



# Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION

## SCIENCE PROVES REIKI'S BENEFITS IN TREATING HEART ATTACK PATIENTS

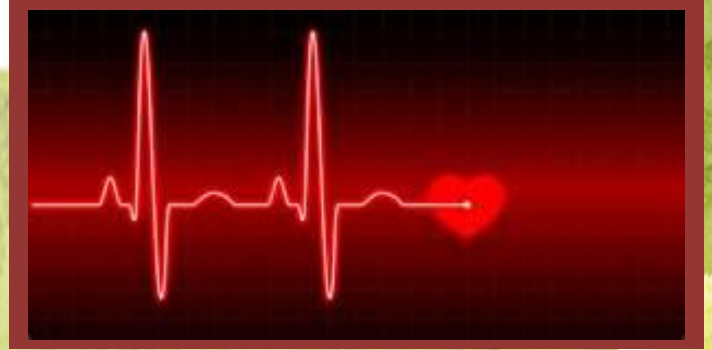
Important scientific research is currently being done on the healing effects of Reiki. A recent study carried out by Yale University researchers and published in the prestigious Journal of the American College of Cardiology, [2010; 56, 995-996] was entitled 'Effects of Reiki on Autonomic Activity Early after Acute Coronary Syndrome' and co-authored by Rachel Friedman, Mathew Burg, Pamela Miles and Rachel Lampert. These researchers found that when 20 minutes of Reiki is administered within three days to patients who have suffered from a heart attack both the objective heart rate variability [HRV] and their subjective emotional state, particularly in relation to stress levels, are positively impacted.

One of the co-authors, Pamela Miles, elaborates this way: A heart attack is a stressful event which like any other stressful event also causes a stress response. A stressed body is less resilient, and less capable of coping with more stress. This means that a patient who has just had a heart attack has a higher risk of having another heart attack. Physicians are well aware of this dangerous cycle and helping the body recover its resilience is a primary goal with patients who have recently suffered a heart attack.

This is why standard hospital care after a heart attack includes beta blockers, drugs that help the body recover its resilience. But beta blockers work slowly and some patients cannot tolerate them. The randomized controlled study looked at non-invasive, non-drug interventions to help patients recover faster from a heart attack. The study had three components:

The patients were divided into three groups: in Group One 12 patients rested quietly without interruption; in Group Two 13 patients listened to slow tempo meditative classical music; in Group Three 12 patients received 20 minutes of Reiki from Reiki trained staff nurses.

Patients were measured initially for baseline data, and again after intervention, and the two sets of measurement were



compared. The measurements from all groups were then compared with the others. The impact of the intervention (rest, music or Reiki) was measured in two ways – Emotional State and Heart Rate Variability [HRV]. HRV is a physiological measure that indicates if the patient's body is recovering from the stress response.

The patients rated themselves on both positive states (happy, relaxed, calm) and negative states (stressed, angry, sad, frustrated, worried, scared, anxious). The researchers found that Reiki treatments improved all positive emotional states and reduced all negative states. Comparing the three groups, the Reiki group had the most positive changes in emotional states, and the resting control group had the least. The Reiki treatment also improved HRV. The researchers point out that the benefit showed in heart rate variability was comparable to that seen in a study on beta blockers.

The effectiveness of Reiki as an aid to healing is beyond question. Reiki is a form of electromagnetic energy. It has been well known in medical scientific circles that placing an electric coil around a fracture that refuses to mend will stimulate bone growth and repair. This is because according to the laws of physics when an electric current passes through a conductor an electromagnetic field is created, and it is well known that the body is a weak electrical conductor.

