

Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION



MEDICAL OUTREACH BEGINS WITH STROKE PATIENTS



Volunteers at the Heart and Stroke Foundation (l to r): Helen Mayers, Sonia Johnson, Kathleen Hurley, Sharon Hurley Hall and Fran Cadogan with nurse, Marcia Rollins.

The Barbados Reiki Association has formed a Medical Outreach Sub-Committee whose overall goal is to have Reiki accepted and used in health care facilities across Barbados. "This initiative follows up on the recent training on Reiki in Medicine presented by USA Reiki Master, Pamela Miles, who visited Barbados earlier this year. However, it has really been the dream of many in the Reiki community for several years and has now become a personal passion of mine after seeing how Reiki helped me through my own illness", explained Sonia Johnson, Chair of the Sub-Committee and Vice-President of the Association. "Our focus this year is to increase awareness and understanding of Reiki among health care providers, intermediary associations/groups and patients. We have developed a special hand-out that speaks to the medical benefits of Reiki and how it is used to complement allopathic medicine around the world. We will be distributing it widely in health care related institutions across the island and we will be giving presentations on Reiki and mini-treatments to patients and caregivers."

The Sub-Committee started its outreach activities on July 3rd at the Heart and Stroke Foundation, where Kathleen Hurley spoke to 15 stroke patients and their nurse, Marcia Rollins, about Reiki. Members of the Sub-Committee and volunteers then shared Reiki treatments with the patients and Marcia. "We were very well received, both by the patients and their nurse and we plan to follow up for future activities with the Foundation," said Kathleen. Marcia was at a loss for words to describe her experience of Reiki, although she had heard of Reiki when she worked as a nurse in the United Kingdom and knew some patients who were receiving Reiki treatments there. "I can't describe it", she said. "This morning before you came, I was completely stressed out. The Reiki treatment has now left me completely peaceful." One patient urged the volunteers to "continue their blessed work".

Members of the Medical Outreach Sub-Committee are Kathleen Hurley, Sonia Johnson, Sunita Chugani, Fran Cadogan and Patricia Harte, a retired nurse. "Our dream is eventually to offer Reiki at the Queen Elizabeth Hospital and to see information on complementary health on the syllabus for training doctors and nurses in the Caribbean. For now, we are starting this initiative by targeting several organisations for these outreach visits as a step towards this dream," said Sonia. "We will also be holding an Open Forum on Reiki in Medicine at our November monthly meeting. We are also talking to the medical community so that we can better understand what they would need to hear to recommend Reiki to their patients."



REIKI COMMUNITY – A SACRED AND HOSPITABLE PLACE



by **Martha Isaac**

I had my first encounter with a Reiki community at my level I class. It struck me that the communal sharing outside the class sessions, especially when already practising persons joined us, was somehow 'sanitised'. Yet as I participated in more Reiki gatherings, I recognised that the word was totally inappropriate. It could hardly be used to describe the sincerity, care and support which characterises every Reiki community that I have encountered.

For me that measured understanding of human foibles and human frailty coupled with a strong spirit of enabling growth and affirming endeavour provided a much-needed space.

The first Reiki retreat that I attended catapulted me outside my comfort zone; reticent and private as I was then, I felt sorely crushed. My surprise in the aftermath of that retreat was the experience of a calm healing; I had needed to enter that space and to learn the power of quiet community support.

As I thought about the experience and I did think about it a lot, observing a process of growth within myself and within the community; I had an epiphanic moment at the Barbados Reiki Gathering in 2009. I left that weekend totally mesmerised that such a diverse community could spend a weekend in such a harmonious and mutually supportive manner. I recognised then that the Reiki precepts were designed to help us to become generous and hospitable, both to ourselves and to others. Because the spirit that characterises the Reiki community comes from a deep personal space of love, caring and understanding - it is deeply spiritual – a sacred space- a space of gentle healing and sacred hospitality.

And every time the community gathers for social or business meetings and for healing support, the palpable taste of love and care is what intrigues me. It fulfills a human need for mutual hospitality and generosity; something generally inadequate in several other types of interactions and this is one of the powerful experiences I have taken away from my encounter with Reiki and the Reiki community.

ANGER MANAGEMENT

The record turnout of 36 participants was an indication of the level of interest in the topic in focus for the Association's Annual Retreat, "Just for Today, Do Not Rise to Anger". Held at the Marian Retreat Centre on Sunday, June 4th, 2012, this year's Retreat was again a resounding success, based on the feedback from participants whose main call at the end was for a longer Retreat in the future. Here are some of the sights of the Retreat. Visit our Facebook page for more: <http://www.facebook.com/media/set/?set=a.10150927850131166.435441.111163506165&type=1>.



Verity did an awesome job as main facilitator, teaching participants about the filters through which they see the world and the feelings beneath the tip of the anger "iceberg".



Introspection and writing a letter to someone towards whom you have feelings of anger was one way to let go of anger



Time for self-treatments and for sharing our patterns of anger



Great food, good conversation, great fellowship

FAREWELL, DEAR INA, LADY OF PEACE, LOVE AND SERVICE



Ina Pickering, founding member of the Association and member of the Council of Elders passed away on June 7th, 2012 at the age of 93. Following is a tribute to Ina written by Association member and dear friend, Nigel St. Hill

At a time when there appears to be so much upheaval in the world, Ina Pickering exhibited a peace and presence which gave all those who had the good fortune to have met her great comfort. I had the privilege and honor to be a close friend of Ina for over fifteen years. During that time she was instrumental in having me join the Bridgetown Toastmasters, and attend numerous workshops, seminars and lectures. She kept me up to date with the latest news and as a result of this I conferred upon her the title of my "Honorary Secretary."

