

Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION



2011 – 2012: A CHALLENGING BUT PRODUCTIVE YEAR

The Association's Annual General Meeting on February 2nd, 2012 saw the election of a new Board of Management to guide the Association's affairs for the February 2012 – January 2013 period. Outgoing President, Kathleen Hurley in presenting her report for the 2011 – 2012 year, said that it had been a year of change and challenges, but much had been achieved due to the unstinting support of the outgoing Board, the Association's members and friends.

She noted that in the past year, monthly meetings had been restructured to make them more interesting and useful in response to several suggestions made by members and the Association had participated in or hosted seven activities to spread the Reiki message. She added that several new initiatives were taken during the year, namely: the introduction of a comprehensive membership application form; the development of a Code of Ethics and a draft Code of Practice; the formation of a Council of Elders; the development of a comprehensive sponsorship proposal for Complementary Health Day 2012; the acquisition of membership pins; the enablement of web-based requests for healing; the launch of the newsletter and the hosting of several special group healing sessions for unwell members.

Outgoing Vice-President, Martha Isaac, said that any team was only as good as its leader and expressed profound thanks to Kathleen for her excellent leadership, noting that working with her was inspiring and easy. She praised Kathleen for being patient and caring and for her exemplary commitment to Reiki, which was infectious.

The full text of the President's report can be read online at:

<http://www.barbadosreikiassociation.com/wp-content/uploads/2012/02/Presidents-Report-2011-12-FINAL-for-website.pdf>



A WORD FROM THE NEW PRESIDENT

I take this opportunity to introduce myself as the newly-elected President of the Barbados Reiki Association. It is not the first time I have been on the Board, but on this third occasion as President, I am excited to notice the difference of our early stumblings and the growth into professionalism which we have achieved. This year the Board has many individual challenges on a personal level and I am so gratified to know that our team is strong and dedicated - we are all ready to stand in wherever and whenever support is needed. Our members too are becoming more cognizant of their important part in promoting this healing practice we call Reiki and are stepping in to form sub-groups to promote Reiki activities in Barbados. Volunteers are most appreciated!

The Association's mandate has always been to bring this marvelous gift of Reiki healing to the wider public and to eliminate the skepticism with which it is sometimes met. In particular, we are taking every step to introduce and integrate it into mainstream medicine and those institutions which could benefit from this simple, non-invasive light touch practice. Watch this space!

This newsletter, produced by the talented and creative team at the Barbados Reiki Association, has been a wonderful initiative from the previous Board to spread the news about Reiki in a most readable and understandable fashion. A particular mention must be made to Sonia Johnson for her beautiful lay-out and artwork. Happy reading!

For existing members, or those thinking about joining, we have changed the monthly format slightly to incorporate an integrated approach to the meetings. Do come along for a visit – you will be so welcomed!

Verity Dawson

A REIKI TESTIMONY



by Hartley Forde

My father was a pastor in the Christian Mission Church and when I was around the age of 50 years, I became fascinated with his ability to heal the sick – he called it faith healing. After my retirement in 1988, I became interested in healing. I wanted to become a Massage Therapist. In my attempt to do so, I mistakenly entered an intensive healing course. I was thrilled to see the instructor heal clients by touching them and also by sending healing to people in other parts of the world.

In 1977 I received my first degree Reiki initiation from a Canadian Master Teacher named Lynn Armor. A year later, I received my second degree initiation from the same teacher. On May 21st, 2001 I received the Reiki Master initiation and certificate from Reiki Master Teacher Patricia Berry-Greenidge.

My daily work as a massage therapist keeps me 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 and I believe that is why I get such favourable results. The hands-on Reiki, the powerful sacred symbols and the Dr. Usui motto complete a body, mind and spiritual healing that is second to none.

One day, I was treating the right hand of a stroke patient and he went into a coma. I did not know that he was diabetic and I could not tell whether or not he had too much or too little sugar. I immediately applied the healing positions – the left hand on the occipital and the right hand over the third eye. Within minutes he recovered and I kept him talking until his niece returned for him. She explained that he had only taken a cup of tea in the morning and it was then 2:30 pm.

On another occasion, I attempted to massage a lady at her home, but her pet dog was getting in the way. She got down from the massage table on three occasions to try explaining the situation, but he did not heed. I immediately started a Reiki treatment and the pet relaxed with his front legs straight out in front of him and his head resting on them. He remained quietly in that position for the entire treatment.

