

Barbados Reiki Association Annual Retreat
Marian Retreat House , St .John, St Philip
Sunday, October 30th, 2011, 9am – 5.00pm

The Barbados Reiki Association held its Annual Retreat on 30th October 2011 at Marian Retreat House in Verdun, St John. The Annual Retreat is the Association's main thrust towards its goal of strengthening the organization and fostering "a common understanding between Reiki initiates in Barbados regardless of their lineage or teaching".

This year, the theme of the Retreat was the first Reiki Precept: "Do not Worry". The specific aim of the Retreat was to empower members to "live" this Precept and to remove or reduce the tendency to worry in their daily lives.

The theme, "Do not Worry" was stressed in all the sessions. Participants learnt much about what worry is and how it can affect us, physically, mentally and emotionally as well as ways of effectively dealing with worry and therefore improving overall health and wellbeing.

A team of three Reiki Masters facilitated the learning/sharing sessions. There were the self-treatment meditation and subsequent Trust Exercise led by Verity Dawson, a workshop on the theme "Do Not Worry" by Kathleen Hurley and the Five Elements Breathing Method shared by Trevor Davis.

Overall, the Retreat provided guidelines for bringing mind, body and spirit into balance through the management of worry.

Participants were treated to mid-morning refreshments and to a gourmet vegetarian lunch.

The event was a very exciting and informative one and, according to the 25 participants, a huge success.

Following an inspiring invocation led by Janice Chin-Worme and a brief welcome by the President, the event got under way with a meditational Reiki self-treatment led by Verity which set the tone for the day's activities by balancing our

chakras and by helping us to relax and set aside any worries we might have been harbouring.

After a refreshment break the Retreat went into a workshop session on the theme “Do Not Worry”.

During the workshop, participants were invited to share their understanding of the word “worry”. The facilitator then defined worry as “being in a state of agitated uneasiness or apprehension about a potential problem or to anticipating a negative outcome to a given situation.” Several major areas of worry were identified and discussed by the participants. The root cause of worry was identified as fear, usually of the future or the unknown. Fear, in its turn was seen to be a **lack of trust** that the Universe was in charge and would work things out for the highest good.

Several recommendations were made for actions that could help to control the tendency to worry and so live this Precept better. Some of these recommendations were Reiki self-treatments and/or mental treatments, prayer, taking positive action, setting an intention for what we wish to happen and aligning our behaviour with that intention, immersing ourselves in something we love, focusing on our blessings, meditation, use of affirmations.

The facilitator spoke briefly about the correct formulation of affirmations using a positive focus and making the statement in the present tense.

A short meditation followed in which each participant rid himself or herself of one object of worry by seeing it dissipate in vapour like steam from a kettle while repeating the following affirmation: **“With every breath I release the worry within me. I trust the Universe to provide everything that I need. I am the embodiment of faith.”**

The session ended with a reminder that it’s “Just for today” that we are asked to not worry. “Just for today” gives us permission to start over when we lapse into our old worry pattern. It says that we are forgiven and can forgive ourselves, because we are in the NOW and we can start with a clean slate every day. So just for today, we do not worry.

After lunch, Verity Dawson talked about the importance of exercising trust to help us not to worry as well as focusing on releasing tension on the physical level. Disbursing accumulated adrenalin can be done through breathing/tension exercises which the whole group practiced with significant positive after-effects.

Verity also demonstrated the technique of creating an 'anchor' through establishing a hand position linked to a positive emotion, as well as doing some stretching exercises as another aid to relaxation.

She recommended journaling our anxieties as an important aspect of helping to overcome stress and suggested that we could also be mindful of constantly showing gratitude as this would help us to deal with the challenge of this Precept.

This led to the Trust Walk where the participants each took a 20-minute walk in the grounds and asked for guidance to an unresolved dilemma. During the sharing session which followed this exercise, it was wonderful and exciting to see how many people got the answer they needed as a result of communing with Nature.

Following the Trust Walk, Trevor Davis introduced the Five Elements Breathing method, a short series of Qi Gong-type exercises for the lungs, kidneys, heart, stomach and spleen. These exercises focus on using the breath and different hand and body positions to achieve balance and harmony in the different organs as well as relaxation throughout the body. It was suggested that these exercises are best done for 20-30 minutes on awakening to prepare us for our day.

This session was videotaped for sharing among interested participants.

Next on the agenda was a group healing session for a member of the Association who is unwell. This was followed by a feedback session in which participants shared their very positive thoughts on the day's experience.

The closing took the form of an energy spiral in which energy was sent to Planet Earth as well as to several ailing people.

Prepared by Juliette

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First edit by Kathleen
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