

Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION



SAVE THE DATES

The Barbados Reiki Association's two flagship events – the **Annual Retreat for Reiki practitioners** and the **Complementary Health Day (CHD)** – will switch their traditional months this year. The Retreat will now take place on June 3rd, 2012 and the CHD on October 14th, 2012. "The incoming Board of Management felt that we needed more time to follow up on the initiative started last year to raise sponsorship support to increase advertising of the CHD. We want to boost awareness of this important event and ensure that a greater numbers of patrons get to benefit from it. Additionally, the venue we have used over the past several years, the Ursuline Convent, is no longer available to us, so this meant that we needed more time to identify a suitable alternative," explained President of the Association, Verity Dawson.

All is set for the Retreat, which will be held at the Marian Retreat House in the serene and breezy parish of St. John. Reiki practitioners are in for a highly rewarding day as the activities focus on the vexing matter of anger, the second Usui precept, "**Just for Today, Do Not Rise to Anger**". Wearing her other hat as a Wholistic Counselor, Heal Your Life® Workshop Facilitator and Life Coach, Verity will lead an exciting Retreat programme, with the assistance of other Board members. "Anger is such a damaging condition both to ourselves and others. At the Retreat we will explore our anger triggers and match them with effective release and communication techniques," Verity said. "We have listened to members' feedback from last year as well and allowed more time for the group healing session, which will take place for two hours in the morning." The cost of registration is \$75, which must be paid by May 25th, latest. The registration form and Retreat programme, as well as other details are available at www.barbadosreikiassociation.com.

The Barbados Reiki Association
is pleased to invite you to attend its

Annual Retreat 2012

under the theme

**"Just for Today,
Do not Rise to Anger"**

Sunday, June 3rd, 2012

9:00 am – 5:00 pm

Marian Retreat House, Verdun, St. John

Registration: \$75

(includes a hearty vegetarian lunch and snacks)



Please complete and return the registration form along with your registration fee by May 25th, 2012. For the Retreat, you will need to bring along something to lie on, such as a towel or exercise mat, and a pillow, as well as a notepad and pen for journaling. For more details visit www.barbadosreikiassociation.com or email barbadosreiki@hotmail.com or phone 428-4000.

Members of the CHD sub-committee have been pounding the pavements and scouring Bridgetown and its environs for a venue that is affordable, easily accessible to the public, of the right size and with adequate parking! A daunting task that has yielded success. The venue for CHD 2012 is now confirmed as the St. Michael's School. The sub-committee will now resume pounding the pavements in search of sponsorship support. In 2011, a comprehensive sponsorship proposal was forwarded to some 18 potential sponsors, requesting their partnership for CHD 2012. "We are looking for companies who will assist with newspaper, radio and television ads. We are also hoping to find a partner or partners for a weekly 15 minute radio programme promoting holistic health and wellness through complementary therapies in the four weeks preceding the CHD. Partners will receive logo and company name exposure in the ads and will benefit from their association with this worthwhile event that seeks to promote healthy lifestyles," said Sonia Johnson, the Association's Vice-President. The theme for CHD 2012 is "**Staying Healthy in Changing Times**".

The **Caribbean Regional Reiki Gathering** has also now been confirmed for **September 27th to 30th, 2012** in Trinidad. Save the dates and stay tuned for more details!

FLAKY REIKI?



by Verity Dawson

Is it **really** flaky? Or is it more sinister? Perhaps there is some kind of hocus pocus involved? Well, I know that many of you still think so! Hello skeptics – this article is written especially for you! Let me try to put this into perspective to allay your fears and let you know that Reiki is for the ‘good’ guys and that there is nothing to be concerned about.

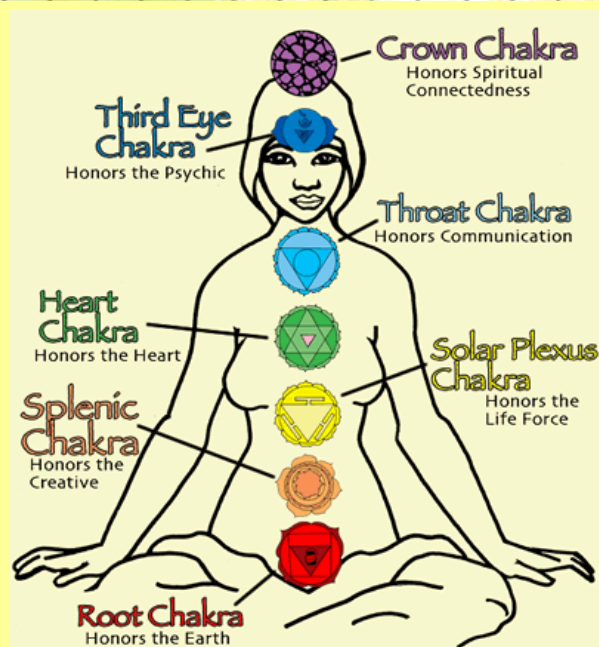
I have been practicing Reiki since 1988. I have seen many changes in attitude towards this healing modality during that period but I still find reservation, if not outright rejection, from some people. Usually this point of view is centred around a religious dogma – dogma as in system of belief.

