



Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION

DON'T MISS

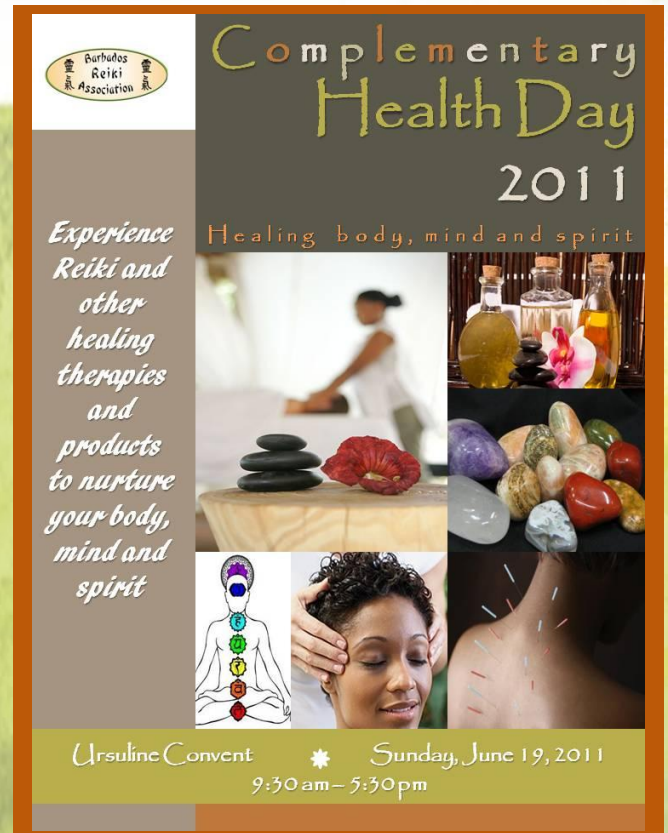
COMPLEMENTARY HEALTH DAY 2011

It has its origins in the remarkable recovery of one of the founding members of the Barbados Reiki Association through Reiki group healing sessions and the desire to let the general public know about the healing power of Reiki and how accessible it is to everyone. Now, in its 13th year, the Association's annual Complementary Health Day (CHD) has become a "not to miss" event for everyone interested in holistic health and healing through complementary therapies and products. This year's event, slated for Sunday, June 19th, 2011 at the Ursuline Convent, will be held under the theme "Healing Body, Mind and Spirit" and promises the usual smorgasbord of alternative healing modalities.

The Association's President, Kathleen Hurley, in reflecting on the origins of CHD, recalls that while still a fledgling organisation, one of the major activities of the Association was arranging group healing sessions for its members who were unwell. "One of the people who benefitted from this was Janice Chin who was experiencing a major health challenge. Janice had been initiated into Reiki in 1995 and when she experienced a crisis in 1997, she automatically turned to Reiki as her preferred method of healing. The Association arranged several group healing sessions for Janice and she experienced an amazing healing. As a result, Janice was anxious to let the general public know about Reiki and this is how CHD, or Reiki Open Day as it was originally called, began in 1998," Kathleen explained.

Over the years, the event has moved from the Future Centre Trust, to Bayshore Complex in Bay Street, to the Main Guard (Clock Tower) in the Garrison to its home for the past three years at the Ursuline Convent, growing in popularity, as well as in the range of modalities on display. To reflect this growth, the name of the event was changed from Open Day to CHD in 2009.

"Reiki, of course, remains our main focus," said Kathleen. "In addition, reflexology and different types of massage are offered and over the last several years the CHD has included such treatments as Acupuncture, Chakra Readings, Digital Infrared Thermal Imaging, DNA (Life) Activations, Emotional Freedom Technique, Etheric Healing, Feng Shui, Body Detox Foot Bath, the AM (Zero Point Energy) Wand, Quantum Touch and Voice



Barbados Reiki Association

Complementary Health Day 2011

Healing body, mind and spirit

Experience Reiki and other healing therapies and products to nurture your body, mind and spirit

Ursuline Convent * Sunday, June 19, 2011
9:30 am - 5:30 pm

Bio Analysis. Products such as crystals, Kangen (alkaline) water, different herbal supplements and preparations, botanical toiletries, Aloe products and Anion napkins are on display and available for purchase. Demonstrations of yoga, tai chi, qi gong and oriental dancing take place at intervals throughout the day and books on health, healing and healthy living are on sale. Also available are healthy and great-tasting snacks and desserts," she said.

Treatment costs are deliberately set low to enable patrons to sample the various therapies, with the maximum contribution requested being \$20.00. The entrance fee of \$10.00 entitles visitors to have a chance to win a range of amazing prizes and a gourmet vegetarian lunch is available at a reasonable cost, though advance booking with the Association is necessary.

