

Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION



REIKI PRACTITIONERS GET READY TO LIVE REIKI AT JAMAICA GATHERING

Reiki practitioners from around the Caribbean and beyond are heading to Jamaica in September for the Caribbean Regional Reiki Gathering, organised and hosted by the Reiki Association of Jamaica. The third of its kind in the region in as many years, the Gathering will take place from Thursday, September 22nd to Sunday, September 25th, 2011 at the Morgan's Harbour Hotel, in the historically-rich town of Port Royal, conveniently located across the harbour from the capital Kingston and just 15 minutes' drive from Norman Manley International Airport.

The Gathering offers Reiki initiates an opportunity to retreat, reflect and rejuvenate in the company of fellow practitioners, who are dedicated to practising Reiki and living the Reiki ideals. The theme this year is, in fact, "Living Reiki". The exciting programme will include group treatments, meditation, early morning exercise, Reiki Levels 1 and 2 refresher sessions, workshop sessions on the Reiki precepts, as well as two outings that promise to be superb. The first outing will take participants to Lime Cay beach for a picnic and breath work on the beach and the second to Holywell Recreation Area, Blue and John Crow Mountains National Park for a picnic and workshop session.

The first Gathering, the brainchild of founding member of the Barbados Reiki Association, Michael Rudder, and the fulfillment of his dream of many years, was hosted by the Barbados Reiki Association in 2009. This very successful event inspired the Grenada Reiki Association to host an equally exciting Gathering in 2010 at the beautiful St. Martin de Porres Retreat Center at Mt. St. Ervans in St. Andrew, Grenada.

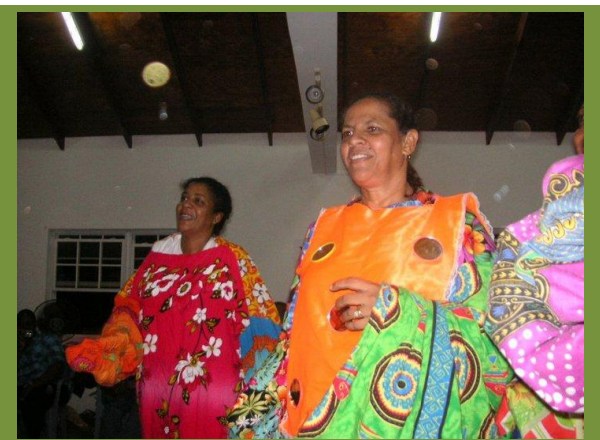
Interested persons should visit the Barbados Reiki Association's website for full details, including price, programme and registration fee and to take early advantage of group rates for airfare for persons travelling from Barbados.



Participants in the first Gathering in Barbados in 2009 enjoy an outdoor session at Farley Hill National Park



Time for meditation at Farley Hill



Grenadian culture on show at the 2010 Gathering in Grenada

HOW REIKI CAME TO TRINIDAD AND BARBADOS: PART TWO

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

Verity picks up the story of Reiki in Barbados

“As far as I am aware, in late 1988, I was the only Reiki practitioner in Barbados. I was using the Official Radiance Technique developed by Barbara Ray. I practiced the healing art in a low-key fashion, or so I thought, until a visiting German Reiki Master contacted me from the Royal Pavilion Hotel. He had asked if there were any practitioners here and the desk staff referred him to me.



Shortly thereafter, through the study of A Course in Miracles, I got to know of an American woman who was deeply interested in the healing arts and learned that she had done her Reiki mastery in the States. Although she did not teach it, at various gatherings we began to be aware of a small and growing community of souls who had been inducted into the Reiki energy...”

So we have a low-key practice in Barbados and courses going on in Trinidad. Now Michael continues his introduction to Reiki. Remember he had just heard about Reiki from Winthrop Wiltshire.

“When we had almost reached Winthrop’s hotel we both saw a car round a bend ahead of us and swerve to left. I can’t say if the driver lost control but the result was that a vendor who was selling figurines carved from the coconut shell and husk was flung into the air by the errant vehicle.

“Winthrop told me to go and park quickly. I did. He then ran back to the site of the accident. When I caught up with him he was holding the head of the victim even as the driver of the hired car, seemingly a visitor, tottered around apparently not only suffering from the jarring contact of the accident.

“Someone else who had come to the aid of the young man asked Winthrop what he was doing. He replied that he was giving the man Reiki.”

“All I can say is that by the time the ambulance arrived the man seemed well on the way to recovery from an accident which I thought would certainly have caused him very serious injury. This “Reiki” thing more than sparked my interest. The upshot was that I went to Trinidad but there was a further “coincidence” even as I checked in at Barbados airport. There I met a colleague of mine, Colbert Goddard. He was on his way to the same course having heard of it from a different source.”

