

# Healing Hands

A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION



## 2015 HOLISTIC HEALTH FAIR A SUCCESS

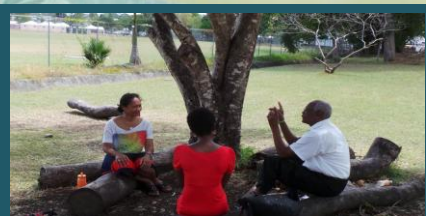
A good venue, wide selection of booths and a relaxing atmosphere - that was the general feedback from both exhibitors and visitors on the Barbados Reiki Association's 2015 Holistic Health Fair (HHF), held at Harrison College on Sunday, March 1st. And that despite a huge afternoon fire almost directly opposite the entrance to the Fair that caused the road to be closed for several hours.

The event was opened by Mr. Akani McDowell, Acting Chief Health Promotion Officer from the Ministry of Health. His opening remarks supported the promotion of holistic and complementary therapies for the well-being of Barbadians, a goal that is close to the Association's own aims. Also speaking at the opening was Dr. Damian Cohall, of the University of the West Indies (UWI) Faculty of Medical Sciences, who recently published a book on *Medicinal Plants of Barbados*. His message was the need for integration of complementary therapies into the practice of allopathic medicine to enable a holistic approach, not just to health, but to healing. As pointed out by President of the Association Sharon Hurley Hall in her welcome remarks, this approach is consistent with the statement by the World Health Organisation that "many countries have gradually come to accept the contribution that traditional and complementary medicine can make to the health and well-being of individuals and to the comprehensiveness of their health-care systems."

Their potential value was certainly in evidence at the HHF, which showcased to the Barbadian public and other visitors the wide range of complementary therapies, holistic practices, organic and healthy foods and gifts from sustainable materials available on the island. Hundreds of patrons attended the event and were able to enjoy different types of massage (lomi lomi, tui na, hot stones and more) mini facials, reflexology, acupuncture and aromatherapy and, of course, energy therapies such as Reiki and Quantum Touch.

In addition, the HHF featured a programme of talks and demonstrations that ran throughout the day. These sessions introduced participants to meditation, crystal healing, feng shui, nutrition, dream work and Tai Chi. Books on wellness and healing were also available and there was a beautiful guided meditation under the trees. There was also plenty of health food and drinks on sale.

The Association believes that keeping people informed about the choices on offer to look after their health is a crucial goal. The event garnered strong press coverage in all media and positively contributed to making the healing practice of Reiki widely known and appreciated in Barbados. The Planning Committee was chaired by President Sharon Hurley Hall and comprised Kathleen Hurley, Verity Dawson, Eugene Holder, Petra Bellamy, Bonita Morgan, Michael Rudder and Betty Gittens. We applaud you for a job very well done! The Association has committed to hold the HHF again in 2016.



## REIKI IN THE COMMUNITY: THE FISH MARKET *by Verity Dawson*

It was Saturday afternoon March 28, 2015 in the fish market. A handful of men sitting on the trestle tabletops, mostly in their best, and just observing and liming. A couple of drunkards causing a bit of confusion. No circulating air, very loud music, very close. A small, dusty tent crowded with four tables. The occasional rain shower. Nearby old boats in need of repair and uneven ground under the tent. Braddy's restaurant firing up its evening offerings with lots of smoke.

Four volunteers of the Barbados Reiki Association – Trevor Davis, Eugene Holder, Michael Rudder and I were delivering spot Reiki treatments and doing so in challenging circumstances. The invitation had come to the Association from a group of students in the University of the West Indies' (UWI) Social Work programme. They had been tasked to do a community outreach project and had chosen to organise a mini Health Fair at Six Men's in St. Peter. Also in attendance were the Barbados Cancer Society, the Diabetes Association, the Heart and Stroke Foundation and the Barbados Family Planning Association.

Things got off to a slow start. I requested that they please change the music and threw in a challenge to dance an oldie with a "stepper" as an incentive! One man said that was too much effort and he would only do so if there was a prize involved. I never got to take up the challenge. There was no eagerness to try the Reiki treatments and I opted to be the point person outside of the tent distributing brochures and giving what I hoped was encouragement for people to visit the Reiki table. I met with some skepticism, fear and religious conflict, except for one person who remembered Reiki from the newsletter I produced in the early 90's. We had a delightful chat.

