

Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION



PAMELA MILES TO DELIVER MEDICAL REIKI SEMINAR IN BARBADOS

One dream of virtually every Reiki practitioner in the Caribbean is to see Reiki offered in hospitals and other health care facilities in the region, as it is in some other countries around the world. Now practitioners have the opportunity to acquire the skills, information and proven strategies to collaborate successfully within the traditional health care system when renowned USA author, integrative health care consultant and Reiki Master, Pamela Miles, delivers a seminar titled "Practicing Reiki in Health Care: What You Need to Succeed" in Barbados from February 17th to 19th, 2012.

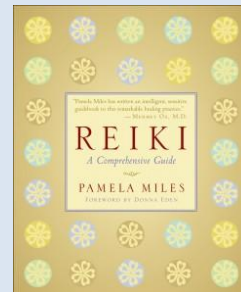
The seminar is open to Reiki initiates of any lineage, as well as to hospital administrators and doctors. It is ideal for practitioners who want to offer Reiki in a hospital or to receive referrals from physicians and other health care professionals. Topics to be covered include:

- What doctors need to know about Reiki
- What doctors do not want to hear
- How to credibly address the issue of safety
- How Reiki treatment benefits patients, families, and staff
- How to speak of the benefits of Reiki treatment without making claims
- How to volunteer responsibly
- What the science tells us
- What science you don't want to mention
- What's the most critical factor for your success?

Attendees will be given a 4 phase model proposal for integrating Reiki into conventional health care. The cost of the seminar is US \$265 until February 8th and US\$297 thereafter. The seminar will be preceded by a public talk on the topic "3 Secrets of a Medical Reiki Master" on February 17th at 7:00 pm. In this informal and informative conversation, Pamela Miles will share three important secrets she has learned during the two decades she has been practicing Reiki in mainstream medicine. There is a BDS\$20 fee for those not registered for the seminar. Information on the venues for both events will be announced shortly. To register, contact Caribbean organiser, Kathleen Hurley, at kathleenatsilks@yahoo.com or 428-4186 or through reikiinmedicine.org/reikicontinuing-education/#medical.



Pamela Miles is a Reiki master and integrative health care consultant in New York City practicing Reiki since 1986, who has pioneered the integration of Reiki treatment into conventional medicine, and remains the foremost authority in the field. Pamela is the author of "REIKI: A Comprehensive Guide" and numerous peer-reviewed medical papers. Pamela has created Reiki programs in hospitals, collaborated on medical research, and presented Reiki in medical schools, including Harvard and Yale. She is internationally recognized for her ability to express Reiki with clarity and elegance.



BE DILIGENT IN ALL YOUR UNDERTAKINGS

by Kathleen Hurley

Extracted from a presentation at the Caribbean Reiki Gathering held in Jamaica in September 2011. Kathleen is a Reiki Master and current President of the Barbados Reiki Association.



This Precept has been stated in a variety of ways: Just for today, I will do my work honestly; Earn your living honestly; Work hard; Study diligently; Devote yourself to your work; Earn thy livelihood with honest labor; I will do my work honestly; Be diligent in your business; Do your work with appreciation.

This Precept has a lot to do with being authentic and living in integrity. Some of our obligations and responsibilities as Reiki practitioners include doing self-treatment daily and being true to ourselves. Self-treatment is the foundation of our Reiki practice and our daily life. It keeps our entire being in balance – physical, mental, emotional and spiritual. Reiki also teaches us whatever we need to know about ourselves and about the situations in which we find ourselves. Self-treatment will help us to live the Precepts and to always be in integrity. But we need to be diligent about it, consistent and disciplined. Compare this to walking for exercise which is so popular nowadays. Much more benefit is derived from walking three or four times a week than from a stroll about once a month! So we need to make a commitment to treat ourselves every day in order to derive the maximum benefit. This is also a way in which we can love ourselves.

On another level, this Precept speaks to the importance of spending our time in a manner that is true to our heart. It draws attention to the need to engage in an occupation that supports our growth and leaves us feeling fulfilled. It counsels us to find the right livelihood for ourselves and to be honest/diligent in our work. The important thing is not so much what the job is, as that we do it with diligence.