This year's event promises to be bigger and better than ever, so if you want to take charge of your own health – body, mind and spirit - with gentle, healing therapies, don't miss CHD 2011 and sample as many modalities as you can. It may change your life.

HOW REIKI CAME TO TRINIDAD AND BARBADOS: PART ONE

As told by Master Teachers, Verity Dawson, Kathleen Hurley and Rosina Wiltshire and Michael Rudder

"Reiki is living history and, like a watercourse (served by many tributaries), is finding its way into all manner of nooks and crannies. Barbados, hardly a nook, but certainly far-flung from the beaten track, did not escape this trickle, which is now a "flood"..." **Verity**

Michael begins the story about one of those tributaries.

"There we were driving along and the man who had just completed a workshop on Re-evaluation Counselling began to talk about something that sounded like Ray-kee. "Ray-kee, what's that Winthrop?" I ask. "It is universal life force energy," he responded. "Huh?" Yours truly now well and truly baffled.

Winthrop Wiltshire, a Trinidadian who went to school in Barbados but was then back home began to explain that this ray-kee was energy from the universal source which helped the body to heal itself. 'Oh, yes,' I thought to myself, 'another one of those healing things.' Yet, his description of this new thing sounded interesting. It sparked something within me.

Winthrop continued to talk about what I learned was really "Reiki" and he invited me to come to the next course to be held a few weeks away in Trinidad in November. He said that the Reiki Master was in fact a lady from Canada – Lynn Armor. "What a strange thing?" I mused. "A woman who is a Master?" Nevertheless he had piqued my interest. But who was this lady Reiki Master and how did she get to the Caribbean?

Well, Rosina tells us how Lynn came first to Trinidad.

"I was introduced to Reiki at the Canadian College of Natural Healing in Ottawa where I was studying Reflexology and Shiatsu in the evenings, while teaching at the University of Ottawa. I saw this notice for Reiki classes organized by Lynn Armor on one of the notice boards and asked the English doctor sitting next to me in the shiatsu class what was Reiki. When I was preparing to leave Ottawa a few months later to accompany my husband to Barbados, I was required to have a series of vaccinations. I felt that my system was under stress and asked my class buddy, the English doctor, to give me a shiatsu treatment. She asked me if I would like to try Reiki and I agreed.

"The Reiki treatment was so awesome that I immediately said, "How can I learn Reiki". She told me that I would have to wait for a class given by a Reiki master and I was leaving too soon. My next question was whether there were any Reiki masters in Barbados who could teach me and she said no. I was disappointed.

"The memory of the Reiki experience stayed with me in Barbados, and when we returned to Ottawa my first thought was about finding a Reiki teacher. My visit to my naturopath proved successful because there were flyers in his lobby from Lynn Armor advertising a Reiki first degree class in July 1993. I immediately called Lynn and my husband and I signed up. My sister Halcyon who lived in Trinidad and her daughter who would be visiting in the summer said that they would be interested in taking the class."



Lynn Armor is a Reiki Master in two traditions: the Western tradition that was brought to North America in 1938, in which she has taught students internationally for the past 20 years; and as well as the original Eastern tradition known Jikiden Reiki. She currently operates Ancient Heart Breath from her home sanctuary in British Columbia. <http://www.freewebs.com/lynnarmor/>

"We all took the class and decided that we had to bring this gift to the Caribbean so we had a discussion with Lynn and organised to get her to Trinidad where she stayed with Halcyon, who arranged the first Reiki class in January 1994. Winthrop my brother invited our cousins Cynthia and her husband Ron Wilson, who was a Barbadian doctor, to Trinidad to take one of the early first degree classes in June 1994. Lynn was soon giving many Reiki classes in Trinidad..."

But the gem that is Reiki had already been in Barbados. Verity picks up the story in the next edition.

MYTHS AND TRUTHS

Is Reiki a religion?

No. Reiki is not a religion, but it is spiritual, in that it is an acknowledgement of a Higher Source – a power greater than us. Reiki can be practised alongside whatever your religious beliefs might be and may help deepen your spiritual practice.

MEMBER PROFILE

Michael Flavius Crichlow Rudder J. P.



His face and voice may be well known to radio and television audiences in Barbados and around the Caribbean. But many may not know that Michael Flavius Crichlow Rudder, the British Broadcasting Corporation (BBC) and Stanford University trained Caribbean media pioneer, is also an author, educator, faithful member of the scout movement and one of the first

Reiki practitioners in Barbados. Barbadian by birth, Michael describes himself as a Caribbean man and an early exponent of what it means to be working in a Caribbean Single Market and Economy (CSME) environment.