*Extract from the paper "Reiki, Medicine and Science" by Dr Winthrop Wiltshire cited on page 2.*

## REIKI, MEDICINE AND SCIENCE: PART ONE

From a paper "Reiki, Medicine and Science" by Dr Winthrop Wiltshire, President of the Grenada Reiki Association Inc., an adaptation of two presentations, *Reiki and Medicine* and *Reiki and Science*, delivered at the International Reiki Gathering, 16-19 September, 2010 at Mt. St Ervans St. Martin de Porres Retreat Centre, St. Andrew, Grenada. Dr Wiltshire [winthropwww@gmail.com and 1 473 457 1822] has a doctorate in Chemistry from the University of Toronto.



Science can be considered to be a framework, involving observation and experimentation, within which humans strive to understand the workings of the Universe and all that it contains. In the past two hundred years dramatic developments have been made in science, but it must not be overlooked that various phenomena occur long before science can find a rational explanation. Empirical reality usually precedes scientific validation. Bacteria existed many thousand years before the discovery of the microscope and ultra-microscope which enabled scientists to observe them, and oxygen was around from the beginning of life forms millions of years before Joseph Priestly discovered this vital substance in 1774.

Although it may be comforting to have a scientific explanation for a given phenomenon, to make the assumption that a particular phenomenon is not real or valid until there is a plausible scientific explanation for such an occurrence is clearly ridiculous. Reiki is a well established natural healing phenomenon that is practiced worldwide. The translation of the Japanese term, Reiki, actually is Universal Life Energy, the energy that infuses all living things, humans, plants and animals which are in fact all energy entities – electrons and other sub-atomic particles in constant vibration. Whenever we speak of energy we are implicitly referring to frequency of vibration which is measured in Hertz or cycles per second.

When we are in balance, that is energy balance, we experience wellness, but when we go out of energy balance we manifest dis-ease [disease] or illness. The energies involved with Reiki are very small and are sometimes referred to as subtle energies. It is only within relatively recent times that scientific instruments have been developed to measure the very small energy fields associated with Reiki.

Reiki accelerates the process of restoring energy balance and, hence, wellness for someone with a health issue. Reiki works by itself or in conjunction with western medicine. Dr Mehmet Oz, a well known US heart surgeon indicates that he usually has a Reiki practitioner at hand when he is performing surgery.

The Manhattan Eye and Throat hospital and the Memorial Sloane Kettering Hospital, both in New York, have also embraced Reiki. Marilyn Vega, a nurse who has given Reiki treatments to patients in both hospitals says the following, 'Reiki sessions cause patients to heal faster with less pain'.

Medical practitioner and Reiki Master, Dr Nancy Eos makes the following introductory comments in her book, *Reiki and Medicine*: 'Reiki has not always produced predictable results but it has produced consistent, marvelous results for the highest healing good. Lungs expand in spite of major chest trauma; heart arrhythmias revert to normal rhythm, strokes in progress reverse; bleeding stops. I would not have believed any of this unless I had seen it for myself. My life and my medical practice have all dramatically changed and I can't imagine practicing medicine without Reiki.' Dr Eos, an emergency room physician, in a Michigan, USA hospital as well as a Reiki Master, vividly describes the dramatic healing results she has had by applying Reiki to emergency trauma patients.

*'Reiki has become a sought-after healing art among patients and mainstream medical professionals'.  
Dr. Mehmet Oz*

Some years ago while I was attending a conference in the United States one of the participants had an arm fracture that was giving difficulty to heal after several months. She was extremely despondent, having just returned from having the arm X-rayed and seeing no signs of progress. She readily agreed to my suggestion that she sit next to me in the conference sessions over the following days to receive Reiki on the affected right arm. For the last three days of the conference with my left hand I gently supported her right arm in the cast in the palm of my hand. I experienced considerable heat as evidence of the Reiki doing its work. She was overjoyed when the day after the conference ended she had another X-ray and discovered that the arm had completely healed!



