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All Round Supportive Care for People Affected by a Diagnosis of Cancer and Educating the Community in the Pursuit of Holistic Wellness

Getting in Touch with Energy – The Reiki Connection

A Personal Story

Grace Gawler

The year I turned five marked a significant time in my life. I became aware of a world of possibilities; declared my vegetarianism to my amazed family and began to explore the sensation of “magic” that seemed to emanate from my tiny hands. I made a hobby of collecting damaged creatures; and would use this “magic” to make them well again; then set them free. Those that died were buried in our garden; however, my success rate was reasonable enough to fuel my passion and encourage further exploration about the sensations I felt in my hands. My quest to explore the mystery of life and death had begun. I pursued one question; “Why is it so?” By the age of ten my explorations led me towards an avid interest in science and medicine. When relatives succumbed to cancer, I would spend weeks or months thinking and reading about cancer in books from the local library. I questioned *why* and pondered on what might have been done to help them. My vocation was becoming clearer. It was a blessing that my mother was very conscious of healthy food so I had a good beginning with regards to nutrition. I researched everything I could find out about wellbeing and healing and after completing my secondary education, I followed my bliss into veterinary nursing as an entree-card to studying veterinary science. Concurrently I had an intense interest in cancer research. In retrospect it is clear that my early years were preparing me for a journey; a healing path that at 21 years of age, would lead me to amazing self discovery.

They say if we want to make God laugh – mention our plans! Life did not take the road that I expected; rather my life became a hands-on *healing road test*; a synergy of all that I had learned and practised before. Ian, the young veterinarian with whom I worked, became my boyfriend and our lives changed radically when within a few months, he was diagnosed with bone

cancer (osteogenic sarcoma). As a consequence his right leg had to be amputated. His prognosis was poor, but undaunted we implemented an intensive dietary regimen, meditation and immunotherapy. However his deterioration and subsequent 2 week prognosis just after our marriage, led us to explore psychic healing that was on offer in the Philippines. The next stage of my life had begun. I was "seen" and acknowledged by a healer we met at the home of Mr Terte, an early founder of the twentieth century's faith healing movement that put the Philippines on the world healing stage. This healer was to become my guide and mentor over the ensuing months and years and my husband Ian was to receive thousands of hours of what the Filipinos called magnetic healing; my "magic" hands had found their destiny! As an adjunct to our Philippines experience, the continual flow of healing energy that I was able to give with love, was a significant contribution towards his full recovery. The healing sessions helped to put the flesh back on his bones, reduce his pain and increase his wellbeing.

We visited the Philippines three times during the seventies and it was during one of those visits that I first encountered the late Reverend Beth Gray, who of course was not known to me then in her Reiki capacity. The second Reiki connection was with Denise Crundall in Melbourne a few years after Ian's recovery. We found our way to Denise's yoga school and this is where our first cancer support groups began; the early beginnings of the Gawler Foundation. Years passed and as it does, life brought it challenges and changes; but one thing that underpinned the strength of spirit I had engaged was the; the way of life I had lived was the very thing that enabled me not only to survive through adversity but thrive.

I feel very blessed that throughout the years, Reiki and other healing touch approaches have become a mainstay, so when Sharron Mackison and Wendy Watson attended a one day workshop I gave in Sydney many years ago; I was delighted when they asked me to contribute to the work of the Reiki Australia. With my background, I was able to assist the Professional Standards Team with compiling information for a training module: *Providing Services for People with a Life Challenging Illness* (module HLTCOM509A). The module has now been included as an elective in a number of qualifications included in the Health Training Package for use nationally. So, I am both honoured and thrilled to accept the invitation to be a Patron of Reiki Australia. I am committed to the way of life and ethics that Reiki Australia promotes: compassion, co operation, honour, inclusiveness, integrity, professionalism and respect. For more than thirty years I have been involved in hands-on healing practises and during that time I have witnessed many thousands of people around the globe undergo a metamorphosis as a direct result of the power of touch. Reiki touch

reconnects us and our clients with a deeper sense of self allowing access to the healer within and our untapped innate potential. As well I believe that the Reiki way of life sets a precedent for planetary healing helping us to align with the natural and universal rhythms of life.

As Patron and Friend of Reiki Australia, I look forward to a long and happy relationship and to being of service to the community and to the members.

Grace Gawler July 2009