

Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION



HONOURING
THE PAST



BUILDING
THE FUTURE

BARBADOS REIKI ASSOCIATION
1995 - 2015

CELEBRATING 20 YEARS OF REIKI HEALING IN BARBADOS

The past year was a special one for the Barbados Reiki Association as we celebrated our 20th anniversary. The practice of Reiki in Barbados predates the official formation of the association by some time, as past president and Council of Elders member Verity Dawson was already here and practicing Reiki. But the establishment of the Reiki Association dates back in no small measure to the decision by Michael Rudder to go and learn this healing art in Trinidad (where Rosina Wiltshire had arranged a class), and then to bring it to Barbados in 1995. The meetings of those first classes eventually led to the group that became the Association. Other people involved in the journey included Lynn Armor who led all of the early classes, and Janice Chin-Worme, a key figure in the actual formation of the Association.

The theme for our 20th anniversary celebrations was "Honouring the Past; Building the Future". The idea was to honour the founding members, celebrate achievements and strengthen commitment to creating a strong future. The celebrations lasted three days and include a Reunion Luncheon, a Reiki on the Boardwalk public event, and our Annual Retreat.

Honouring the Past - Reunion Luncheon: The Reunion Luncheon was held on September 25 at Country Farm, Belle Plantation, St. George. In addition to an absolutely delicious meal, members and friends of the Reiki family were able to enjoy reminiscences from Michael, Janice, Sheila Leslie-John and others. There was a fun quiz on events in 1995 and a Reiki song by Arthur Cadogan, who was also half of a Reiki skit duo with Juliette Rudder. We took a moment to honour members who had transitioned and had a Reiki treatment gift certificate exchange. There was also a video presentation tracing the history of the Association. All in all, it was a joyous occasion.

Reiki on the Boardwalk: The following day, all attention moved to the South Coast Boardwalk for the first ever Reiki on the Boardwalk event, held from 2-6pm. Reiki practitioners offered free mini-treatments and information on Reiki practice to members of the public. As part of the event, ArtsEtc staged readings related to health and the environment. The readers were Sarah Venable, Edison T. "Theo" Williams and Linda M. Deane, who is a co-founder of ArtsEtc. Several members of the public stopped to enjoy Reiki and storytelling, making the event a success.

Building the Future - Annual Retreat: The culmination of the 20th anniversary celebrations was the Annual Retreat, held at Balls Plantation on Sunday 27 October. It seemed a good time to assess where we are as an Association and, more importantly, where we are going. As always, the Retreat offered the opportunity for fellowship and reflection, under the theme "Reiki for All: Going Within to Get Reiki Out". As well as group healing (led by Kathleen Hurley) and a self-treatment guided meditation (led by Verity Dawson), there was a session on Connecting with Your Inner Light, led by Sharen Carmichael. For many, the morning session led by Norma Shorey-Bryan on Reaffirming the Association's Mission, Vision and Goals/SWOT Analysis was a highlight. This interactive session had members examining what the Association was all about, what obstacles threatened our goals and what we wanted to focus on. At the end, we had a clear vision to build on for the future of the Association. Here's to the next 20 years!

MEMBER PROFILE: DR. UMA GAUR

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<http://expatsupportbb.com/dr-uma-gaur-india-barbados/>*

Dr. Uma Gaur's husband saw a great job online while browsing the internet in India. Her CV was on the family computer desktop. He submitted it to The University of the West Indies. Needless to say Dr. Uma Gaur was shocked when she received a call from the University but travelled two days to Barbados for the interview anyway. The rest is history. She calls it "destiny". And it just might be because six years later, she still considers relocating to Barbados one of her best decisions.

When I first met with Dr. Gaur she was wearing a pleasant smile and a gorgeous Kurta. We entered the lab where she teaches medical students about Human Anatomy and headed to her office. Over tea, Sodabix (local biscuits) and nuts we chatted about her experience in Barbados. Originally from New Delhi, India, Dr. Gaur has spent her entire life in education even though she carries a MBBS – Master of surgery.