Crouse Hospital patient Robert Blumenthal of Syracuse (center) is receiving a Reiki treatment in his room from two Reiki masters. Photo from "A Healing Energy? Now in Hospitals Reiki Masters Critics and Fans" by James T. Mulder / The Post-Standard  
[http://blog.syracuse.com/cny/2010/03/a\\_healing\\_energy\\_now\\_in\\_hospitals\\_reiki\\_masters\\_critics\\_and\\_fans.html](http://blog.syracuse.com/cny/2010/03/a_healing_energy_now_in_hospitals_reiki_masters_critics_and_fans.html)



## ASSOCIATION NEWS

### STALWARTS TO FORM COUNCIL OF ELDERS

Seven long-standing members of the Barbados Reiki Association will be honoured at its October 4th, 2011 general meeting when they are inducted into a new body, called the Council of Elders. The persons to be so honoured are: Janice Chin-Worme, Eugene Daniel, Verity Dawson, Hartley Forde, Sheila Leslie-John, Ina Pickering and Cynthia Wilson. "These outstanding members of the Reiki community have contributed in a major way to the growth of Reiki in Barbados and through the Council of Elders, they will be able to make a continuing contribution to its further growth and advancement on the island," explained President of the Association, Kathleen Hurley. We will share stories of the Elders in future editions.

### VICE-PRESIDENT RELOCATES



President, Kathleen Hurley, presents Vice-President Martha Isaac with a gift at a farewell function in her honour

After 10 years of service as Lecturer in Linguistics at the University of the West Indies, Cave Hill Campus, Vice-President of the Barbados Reiki Association, Martha Isaac has retired and recently relocated back to her native St. Lucia. Martha, who was initiated to Level 1 in 2007 and Level 2 in 2009 by Kathleen Hurley, served as Vice-President since 2009. The Association hosted a farewell send-off on July 31<sup>st</sup>, 2011 to express appreciation for her outstanding service.

Martha thanked Rita Sealy for introducing her to the Reiki community and Kathleen Hurley for "facilitating a transformation in her life and helping her to

become a better person through Reiki". "Reiki has taught me to see with my heart and I have felt much love from the Reiki community in Barbados," she said, adding that serving on the Board of Directors of the Association had helped her to grow in confidence and depth in unimaginable ways. Martha will complete her term as Vice-President and is keen to assist in building a Reiki community in St. Lucia.

### DOOR PRIZE PRESENTED TO CHD WINNER



Elvis Hamilton (at right) was one of the lucky visitors who won a prize at the Association's recently hosted Complementary Health Day (CHD). Here, Timothy Walker (centre), representative of Innovative Products and Services and donor of the prize of a Space Certified Air Purifier, looks on, as President, Kathleen Hurley, presents the prize.



#### Verity Dawson

Verity was attuned to Levels 1 and 2 in the Official Radiance Technique in 1988 by Ingrid St. Clare. She became a Reiki Master in 1995 and then also became a

Karuna Master in 1997, a Shekem and Cartouche Master in 2000, all with Simon Treselyan. She has served as Secretary, Board Member, Vice President and President of the Association and has played a pivotal role in creating an Association which honours practitioners of all lineages. A well-traveled world citizen, Verity has visited Dr. Usui's tomb as well as Mt. Koriyama and, in K'auai, passed through the birth village of Hawayo Takata. She is a certified Louise Hay Heal Your Life Coach.



#### Sheila Leslie-John

Jamaican national and resident of Barbados for 42 years, Sheila was initiated to Level 1 in 1996 and Level 2 in 1997 by Lynn

Armor. A strong supporter of Complementary and Alternative healing modalities, Sheila credits Reiki with helping her to overcome a serious health challenge, which made her life uncomfortable, painful and stressful. She has served on the Executive of the Association and been very actively involved in every aspect of its work.



#### Hartley Forde

Reiki Master and retired teacher, Hartley was initiated to Level 1 in 1997 and Level 2 in 1998 by Lynn Armor. He was

initiated as a Reiki Master in 2001 by Patricia Berry-Greenidge. He is now a Massage Therapist, a profession which keeps him in constant contact with people in need of healing. "Some cases are more difficult than others. The difficult cases end up getting a Reiki treatment," he says. "I believe that is why I get such favourable results."