This Precept also calls for us to be true to ourselves and by extension to everyone with whom we come into contact. To be true to ourselves involves taking time to nurture ourselves. This can be as simple as taking a solitary walk, sitting in a garden and enjoying nature, engaging in some hobby, meditating or doing a Reiki self-treatment. Time alone each day is necessary for the repair of the psyche and for the enjoyment of a peaceful existence. And as we are true to ourselves, we begin to experience a healing of body, mind and spirit which enables us to offer support and succour to others, to deal gently with our fellow-man.

How can we make this Precept a part of our daily lives and how do we ensure that we fulfill our responsibilities as Reiki practitioners? Support self and family respectably, without harming others. When we get involved in Reiki we are pledging to adopt and maintain a certain attitude in everything we do and the way we live our lives. This is based on living the Precepts. Other people should be able to see the difference in us. Diligence is working conscientiously and doing our absolute best. Step by step is a good way to approach this. Diligence helps us to get things done with excellence and enthusiasm. Diligence leads to success.

FESTIVE YEAR END SOCIAL OFFERED LOTS OF FUN

The annual end-of-year get-together was as always a fun-filled affair, with a rich programme of entertainment provided mostly by members. With Juliette Rudder acting as our very talented MC, after brief introductory remarks by the President, the evening got under way with some group singing which put everyone in a festive mood. There followed harmonica pieces by Arthur Cadogan, a guitar solo by Ben Parris, a song by Wendy Knight, a duet by Sharon Hurley Hall and Kathleen Hurley, a selection of poems written and performed by Helen Mayers and a selection of carols by Voices in Christ. Among the highlights of the evening was a novel harmonica game with a geographical bias invented by Arthur Cadogan which everyone took part in with great hilarity. However, the pièce de résistance was a performance by our very welcome guest, Indrani Rudder (at right), who sang a couple of her compositions to her own accompaniment on the guitar. The entertainment was followed by an exciting and varied buffet, provided by the members of the Association. Check our Facebook page for more photos.



“The hope is that collaboration between practitioners of conventional medicine and traditional healing therapies will create a broader, more humanistic approach to health care. An integrative approach honors the patient’s needs, , means and preferences.” From Reiki: A Comprehensive Guide by Pamela Miles

MY REIKI JOURNEY BY JANICE CHIN-WORME PART TWO: LIMITLESS HORIZONS

Desire to have a Clinic Manifested

I constantly day dreamed of having a clinic. That place manifested itself in 2006, 11 years after first thinking of a clinic. Natural Energy Centre hosted a Retreat at the Future Centre in St. Thomas and during one of our breaks we walked around the grounds and recognised the house that was once occupied by Dr. Colin Hutson was now vacant and enquired if it was for rent. This would be our first clinic for the next three years. It was very peaceful, lots of trees and the energy was fantastic. Later, we sought another location that was more central and conducive to what we did. We are presently located at Pavilion Court in The Garrison under the name "Natural Energy Centre".

Presently

Over the years I have seen many challenging cases of people with emotional issues that cause serious physical challenges ranging from serious back pains which cannot be diagnosed, to bereavement, to panic attacks so severe that the client is unable to do anything for themselves, to claustrophobia and addictions. A case in question: A client visiting from the United States to play a tennis tournament was referred to us with tennis elbow. After filling out our initial interview form we recognised that the challenge was really not from any physical accident but happened after two of his best friends died one shortly after the other. These friends would hang out together and play tennis together from childhood. We therefore treated the emotional aspect of the problem and the pains in his elbow disappeared. He did play in the tournament the following day.

Janice Chin-Worme is a Reiki Master, Member of the Council of Elders and former President of the Barbados Reiki Association.



Outlook for the Future

It is my wish and dream that someday Reiki would be used in the hospital in Barbados like many hospitals in the United States; that allopathic practitioners would work together with us and recognise that we complement what they do; and that all persons who have done Reiki in the past would seek to join a class and continue their spiritual growth in Reiki and hopefully more people would learn this wonderful art of Reiki.