I therefore recommend the Dr. Usui system of Reiki healing as a body, mind and spiritual healing for self, for others and for animals.

Hartley Forde is a member of the Barbados Reiki Association's Council of Elders, a retired teacher and a massage therapist.

MEET THE NEW BOARD

The new Board of Management for 2012 -2013 includes a mix of stalwarts and persons new to the Reiki community in Barbados. Meet the new Board:



President, Verity Dawson, is no stranger to the Reiki community in Barbados. A Reiki Master in four systems, Verity says that she observes the five ethical Reiki principles and whole-heartedly believes that healing must take place on the emotional and spiritual level in order to have an outcome on the physical. She has served on the Board previously in several capacities.



Vice-President, Sonia Johnson, is a Level II practitioner. She served previously as Secretary of the Association from 2010 to 2012. Sonia is Business Development Officer at the University of the West Indies (UWI), Cave Hill Campus. Sonia says that Reiki came into her life at the perfect time and that she is committed to working to see Reiki integrated into treatment in the hospital in Barbados.



Secretary, Juliette Rudder, recently retired after a long career in the travel industry. A Level II practitioner, Juliette first heard about Reiki in 1996 when she heard a talk by Reiki Master Janice Chin-Worme. But it was not until 2005 when she faced personal challenges that she decided to incorporate Reiki as a tool for use in her spiritual journey of self- growth, strength and healing.



Treasurer, Trevor Davis, was re-elected to this position in 2012, having served as Treasurer in 2011 and Board Member on several occasions. A qualified accountant for the last 35 years, Trevor Davis is also a Doctor of Metaphysics, a Reiki Master and a massage therapist with a keen interest in all complementary healing modalities.



Two-year Director, Kathleen Hurley, is also no stranger to the Reiki community in Barbados. She has served on the Board in several capacities. A Reiki Master since 2006, Kathleen is deeply committed to the practice of Reiki in her own life and to spreading knowledge of Reiki and its benefits.



One-year Director, Jeannette Allsopp, was initiated to Level I in July 2011 and has experienced tremendous benefits from using Reiki since then. She has found self-treatments to be very relaxing and uplifting and has also treated her daughter. Jeannette works at the UWI Cave Hill Campus where she directs a Centre for Caribbean Dictionary Research and also lectures in Linguistics.



One-year Director, Petra Bellamy, was born and raised in Germany, but moved to Toronto, Canada in 1990, where she became a Real Estate Agent. She moved to Barbados in 2011. A Reiki Master/Teacher Level 4 since 2009, Petra enjoys meditations to relax, center and to quiet the mind.

HIGHLIGHT THE BENEFITS, ADVISES US REIKI MASTER PAMELA MILES

"Very useful and exciting; the information shared presents us with a way to fulfill a dream of mine, which is to see Reiki fully accepted by medical personnel as an important adjunct to modern medicine." This is how Kathleen Hurley, Immediate Past President of the Barbados Reiki Association, summed up the recent visit to Barbados of Pamela Miles, integrative health care consultant and Reiki Master from New York.

Pamela began her visit on February 15th with a public talk on the *Three Top Secrets of a Medical Reiki Master*, which provided an interesting preview of topics covered in the more detailed seminar titled *Practicing Reiki in Health Care: What You Need to Succeed* (www.reikiinmedicine.org/reikicontinuing-education/#medical) delivered on February 18th and 19th. Pamela told the large audience of Reiki practitioners who attended the talk that doctors tend to be conservative and critical thinkers, therefore it is key when speaking to them not to make claims about Reiki and to let them know that Reiki does not target a specific symptom or a disease.

She suggested that practitioners explain that while conventional science does not yet know the mechanism by which Reiki practice works, the benefits of Reiki have been documented and should be highlighted. Some of the benefits include the relaxation response of Reiki treatment; the stimulation of self-healing; the reduction of anxiety; it is safe and there are no side-effects; and it balances the system. She encouraged practitioners to speak to their own doctors about how Reiki practice has helped in their lives.



Participants in the Practicing Reiki in Health Care Seminar left to right: Sherron Wiltshire, Winthrop Wiltshire, Rosina Wiltshire, Verity Dawson, Fran Cadogan, Sharon Oran, Patricia Harte, Rita Sealy and Kathleen Hurley

Two Barbados Reiki Association Board Members Kathleen Hurley and Verity Dawson attended the seminar, along with other members of the Association, the local Reiki community and the Grenada Reiki Association. In ensuing discussions, participants evaluated where best the Barbados Reiki Association could start to create an inroad into conventional institutions whose staff and members might benefit from Reiki treatments, as well as the medical establishment. It was suggested that a local group be formed to implement the knowledge gained.

