 October | **First degree Reiki class** | € 150,- + € 45,-  
 17 until 20 November | **Reiki Silence retreat in Reiki center Zijn** (more info to follow)  
 24 until 26 November | **First degree Reiki class** | € 150,- + € 45,-  
 29 November + 1 and 2 December | **Second degree Reiki class** | € 500,- + € 45,-  
 20 until 22 January 2017 | **Exploring your unique relationship with the spiritual lineage, with Melanie Hoffstead** (more info to follow)  
 19 May 2017 | **Stories about Mrs Takata, with Rick Bockner** (more info to follow)  
 20 and 21 May 2017 | **Growing into the 5th principle, with Rick Bockner** (more info to follow)

**On Saturday, April 23, 2016 Zijn's Core Team met with the intent to jointly articulate the mission for Reiki center Zijn. A huge process, because our starting point was that each member of the circle would stand 100% behind every word in the mission. Without compromising. That resulted in a beautiful, exciting day – and the mission below.**



Reiki center Zijn offers everyone a safe place  
for balance and spiritual development from  
Reiki practice,  
by practicing together, sharing experiences and  
honouring our Being-human,  
so that our true potential expresses itself in a  
healthy, inspired life in connection to all that  
lives.

What do you think about it? Recognizable and appealing, or not? We would like to hear from you. Feel free to email your response to Anne: [anneboerrigter@hotmail.com](mailto:anneboerrigter@hotmail.com).

## HANS BIDS FAREWELL TO THE CORE TEAM



From the first moment, Hans has been a member of the Core Team. Together we have taken the first steps to strengthen the energetic field of the Reiki center, and created a good foundation. Working together gives all of us a lot of energy and it is a great feeling to do so. Unfortunately, in recent months Hans got problems with his health and could not make the contribution to the team he wanted. Hans has decided to lay down his duties for the Core Team in order to focus on his recovery. A logical and good decision. Health is the most important thing! Thank you Hans for your dedication, ideas and energy! And there's always a place for you on the team!



**ANNE BOERRIGTER**  
anneboerrigter@hotmail.com



**REBECCA BREDEHOF**  
reikicentrum.zijn@hetnet.nl



**LILIAN VAN DER ZANDEN**  
lvdzanden@casema.nl



**ANNEMARIE KARSTEN**  
am.karsten@gmail.com



**ELLA FONDSE**  
ellafondse@tiscali.nl



**WILLEMIJN LEEDEKERKEN**  
reikimijtje@gmail.com

## NEW IN THE CORE TEAM: WILLEMIJN LEEDEKERKEN



A while ago Rebecca asked me if I wanted to be part of the Core Team of Reiki center Zijn. My wholehearted YES perhaps requires some explanation. I am a fellow Reiki Master and a friend of Rebecca's for almost 20 years. We share some dreams regarding the position of Reiki in the society / the world and the role that Reiki center Zijn can fulfill. From the beginning of 2009 our intensive collaboration started to create the School of Usui Shiki Ryoho. In 2010 we presented this concept at the OGM retreat in America. Many activities are originated from that point.

Rebecca's movement became increasingly outward. Mine increasingly focused on my personal life, the circle close to me and my own practice. Meanwhile, there is more space for me again and my first step outward I love to make towards and for 'Zijn'.

After our original vision a lot has been achieved concerning 'Zijn'. The Core Team arose from Reiki center Zijn's own students. In addition to regular Reiki classes, there are many workshops to attend. International guests are bringing deepening workshops to the premises ... and for me the most beautiful realization of a dream ... the recent workshop by Jojan Jonker and Dori Beeler. That many may follow. I also see the Reiki center as place of growth for fellow Reiki Masters and I hope to be able to contribute to that again. And who knows what else will follow. 'Zijn' as a Reiki Home, like many can be created in the world ...physical as well as virtual.

## WELCOME SUPPORT: TABINE ZOETHOUT



'On March 4, 2008 I first entered Rebecca's Reiki center for a Reiki treatment. And from that moment on my life has been completely turned upside down and rotated 180 degrees. Physically and mentally I am so healed, it cannot be expressed into words. When I lived in The Hague, Reiki center Zijn really was my second home. Now that I live further away, I still like to come there and especially like to go on being involved in the Reiki center. So when Rebecca asked me to be secretary of the Core Team, I could only say YES.'