I close with this poem by an unknown author:

*"When I was a young man, I wanted to change the world.
I found it was too difficult to change the world
so I tried to change my nation.
When I found I couldn't change the nation,
I began to focus on my town
and as an older man I tried to change my family.
Now, as an old man, I realise the only thing I can change is
myself,
and suddenly I realise that if long ago I had changed myself,
I could have made an impact on my family.
My family and I could have made an impact on our town.
Their impact could have changed the nation
and I could indeed have changed the world."*

PERFECT PRACTICE: TREATING THE THROAT AREA (There are variations on this position)

SELF-TREATMENT

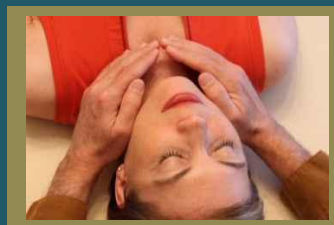
Photo: <http://www.reiki.nu>



Hold hands and fingers so they form a "tent" over the throat. Avoid touching the throat, as this may be unpleasant. This position harmonises blood pressure and metabolism, helps ease neck pain and hoarseness and promotes self-expression. It treats the throat, thyroid gland, thymus and parathyroid.

TREATING OTHERS

Photo: <http://twofeathersreiki.blogspot.com>



Some persons find it uncomfortable to have another person's hands too close to their throat and you should consider this when deciding how to treat this area. Also remember that the throat holds an enormous amount of emotional issues and during treatment, some very strong images, emotions and even pain can surface. First rest your elbows on either side of the recipient's head (but not too close) and bring your hands in front of the throat, cupping the jaw line.

Some text adapted from *The Reiki Bible, Reiki to Go* and <http://www.reiki.nu>

UPCOMING EVENT: ANNUAL GENERAL MEETING

The Association's 10th Annual General Meeting takes place on **Thursday, February 1st, 2012 at 7:00 pm at The Main Guard, The Garrison, St. Michael.** The main items on the agenda for the evening will be the presentation of reports for the year 2011 – 2012 and the election of officers for 2012 – 2013. Reports will be presented by President, Kathleen Hurley, Treasurer, Trevor Davis and Sharon Hurley Hall, who will make a presentation on the Association's online activities for the period. A new Board of Management will be selected with the election of officers for seven posts – President, Vice President, Secretary, Treasurer, two Directors for one year and one Director for two years. Only members in good financial standing may vote. The Treasurer will be available before the start of the meeting to accept the annual membership fee of BDS\$50.00. The Association's new Code of Ethics for private practitioner members will be presented for ratification.

Inward Strengthening, Outward Reach

We welcome contributions to Healing Hands from Reiki practitioners.

Contributors in this edition: Kathleen Hurley, Sharon Hurley Hall, Sonia Johnson, and Janice Chin-Worme



The Barbados Reiki Association was founded in 1995. The Association meets monthly to conduct business, offer education on Reiki, environmental and health issues and to share group Reiki healing. The vision of the Association is to be part of the process of spreading the knowledge, understanding and practice of Usui Shiki Ryoho. Its Mission is to create and maintain a professional profile for Reiki practitioners in Barbados. The Association hosts an Annual Retreat in October and a Complementary Health Fair in June.

Reiki (pronounced Ray-Key) is Japanese for "Universal Life Force Energy". It is an ancient system of hands-on healing. Anyone may gain access to Reiki by means of an attunement process carried out by a Reiki Master. There are three levels of practice. At First Degree, a Reiki practitioner is able to heal him/herself and others; at Second Degree, he/she is able to heal others distantly; and at Master level (specifically Master/Teacher level) he/she is able to teach and attune others to Reiki.

P. O. Box 699, Bridgetown, Barbados

Email: barbadosreiki@hotmail.com

On Facebook: <http://www.facebook.com/BarbadosReiki>

On YouTube: <http://www.youtube.com/BarbadosReiki>

Thank You!

We appreciate your support in 2011!

The Board of Management for 2011 – 2012 expresses its sincere appreciation to the Association's members for their support throughout the year, which was a very busy and productive one. Some of the year's highlights include: the restructuring of meetings to start with Reiki and allow more time for group healing; all Reiki evenings, including two evenings open to family and friends; the introduction of a membership application form and Code of Ethics; successful hosting of our signature events - the Complementary Health Day and the Annual Retreat; the hosting of special healing sessions for unwell members; the honoring of members of the Council of Elders and the launch of the *Healing Hands* newsletter. **Your continued support is crucial to keep the Reiki spirit alive and well. All Reiki initiates are urged to join the Association and link into this important healing community.**