



## Word of the President...

Dear friends,

As we move into spring, there is a natural shift that many of us will begin to feel, not just in the weather, but in ourselves. The days are getting longer. The light is returning. There is a quiet sense of space opening up again.

After the stillness and introspection of winter, this season invites something different, a gentle reawakening. A chance to step forward with renewed clarity, energy, and purpose. Not in a forced or urgent way, but in a way that feels aligned and natural.

Within Reiki, this mirrors what we see in practice every day. When we allow space, when we soften, when we return to presence, something begins to move. Not because we push it, but because we allow it.

This theme is reflected beautifully throughout this month's newsletter. From the initiative "Reiki for the World - for all transformation processes," which invites us to come together each week in shared intention, to the reflections on peace, freedom, and loving kindness, we are reminded that Reiki is not just something we do, but something we live.

It is also encouraging to see the continued strength of our community in action. The recent meditation circle brought together practitioners across languages and borders, creating a shared space of connection and healing. And the presence of ERG at the International Reiki Congress in Switzerland highlights something important, we are not standing still. We are participating, contributing, and helping to shape the conversation across Europe and beyond. With that in mind, I am also very pleased to introduce Ernesto, who will be stepping into the role of ERG Secretary for the UK. This is an important position within our structure, helping to bring clarity, continuity, and connection to the work we are doing collectively. Ernesto brings both energy and perspective, and I am confident he will play a key role in supporting our ongoing development.

As we step into this new season, there is an opportunity for all of us to reflect on how we show up, both individually and as part of this wider community. Not by doing more for the sake of it, but by being more intentional. More present. More connected. More open to what is unfolding. Because ultimately, that is where the real work happens.

Wishing you all a season of renewal, growth, and quiet strength.

Thank you for the energy you bring, to your practice, to your communities, and to ERG. I look forward to what we will continue to build together in the months ahead.

With gratitude,

**Gavin Ford**

**President, European Reiki Group**



## Online Meditation Circles

Each month, ERG members take turns offering a Meditation Circle. This is more than a meeting – it's a chance to widen your Reiki network, deepen your practice, and feel the power of community from your own space. We often work in isolation; here's an opportunity to share energy, expand our horizon and support one another.

The March meditation circle was brilliantly guided by Federico Scotti and Daniela Cannillo from My Reiki Italy, with 70 participants present, in both languages: English and Italian.

You can enjoy this deep space of relaxation and spiritual, mental, and physical healing at any time on the ERG YouTube channel:  
<https://youtu.be/1oAZaUROgRY?si=9NX-FTMtK8OUsCKE>

**Have an article to submit?**

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## We place the World and its transformation into the hands of Reiki

In February, two online meetings of the members of the association “Reiki Federation – Bulgaria” took place. During the meeting with the international members of the association, an initiative was discussed under the motto “Reiki for the World – for all transformation processes.”

Stefan Kanev, Regina Zipfel and Chinta Strubin agreed that we are living in times of dynamic change, both on an individual level and on a global scale. They decided not to focus on wars and crises, but on the change/transformation that every individual and the world as a whole are currently facing.

They suggest that all Reiki friends around the world place the world and its transformation in the hands of Reiki every Sunday at 6:00 p.m. to support these transformation processes. This idea was shared with all associations, members of the European Reiki Group, with Reiki Home and other Reiki associations with which individual members are in contact. In the meantime, a logo has also been designed in the language of each member country of the European Reiki Group.

[Find your logo here](#)



## Reflections about Peace, Freedom and Loving Kindness in Reiki practice

By Maria Lohrant - Förenade Reikiföbundet i Sverige



In a time marked by rapid change and increasing complexity, the qualities of peace, freedom and loving kindness become essential as lived experiences. Within Reiki practice, these qualities emerge naturally when we allow ourselves to settle into presence. Reiki offers a space where the nervous system can relax, where the mind can quiet, and where a deeper sense of balance may arise.

