

Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION



WINDS OF CHANGE



Members of the Barbados Reiki Association treat medical students at the University of the West Indies, Cave Hill Campus

The Barbados Reiki Association's Medical Outreach (BRAMO) continued apace in the first half of 2014 and has made some landmark achievements. Not least among these was a recent meeting with the Barbados Minister of Health, the Hon. John Boyce, who responded favorably to the Association's request to meet with him to discuss how Reiki might be integrated into the healthcare system in Barbados. President, Sharon Hurley Hall and Vice-President, Sonia Johnson met with the Minister and other Ministry officials, including Mrs. Cheryl Alleyne, Deputy Permanent Secretary, Dr. Elizabeth Ferdinand, Senior Medical Officer of Health, Dr. Kenneth George, Senior Medical Officer and Mrs. Denise Carter-Taylor, Senior Health Promotion Officer on June 4, 2014. The Minister indicated that he was keen to ensure a holistic approach in the Ministry's work to keep Barbadians healthy. He affirmed that the World Health Organisation (WHO) has set out a new Traditional Medicine Strategy 2014 – 2023 which defines "traditional and complementary medicine (T&CM) as an important and often underestimated part of health care." This new strategy is fuelling new thinking about T&CM and its integration into the health care system. There seemed to be a genuine interest among Ministry officials in working with the Association, although it was made clear that any integration would have to happen within the country's regulatory framework.

Another hopeful sign for change was the historic presentation on "Managing Medical School Stress with Reiki Practice" which was made by the BRAMO team to 30 pre-clinical (first and second year) medical students of the University of the West Indies, Cave Hill Campus on April 16, 2014. The event was held at the invitation of Dr. Damian Cohall, Lecturer in the Faculty of Medical Sciences. It was a great opportunity to share information about Reiki healing with the students and lecturers and allow them to experience it. In welcoming those in attendance, Dr. Cohall stressed the importance of ensuring that medical students were culturally competent and able to accept the viewpoints, practices, norms and institutions of different racial, ethnic, religious and social groups. "This is one of the main ingredients in closing the disparity gap in health care allowing patients and doctors to come together and talk about health concerns without cultural differences hindering the conversation, but enhancing it," he said. Following the session, one faculty member has become a Reiki practitioner.

Some strident negative remarks about "alternative health practitioners" highlighted recently in the Press indicate that there is still a long way to go. But these recent steps are a positive indication that hopefully change is in the air.

"Traditional and Complementary Medicine (T&CM) of proven quality, safety, and efficacy, contributes to the goal of ensuring that all people have access to care. Many countries now recognize the need to develop a cohesive and integrative approach to health care that allows governments, health care practitioners and, most importantly, those who use health care services, to access T&CM in a safe, respectful, cost-efficient and effective manner. A global strategy to foster its appropriate integration, regulation and supervision will be useful to countries wishing to develop a proactive policy towards this important and often vibrant and expanding part of health care."

World Health Organisation

REIKI AND CHRISTIANITY: THE PERSPECTIVE OF A CATHOLIC BISHOP IN BARBADOS

Christianity, like Judaism and Islam, and probably other World Religions, attributes the origin and the sustenance of the universe to God. God is creator and sustainer of all life. Exactly how God sustains life and maintains the integrity of his creation we do not know. Whereas God is transcendent from his handiwork, He is also immanent i.e. He is within and not apart from and outside of the universe. So He sustains life and maintains the integrity of creation from within. He is active within his creation. God operates and acts generally through secondary sources when maintaining life and the integrity of creation. An example of this is that He uses the things of nature, food and drink and other beings, including humans, to sustain life and health. Material things, like plants, have qualities that have a healing effect on those who use them. We gather the above from Faith i.e. from God's revelation.

Science is another source of knowledge for us. Faith and science are not necessarily in conflict. Some Christians are wary and skeptical of many of the insights of science, especially when the New Physics explores the origin, age and composition of the universe. I like to see both Faith and Science as moving along parallel tracks, each using its own tools of exploration. For example, science works only with material that can be reached through the senses. All valid knowledge comes ultimately from God who cannot contradict himself. It is science that tells us about the laws of gravity that hold the universe together. It speaks of dynamic energy, atoms, hydrogen and helium, carbon, nitrogen, oxygen, calcium, magnesium and electromagnetism, as all integral to the universe. Such findings cannot be contrary to the Christian Faith.