## *Reiki Student Marlies Happé*

### **About the treatment cycle**



"During the 13-week treatment cycle, I have received and given more Reiki than ever before. I view it as a very special journey of discovery. I had a clear goal at the beginning of this cycle of group treatments. I wanted to integrate Reiki in my daily life by doing a self-treatment every day. I have achieved that goal. But what I find more important is that I so enjoyed the journey. In addition to the lasting and loving connection that I experience with our group, I have even experienced moments of euphoria in the recent period. What a gift ! Reiki has further ensured that I view the world with 'new' eyes and everything is suddenly a lot more beautiful. I can say with my hand to my heart that Reiki has enriched my life !"

## *Reiki Student Tabine Zoethout*

### **About the Reiki practice training Touching & Be Touched**

'Thinking back to this training two words come to me: *clear and practical*. For example, how do you communicate about Reiki, how do you tell a new client about it, how do you explain about a treatment? At the time I thought: that is going to be hard, but when I actually started my practice five years later and had to do it, I could write down what I wanted to say just like that. I realized how much I had learned.

During the training you also receive Reiki treatments, at least once a week. This gave me grounding, support, at a time of personal growth in which there was a lot going on. What touched me the most in Rebecca is her clarity. She knows how to explain well, understandable for everyone.'



## 'I have experienced that family issues always stay current when there is no awareness.'

Reiki master Jolanda Nieuwstraten  
about participating in Healing the Family Tree with Reiki (HFT)



### Reiki CV

1993: 1st stage

1994: 2nd degree

1997: Master's degree

(A total of 23 years Reiki)

**Jolanda Nieuwstraten 'did' Healing the Family Tree with Reiki (abbreviated HFT) and Healing the Reiki Family Tree at Reiki center Zijn, under the guidance of Marta Getty.**

### How did you experience HFT?

"I experienced it as surprising that the family themes of me and the partner with whom I worked, seemed opposed. In my family there was a pattern of always wanting to keep the peace. I have experienced that family issues always stay current when there is no awareness. After HFT the theme of "containing yourself" has changed. I experience a greater freedom of choice to engage into communication. I also learned that my mother suddenly dared to make other choices, even though it could mean that possibly another person would get hurt. "

### Has this happened to more themes?

"I feel more freedom to ask a colleague to assist me to address a theme that has emerged. HFT has given me an instrument. "

### And the themes in the Reiki family?

"Prior to HFT and HFT for the Reiki family I had not seen my master for 10 years. The contact has re-materialized in a miraculous way. Things had happened in the past, leaving me with the feeling of standing alone and having to figure out everything myself. Now I feel that it was a good thing to find my way on my own. "



# COOKING = ENERGY

*By Lilian van der Zanden*

Lilian van der Zanden regularly cooks for the Reiki center. "When I cook for people, I'm in my element. Rebecca told me: 'When you stand in the kitchen, you are as a whole. Your heart, mind and body are completely in balance'. For me, this fits with what we are trying to do with Reiki. It is wonderful to be able to cook on a regular basis for groups in the Reiki center! Everything comes together. Cooking, caring for people and the Reiki energy! At the moment I do this beside my job as a sales manager in a large multinational. I always regarded cooking as my source for inspiration and energy to do my 'normal' job. I always felt that somehow the course had to be changed and I had to follow my heart to be a whole. This has been a process of years and now it's finally happened. The course has been changed! As of November, I'm going to totally focus on good food, health and advice on vitality!



One of the aspects that I would like to introduce to you is the raw food kitchen. The philosophy behind raw food is that it is nutritious for body and mind. Fresh products containing live and wholesome enzymes, which die off when they are heated above 45 ° Celsius. By not heating, the 'vitality' of the food is retained and the body gets energy, it can heal and be detoxified. So it is a wonderful addition to Reiki! Moreover, raw food is delicious! Just look at this wonderful raw lasagna! Would you like to have the recipe or to know more about raw food? Please send me an email via [lvdzanden@casema.nl](mailto:lvdzanden@casema.nl). I will gladly share the recipe with you.

And if you are looking for a cook? I'll be happy to cook for you!"

# 'PASSING ON THE VALUE OF A PHYSICAL PLACE WHERE ONE CAN PRACTICE REIKI IN GROUPS'

## *Zoveel Zonlicht Reiki in Zeist*

Anne Boerrigter is a student of Rebecca and member of the Core Team of Reiki center Zijn. Under her hands, step by step, a physical space for practicing Reiki is emerging. "In 2005 I first stepped over the threshold of Zijn in The Hague. I looked at Rebecca and knew: this is where I should be. Having a physical place to receive and practice Reiki, was a blessing for me. It was visible, tangible. Later, there also was a deep sense of coming home. Especially the weekly exchange of Reiki in a group touched me deeply.