The soft spoken professor said she came to Barbados and loved it immediately. She related that India was a highly complex country, very fast paced while Barbados is "peaceful". She noted many benefits to her relocation. In India, the pollution affected her allergies; but since living in Barbados, her health has improved. However, the people are the best thing about Barbados she said. "They are friendly and very helpful. People are always smiling. 80% of my hesitation went away when I met the people. Coming here was like being given a mental hug".

As for teaching on the island, Dr. Gaur says students are respectful and they listen. She loves them as her own and is available to them all the time, even through social media. She also continuously introduces new approaches in her teaching which enhances the learning of her students. Affectionately known as "Med Mom" among medical students on the campus, their admiration for her is demonstrated in the several trinkets from them. From thank you cards, to sentimental ornaments, to mugs; and Dr. Uma Gaur has a place for every gift around her office and beams with pride as she remembers the stories behind them.

While India may be thousands of miles away, she enjoys incorporating some of her native culture into her routine. Praying, engaging in Indian rituals and even making roti are things which connect her to her South Asian heritage.

Life for the professor isn't all work though. One of her passions is helping cancer patients through a voluntary organisation in Barbados called Precious Touch. Her father's death from the disease amplified her desire to pursue medicine and add moments of joy to those affected.

Her best advice to expats is "Adaptability is key. Come with an open mind that things would be different from your home country. It might be better. Your mind has to be open to new experiences in order to be happy".



UMA'S REIKI EXPERIENCE

"Life is full of unpredictable and strange surprises that at times change your beliefs. One morning, I saw lots of activity and noise around the lecture theater at the University. I recalled an email regarding a "Reiki" workshop geared towards undergraduate medical students. While walking down the stairs I was wondering: what is Reiki? How will it benefit the medical students? With lots of doubts I attended the presentations and listened to experiences shared by the members of the Reiki Association. Attendees were offered a fifteen minute healing after the presentations. I decided to "try" the energy healing as I was quite stressed over some official issues and had a headache. During the process, I felt a lot of heat over the affected area even though the practitioner's hands were not touching the part. After the sessions, I felt relaxed and the headache disappeared. I felt rejuvenated and stress free.

I work as a senior lecturer in the Faculty of Medical Sciences. With a Master's degree in Surgery and as a science student, I always looked for logic and explanations for every event. I did not believe in the existence of "Universal energy". I never believed in the spiritual, atomic connections and flow of energy from one human to the other. However, this experience changed my beliefs and I decided to learn Reiki and help people out of stress and pain especially terminally ill patients. Self-healing also helped me with personal and professional growth."

A SHORT HISTORY OF THE BARBADOS REIKI ASSOCIATION

As recalled by Janice Chin and presented at the 2015 Reunion Luncheon on September 25, 2015

The Early Days

I was there from the very beginning in 1995. Colbert Goddard and Michael Rudder were instrumental in getting Lynn Armor to come to Barbados to hold Reiki workshops as they had been to Trinidad and attended workshops and were attuned to Reiki. The first workshop was held in 1995 at the Oran's family home in Sheraton. This was organised by Colbert and Michael. Some of the persons who participated were: Kathleen Hurley, Thelma Payne, Ina Pickering, Linda Greenhill, Rita Sealy, myself and many others who I cannot remember.

The students began to meet on a monthly basis at different locations, such as the Caribbee Hotel, and eventually at Linda Greenhill's home. Michael Rudder was the Chairperson of those meetings. After Michael resigned, Michael Walcott became Chairperson. The workshops and meetings continued at Linda Greenhill's home for years with the number of students increasing.

In 1999, the meeting venue was changed to the home of Drs. Ronald and Cynthia Wilson in Hindsbury Road until he resigned as President. The workshops were held at various places after that, such as St. John's Ambulance Brigade Headquarters, Caribbean Council of Churches, Future Centre Trust, the Barbados Community College and Welches Terrace. This was the last workshop I helped to coordinate. The monthly meetings were also held at various locations. We are without a permanent home up to the present time.

