

Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION



REGIONAL GATHERING SPURS PROMISE OF TRINIDAD REIKI ASSOCIATION

It is now a fixture on the annual calendar of Reiki practitioners around the Caribbean and despite the absence of a local Reiki Association, the Caribbean Regional Reiki Gathering was successfully hosted in Trinidad and Tobago from September 27th to 30th, 2012. For those of us who could not be there, Sharon Hurley Hall, a member of the group of five who represented the Barbados Reiki Association, shares a detailed report on the exciting and rejuvenating event, including news of a commitment to establish an Association in Trinidad and Tobago.

The Trinidad Reiki Gathering, the Gathering that was never going to happen – and yet it did, drawing in 38 Reiki practitioners from Barbados, Trinidad, Jamaica, Grenada, St. Lucia and Panama on September 27th at Alicia's Palace. The venue offered exquisite views of the rainforest and the sea. Proceedings kicked off late afternoon with registration and the receipt of beautiful purple Gathering T-shirts and goodie bags containing healthy snacks, a piece of local artwork and the packed conference programme. Everyone gathered on the deck to catch up with old friends over cocktails before the official opening began. Mobile Reiki healer and pivot of the Trinidad Reiki group Lynette Sealy-Atwell told the story of how she worked with Winthrop Wiltshire and Sherron Roberts-Wiltshire of the Grenada Reiki Association to pull the event together in a country without a Reiki association and with a widely dispersed group of Reiki practitioners.

Then it was time for a more formal opening. Kennedy Roberts of Grenada served as the emcee, inviting Patrice from Trinidad to lead the Gathering in a beautiful prayer. That just left time for introductions before a tasty dinner. It was a great opportunity to reunite with old friends from previous Gatherings and start to make new ones, setting the tone for another fabulous Reiki Gathering experience.

A few early birds started the Friday programme by attending a Tai Chi session led by Fred Burnett of Jamaica. After breakfast, Trevor Davis from Barbados led the popular Five Elements breathing exercise. Then everyone got on the bus for a trip to Maracas Bay. A quick refreshment stop at the lookout allowed participants to stock up on local snacks and take photos of the stunning views before reaching the beach. The waves were high but those who ventured into the clear water found it refreshing.

The next stop was the Maracas Bay Community Centre for a delicious lunch and the afternoon sessions. Barbados' Rosina Wiltshire gave an interesting presentation on Reiki and self development describing Reiki as the greatest gift you can give yourself and stressing the need for self discipline. Reiki, she said, is a path to wellbeing but we need to practice. She described the 100th monkey principle, adding that with 1000+ Reiki practitioners in the Caribbean "we have the power to transform lives and bring healing to our community and our world."

... continued on page 2



President of the Barbados Reiki Association, Verity Dawson, and Treasurer, Trevor Davis, greet Sherron Roberts-Wiltshire of the Grenada Reiki Association at the opening reception.



Lynette Sealy-Atwell of Trinidad and Tobago and Kennedy Roberts of Grenada at the opening reception

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Continued from page 1

Rosina's presentation was followed by one on one seated Reiki treatments and then the group came together for sharing on the topic "where are you with Reiki". It was an illuminating and enlightening session as people shared their Reiki journeys and practice. The final part of the day's activity was a short trip back to the coast for a delicious meal of bake and shark, for which Maracas Bay is famous.

Kathleen Hurley and other participants enjoy the outing to Maracas Bay



After Tai Chi and breakfast, the third day of the Gathering was packed solid with a range of riveting presentations. Lynette shared the harrowing but inspiring tale of her Reiki journey through incapacitating illness to having the world's first roving Reiki clinic which treats people worldwide. Verity Dawson, President of the Barbados Reiki Association, followed with an educational and interactive presentation on the causes of stress, with tips on using Reiki and other techniques to reduce this. Fred discussed how Reiki provides an advantage in personal development. Winthrop talked about living mindfully in the moment, making the point that worry is optional. The day concluded with group treatments followed by national reports. Fred read a greeting from President of the Jamaica Association, Roz Walker. Initiatives there included the launch of an e-newsletter. The Grenada Association reported on excellent links with the media resulting in Reiki being a household word. The Barbados Association reported on a packed year of activities including the great success of its medical outreach initiative. Trinidad does not have an association but Reiki practitioner Joseph Howard volunteered to get the ball rolling.

There is always a bittersweet feel to the last day of the Gathering and this one was no exception. Optional events included Tai Chi with Fred and a beautiful guided self treatment with Verity. Verity also led the opening session, helping participants to create a sanctuary. Then it was time for group treatments, followed by an informative presentation by Kennedy on Reiki and public health. The Gathering ended with sharing on what everyone had gained from the event and then it was time for hugs and goodbyes. The next Gathering is likely to be around the same time next year in Dominica.

Visit our Facebook page for more photos from the Gathering:

<https://www.facebook.com/media/set/?set=a.10151171899471166.469761.111163506165&type=3>

COMPLEMENTARY HEALTH DAY 2012

Despite a low turnout from the public, this year's Complementary Health Day attracted its largest group of complementary health practitioners ever. Here's a quick look at some of the practitioners who participated in this enlightening and exciting annual event.

