

## A GREETING FROM 2011 – 2012 PRESIDENT KATHLEEN HURLEY

On behalf of the Barbados Reiki Association, I am happy to welcome you to this first issue of our e-newsletter. This is an exciting achievement for us, because it is our most recent step towards getting the message of Reiki out to the people of Barbados, the Caribbean and the world.

I can still remember our extremely simple beginnings in 1995 when a group of very new Reiki students would meet for a couple of hours on Saturday afternoons to share treatments and to discuss their experiences of the week. Since then we have gone on to become a registered Association, achieving non-profit organisation status in 2010. In the last few years, we have developed our own website and blog and we maintain a vibrant presence on Facebook. This newsletter is one of the next logical steps in our development, and together with our other outreach efforts, fulfils the mandate of our Association which, simply put, is to provide support for our members and other Reiki initiates and to promote the practice of Reiki as widely as possible.

My personal aim is simple. I want this newsletter to be, like Reiki itself, a positive force among us all. I want it to inspire, inform, connect and heal.

**Inspire** us all to remain true to the teachings and Precepts of Reiki; to commit to our daily self-healing; to create our own personal healing circles; to reach out to those around us and offer healing at every appropriate opportunity.

**Inform** the Barbadian and Caribbean community of Reiki-related events, developments, practices and resources, while at the same time answering questions that so many members (particularly new ones) have. Questions like: "Is Reiki a religion?" and "What's the order of the hand positions, again?"

**Connect** with all of you here in Barbados who have trained in Reiki – no matter the form you were taught, the goal being to build a stronger, more cohesive community, and to be in closer contact with each other.

**Heal**, because healing is the foundation upon which Reiki was built. So I would like this newsletter to be a reminder of that: a gentle but insistent ringing in our ears that nudges us to recall Mikao Usui's original intention—and apply it to our daily lives.

# Healing Hands



A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION



**Kathleen Hurley** has been following a spiritual journey for many years, which has led her to become a Reiki master teacher. She began this journey by taking a Reiki course in March 1995 with Reiki Master, Rev. Lynn Armor, in the direct lineage of Mikao Usui, Chujiro Hayashi, Hawayo Takata and Phyllis Lei Furumoto, and has been practising Reiki since that time. She furthered her Reiki studies in October of the same year. Eventually she

heeded the call to become a Reiki Master and completed this training in 2006. Kathleen has found Reiki to be of tremendous assistance in her personal life and development as well as in the ability to be of service to others. As with her every endeavour, Kathleen has approached her Reiki practice with a deep sense of commitment and she has been blessed to witness amazing healings. Among other studies undertaken by Kathleen are Tai Chi, Qi Gong, Lymphatic Drainage, Auricular Therapy, M.E.L. and Etheric Healing. She also runs a successful silk and dry flower decoration business, Silks & Things. She has served on the Board of the Barbados Reiki Association in several capacities and previously served as President from May 2009 to January 2010.

Rest assured, our articles will be written with the thought of healing at their core.

I take this opportunity to thank the members of the newsletter team for their hard work and dedication to the task and to compliment them on helping the Association to achieve this milestone.

We have enjoyed putting together this first issue and hope that you will enjoy reading it. We encourage you to share your thoughts with us; your comments are always welcome.

Happy reading,  
Love, Light and Blessings,  
*Kathleen P. Hurley*

## HEAL YOUR ENERGY, HEAL YOUR HEALTH: REIKI THERAPY



As Barbadian lifestyles become increasingly more modern and sophisticated, people are also leading poorer quality lives.

Practitioners of natural healing arts, who have long been touting a return to old folk traditions as ways of restoring health and wellness levels, are seeing more of a need today for the general public to explore their long-term benefits. Reiki is one such tradition.

Developed in the early 20<sup>th</sup> century by Japanese Mikao Usui, Reiki is one of several energy therapies known to treat ailments in a holistic manner with equal emphasis on healing the client's physical, mental, emotional and spiritual spheres.