She often shared with me her roles in the various organisations; she held the post of treasurer or secretary in many of them. From what I can recall, these were The Girl Guides, The Royal Commonwealth Society, The Heart and Stroke Foundation, Unity, Autumn Leaves, St. Mary's Women Fellowship, Alliance Française, The Barbados Reiki Association, and The St. John Ambulance Brigade, which she formed in 1939. Here was a lady who exemplified what it means to be of service. She also recounted that for seventeen years, she took care of her beloved mother who was bed-ridden.

On the many visits which I paid to her Pine Gardens' home, Ina would recite the names of families and their houses in Cheapside where the family business was located. She was easily able to discuss the names and locations of businesses and their owners, and the hotels of Tudor Street and Milk Market. On one occasion, she recited her five digit telephone number which she had over fifty years ago, as if it were yesterday.

Two months before her passing, I received a telephone call from her, asking me if I would teach her how to "operate" her new Dell laptop computer. I did not hesitate, and visited her home weekly to conduct those training sessions. You should have seen the "glee and joy" in her eyes, when she first saw the name Ina Pickering on the computer screen. At ninety-three years, she was still willing to challenge herself to learn something new. What an inspiration!

Over the years I received many handwritten articles of her memories from Ina, and today in her honor, I will share with you one which I found most fascinating to say the least.

"Memories of World War 2"

"My first memory is the torpedoing of the Cornwallis in Carlisle Bay. I lived in Cheapside opposite St. Mary's Church. I was so scared; I ran to the front of the house and began to shake with fright. Although warned not to move any foodstuff from the ship, people would go in small boats at night and carry away what they wanted. Another memory is of Pierre, he was said to be French and used to sell clothing. Suddenly it was discovered that he was Italian and was called Pietro. He was interned on Pelican Island. A radio commentator named Lord Haw Haw in Germany said they were coming to release him.

The Germans used to torpedo oil tankers crossing the Atlantic and many times survivors would land in Barbados. Mrs. B. Williams who was the Chief Guide Commissioner and her husband would be notified that survivors had arrived and were being taken to Central Police Station. Mrs. Williams would phone me and say, "Ina, survivors are coming, we are coming for you." I would be dressed and waiting for them. Dr. Harold Skeete and the St. John Ambulance were also there and when the survivors arrived, we would be waiting.

One day some survivors were coming ashore at Martins Bay. When the sugar cane workers saw the survivors, they rushed down the hill to help, but when the survivors saw the labourers with their hoes and forks, they thought they were coming to kill them, so they tried to go back out to sea. However, things worked out and they arrived safely at Central Station.

One Sunday night survivors arrived from Australia with a cat. The cat had been sleeping on a cushion and the cushion had dropped into the sea. The seamen wanted someone to care for the cat and Dr. Skeete let me take it. It was traumatised. The slightest noise made it shiver. We called it "Survivor." One night "Survivor" disappeared. We thought it had died. But two years later I saw "Survivor" in the breadfruit tree and when I called his name, he came to me as if he had never left. Another night Lascars arrived. They could not eat the food other survivors were using. We had to give them tomato soup. One night some Cubans arrived. Luckily most of them spoke English. The romantic side was not left out. A few of the survivors married the Barbadian girls who had cared for them."

She was a peaceful quiet lady, one of great conviction, one who was loyal and devoted, always willing to learn new things (never saw age as a barrier). Ina served her country well. To my dear and beloved friend, my ardent supporter, farewell. May your soul rest in peace.

UPCOMING EVENTS: AUGUST – OCTOBER 2012

- **August 2nd, 2012: Monthly Meeting, Practitioners' Reiki Share.** An all Reiki evening for practitioners only
- **September 6th, 2012: Monthly Meeting, Extended Business Session** on Complementary Health Day
- **September 27th – 30th, 2012: 4th Caribbean Reiki Gathering in Port of Spain** under the theme 'Reiki as a healing art and an aid to personal development'. For details visit <http://www.barbadosreikiassociation.com/fourth-caribbean-reiki-gathering/>
- **October 4th, 2012: Monthly Meeting, Sharing Session on Energy Healing and Crystals.** A presentation on crystal healing and how it may be integrated with Reiki
- **October 14th, 2012: 14th Complementary Health Day,** St. Michael's School, 9:30 am to 5:30 pm.

Reiki grows stronger and stronger in Barbados in 2012!

*We welcome contributions to Healing Hands from Reiki practitioners.
Contributors in this edition: Martha Isaac, Sonia Johnson, Nigel St. Hill, Sharon Hurley Hall*



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>

Complementary Health Day 2012

Staying Healthy in Changing Times

Experience Reiki and other holistic therapies and products for health of body, mind and soul



Sunday, October 14th, 2012

The St. Michael's School

9:30 am – 5:30 pm

Admission: \$10:00

All mini therapies \$20:00 and under

Attractive Door Prizes



For more information visit www.barbadosreiki.com or email barbadosreiki@hotmail.com or call 428-4000

Tickets now on sale!

Contact the Association if you want to purchase tickets, be an exhibitor or sponsor the event.