His distinguished career in broadcasting began when he joined the Barbados Rediffusion as the second local black announcer. He later spent nine years with the Caribbean Broadcasting Corporation (CBC), working as a specialist outside broadcaster and news anchor for radio and television. He was the first moderator of call-in programmes on what was then Radio Barbados and instituted the news programme *The World at One*. Michael would later go on to record several firsts as Secretary General of the Caribbean Broadcasting Union (CBU) between 1982 and 1987, pioneering satellite broadcasting in the Caribbean, regional and international distribution of Caribbean radio and television programmes, and supporting copyright protection of Caribbean produced creative material.

Michael's contribution to the professional development of Caribbean media personnel at all levels has been significant. As Supervisor of Mass Media with the Caribbean Conference of Churches (CCC), he trained hundreds of broadcast and print media practitioners across the Caribbean between 1973 and 1981. He also facilitated media training for the University of the West Indies' (UWI) Extra-Mural Department and organised training for media managers, technicians and engineers in satellite broadcasting while with the CBU. Outside the broadcasting arena, he has designed and delivered Adult Education training through the Caribbean Regional Council for Adult Education (CARCAE) and UWI and also facilitated training for officers in several constituency branches as the first Chief Executive Officer of the Barbados Labour Party.

PERFECT PRACTICE

HEAD POSITION TWO SELF-TREATMENT



Photo: <http://www.reikisecret.org>

Place your palms on the sides of your face, palms covering your temples. This position reduces stress and headaches.

TREATING OTHERS

Lay your hands to the right and left of the face with your thumbs in the valleys next to the eyes. This position balances the pituitary and pineal glands and is good for treating sinuses.

Photo: <http://cochingwithreiki.com>



His first novel *Black Light Rising* was published in 2009. He has served as Assistant Chief Commissioner and International Commissioner in the scout movement. He has two children, Jacqueline and Peter.

With his characteristic wry smile, Michael says of his Reiki journey, "When I pay attention to Reiki, Reiki pays attention to me". A Reiki practitioner since 1994, Michael points out that the energy manifests in different ways: "I had one experience while treating someone for back ache, in which I felt the realignment of the back happening and the person has not had the problem since. On other occasions, while I felt nothing, the persons being treated, who were gravely ill, insisted that I return to give them more Reiki." He notes that Reiki has helped several persons make their transition more peacefully and sums up his thoughts on Reiki in these words "'Hurray, Reiki allows us to take our healing into our own hands."

"One of the best aspects of Reiki is that it can only help – it can never hurt. You cannot "overdose" on Reiki, no matter how many treatments you get or how long they last."

Reiki: A Comprehensive Guide by Pamela Miles

UPCOMING EVENTS: JUNE - SEPTEMBER 2011

- **June 2nd, 2011: Monthly Meeting, Reiki Reflection:** Q & A on Sharing Reiki at Outreach Events
- **June 3rd, 2011: University of the West Indies, Cave Hill Campus Health Day** – sharing Reiki information and mini treatments with the staff and students of the UWI. Volunteers are needed.
- **June 10th – 13th, 2011: BMEX, Lloyd Erskine Sandiford Centre** – sharing Reiki information and mini treatments with the public. Volunteers are needed.
- **June 19th, 2011: Barbados Reiki Association's Complementary Health Day** – a health fair for the public to experience Reiki and other alternative healing therapies and products. Volunteers are needed.
- **July 7th 2011: Monthly Meeting, Guided Meditation** (45 minutes)
- **August 4th, 2011: Monthly Meeting, Practitioners Reiki Share** – a no business evening totally devoted to sharing Reiki for the full 2 hours
- **September 1st, 2011: Monthly Meeting, Video Presentation** (45 minutes)
- **September 22nd – 25th, 2011: Regional Reiki Gathering, Morgan's Harbour Hotel, Port Royal, Jamaica** - hosted by the Reiki Association of Jamaica. Full details are available on our website. Please contact Trevor Davis at sacredcircleofmen@gmail.com as soon as possible to indicate your interest in attending.

Please contact the Association to indicate your interest in volunteering.

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, Michael Rudder 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.

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.

P. O. Box 699, Bridgetown, Barbados

Email: barbadosreiki@hotmail.com

On Facebook: <http://www.facebook.com/BarbadosReiki>

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

Thank You! We appreciate your feedback!

We are grateful to those persons who took the time to share their thoughts on the first edition of Healing Hands. Here are some of the very encouraging comments we have received:

"Excellent work. I am so proud of you. Grade?... A+"
Trevor Davis

"Beautiful...thank you... Well done and congratulations!!!"
Sharon Oran

"This is a great idea! Keep it up!" *Giles Romulus*

"It is a good publication...well put together, graphically attractive and most of all, full of information. Congratulations to all whose efforts made the newsletter possible."
Ainsley Sahai

"Congratulations. Interesting and informative. I have circulated it to all on the mailing list for the Jamaica Reiki Association."
Frederic Burnett, President