#### Ina Pickering

Ina is a founding member of the Association and was among the first group of students in Barbados to be initiated by Lynn Armor. Ina describes the meetings of the fledgling group of practitioners at the home of Janice Chin, as "very stimulating". A faithful member of the Association from the beginning until present, Ina never fails to attend meetings and other Association activities, including healing people in need and public outreach.



#### Eugene Daniel, MBE

Eugene was initiated to Level 1 in 1999 by Lynn Armor and Level 2 in 2002 by Janice Chin. She joined the Association in

2000 and is still an active member. She was elected Treasurer in 2005 and remained in this post until January 2011. 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.



#### Janice Chin-Worme

Janice, a founding member of the Association, was among the first students of Lynn Armor in Barbados, having been initiated to Level 1 in 1995. Janice

credits Reiki with healing her of Lupus in 1997. This motivated her to renew her efforts with others to spread the word about Reiki across Barbados and she has worked tirelessly towards this goal through the Association and independently over the years. She completed Reiki Mastership with Carolyn Maloney in Texas in October 2000, Karuna Reiki Mastership with Laurelle Shanti Gaia in Trinidad in March 2002 and Mastership with Allan Sweeney in 2003. Janice manages The Natural Energy Centre with her husband, Jimmy.



#### Dr. Cynthia Wilson

Cynthia was introduced to Reiki in the 1990's by her Trinidadian cousin, Dr. Winthrop Wiltshire. She went on to become a Level 1 and

2 practitioner, but has never felt the need to become a Master. She practices her Reiki skills on herself, her family members, friends and the odd stranger in need of healing that the universe places along her way! Cynthia is a renowned Caribbean writer, actress, storyteller, producer, and dancer.



## UPCOMING EVENTS: SEPTEMBER – DECEMBER 2011

- **September 22<sup>nd</sup> – 25<sup>th</sup>, 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](mailto:sacredcircleofmen@gmail.com) as soon as possible to indicate your interest in attending.
- **September 24<sup>th</sup>, 2011: Barbados Association of Retired Persons (BARP) Elders Day, Girl Guides Headquarters, Pax Hill, St Michael** – sharing Reiki information and mini treatments with visitors. Volunteers are needed.
- **October 4<sup>th</sup>, 2011: Monthly Meeting, Establishment of the Council of Elders – Presentation of Plaques to Inductees**
- **October 30<sup>th</sup>, 2011: Barbados Reiki Association's Annual Retreat, Marian House, Verdun, St. John** – an all-day event for Reiki initiates only to reflect on their practice, listen to inspirational presentations and share group Reiki healing. Registration fee and full details coming soon.
- **November 3rd, 2011: Monthly Meeting, Reiki Reflection: Guided Meditation (45 minutes)**
- **December 1st, 2011: End-of-Year Social** – a no business evening open to friends and family, where the focus is on having fun, as members and friends show off their talents at singing, dancing, poetry, storytelling etc.

### *Inward Strengthening, Outward Reach*

*We welcome contributions to Healing Hands from Reiki practitioners. Contributors in this edition: Kathleen Hurley, Winthrop Wiltshire, Sonia Johnson, Juliette Rudder, Lena Nicholson, Martha Isaac, Verity Dawson, Cynthia Wilson, Ina Pickering, Sheila Leslie-John, Hartley Forde*



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

## Welcome new member to the Barbados Reiki Association!



Fashion designer, **Lena Nicholson**, is the newest member of the Barbados Reiki Association. Initiated to Level 2 by Reiki Master Verity Dawson in 2011, Lena says that she initially started Reiki to clear old patterns in her personal life.

"I am so glad to have found a system of healing that can be used in so many ways and is purely holistic. I am looking forward to deepening my Reiki experience through further training and sharing," she added.