After I had been initiated as master and a year later had become a mother, one thing remained: my desire to pass on what I had received. A place not only to teach Reiki, but also for Reiki students to practice Reiki weekly in groups, to form circles so they can experience the impact on their lives and practice. But with a baby I found that teaching in the living room was not easy. However small, our son Daav took over our home with ease! With the help of my generous landlord, on several occasions I gave Reiki classes in an empty apartment in the same building.

After a long search, my husband and I found a special family house in Zeist. With a large Reiki space on the ground floor: enough for a group! And a greenhouse in the garden. It feels like a miracle! We moved from Amsterdam, and I commit myself to make this a place where many Reiki students feel at home. That too is passing on what I received in Zijn! But I felt there was still something needed: to quit my job. This decision was not easily made, but I feel so happy! Reiki is calling me to dare to hear to what I am called to, to take responsibility and not to make myself smaller than I am. To be visible, as myself. That, too, is the energy field of Reiki center Zijn. "



# ON AN ADVENTURE AT REIKI CENTER ZIJN

Dear Friends,

I'm writing to you from home in leafy Warwick in the UK to share some of my experiences with you from my times spent at the Reiki center in Den Haag.

Firstly, I am going to confess that I am not normally a happy traveller, even though I sometimes long to see other places in our world with my own eyes rather than through the lens of a television camera or, more recently, through the mysterious eye of the webcam. But, oh, my goodness - how I have come to love packing my little bag, taking a speedy train to the airport, and skipping across the skies to land at Schiphol to let another train whisk me off to Den Haag.

Why am I coming so often? Well, over the past few years I have attended intensives, which have been hosted variously by Phyllis Furumoto and Paul Mitchell and resourced by Ben Haggard, and when I heard that Ben was offering Resource Development to people in the Reiki community I was called with an almost burning intensity to learn what it might mean to become a Resource myself.



Since this work has been embraced more frequently in our community, I have seen the Reiki circles with which I am concerned developing a real breadth of vision, coming from the perspective of creating potential rather than from the more usual problem or solution-based stance. I have experienced directly a huge shifting upward in some part of my own consciousness, and in the consciousness of those around me: It was as if between us, wherever we were or were not (!) in our understanding of the process, an energy field was being grown by our efforts, uniting us in purposeful work. Unusually, this work is not measurable by 'outcomes' in the sense that we might normally use that word, yet its repercussions can nonetheless subtly be felt like a healing, spring breeze blowing throughout the entire Reiki community.

I use the word 'efforts' because, as a beginner in the practice of regenerative thinking and the use of living frameworks, I came to realise very swiftly that here was a new language to be learned, and that the learning of it would take persistence and the willingness to jump out of habitual responses - and being prepared to 'boldly go' (do you know Star Trek?) into the unknown. What makes that both easier and exciting is that I am making this journey with a committed, open and warm group of people who have now become a strongly supportive community. So, here's the paradox: it is work that requires effort and yet which moves with an easy flow.

I watch in amazement as this way of thinking transforms us along with our aspirations, sometimes imperceptibly and sometimes swiftly, but with such ease and grace that it takes my breath away. What a blessing for our Reiki community at this huge time of transition both within our own world and in the world at large. What a blessing to be able to engage in such deep work with a light and happy touch!

As for the Reiki center as an entity, for me it is a clear manifestation of Reiki Home in which I am made to feel wholly welcome and relaxed, even when my companions are chatting away in Dutch!

Rebecca and I met some years ago; always I have felt a particular connection with her, so to experience her in 'her place', the physical manifestation of her work and her dreams, is more than a pleasure: it is an inspiration and a joy, just as it is to spend time with Ben and such a great group of people doing work that matters, and which can make a marked contribution to ourselves and others in ever-widening circles. The Reiki center, through the hard work of Rebecca and her Core Team, provides the space and opportunities for expansion and new learning for all-comers. That is a great and estimable achievement, which I believe requires courage, trust, and co-operation. I love being there.

Speaking of language, I cannot believe how well everyone speaks English, even when they think they don't!

This brings me to my hostess, Annemarie Karsten. You may know that Annemarie and her husband lived in London for a year, so her English is very good indeed. And she tells me, 'Don't trouble to try and learn Dutch because we'll only find it irritating and would rather you speak English.' (She was not alone in telling me this, by the way - it made me laugh!)

I have such a great time staying with Annemarie; she and her husband are always welcoming and look after me most kindly, but what is really special is that we are able to share our experiences about the development course and talk about Reiki. I believe we are growing a warm friendship, which I really value.