Peace is an inner state of coherence and calm that can support both personal well-being and our interactions with others.

Freedom may be understood as the ability to meet oneself with acceptance. In Reiki practice, there is no demand to perform or to change. This creates a foundation for inner freedom, an openness that allows for authentic experience.

Loving kindness is an inherent aspect of Reiki. It is expressed through attentive presence, gentle touch, and a non-judgmental attitude. This quality supports a safe and respectful space for both practitioner and recipient.

Together, these principles form a foundation for a practice that extends beyond individual sessions. They offer a way of relating to ourselves, to others, and to the wider world. With greater awareness, respect and compassion. In this way, Reiki can be seen not only as a method of healing, but as a practice that contributes to a more peaceful and connected way of living

## ERG at the Swiss Reiki International Congress - March 2026

By Federico Scotti



On March 7–8, 2026, the International Reiki Congress took place in Yverdon-les-Bains, Switzerland, marking the centenary of Mikao Usui’s passing (1926–2026). Organized by SwissReiki and Usui Reiki Verein Schweiz, the event brought together practitioners, teachers, and researchers from across different European contexts.

For the European Reiki Group (ERG), the congress represented a significant moment of presence and participation. ERG was represented by Nico Michielsen (Reiki Vereniging Cirkel), Daniela Cannillo (My Reiki), and myself. Through our participation—as speakers, attendees, and interlocutors - the work of ERG took form within the congress as a practice of dialogue across national and cultural contexts.

Over these two days, what gradually emerged was more than a scheduled event. The congress took on the quality of a shared situation, held together by listening, by a willingness to remain in dialogue, and by a sense of presence that accompanied both formal sessions and informal encounters. [Read more](#)

## ÖBRT 7th Austrian Reiki Symposium in Wien



From November 6–8, 2026, the 7th Austrian Reiki Symposium will take place in Vienna, under the theme “The First Peace.”

During these three days, Reiki practitioners and those interested from different traditions will gather to share knowledge, experiences, and community. The program includes lectures, meditations, and practical sessions focusing on healing, research, and inner development.

The symposium is open to everyone curious about Reiki and holistic health – regardless of level or background.

An opportunity to come together in peace, presence, and connection. [See details here.](#)

## A Simple Practice for the Week

As we move through this season of change, you may wish to take a few moments each day to return to a simple practice.

Find a quiet space.  
Allow your breath to settle.  
Place your hands gently, wherever feels natural.

There is nothing to do, nothing to fix.

Simply notice what is present.  
Allow the body to soften.  
Allow the mind to settle.

If it feels right, you may also choose to hold the wider world in your awareness, not with effort, but with quiet intention.

In this way, our individual practice becomes something shared. Not through action, but through presence.

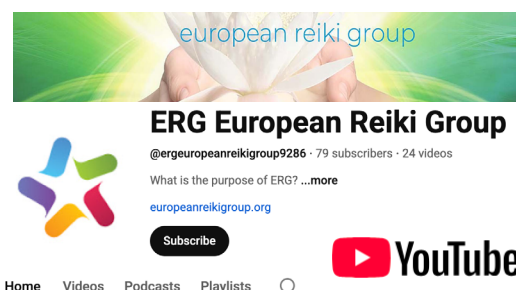


## Keep in touch with ERG online...

### ERG Youtube channel - 5 good reasons why you should watch the videos on ERG channel!

It includes interviews, news, talks about Reiki research, presentation of ERG Members, testimonials from Reiki practitioners and records of the meditation circles.

Thanks for liking the channel and please, become a follower.



### ERG Facebookgroup is open to all the members of ERG Associations.

Its aim is to provide a way for Reiki associations to keep each other informed across national boundaries about current endeavours, projects, local regulations, recognition of the Reiki method by society, local authorities, education and health institutions. This brings a sense of belonging to a larger community and enhances coherence on all levels. We communicate in the spirit of Reiki.

The group cannot accept advertising for training courses or consultations.

See you there soon!