My puzzlement is that if it is acceptable to take a pill or potion to change the chemical imbalances in the body, and a pill is composed of particles which are simply forms of energy, then why would it be so difficult to step into understanding that energy can work **directly** on the human system and bypass the use of chemicals? Humans have been doing it for centuries.

During that time, people who used the energy and those who experienced the benefits simply accepted the method and the end results. As an example, acupuncture has been a mainstay in this approach. Today we are so much more equipped to explain the process through the use of sophisticated equipment. For instance, brain waves are measurable and even the heart’s electrical activity can be monitored.

The human energy field also exists and can be measured. It ties in with ancient understandings that the spinal cord holds seven major energy cumulative centres and these are known as ‘chakras’ or wheels. I like to think of them as the roundabouts found on the ABC highway! Traffic flows from one point to another and then is re-directed into smaller and smaller arteries until eventually the most remote point in the countryside is reachable by even a simple track. The analogy is that all cells in the body are fed energetically from these seven major centres. However, if there is disruption at Bussa, the effects will be felt as far back Warrens and you will arrive late for dinner, even if you live at North Point!

Our understanding of Reiki is that it operates on a frequency between 0.3 Hz and 30 Hz. This corresponds to the planet’s Schumann Resonance. There is much information on the net but Ingrid P. Dickenson in explaining this phenomenon makes the interesting comment that she believes the resonance is “a very



Retrieved from: <http://rocksandrunes.com/chakras>

important electromagnetic standing wave, acting as background frequency and influencing biological oscillators within the mammalian brain”. This range seems to target all kinds of dis-ease but it has been observed that the frequency between 7-10 Hz is the most common and the most effective.

The practitioner ‘tunes’ in with this energy by quietening down thoughts and going into Alpha brainwave state (8-12 Hz), which is alert relaxation. By becoming ‘one’ with the frequency, the practitioner is able to link the earth’s energy into the energy field of the client. Generally, the client experiences a very deep relaxation, thereby themselves going into a meditative and receptive state. When this happens, muscles relax, blood flows more freely and, on a physical level, cells are nourished. It is well known that guided visualization and/or meditation is prescribed in most hospitals with cancer wards to alleviate the effects of chemo and radio-therapy. Reiki is a touch therapy but is also equally effective with hands slightly off the body.

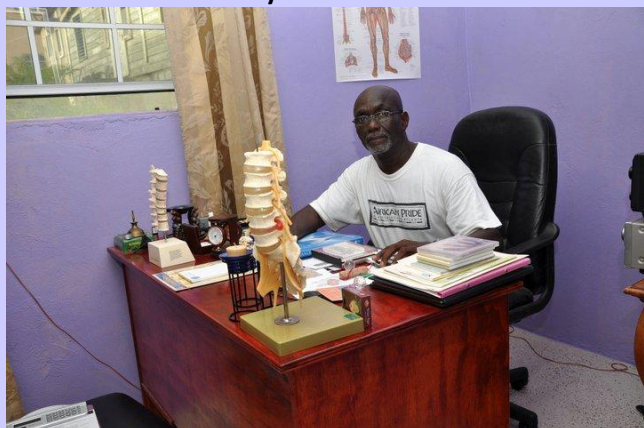
The process is safe, no one ‘catches’ nor transmits anything nasty from either person and the value of touch in healing is well-known. We intuitively tell the little child who has just hurt himself – here, let me kiss it better.

So really the core of the matter – whether getting a prescription from the doctor or having a Reiki treatment – is really the unconditional love which is extended by the practitioner to a stranger. There is no greater force than Love, no matter which disguise it operates under.

Verity is a Reiki, Sekhem and Karuna Master and proprietor of the Reiki School of Natural Healing. www.caribholisticinsights.com

FROM VISUALISATION TO MANIFESTATION

by Ben Parris



The law of attraction is a pseudoscientific belief or theory, that "like attracts like," and that by focusing on positive or negative thoughts, one can bring about positive or negative results. Let me share with you how in just five years under the divine guidance of the Universe I was able to manifest my dream for a "Healing Touch Barbados" business and actualise my life purpose.

This all started while I was still enjoying a very rewarding Real Estate career in Brooklyn New York City. One bright summer morning while sitting at my desk, a young man came through the door of the office, took a long hard look in my direction, then walked over to me and said to me "Your mother delivered me into this world, and you are going to deliver me into a house." He was not my client but insisted that I work with him. He then proceeded to reveal his identity. As it turned out, we were from the same neighborhood where my mother was the 'village midwife'. From that day I realized that my mother had made her mark on her community and I knew I also had to make my mark. Subsequent to this event I moved from New York to Florida intent on continuing in the Real Estate business but that was not to be. After successfully completing the preparatory studies to become a Real Estate, and Mortgage Broker, I never took the State exams.