The word Rei-Ki is derived from the Japanese terms for "Universal Life Force". The belief is that the energy will flow through the practitioner's hands whenever the hands are placed on or held near a recipient. Researchers have shown that the transfer of energies occurs on several planes, including between the two individuals and the earth's magnetic field. Reiki Master Teacher, Verity Dawson, explained that the basic principles of Reiki lie in quantum physics, the tenets of which state that matter is energy. "The body is actually an energy field," she said.

### MYTHS AND TRUTHS

***Can negative energy pass from the Reiki practitioner to the person being healed?***

No. Reiki energy is pure. It can in no way be contaminated by the channel through which it passes i.e. the Reiki practitioner.

Reiki works by engaging with the body's different chakras or energy centres, of which there are mainly seven. The chakra, a Sanskrit word for wheel, is considered to be at the core of activity that receives, assimilates and expresses life force energy. The chakras refer to a spinning sphere of bio-energetic activity emanating from the major nerve ganglia branching forward from the spinal column.

Generally, six of these wheels are described as stacked in a column of energy from the middle of the forehead to the base of the spine, the seventh being beyond the physical realm. These include: the crown; the third eye; the throat; the heart; the solar plexus; the sacral (sex organs); and the root (at the base of the spine). Each corresponds to a mental or psychological attribute.

Dawson, who is a former President of the Barbados Reiki Association, and owner of the Reiki School of Natural Healing, likened the interrelation between chakras to roundabouts and the roads leading to and away from them. "I like to think of them as jambusters. You've got one at Wildey and another at Haggatt Hall (for example); they circulate the traffic from one point to another and redirect it onwards. If there's a problem at Haggatt Hall, there will likely be a problem at Wildey. The chakra that is out of balance might not manifest as the one that is out. Let's say there is a problem with the heart chakra where there is emotional stress. It might not manifest as a heart problem, but it could be backed up in the rest of the body. You might be having problems in your intestines or in your solar plexus," she explained.

"By awakening and maintaining a balance in all the chakras, we help to maintain a balance in our whole being. If a chakra is off balance, we might find difficulty in dealing with the aspects of our lives or our bodies that that particular chakra relates to," she said.

Unlike Western medicine that would treat the physical symptom, Reiki reaches to understand the mental, emotional and spiritual condition of the client. These elements are brought to light in the counseling session performed afterwards. However, Dawson stressed that Reiki should not be seen as an alternative to traditional Western medicine, but rather as a complementary approach to treating a range of ailments, including intestinal troubles, migraines, circulation problems, hypertension, diabetes and cardiac diseases.

Aware there might be reticence on the part of some individuals who believe the principles of Reiki conflict with their religious beliefs, she gave her assurance that it is a non-denominational practice and persons of all faith systems could benefit from the therapy.

## MEMBER PROFILE

### Eugene A. Daniel, C. ST.J; M.B.E.



At 80 years old, Eugene Daniel is in excellent health and she attributes this to the healing power of Reiki. A former Commander of the St John Ambulance Brigade, Chairman of the St John Council, and member of the Royal Commonwealth Society, Eugene received the MBE (Member of the British Empire) award in June 2001 for outstanding service to St John Ambulance.

It was while conducting a First Aid Course for a group of ladies in the late 1990s that Eugene first heard about Reiki. Among those participating in the course was Reiki Master Verity Dawson who mentioned the many benefits of Reiki and how people could be helped by it. This caught Eugene's attention and she decided to further investigate this healing art. She was encouraged in this by the late Dr Ronald Wilson, himself a Reiki Second Degree initiate and the Principal Medical Officer of the St John Ambulance Brigade.

Shortly thereafter Eugene decided to do Reiki training. She was initiated into the First Degree of the Usui System of Reiki Healing by Rev Lynn Armor in October 1999 and did the Second Degree with Reiki Master Janice Chin in December 2002.

Meanwhile Eugene joined the Barbados Reiki Association in 2000 and is still an active member. She was elected Treasurer in 2005 and remained in this post until January 2011. Eugene filled this position with an ease born of long practice, having taught the subject 'Principles of Accounts' for some of her 35 years as a teacher at the Alexandra School.

Eugene says that she takes her daily guidance from the Reiki Precepts, admitting that the second Precept, "Just for today, do not anger" was once the most challenging one for her. "However," she says, "with the help of Reiki I have been able to work on this and I can now deal with situations in a different way." She added, "Reiki is a growth process and I now have a completely different attitude to life from what I had before."