And my goodness, you guys certainly like your stairs, don't you? Both at Annemarie's and Rebecca's I believe I could get really fit on a daily basis, running up and down those stairs! I love the tallness and variety of your buildings; I love your markets, your gracious towns and interesting architecture, and the ever-present water of the canals and the sea. And the dunes - Annemarie and I had a wonderful day walking amongst the dunes, enjoying the wild flowers and the birds, the rolling sea and the sand.

I relish all my adventures in Den Haag, and I'm happy to say that it looks as if I'll be relishing this part of my Reiki life for some years to come. See you late September, Reikicentrum!

With love and much gratitude,

Sally Pickard  
Reiki Master, Warwick, UK.

# The Energy group of Zijn



**A team of Reiki Students, our 'Energy Group', regularly sends Reiki to Reiki center Zijn. At the moment, Attie Aarsen Bernadette Gulickx, Liesbeth van den Brink, Netty Hakkaart, Tabine Zoethout, Ella Fondse, Hans Klein and Chelly Dekker have joined this group.**

Ella, who coordinates the Energy Group, says: "I like to feel the connection with each other and Reiki center Zijn. To share experiences makes the connection stronger and closer. We also come together as a group twice a year, it is precious to also meet each other 'physically'. With a smaller group, we have sent Reiki for 21 days in a row, two times now. This was very special. Also the response from Rebecca showed that it was clearly noticeable in the Reiki center. During the last of the 21 days there were a lot of activities, including a workshop with Phyllis. In the words of Rebecca: "The Reiki center Zijn was, as it were, enveloped and permeated by a warm layer of care and attention".

## ***Sending Reiki to Reiki center Zijn***

*makes me feel glad  
makes me feel connected with Reiki  
center Zijn and especially Rebecca  
makes me feel the connection with  
the others of the group  
feels warm  
brings peace  
it makes the energy flow significantly  
brings balance  
makes me feel like anything is  
possible  
makes me more self-assured  
gives me confidence  
makes me smile  
makes me feel happy*

*Tabine Zoethout*

## **Want to join?**

**Are you a second degree Reiki student or a Reiki master and you want to join the Energy Group for Reiki center Zijn, by sending Reiki regularly to the Reiki center? Please do so, you are so welcome!**

**You can register with the coordinator of the Energy Group, Ella Fondse,  
by sending an email to [ellafondse@tiscali.nl](mailto:ellafondse@tiscali.nl).**

## WHAT IS IT LIKE TO DONATE TO 'ZIJN'?

*On Saturday, June 18th last, we have treated the supporters of Reiki center Zijn to a day of Reiki pampering to thank them for their donation. It is enormously valuable to the Reiki center and also to Rebecca, that the Reiki center has received financial contributions. Together we can contribute to the strengthening of the energetic field of the Reiki center. And we have sensed it! So much has happened. We have wonderful memories of the Storytelling Day with Marta Getty, of Phyllis Lei Furumoto with her Russian-speaking group, of weekends Reiki Resource Development with Ben Haggard and of Jojan Jonker's and Dori Beeler's workshop. In addition to her 'ordinary' Reiki Work, Rebecca herself gave two wonderful workshops Healing the Family Tree and a workshop HFT and Money. But also the familiar and lovely Reiki Cycle evenings have enriched the energy. During the day of pampering we talked with each other about what the sponsorship means for each of us. We would like to share with you the experiences of Jetske. It's a wonderful story about her outlook on the sponsorship.*

*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 .*

Jetske: "I have been coming to the Reiki center for years now to exchange Reiki every week. Delightful! I would not want to miss it. But when asked last year to become a sponsor of the Reiki center I did not immediately feel called to act upon that. On the contrary, I felt resistance instead of the enthusiasm that other fellow Reiki students felt. Why should I become a sponsor? For what do they need the money? Don't I already give my contribution by taking part in many activities? I was not too keen to participate, but I also had some mixed feelings. So I decided to let it rest think about it in the meantime.

*Continued on next page*



I have learned over the years from my fellow students and Reiki Master that resistance comes from somewhere and it often says more about yourself than about the situation in itself. A great opportunity to maybe learn something new. And after a few weeks of internal processes, I recognized an old pattern indeed. Committing myself to a group in which it is unclear what will happen (and therefore what will happen to me and in this case my money) I feel very uncomfortable and that feeling surfaced here again. But where does that come from? The key for me here is trust. I have to have confidence that I am part of the group and that the group is there for me. So I put the question to myself, do I trust the people in the core team? Yes! Would they ask for a contribution if that was not necessary? No. Do I help to keep the Reiki center going with this? Yes. So I am confident that they will do something good with the money? Yes ... but for now I will wait and see and start with a small contribution. That was a year ago.