Open Day (Complementary Health Day now Holistic Health Fair)

In 1998, the first Open Day was held at the Future Centre Trust. Like everything that is new, there was some skepticism. However, after meeting with Dr. Colin Hudson, things started to take shape. He agreed to open the little restaurant that was operated by the Future Centre Trust during the time of the Open Day to provide the necessary sustenance for those who attended. With his assistance, we got free advertisement in the Nation Newspaper and we forged our way forward. The Open Day was born. Today it is now accepted and has grown throughout the years. Many locations were used for Open Days such as, Bayshore Complex, The Main Guard at the Garrison, The St. Michael's School and Harrison College. As the growth continued, other therapists were invited to participate. This began at the Main Guard where the Natural Energy Centre and the Barbados Reiki Association jointly collaborated in organizing the Open Day. Presently, a range of modalities and holistic products are included. It is now the premier holistic health event on the yearly calendar of the Association.



Janice making her presentation at the Reunion Luncheon



Council of Elders member, Cynthia Wilson, in the early days



The early days: photos compliments Charles Lewis

A SHORT HISTORY OF THE BARBADOS REIKI ASSOCIATION

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Putting Formal Structures in Place and Accepting Other Lineages

To form the Association, by laws had to be made. This took time and dedication, with lots of discussions, to complete. It was decided that a Board should be chosen by vote. These are still the basic by laws in place today. Of course, throughout the years, it was necessary to make adjustments. By 2003, the process was started to formally register the Association. It was also decided to accept students from other lineages; the first two being Leslie Atherley and Verity Dawson. The Association also participated in the Healthy Lifestyles Health Fair for many years. The public really appreciated the mini treatments each year.

The Founding Fathers and Mothers

Persons who contributed to the growth of the Association include: Sheila Leslie John, Portia Blackman, Eugene Daniel, Kathleen Hurley and yours truly. Eugene Daniel was instrumental in organizing the Saint John's Ambulance Brigade Headquarters where public lectures were organised six weeks before the arrival of Lynn. From these lectures, we gathered students for workshops. After Verity and Leslie's acceptance into the Association, they both contributed to its forward movement.

One memorable person is the late Ina Pickering. She had offered to take the minutes. The very first time she started, she had no book, no paper, nor pen. So I enquired whether she needed paper and pen. Her reply was no. It was unnecessary. I wondered if she would remember all that I would say. However, when she did present the minutes, it was exactly and precisely correct; every conversation in detail. She was indeed a remarkable person.

We owe our gratitude to Rita Sealy, who provided refreshments at monthly meetings for years. We saw the passing of Cora Providence, Angela Waldron, Dr. Wilson, Linda Greenhill, Marva Elder, Phyllis Redman, Lynn Armor and recently Gerry Richards.

The Future

Those were indeed challenging years with hard work and dedication to the programme of public education. It has paid off. You are all now reaping the benefits. The ground work was done as a team with one common goal: to spread the word that there is another way of taking care of your health and many of us are living proof of this. The Association is now moving forward in leaps and bound, setting the stage for the next generation. Recognise that everyone has the responsibility to contribute to the environment of peace, love and harmony. The change begins with you. Be the change by living the Reiki precepts:

Just for today, I will give thanks for my many blessings
 Just for today, I release worry
 Just for today, I release anger
 Just for today, I will do my work honestly
 Just for today, I will be kind to my neighbor
 and every living thing

And so it is.



Lynn Armor with a group of initiates



Early members



Complementary Health Day



Complementary Health Day



Lynn Armor (third from left) played a key role in teaching Reiki in Barbados



Outreach has always been a major goal of the Association

SOME OF THE FIRST REIKI INITIATES IN BARBADOS



Click here to watch a video of the Association's history produced especially for the 20th anniversary celebrations: <https://www.youtube.com/watch?v=T9r6efcpDwc>



20th ANNIVERSARY CELEBRATIONS

LUNCHEON



Juliette Rudder and Arthur Cadogan performed a humorous skit at the Reunion luncheon



Pam Rudder made a delicious anniversary cake



Members enjoyed a delicious lunch in the serene St. George countryside



Reiki on the Boardwalk was a delightful afternoon of sharing Reiki with each other and the public by the ocean. There were readings by Members of ArtsETC group.



BOARDWALK

RETREAT



Norma Shorey-Bryan led a strategic review of the Association's mission, vision and goals.



Sharen Carmichael led a session on connecting with your inner light.



It was a great day of introspection, group and self-healing and recommitment to the Association.