That God uses humans as his agents of new life and health is clear. Through sexual intercourse couples collaborate with God in bringing children into the world. Through the skills and actions of medical practitioners God gives healing when the flow of energy becomes blocked by some form of imbalance. It is also part of human experience that many physical illnesses have an emotional base. The negative emotions of a particular person can have devastating effects on that person's body. Stress can produce a number of physical conditions. A loving touch by a mother can offer security and a renewed sense of wellbeing to a fearful child. This in turn can contribute greatly towards the physical healing of the child.

I gather that Reiki is made up of two Japanese words – Rei (God's Wisdom or higher power) and Ki (life force energy). The Reiki practitioner is God's agent through which health giving energy is transmitted to another. The possibility of the Reiki practitioner being able to connect with (tap into) Earth's magnetic field (life's force energy) is not contrary to the Christian Faith. I do think that God has imparted to his universe the ability to heal itself. All that is needed is for this healing force to be brought to bear on one who experiences a blockage of the flow of healing energy. Acupuncture is such a method of healing, the effectiveness of which I can personally testify. I cannot yet say the same of Reiki. The laying on of hands itself is an ancient Christian action. Within the Christian liturgy such an action signifies the giving of God's Spirit, the spirit of power, life and healing. An example is the Sacrament of the Sick as practiced in the Catholic Church. Through this action God's healing is transmitted from the priest to the sick person and brings about inner healing, and sometimes, physical healing. Finally, a person can contribute a great deal towards his/her own health. This can be done by means of positive attitudes towards God, persons and the universe itself. Proper diet and exercise compliment these positive attitudes.

From a presentation made in 2007. Reproduced with the kind permission of author, Bishop Anthony H. Dickson, Bishop Emeritus of Bridgetown, Barbados.

TOP TEN BENEFITS OF PRACTISING REIKI

1. Reiki is an effective self-help tool that promotes balance, relaxation and overall well-being.
2. Reiki serves as an immediate first-aid response during times of trauma and injury.
3. Reiki is a community in which its practitioners automatically become members of its energetically connected family.
4. Reiki harms no one and serves as a complementary tool for assisting all other types of healing therapies.
5. Reiki helps practitioners develop stronger and healthier relationships with their loved ones.
6. Reiki helps practitioners bond spiritually with their environment.
7. Reiki extends its healing properties into all past, present and future experiences that need soothing.
8. Reiki brings awareness, allowing practitioners to bring to light any innate intuitive abilities that have been buried or repressed.
9. Reiki's restorative properties are especially helpful in the care that follows medical treatments or surgical procedures.
10. Our pets benefit from Reiki energies by becoming healthier and calmer under a practitioner's care.

From The Everything Reiki Book by Phylameana Iulia Désy

REMINDERS FROM THE ASSOCIATION'S CODE OF ETHICS

All members of the Association are required to adhere to our Code of Ethics. Here are some of the principles we value.

Honesty and Integrity: Be honest in all your activities and communication.

Develop: Practice Reiki daily and observe the Reiki precepts in your practice and your life.

Respect: Respect and show kindness to everyone you treat. Respect the confidentiality of all personal information which may be confided in you. Never engage in any illegal or immoral activity with persons being treated. Never touch their genital area or breasts, except by the request of the person being treated for treatment of specific related problems. Never ask them to disrobe. Abstain from the use of drugs or alcohol while engaged in Reiki treatments.

Educate: Inform persons being treated about the value of Reiki sessions explaining that they are not meant to be a substitute for care by a licensed health care provider.

Honour: Honour all Reiki practitioners and teachers regardless of lineage or organisational affiliation. Refrain from making negative comments about other Reiki practitioners or teachers.

Professional conduct: Never diagnose medical or psychological conditions or prescribe medications. Never suggest that a person you are treating change or end dosages of medication prescribed by other licensed healthcare providers or suggest that they change prescribed treatment or interfere with the treatment of a licensed health care provider.

THE FAMILY AND REIKI

by Samantha Hall

Reiki can be shared as a family. When thought of it this way, it would increase for you and makes you whole. Reiki can be shared not just with the rest of the members of your family but to others that are close to your heart.