“We both took the course November 11 – 13, 1994. I was so inspired that I felt that this energy healing called Reiki was something that every family in Barbados should have access to. Believe it or not I am a shy person so I suggested to Colbert that he ask Lynn if she would teach in Barbados. In the event we both approached her and she said she would and that all we need to do was to get “x” number of students together and between us agree on the dates. That first course in Barbados was in March 1995.” That was how the lineage of Dr. Mikao Usui, Chujiro Hayashi, Hawayo Takata / Phyllis Lei Furumoto, Bunny Sjogren, Lynn Armor, came to Barbados.

“Lynn continued to come to Barbados after that first opportunity approximately twice a year to train students here at both 1st and 2nd degree level until 2004. Subsequently she trained her first local Reiki Master Kathleen Hurley who held her own first training course in 2006.”

But in the meantime Verity had also gone on to Mastery.

“In 1995, I decided to train as a Reiki teacher and took my course in Bali. This opened up new worlds for me. I was also attuned to the Reiki Alliance lineage. Days before I travelled to do the course, I met a visiting Canadian Master, Lynn Armor, who had been invited to teach Reiki in Barbados. At the same time, I also had the privilege of meeting the Vice-president of the Alliance (and her husband and family). For some time thereafter, Lynn Armor and I were the only regular teachers of Reiki in Barbados, although others had trained up to Master’s level elsewhere. Barbados now boasts several Reiki Master Teachers and a support association – the Barbados Reiki Association.

MYTHS AND TRUTHS

Is a Reiki treatment something like getting a massage?

No. In massage therapy, the practitioner manipulates the patient’s muscles, whereas Reiki uses only the proximity of the healer’s hands to particular parts of the body. While massage can be vigorous, the Reiki practitioner touches the patient gently, if at all, and the practitioner’s hands remain stationary in one position for several minutes before being moved to another position.

“Reiki supports your energy and your perspective on life and giving yourself a Reiki treatment is an ideal way to begin each new day.”

Reiki to Go by Tanmaya Honervogt and Carol Neiman

PERFECT PRACTICE

HEAD POSITION THREE

SELF-TREATMENT

Photo: <http://www.reiki-meditation-and-wellness.com/>



Cup the back of your head with your hands placed horizontally across the skull over the occipital ridge. This position treats the optic nerve, stress and tension headaches, neck problems and whiplash. It produces calmness and clear thoughts. It is good for boosting self-confidence, trusting in your own intuition and "letting go".

TREATING OTHERS

Photo: <http://chewvalleyreiki.vpweb.co.uk/>



Cradle the back of the recipient's head with both hands. Be gentle in maneuvering the recipient's head into this position and, if necessary, encourage them to let you take the weight of their head. Make sure your hands are comfortable and the recipient's head feels secure and balanced.

Some text adapted from The Reiki Bible and <http://www.chikara-reiki-do.com>

COMPLEMENTARY HEALTH DAY 2011 A SUCCESS

The Barbados Reiki Association held its 13th Complementary Health Day (CHD) 2011 on Sunday 19th June at the Ursuline Convent from 9.30 am to 5.30 pm. As it coincided with Father's Day, special prizes were on offer for the dads who visited the event. This year, the event featured a wide range of therapists offering Reiki, Massages (back, body, facial, foot), Lomi Lomi massage, Reflexology, Chakra balancing, DNA Activations, Feng Shui, I Ching Readings, Quantum Touch and more. Some of the exhibitors featured books on complementary health, spirituality and related topics. There were also several interesting products on display, including crystals and natural cosmetics. The room was well organized and had a peaceful atmosphere where visitors could enjoy many opportunities for self-care. Therapists were generally pleased with the response they received. Some did brisk business on the day, while many made appointments with visitors for follow-up consultations. Indeed, one therapist described the Complementary Health Day as 'the best ever'. A pleasing feature of this year's event was the eagerness of many young children to learn and experience complementary therapies. They were also a welcome presence in the Tai Chi and Qi Gong demonstrations which formed part of the offerings at the CHD. Barbados Reiki Association President, Kathleen Hurley, commented: "This year, we worked closely with the therapists to make the Complementary Health Day even better. We were pleased to see so many visitors of all ages at the event and we urge people to come back next year for wonderful day of healing body, mind and spirit."



UPCOMING EVENTS: JULY - OCTOBER 2011

- **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.
- **October 6th, 2011: Monthly Meeting, Guided Meditation** (45 minutes)
- **October 30th, 2011: Barbados Reiki Association's Annual Retreat**

Inward Strengthening, Outward Reach

We welcome contributions to Healing Hands from Reiki practitioners. Contributors in this edition: Kathleen Hurley, Sharon Hurley Hall, Francine Cadogan, 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.

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Thank You!

We appreciate your support of
Complementary Health Day 2011!



Check out the Complementary Health Day photo album and read all about the therapists and exhibitors on our Facebook page or our website