10 GREAT REASONS TO JOIN THE BARBADOS REIKI ASSOCIATION

1. **Be part of a professional association with national recognition.** The Association is a proactive voice for practitioners in Barbados, engaging in advocacy for Reiki healing through discussions with regulatory bodies to represent and protect the interests of Reiki practitioners.
2. **Keep your Reiki practice alive and vibrant.** Monthly meetings are a great motivator to keep practitioners in active Reiki practice or restart their practice. Members find these sessions a great source of inspiration and mentorship.
3. **Adhere to a common Code of Ethics.** Our Code of Ethics binds members to a community of common ethical practices.
4. **Connect to a community that is like family.** The Reiki family in Barbados supports members and anyone else who needs healing at times of physical or emotional challenge. We regularly organize group healing sessions and respond to requests for distance healing for persons in need.
5. **Share the gift of Reiki healing with others.** We offer a vibrant public outreach that takes us out into the community to share information on Reiki healing and offer mini treatments. The Barbados Reiki Association Medical Outreach (BRAMO) in particular, aims to ensure that Reiki is known and used in healthcare institutions in Barbados.
6. **Participate in organised Reiki events.** We have an active calendar of activities year round, in addition to the monthly gathering.
7. **Acquire voting rights.** As a financial member, practitioners can have their voice heard through voting at our Annual General Meeting and may offer themselves for service on our Board of Directors or one of our Committees.
8. **Adhere to our Standards of Practice.** Members who offer Reiki to the public add security and credibility to their practice by committing to our standards for offering Reiki treatments to the public.
9. **Get great discounts on Reiki events and products.** The annual membership fee entitles Reiki practitioners to discounts on the Association's merchandise, as well as on all our events.
10. **Get free advertising.** All professional practitioner members are listed on our website and can advertise Reiki and other holistic healing events through our email database, website listing or Facebook posts.

SHARED ON FACEBOOK



Facebook has become a key channel for the Association. People connect with and contact us there and we share useful information related to Reiki. Here's a roundup of some of the information we have shared recently:

New research shows Reiki aids the wellbeing of cancer sufferers

Excerpt: "As a new study shows that at least half of the population will get cancer at some point in their lives, a University of Huddersfield research project claims that the complementary therapy named Reiki can improve the quality of life for cancer patients by lowering their levels of anxiety, depression and fatigue."

<http://medicalxpress.com/news/2015-02-reiki-aids-wellbeing-cancer.html>

Sick children offered Reiki therapy

Excerpt: "Reiki, a form of 'light touch' therapy is said to be particularly beneficial to young patients on the high dependency unit. Studies have shown the therapy can relieve symptoms of chronic and acute illness, manage stress levels and aid relaxation and sleep."

http://www.theargus.co.uk/news/13524104.Sick_children_offered_Reiki_therapy/

How Reiki Helps Cancer Patients

Excerpt: "some studies have even explored the effect of Reiki on patients who are undergoing cancer treatment concurrently. These studies have found that, although Reiki is not a substitute for other cancer treatments, it may enhance these treatments and offer a number of benefits to patients as they deal with the symptoms and stresses of cancer." <http://iarp.org/how-reiki-helps-cancer-patients/>

Reiki for Christians

Excerpt: "many Christians are becoming interested in this healing art and have begun to practice it. They have found that Reiki is a useful technique that helps them express compassion toward others and relieve suffering at the same time that it creates a closer connection for them to God." <http://www.christianreiki.org/>

Our Facebook page also has inspirational images and photos of recent events. Visit the page on <https://www.facebook.com/BarbadosReiki>

THE NEXT 20 YEARS – A REFLECTION *by Sonia Johnson, Vice-President 2015 - 16*

I have served as a member of the Board of Management of the Barbados Reiki Association for five years. Many of our Board meetings have been taken up in passionate discussion about the future of the Association. How can we get more Reiki practitioners in Barbados to join, in particular more males and more young people? Should we focus on teenagers or young professionals 30 and older? Should we even worry about membership or concentrate on being a small, effective organisation? How can we better use technology? How can we get more persons to serve in leadership positions on the Board? How can our meetings and activities better meet practitioners' needs? Should we try a different day or time for monthly meetings? Should we call them monthly gatherings instead? Should we even have monthly meetings or gatherings at all? Frankly, it feels sometimes like we have many more questions than answers.