Go to Facebook to see more:

<https://www.facebook.com/media/set/?set=a.10151171899471166.469761.111163506165&type=3#/media/set/?set=a.10151181575851166.471390.111163506165&type=3>



The House of Nothingness showcased its yam therapy



Che Corbin featured Traditional Chinese Medicine



Christy Preece demonstrated Emotional Freedom Technique

MEET NEW MEMBER SAMANTHA NELSON KIRWAN

Samantha Nelson-Kirwan is a Reiki Master from the Usui Shiki Ryoho lineage. She has lived overseas in France, the UK, Japan and Dubai for the last 23 years but returned to her homeland Barbados, in January of this year. She gained her Reiki 1 and 2 certifications in Dubai and became a Reiki Master in London 3 years ago. Samantha has been practicing Reiki for the last 6 years and is now tending to intuitive energy healing work in general, as opposed to the structured approach of conventional Reiki. She is also currently in her final year of Homeopathy studies. In her practice, she draws on knowledge and information of the Chinese 5 elements, (which is a useful tool in linking organs with their associated mental emotional characteristics), chakras, lifestyle, diet and nutrition to help and support her clients.

Her healing sessions may incorporate crystals, singing bowls, acupuncture, balancing of chakras, clearing of entities, deep breathing, repetition of sounds like ohm, the universal sound, the mantra I love you, I'm sorry, please forgive me, thank you (her variation of the Ho'oponopono's mantra used in their practice of reconciliation and forgiveness) as well as the general laying on of hands. She invokes the client's angels, guardian angels, guides and spirit guides as well as her own and the protection of the archangels Gabriel, Uriel, Raphael and Michael whilst she is doing her work. She regards herself as a channel through which the energy flows and guides her to tailor make each session as per the requirements of each client. The intention of love, as well as the spirit and embodiment of it also features highly in her healing. At the end of the session, she invites her clients to choose either Saints and Angels, Messages from your Angels or Ask your Guides cards, which then gives them some points for reflection and introspection, or even encouragement and affirmation of the journey they are on.



Samantha came to holistic therapies after she was diagnosed with bowel endometriosis 12 years ago and found that homeopathy, Reiki, energy healing, lifestyle, diet, nutrition and constant introspection as well as her mantra, have all helped to restore and rejuvenate her health wise. She is passionate and always eager to share her knowledge and gift with others. She feels that she has been blessed with this healing gift which should be accessible to all, irrespective of their economic situation, as good health is not only the preserve of those who can afford it, but for all. Samantha may be contacted at glowinhealth@gmail.com.

THE POWER AND THE LOVE OF REIKI GROUP HEALING by Sonia Johnson



Except for special events, the highlight of the each of the Barbados Reiki Association's monthly meetings is the group healing session, where members, usually in groups of four or five, treat each other, alternately giving and receiving Reiki until each member has been treated. So valued is this experience of sharing Reiki, that members requested that it become the first item on the agenda and that more time be allotted for it. So too with the annual Retreat – participants inevitably ask for more time for group treatments, although each year more time has been allowed than the previous year. The Association also organises special group healing sessions for unwell members, in which fifteen to twenty persons volunteer to share Reiki with the unwell member in a powerful two hour session.

Having been a beneficiary of these special healing sessions and having participated in treating others, I marvel at the mystery, the communion, the magic and the power of Reiki group treatments. Prior to undergoing major surgery in 2011, I was treated to two Sunday sessions organised by Kathleen Hurley and generously hosted at the home of Michael Rudder. I was firstly amazed at the number of Reiki practitioners who turned out, some of whom I did not even know. What love, commitment and belief for these persons to give up their Sunday morning to treat me!

Lying on the table with ten or more pairs of Reiki hands on you for forty-five minutes at a time is a moving experience that is difficult to describe. A respectful reverence of the rite fills the air, as people come and go and accommodate others at the table in silence with a quiet faith that healing is taking place. Potent stillness, soothing music, hot hands, deep peace, uplifted in a dreamy cocoon of love, floating in a cloud of energy and goodness that lets you know that all is and will be perfectly well. I recall one member, who had been quite ill for several months, saying at the end of his treatment, "I feel like a new man!" I felt powerful, whole, assured and most of all loved at the end of mine. What a treasure and an honour to have this gift of Reiki to share and receive in times of our greatest need!

UPCOMING EVENTS: DECEMBER 2012 – FEBRUARY 2013

- **December 6TH, 2012: Year End Social, The Hall of The St. Michael's School, 7:00 – 9:00 pm** - Let's get together to celebrate 2012 at our final monthly general meeting for the year. Members are invited to bring a guest. We are asking you to bring along a drink, a dish or snack and come prepared to share your talents and enjoy an evening of great music, story-telling, poetry and lots of fun. Please contact Juliette Rudder at juliette.rudder@gmail.com before November 29th, 2012 to confirm your attendance and your contribution.
- **January 3rd, 2013: Monthly General Meeting , 7:00 – 9:00 pm** - extended business session to plan for the Annual General Meeting
- **February 7th, 2013: Annual General Meeting, 7:00 – 9:00 pm** - election of officers for 2013 – 2014.

Reiki grows stronger and stronger in Barbados in 2012!

*We welcome contributions to Healing Hands from Reiki practitioners.
Contributors in this edition: Sharon Hurley Hall, Sonia Johnson, Samantha Nelson Kirwan*



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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**HAPPY
NEW YEAR**

**Best wishes to all
our members and friends for
2013!
Thank you for your support in
2012!**