In reflecting on the seminar, Verity said that she had a shift of perspective as to how the medical profession may be viewing Reiki practitioners. "The language to be used in dialoging with those persons in conveying the nature and outcome of Reiki treatments is relevant," she said. Kathleen also felt that the seminar gave her the information she needed to speak confidently about Reiki to doctors, nurses and other people in mainstream medicine. "We have a framework for moving along in bringing Reiki practice into the medical and wider community," Verity concluded.

NEWS BITES

CODE OF PRACTICE FOR PROFESSIONAL PRACTITIONERS

The Association has completed and circulated for comment a draft Code of Practice, which sets out standards for its Professional Practitioner and Master Teacher members. "Professional Practitioner members" are members who treat clients professionally for a fee. "Master Teacher members" are members who are qualified to teach, initiate or attune to Reiki. The Code sets out standards for: conduct with clients/students; Reiki treatments; relationships with other health professionals; professional development and teaching Reiki. Contact any Board member for a copy and to comment.

NEW FORMAT FOR MONTHLY MEETINGS

The format of monthly meetings was changed in 2011 in response to members' request for more time for group healing. This year, meetings will be even more valuable, enriching and interactive, with additional changes being introduced. Five minutes will be allowed at the end of the group healing for reflection and meetings will end with a 10 minute meditation. All Reiki meetings for family and friends and the Reiki practitioners' share will be repeated again this year. At the November meeting there will be an Open Forum discussion with non-Reiki initiates.

50 YEARS OF SERVICE FOR BISHOP DICKSON



What do the Muslim, Hindu, Bahai, Christian, Jewish, Buddhist, Rastafari and Reiki community in Barbados have in common? The Earth Charter Inter-faith Group convened by Catholic Bishop Emeritus of Bridgetown Anthony Dickson to promote a healthy and sustainable way of life in Barbados. Recently, the Association and other Earth Charter members were invited to attend the celebration of Bishop Dickson's 50 years of service in the priesthood. The Group sat in the front row pews and was specially acknowledged by the congregation.

UPCOMING EVENTS: APRIL – JUNE 2012

- **April 5th, 2012: Monthly Meeting, Sharing Session: “Reflections on a Journey”**, Verity shares on her recent trip to India as a culmination of a lifelong journey
- **May 3rd, 2012: Monthly Meeting, Healing Light Meditation**, A guided / visualisation meditation by Rick Nicholls
- **June 3rd, 2012: Annual Retreat**, Marian Retreat Centre, St. John *(Please note that the traditional months in which the Complementary Health Day (CHD) and the Annual Retreat are held have been switched to allow more time for preparation for the CHD, particularly securing of sponsorship support to make the event bigger and better this year. The CHD is now tentatively scheduled for October 14th, 2012. Please mark your calendar accordingly.)*
- **June 7th, 2012: Monthly Meeting, Sharing Session: Video Presentation**

Reiki grows stronger and stronger in Barbados in 2012!

We welcome contributions to Healing Hands from Reiki practitioners. Contributors in this edition: Verity Dawson, Kathleen Hurley, Juliette Rudder, Petra Bellamy, Sonia Johnson, Hartley Forde and Jeannette Allsopp



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>

Code of Ethics

The Association at its last Annual General Meeting adopted a Code of Ethics as a guide for the practice of Reiki by its members. The Code of Ethics was adapted from the Code of Ethics of the International Centre for Reiki Training [ICRT] and sets out general guidelines for everyday practice for private practitioner members, who treat themselves, friends and family, but do not treat persons professionally for a fee. Here is a look at three of the values to which we adhere. The full text of the Code is online:

<http://www.barbadosreikiassociation.com/barbados-reiki-code-of-ethics/>.

Honesty and Integrity: Be honest in all your activities and communication.

Develop: Practice Reiki daily and observe the Reiki precepts in your practice and your life.

Respect: Respect and show kindness to everyone you treat. Respect the confidentiality of all personal information which may be confided in you. Never engage in any illegal or immoral activity with persons being treated. Never touch their genital area or breasts, except by the request of the person being treated for treatment of specific related problems. Never ask them to disrobe. Abstain from the use of drugs or alcohol while engaged in Reiki treatments.