### **The day of pampering**

It's almost a year later now. To thank the sponsors for their donations a day of pampering was organized last June at the Reiki center. It started in the morning with a guided self-treatment by Phyllis (on CD). Alas I could not be there for this in time, but I heard it was a very special experience. Thereafter, the core team had prepared a lovely lunch with homemade soups, breads, specialty cheeses and much more. There was a lot of catching up to do for everyone and the lunch went by very soon.

After lunch we were asked why we had become supporters and everyone had his own story. The Core Team talked about how they came up with the idea and how they gave meaning to it last year (they surely will tell you more about it if you ask for it!). After all these wonderful stories Rebecca explained what has been done with the money. For me it no longer really mattered at that time. I had heard and seen all the enthusiasm, joy, beautiful things and energy all the contributions yielded. Then we exchanged relaxing Reiki treatments. Finally Lilian had a surprising assignment. Each of us was given a card with the name of the person sitting next to us. We were asked to write down in what way we were grateful to that person. Then the card went to the next person until everyone had written for which he or she was grateful to you. Sometimes quite tricky if you hardly know someone. But even then there is something to be thankful for, something they shared, a nice conversation or their cheerful appearance. At the end we each got a lovely rose with the card attached on which everyone had written for which they were thankful to you. Very special to receive! And a nice ending to a great day. I am very happy that I've become a sponsor and to be part of this group and this energy! Lilian, Annemarie, Ella, Hans, Anne and Rebecca, thanks! I hope you will keep up the good work along with all the fun and energy it provides to you all. And oh yes, I have already increased my contribution."

# HEALING (HELPING) 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

## JOB COORDINATOR

At Reiki center Zijn there are always chores to be done. It would be very great if someone can create lists and find the right person for the jobs.

2

## 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!

3

## CURTAIN SEWERS

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

4

## 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 Reiki symbols Calligraphy. 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!

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

## WEBSITE TRANSLATORS

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

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## 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](mailto:ellafondse@tiscali.nl).

# THANK YOU ALL!

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

**Core Team** Anne Boerrigter, Rebecca Bredenhof, Ella Fondse, Annemarie Karsten, Willemijn Leedekerken, Lilian van der Zanden, Tabine Zoethout (secretary)

**Energy group** Attie Aarsen, Liesbeth van den Brink, Chelly Dekker, Ella Fondse (coordinator), Bernadette Gulickx, Netty Hakkaart, Hans Klein, Tabine Zoethout

**Support group** Astrid Aarssen, Attie Aarssen, Anja van Brenk (coordinator), Chelly Dekker, Ella Fondse, Bernadette Gulickx, Netty Hakkaart, Annemarie Karsten, Ria van der Pot, Coby van Rhee, Tabine Zoethout

**Coordinator Zijn for Reiki Worldwide** Jacqueline Spierdijk

**Friends of Zijn (sponsors)** Attie Aarssen, Ingrid van Alst, Anne Boerrigter, Fredy Dane, Ella Fondse, Netty Hakkaart, Herma Harmsen, Sirpa van der Heiden, Annemarie Karsten, Astrid Kool, Hanneke van Nistelrooij, Egbert Pladdet, Christina Spies, Mirjam Top-Termaat, Jetske Stortelder, Lilian van der Zanden, Tabine Zoethout, Dé Zwaanswijk, Ineke Zwetsloot

**Organizers** Annemarie Karsten, Lilian van der Zanden, Christina Spies, Anja van Brenk, Egbert Pladdet, Rebecca Bredenhof

**Preparers of snacks** Astrid Aarssen, Anne Boerrigter, Anja van Brenk, Ella Fondse, Annemarie Karsten, Mirjam Top-Termaat, Lilian van der Zanden

**Dish washers** Thérèse van der Harst, Annemarie Karsten

**Handymen and carriers** Ingrid van Alst, René de Geus, Bianca Musch, Olaf van Slochteren, Yvon Zanzan, Damian Zanzan

**Preparation monthly mnemonics**  
Alexandra de Savornin Lohman

**Maintenance Website** Rianne Leijten (previously Denise Belfor), Levi Brown

**Translators** Anne Boerrigter, Annemarie Karsten, Tabine Zoethout

## COLOPHON

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

### **Text**

Anne Boerrigter  
Rebecca Bredenhof  
Ella Fondse  
Marlies Happé  
Annemarie Karsten  
Willemijn Leedekerken  
Sally Pickard  
Jetske  
Lilian van der Zanden  
Tabine Zoethout

### **Editing & lay out**

Anne Boerrigter  
Tabine Zoethout

### **Dutch-English translation**

Anne Boerrigter  
Willemijn Leedekerken  
Tabine Zoethout



Zijn