## PERFECT PRACTICE

### HEAD POSITION ONE

#### SELF-TREATMENT

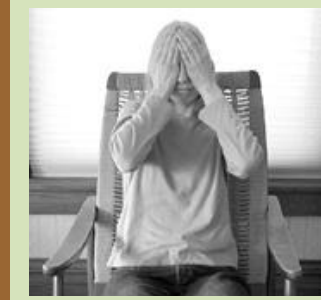


Photo: <http://www.reiki0.com/Reiki-Hand-Positions>

Place your palms over your eyes, resting your palms on your cheekbones. This position helps colds, intuition and clarity of thought and reduces stress.

#### TREATING OTHERS

Lay your hands to the right and left of the nose, covering the forehead, eyes and cheeks. This position balances the pituitary and pineal glands and is good for treating sinuses. It can be used to treat exhaustion, stress, colds, sinus disorders, eye disorders and allergies. If the receiver wishes you can cover eyes with a tissue.

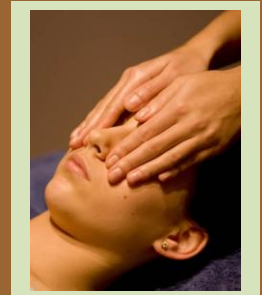


Photo: <http://www.reiki.fullerarts.com>

Text from: *Reiki to Go* by Tanmaya Honervogt with Carol Neiman

## FEED YOUR PRACTICE

**Recommended Listening: *Balancing Form and Essence* with Phyllis Lei Furumoto**



This weekly talk show can be listened to on the Internet at [www.reikitalkshow.com](http://www.reikitalkshow.com). Phyllis, Mrs. Takata's granddaughter, interviews interesting Reiki practitioners from around the world and discusses aspects of their Reiki path.

*We welcome your suggestions for books, CDs, DVDs, websites, or any resource that can assist Reiki practitioners in strengthening in their understanding and practice of Reiki.*

*"Reiki heals every aspect of our lives. It is a practice that cures our ills, soothes our emotions and enables us to create the life that we want."*

*The Reiki Bible*

## UPCOMING EVENTS: APRIL – JUNE 2011

**April 7th, 2011: Monthly Meeting, Reiki Reflection:** Sharing on the new BRA Code of Ethics – discussion on the meaning and practice of the Code of Ethics

**May 5th, 2011: Monthly Meeting, Family & Friends Evening** – open evening where non Reiki initiates are invited to receive Reiki treatments (the entire meeting will be devoted to sharing of Reiki)

**May (date to be confirmed): UWI Health Day** – sharing Reiki information and mini treatments at UWI

**June 2nd, 2011: Monthly Meeting, Reiki Reflection:** Q & A on Sharing Reiki at Outreach Events – focus on questions and answers about sharing Reiki at public events

**June 10 – 13, 2011: BMEX, Lloyd Erskine Sandiford Centre** – sharing Reiki information and mini treatments with the public

**June 26<sup>th</sup>, 2011: Barbados Reiki Association's Complementary Health Day** – a health fair for the public to experience Reiki and other alternative healing therapies and products

### *Inward Strengthening, Outward Reach*

*We welcome contributions to Healing Hands from Reiki practitioners. Contributors in this edition: Kathleen Hurley, Sonia Johnson, Juliette Rudder, Rosina Wiltshire, Sharon Hurley Hall, Eugene Daniel and Verity Dawson*



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. The Association hosts an Annual Retreat in October and a Complementary Health Fair in June. An Executive Committee elected annually, guides the work of the Association.

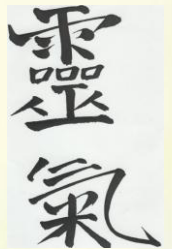
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**On Facebook: <http://www.facebook.com/BarbadosReiki>  
Look for us soon on YouTube**

## What is Reiki?

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.



### Principles of Reiki

*Just for today, do not worry*

*Just for today, do not anger*

*Honour your parents, teachers and elders*

*Earn your living honestly*

*Show gratitude to every living thing*