I found employment in another sales arena. It was as if the Universe was protecting me from the Real Estate collapse that was to follow. I was in a situation where a career change was inevitable. This is where the memory of that situation back in New York resurfaced, consequently I chose Massage Therapy and returned to school. On the first day of school we were given the opportunity to introduce ourselves. This is when I told the class that I wanted to take my new massage and healing knowledge to my country and give back to my community. This was spontaneous and again it was as if the Universe was controlling my words. I took my seat in disbelief not knowing why I had made those statements. I knew that somewhere in my future I hoped to return to my homeland but there were no immediate plans. I however thought about this for several weeks until one night while doing my homework I created a Vision Board. During this time while still in massage school, I was also introduced to Reiki and by the time I graduated massage school I had become a Reiki Master.

By this time my vision board had been changed several times. Mysteriously I received a call from my sister who lives in Barbados and was in charge of my late father's estate telling me that she got permission to sub-divide the property. This is a situation that had been prolonged in the courts and she was surprised but I wasn't. Then I immediately started with the architectural plans for what was to become my Healing Centre on the lower level; and my residence on the upper level and things began to fall into place miraculously.

I thought my biggest resistance was going to be my wife, but again I was amazed but not surprised that she consented immediately. Again her decision may have been directed by the Universe since she was recently severed from a job of several years. We broke ground on 08-08-2008. I resigned my job on 09-09-2009, and held my official opening on 12-11-2011. Today "Healing Touch Barbados" is a reality. When this was just an idea, I didn't have any idea how it was going to materialize, but by keeping my Intention and Attention on the end result, everything fell into place with precision that could not have been planned.

Visit Ben at www.healingtouchbarbados.com

A REIKI TESTIMONY



by Petra Bellamy
Reiki Master

We all think of doing Reiki every day but how many of us are doing and practising distance healing? I personally always get calls from friends who are all over the world. When they need Reiki, they call and ask for my help. One day, one of my friends from the other end of Ontario called me and asked desperately for help. Until that day she was always skeptical about alternative and complementary healing. But she was at the end of her rope. For years she had a heart condition called arrhythmia and she was taken to the Emergency Room three days prior to her call. She was hooked on intravenous medication for three days and nothing seemed to work. The heart rate was still way up. After being in Emergency for three days she said it felt like being in a zoo. Could I send some distance healing of Reiki? Of course I could!!

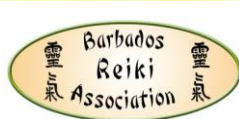
I had been doing this for quite some time and told her that I will start a treatment as soon as we get off the phone. Just for her to relax and quiet her mind. Shortly after she received the treatment, the heart rate came down to normal and she was released from the hospital the next morning. The next morning she called me again, just to tell me that she was back home and to thank me for the Reiki. Everybody who has Reiki Level II is able to do distance healing and this is also a wonderful way to practice. In the past I have helped many people this way and I find it very rewarding.

UPCOMING EVENTS: JUNE – AUGUST 2012

- **June 3rd, 2012: Annual Retreat**, Marian Retreat House, St. John under the theme “Just for Today, Do Not Rise to Anger”. Download registration forms and the Retreat programme at www.barbadosreikiassociation.com. Registration fee of \$75, must be paid by May 25th, 2012 latest.
- **June 7th, 2012: Monthly Meeting, Sharing Session: Video Presentation**
- **June 8th, 2012: University of the West Indies Health Fair**, Cave Hill Campus, 10:00 am – 4:30 pm. Volunteers are needed. Please contact Juliette Rudder, Secretary, at juliette.rudder@gmail.com if you wish to volunteer an hour or more of your time sharing Reiki with staff and students.
- **July 5th, 2012: Monthly Meeting, Family and Friends Evening**. An all Reiki evening open to non-Reiki initiates. Invite your family and friends to experience Reiki
- **August 2nd, 2012: Monthly Meeting, Practitioners' Reiki Share**. An all Reiki evening for practitioners only

Reiki grows stronger and stronger in Barbados in 2012!

We welcome contributions to Healing Hands from Reiki practitioners. Contributors in this edition: Verity Dawson, Juliette Rudder, Petra Bellamy, Sonia Johnson and Ben Parris



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. Every year, the Association hosts a Retreat for Reiki practitioners and a Complementary Health Fair.

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.

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

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

“An invisible but palpable life-force energy infuses and permeates all living forms. The energy is infinite, limitless, and pure. Intangible, it constantly bathes us. Inaudible and invisible, it fills us with peace. Odourless and tasteless, it sustains us. Although we swim in it, ingesting it with every breath, we are often unaware of its existence. Every living thing lives inside of and is inspired by this force field.

This life-force energy is the essence that gives vitality to form. It is the primary activating energy of life and the underlying creative intelligence of the universe that organises our world and everything in it. Ancient civilisation understood that this life-force energy flowed through the body, supporting optimal development and fulfillment. The Chinese identified this energy as *chi*, the Indians called it *prana* and the Japanese knew it as *ki*... Reiki is a precise method for connecting this universal energy with the body's innate powers of healing.”

From Reiki Energy Medicine

by Libby Barnett and Maggie Chambers with Susan Davidson