Oftentimes, Reiki teachers and masters have families that don't fully understand what Reiki really means and what it can do. But even so, if the members of your family are willing to support each other then eventually, Reiki will be theirs too. Family members who are willing to share in the beauty and power of Reiki can become open receivers of the gift. Spiritually speaking, Reiki can make any family grow stronger and more united not only in blood but in mind, heart, and soul as well.



Having a family that practices Reiki together is a blessing. In fact, the children are the more qualified receiver of this gift because of the purity of their mind and spirit. They can feel the energy going in and out of their system. By practicing Reiki together as a family, you can scan each other, determine which parts are in need, and provide the necessary healing for it.

Inside a family, injuries and illnesses come and go. If everybody else knows how to channel Reiki, injured person will feel relieved fast. This is because of the fact that Reiki can be given to the injured by any family member who is immediately available. And if everybody in the family happens to be available, then everyone can join in and give Reiki to the one who needed it most. As such, his or her illness and injury will heal faster.

Distant Reiki can also be sent over to children every time they're in school. This is especially helpful during crucial examination days. Reiki can be used to give a person a clear mind and a relaxed body. And these are conducive to fairing better in class and in academic tests.

Reiki can also be used to patch up relationship. In a family, sibling rivalries do happen. If the parents only know how to send Reiki to their children, problems like these become petty. And the naturally healthy relationship of their children will be restored in no time. Reiki can also strengthen the mind and the soul. Death may strike a family at any time. As such, the role of Reiki in making family members emotionally and mentally strong during these trying times is crucial. If you let Reiki to flow into your system in times like these, death becomes a lot easier to bear.

Reiki can be sent to any family member suffering from sickness or to anybody else who is in distress. A few minutes of your time is all you need. Stop what you're doing and together with another Reiki practitioner, invoke on the distant symbol for healing. Think of the recipient of the energy and just let Reiki flow through him. Ask for the best outcome and the power of Reiki will do the rest.

Reiki can be used to protect the safety of a family member who is traveling. It can give good luck to somebody who is going in for a job interview. It can serve as a token of gratitude given to another who has done good deeds to you. Needless to say, Reiki can make your family share something special and something very powerful.

Article Source: http://EzineArticles.com/?expert=Samantha_Hall <http://EzineArticles.com/?The-Family-and-Reiki&id=1674900>

Image Source: <http://3.bp.blogspot.com/-aD4Eqn1n6wY/Uu-4tJPuSI/AAAAAAAAATo/3tnAvi5HHqg/s1600/family.gif>

UPCOMING EVENTS: JULY – OCTOBER 2014

- **July 3, 2014 – Monthly Meeting, Harrison College, 7:00 pm:** Reiki, business and a special meditation
- **August 7, 2014 – Monthly Meeting - Family and Friends Evening, Harrison College, 7:00 pm:**
Members are invited to bring along a friend or family member to this meeting that is open to non-Reiki initiates. It is a great way to introduce the Reiki experience to your loved ones!
- **September 4, 2014 - Monthly Meeting, Harrison College, 7:00 pm:** Reiki and business
- **September 21, 2014 – Annual Practitioners' Retreat** under the theme “**Reiki Practice: A Key to Inner Peace**”. Stay tuned for more details.
- **October 2, 2014 - Practitioners' Reiki Share, Harrison College, 7:00 pm:** It's our turn! An all Reiki evening dedicated to “healing the healers” as we share Reiki treatments for the full hour.
- **October 16 – 19, 2014, Regional Reiki Gathering in Antigua** (tentative)

Our affirmation for 2014: Reiki is known and used in healthcare institutions in Barbados

We welcome contributions to Healing Hands from Reiki practitioners. Contributors in this edition: Sonia Johnson, Bishop Anthony H.. Dickson and Michael Rudder



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

*Just for today only do not worry
Just for today only do not anger*

**To worry is a reflection of my desire for attention
Worry is often confused with expressing concern
Worry is a useless emotion that wastes inner Ki and
therefore encourages ill health
Worry is a repeated pattern learnt from my parents
Worry is an inability to quieten my mind and
experience peace**

**An opposite of worry is faith
Worry focuses on the past and the future,
in the Now there is no time for worry**

**Anger is an out of control emotion
I choose anger
Anger doesn't express my true thoughts
Anger is often confused with expressing myself
An opposite of anger is balance**

Reflections by Michael Rudder