



# Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION

## PRACTITIONERS ENJOY INSPIRING EVENTS

September and October were busy months for several members of the Barbados Reiki Association as they participated in two of the most inspirational, educational and rewarding events on the annual calendar – the Caribbean Reiki Gathering and the Association’s Annual Retreat.

Seven members of the Association joined fellow Reiki practitioners from Jamaica, Grenada, Trinidad and Tobago and the United States at the magnificent Morgan’s Harbour Hotel and Marina on the outskirts of the quiet town of Port Royal in the last week of September for the third Gathering of Caribbean Reiki practitioners. According to Kathleen Hurley, President of the Barbados Reiki Association, the overseas participants in particular appreciated the opportunity to see something of Jamaica and everyone was full of praise for the excellent work done by the Reiki Association of Jamaica in planning and implementing the Gathering. Reiki Masters from Barbados Trevor Davis, Verity Dawson and Kathleen Hurley participated in the event as facilitators. Trevor presented the Five Elements Breathing Method on Day Two, Kathleen delivered a workshop on the Precept “Be Diligent in All Your Undertakings” on the same day and Verity led a guided Reiki self-treatment on Day Three.

“Do Not Worry” was the theme of the Association’s Annual Retreat, which took place on October 30<sup>th</sup> at Marian Retreat House in Verdun, St John. The aim of the Retreat this year was to empower members to “live” the first Precept. 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. Two of the highlights of the day were a Trust Walk led by Verity Dawson and a workshop on the theme “Do Not Worry” presented by Kathleen Hurley.

During the Retreat, participants were able to define worry, identify its root causes (the principal cause being fear) and brainstorm actions to control the tendency to worry, including Reiki self-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, and the use of affirmations. One of the key take-aways was the 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.”

President Kathleen Hurley commented, “I received a great deal of positive feedback about the Retreat, with descriptions such as “excellent”, “inspiring” and “outstanding”.”

1) Roz Walker presented a workshop on the Precept “Be Grateful” in the Holywell National Park in the beautiful Blue and John Crow Mountains in Jamaica



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2) Participants enjoy the Welcome Reception of the Caribbean Reiki Gathering on board a yacht in Morgan’s Harbour Marina



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3) A highlight of the Caribbean Gathering was an outing to Lime Cay for a beach picnic and outdoor workshop



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4) Group treatments are always a feature of the Association’s Annual Retreat



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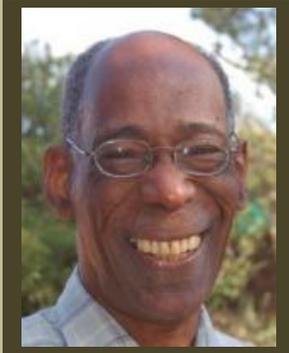
5) Participants each took a 20-minute walk in the grounds at Marian Retreat House and asked for guidance for an unresolved dilemma as part of the Trust Walk exercise



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## REIKI, MEDICINE AND SCIENCE: PART TWO

*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 [winthropww@gmail.com and 1 473 457 1822] has a doctorate in Chemistry from the University of Toronto.*



It may well be found that Reiki has a link to quantum physics. During the 20th Century through what became known as Quantum Physics it was discovered that the smallest identifiable units of matter, force and light are actually made up of energy which always come in distinct packets known as quanta. These energy packets are not material, although they can have matter-like properties such as mass, gravitation and inertia and they function like both particles and waves. When one of their properties such as position is measured the others become unavailable to measurement and observation. More surprisingly, it was discovered that when any two of these entities have been together they remain 'entangled' or in contact no matter how far apart they become, consistent with the concepts known as non-locality and coherence.

The reality of this phenomenon was demonstrated experimentally by a French team led by Alain Aspect in 1983. One experiment demonstrating quantum non-locality involves atoms of calcium that are put into an unstable energy state so that they emit a pair of identical photons traveling in opposite directions at the speed of light. They therefore are separating at twice the speed of light. As one of the photons passes through a polarizer that changes a property called spin, the spin of the other photon, far away, instantaneously changes to a complementary state.