In looking back on the past seven years, it is clear that the Association's leadership has made an effort to listen and respond to the needs and wishes of members who are strapped for time given work and family commitments. We have gone from squeezing group treatments into the last five minutes of our monthly business focused meetings to starting with 45 minutes to an hour of Reiki sharing. We have added some all Reiki meetings, responding to members' request for more time and prominence for healing. We open meetings to friends and family. We watch movies on spirituality and self-improvement. We share information on other healing modalities. We have guest speakers. We have even now banished business meetings to once per quarter. These changes and innovations, small and sensible as they may seem now, required courage in a largely conservative Reiki community.

There is no doubt that the Barbados Reiki Association has been punching above its weight, principally through the efforts of a small core group of hard workers and the extended support of equally hard working volunteers. The outreach effort has been amazing as we fervently pursue the goal of sharing the gift of Reiki healing with the public and particularly with the healthcare sector, especially persons who are ill and their caregivers. Through a marvelous constellation of events – the right people with the right connections at the right time - we have achieved a breakthrough in our access to the Queen Elizabeth Hospital for outreach to sick persons and staff. It has been hugely rewarding. We can be extremely proud of our efforts and achievements.

As we look forward to the next 20 years, we have asked ourselves as an Association, collectively and as a Board, how do we need to change even more? My personal wish for the Association by 2036 is that Reiki healing would be fully integrated into the healthcare system in Barbados as it is in the United Kingdom and elsewhere. I wish that every practicing Reiki practitioner would be an active member of the Association; that new leaders continuously emerge to take the Association forward with ever increasing boldness, creativity and dynamism; and that the Association's activities and events bring support, healing, stimulation and spiritual growth to members and non-members alike in ways that far surpass all that has been achieved in the past. Cheers to 20 more years!

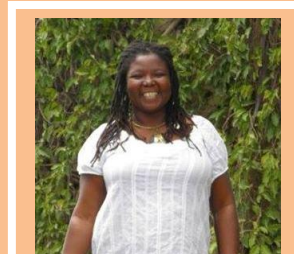
FAREWELL TO REIKI FRIENDS



Whitfield Aloysius "Gerry" Richards, age 85, retired Finance Officer of British Development Division (now DFID), Sports Presenter of Barbados Redifussion and First Sports Presenter of the Caribbean Broadcasting Corporation, longstanding member of the Barbados Reiki Association transitioned on 21st September, 2015..



Leonora Ward-Menal, age 54, employee of the Barbados Community College made her transition to Spirit on September 14, 2015.



Louise Parris, silversmith and Vice Chair of the International Council of Museums left this plane on **December 16, 2015**.

ANNUAL GENERAL MEETING 2016

Our Annual General Meeting takes place on Thursday 4th February 2016 in the Co-operators General Insurance Building Meeting Room on Upper Collymore Rock at 7:00 p.m. The agenda includes:

- Report by the President for period Feb 2015-January 2016
- Presentation of the Financial Statement by the Treasurer- Financial Year 2015
- Web Report by Webmaster, Sharon Hurley Hall
- Election of Board of Directors for Feb 2016 to January 2017
Positions to be filled: President, Vice President, Secretary, Treasurer, one Director for one year and one Director for two years.

Only members in good financial standing are allowed to vote.

Happy new year 2016!

We welcome contributions to Healing Hands from Reiki practitioners. Contributors in this edition: Sharon Hurley Hall, Janice Chin-Worme, Sonia Johnson and Uma Gaur. Photos of the early days kindly shared by Kathleen Hurley and Charles Lewis. Editor: Sonia Johnson



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. Every year, the Association hosts a Retreat for Reiki practitioners and a Complementary Health Fair.

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>



Experience Reiki and other holistic therapies and products for health of body, mind and soul

Sunday, April 3, 2016

Harrison College

9:00 am to 5:00 pm

Admission: \$5:00

All mini therapies \$20:00 and under
Win attractive door prizes
Healthy food and drink on sale
Exciting door prizes

For more information:

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<https://www.facebook.com/BarbadosReiki>

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