

## CONTRIBUTORS

Grenada Board of Tourism

Hankey's Computer Services Ltd.

Maigrin Products

St. George's University

De la Grenade Industries

Glenelg Spring Water

Grenada Distillers Ltd.

Sunshine Snacks

Hi -Tec Printery

St. Martin de Porres Retreat Centre  
Mt. St. Ervans, St. Andrew

5:00 p.m.



## NOTES

Grenada  
Reiki Gathering  
September 16—19, 2010

## Official Opening

Reiki for Body,  
Mind and Spirit to  
promote wellness

## PROGRAMME

### **Mistress of Ceremony**

Mrs. Nikoyan Roberts – Public Relations Officer  
Grenada Reiki Association

### **Opening Prayer**

Ms. Petipha Lewis-Smith— Reiki Practitioner

### **Welcome Remarks**

Dr. Reginald Buckmire – Reiki Practitioner

### **Presentation**

Dr. Winthrop Wiltshire – President of Grenada Reiki Association

### **Feature Address**

Senator the Hon. Ann Peters – Minister for Health

### **Vote of Thanks**

MS. Khadine Francis— Reiki Practitioner

## REIKI PRECEPTS

**Just for today do not worry**

**Just for today do not anger**

**Honor your parents, teachers & elders**

**Earn your living honestly**

**Show gratitude to every living thing**

### **For more information contact:**

**Dr. Winthrop Wiltshire**  
**St. Paul's**  
**St. George**

**Telephone: 435-8103/ 457-1822**  
**spicereiki@gmail.com**

**P. O. Box 3126**  
**Burns Point**  
**St. George's**

Message from the President of the Grenada  
Reiki Association  
Dr. Winthrop Wiltshire

Grenada Reiki Association Inc. has been incorporated in 2010 as a non-profit organization. It was established to bring Reiki to the service of the people of Grenada. Reiki is a natural hands-on healing technique introduced in Japan in the early 20<sup>th</sup> Century. It promotes wellness physically, mentally and emotionally. Reiki is practised widely in various parts of the world and was brought to the Caribbean in the early 1990's.

Reiki is a very powerful tool in emergency health situations. I have used it on several occasions in emergency situations on commercial passenger airline flights to come to the assistance of individual passengers experiencing sudden traumatic health conditions.

The Japanese term, Reiki, literally means Universal Life Energy and is sometimes referred to as divine energy. Reiki is not a religion and can be learned by anyone in a weekend from a Reiki Master.

In the healing process Reiki can be used by itself or together with conventional medical therapy. Many medical practitioners have learned Reiki which is now routinely being used in many hospitals in the United States of America.

In a Reiki treatment the client remains fully clothed as the Reiki practitioner places his/her hands gently in a stationary position on various parts of the body. The Reiki accelerates the process of restoring balance.

This Gathering/Retreat with Reiki practitioners from various countries, among other activities, will be exploring topics such as Reiki and Medicine, Reiki and Science, Living with Reiki-Living with God, Reiki, diet and exercise, Experiences with a Roving Reiki Clinic in the Caribbean.