Since Einstein's relativity theory does not allow for any kind of message that travels faster than the speed of light it can be concluded that there is some means of communication between these two photons that were once together in the original calcium atom. Professor Ervin Laszlo in his book 'Science and the Akashic Field' points out that in a complex organism the challenge of order is huge.

**The human body consists of some million billion cells, 600 billion of which are dying and the same number are regenerating every day at the rate of 10 million cells per second. [There is no substance in the body that is constant].**

The level of coherence exhibited by living organisms suggests that quantum type processes take place in them. Laszlo points out that living organisms respond to extremely low frequency electromagnetic radiation, and to magnetic fields so weak that only the most sophisticated instruments, such as the Superconducting Quantum Interference Device Magnetometer (SQUID) can register them. He argues that radiation below molecular dimensions could not affect molecular assemblies unless a large number of molecules were super-coherently linked among themselves. He concludes that such linkages could come about only if quantum processes complement the organism's biochemical processes, and he infers that in some respects the living organism is a 'macroscopic quantum system'.

All of this has implications for the mechanisms involved in how Reiki works. Distant treatments, for example, which enable advanced Reiki practitioners to connect with and treat others at remote distances without any physical aids, can readily be explained in relation to the concept of non-locality and coherence.

There is a long way to go before science has a plausible explanation for the various aspects of Reiki beginning with the ease with which any Reiki Master can pass on this phenomenal healing gift to a student. But what is certain is the empirical reality that Reiki treatments have dramatic and quick results in treating acute conditions, and is often effective over time in even reversing chronic conditions. In my sixteen years of experience as a Reiki Master I have found Reiki to be a most effective tool in dealing with chronic pain. Many medical schools routinely expose their students to complementary therapies such as Reiki.



## MY REIKI JOURNEY BY JANICE CHIN-WORME

### PART ONE: A MIRACULOUS HEALING

*Janice Chin-Worme being presented with a plaque by President, Kathleen Hurley, to honour her contribution to Reiki in Barbados at the induction of the Council of Elders on October 4<sup>th</sup>, 2011*



#### **My First Contact with Reiki**

My exposure to Reiki began in 1991 when I met Dr Michael Walcott, who lent me a little book on the subject of Reiki. After reading it, I purchased two books on Reiki. As I started to read, I discovered that to practice Reiki you must have a teacher and go through a process of Attunements. On learning this, I felt great disappointment, as I was looking forward to learning this technique because at the time I was experiencing lots of pains due to the challenge I was experiencing with Lupus. I waited until 1994 when a friend of mine, Colbert Goddard, who had gone to Trinidad to study Reiki with Lynn Armor returned all charged up to practice this wonderful art of Reiki.

Colbert called me and said *"Janice! I have just the right therapy for you and I would like to do a series of treatments for you"*. Immediately I said *"I am willing to try anything, and when are you going to start?"* So plans were made for the following day for my very first Reiki treatment. That evening Colbert called inquiring how I felt after the treatment and I told him I was worse. I was experiencing pain from head to toe and if this is what Reiki is all about I would have no part of it. His words to me were *"Janice you should know that you have to feel worse before you feel better"*. He went on to assure me that I would feel better. With that he promised to come the following day, and by the third treatment I was really feeling much better.

#### **First Reiki Class in Barbados**

After this experience, I determined to get Colbert to arrange for Lynn Armor to immediately come to Barbados. Between the coordinated efforts of himself and Michael Rudder it came to pass and we had our very first Reiki class as I recall in Barbados in March 1995. It was quite a big class, among the persons taking this first class were: Rita Sealy, Ina Pickering, Thelma Payne, Portia Blackman, Kathleen Hurley and many others, many of whom played an important role in establishing Reiki in Barbados and what is now known as the "Barbados Reiki Association".

#### **My Healing Inspires Commitment to Reiki**

I must say that the propelling force to get the message of the healing quality of Reiki to the island came as a result of my becoming very ill in 1997 and not knowing if I would see 1998. Kathleen Hurley came to see me and she was surprised that I had lost so much weight and looked very pale. She immediately sent out an e-mail to the Reiki family to have group treatments for me for the next four Sundays - this was in November of 1997 - and from the very first treatment my neighbor saw me in the yard the very next day looking pink and in good health. She wanted to know what I had done. I told her I had been given a Reiki treatment. She knew that I was unwell for the past 6 months and the last time she saw me with my daughter, Cherrienne, she said to me that she was going to tell her to expect anything, meaning she was going to prepare my daughter for my eventual death.

After becoming totally well following those treatments I wanted to shout from the roof tops about the value of Reiki with chronic pains and illnesses. I turned my energies to help organise promotional introductory meetings to spread the good news about Reiki and help others to learn this fantastic healing art. Six weeks prior to Lynn's arrival, Kathleen Hurley and I would have introductory lectures at the St. John's Ambulance Brigade Head Quarters in Bay Street. However, this venue got too small and we moved to the Caribbean Council of Churches in George Street. This continued until 1999 when I left to study Reiki Mastership in San Antonio, Texas with Carolyn Maloney.

When I returned from Texas in October of 2000, my treatments were of a better quality and quicker results. However, clients would still return after about three months with the same challenges, so I really felt incomplete. As the Universe would have it, the opportunity came to study Karuna Reiki with Laurel Gaya in Trinidad in March 2002. This was also very interesting, but did not give me the tools I needed to work with difficult cases. Once again, the search continued for the missing link. Then one day a student of Reiki who eventually became my husband, Jimmy Worme, was invited to attend a Reiki meeting with Allan Sweeney. I had mixed feelings, *"Not another Reiki meeting"*. I was very hesitant to go. However, we attended the meeting and later made arrangements to study with Allan, who suggested that I start from Level 1 and continue to Masters. I protested as I had done Reiki Mastership with two different Reiki Masters and why should I start from Level 1 again. However, I condescended and did Levels 1, 2, 3 and Masters between July to September 2003. It was well worth it. Having gone through the different Levels, I realised that had I not started from Level 1, I would be unable to understand the basics of the system of Japanese Reiki as was taught by Allan.

**...to be continued in the January 2012 edition**

## Happy Holidays and Best Wishes for 2012!

Bring a friend, a bottle,  
a dish or snack and a talent  
to the  
Barbados Reiki Association's

### END OF Year Get-Together

December 1<sup>st</sup>. 2011  
Main Guard, The Garrison, St. Michael  
7:00 – 9:00 pm



Let's get together to celebrate 2011 at our final monthly general meeting for the year. Members are invited to bring a guest. We are asking you to bring along a drink, a dish or snack and come prepared to share your talents and enjoy an evening of great music, story-telling, poetry and lots of fun. Please contact Kathleen Hurley at [kathleenatsilks@yahoo.com](mailto:kathleenatsilks@yahoo.com) or Juliette Rudder at [juliette.rudder@gmail.com](mailto:juliette.rudder@gmail.com) before November 29<sup>th</sup>, 2011 to confirm your attendance and your contribution.

*We welcome contributions to Healing Hands from Reiki practitioners.*

*Contributors in this edition: Kathleen Hurley, Winthrop Wiltshire, Sonia Johnson, Juliette Rudder and Janice Chin-Worme*



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

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

## Get more on everything ONLINE!



The Barbados Reiki Association's unofficial "go-to-person" for everything in Cyberspace is member Sharon Hurley Hall. Sharon maintains the Association's website, Facebook page and YouTube account. If you want more in-depth information on recent events and if you want to view more photos, please visit us online, where you can be sure that Sharon has uploaded the latest material. View photos of the Council of Elders Awards Ceremony and read more on members of the Council; view photos of the Association's booth at the US Embassy Health Day; read Kathleen Hurley's presentation at the Caribbean Reiki Gathering on the Precept "Be Diligent"; and check out the Caribbean Reiki Community's Facebook page. Thank you, Sharon!