We got the ball rolling by treating each other, which often stirs up interest. Then suddenly came a rush of people. After some confusion, the crowd settled into their various queues and our seated treatments automatically became part of the conveyor belt, thanks to Michael hijacking chairs every so often as they were quite scarce. Eventually we put our chairs at the back of the tent as there was no space inside. The visitors to the tent were going through each free health check and one woman proudly displayed her piece of paper with results and told me that she had done everything and this was the last booth to make her list complete!



Using Reiki healing develops one's sensitivity. Our practitioners reported very precise outcomes. instance, Michael informed: "In the case of one person who had neck pain, I sensed/knew/felt that one leg was shorter than the other. When I was finished he did say to me, without prompting, that he had had an accident and that one leg was shorter than the other." Eugene relayed this: "Due to the circumstances, I could not reach the lower back positions, but I felt the need to go back up and do a guy's shoulder blades. After the treatment, he showed me his hands and told me he has arthritis in both hands and he has pains from his shoulders down."

Michael treated at least six visitors and had a good discussion on a few religious matters with the last one who turned out to be what he would call a "reality dreamer" i.e. her dreams mostly come true. We treated 16 people between 3.30 and 6 p.m. in demanding circumstances! Young Olivia Thornhill of the University expressed her gratitude for the Reiki Association's being there and the DJ/compere mentioned us frequently, and also did an interview with Trevor. Kudos to this young group of advanced thinkers from UWI who are exploring all aspects of well-being and reaching into local communities to deliver it. For our part, it was an afternoon very well spent!



## LET GO

by Jennifer Cruickshank



So many fears,  
Not having enough money -  
This feeling of not having enough.  
When I switch to the opposite -  
I have enough, I will always have enough.  
Everything will be fine.  
I feel so good in body, spirit and mind.

When you feel that you want to hold  
On tightly to what you have because  
You don't know what is coming -  
Let go - Let go and feel the change in your body  
The switch from tightness and tension  
To easy flow and lightness.

Let go of beliefs about yourself  
That keep you feeling small and living small -  
That confine and restrict you  
Let go and soar like an eagle.

Let go of emotional baggage.  
Free yourself from anger - resentment - hatred  
When I let go of the negative feelings  
I feel light - I feel joy and peace  
Coursing through my veins.  
And when I feel these feelings  
I can give joy and love to others.

We burden ourselves in so many ways -  
Trying to control other people,  
Wanting to be right,  
Feeling responsible for other people's lives.

The truth is -  
Letting go is the way to freedom -  
Inner peace - fulfillment.

## BEFRIEND THE BREATH FOR DEEPER SELF-CARE

by Heather Greaves

Self-care is essential for those who provide care for others. As practitioners of complementary therapies, we owe it to ourselves to understand keys to health and vibrancy, and to put the theory of healthy practices into action. We talk and we walk the path of care to the best of our understanding and ability.

We can share our experiences with authenticity - both successes and challenges - when we explore rejuvenation techniques and take steps to lead a healthy lifestyle. As human beings we want to function optimally and experience the happiness and joy of living a vibrant, full life. When we are ill, questions about how to prevent a recurrence surface. We think of the down time as a "wake up call" and are open to solutions. And some of us are committed to taking responsibility for our well-being.

One self-management system is working with the chakras. There are many ways to harmonize and balance these energy centers. Methods include aromatherapy, exercises, color therapy, hands-on/off work, affirmations, mantra, meditation and breath work.

Breath work is a powerful way to influence our energy body and the chakras. Breath work differs from breath awareness. Breath awareness can be a mindful practice when the characteristics of mindfulness are applied. A mindful practice has many physical and mental benefits, including for mood and anxiety disorders. The table below shows some differences between the two.

### Breath Work

Practiced for a specific duration  
A technology with targeted outcomes  
Practiced in a quiet environment  
Modify one's experience

### Mindful Breath Awareness

Can be practised moment to moment  
The intention is to pay attention  
Practised anywhere  
Bring awareness to one's experience

Yet another strategy for self-care is **breathing from the diaphragm** when in a restful state - not breathing from the chest or the belly. This breathing massages internal organs including the heart.

Whether we practice mindful breath awareness, breathing from the diaphragm or a breathing exercise targeting a chakra, we befriend the breath for deeper self-care.

*Heather Greaves is the Owner/Director of Body Therapies Yoga Training. She lives in Hamilton, Ontario though you will find her breathing in the warm air in Barbados during the winter months. The self-care mentor and coach and can be reached at [heather@yogatogo.com](mailto:heather@yogatogo.com).*



## UPCOMING EVENTS: MAY – AUGUST 2015

- May 7 - Movie Night, 7:00 pm, Venue TBA
- June 4 – Reiki and Talk by Dr. Damian Cohall “Medicinal Plants of Barbados”, 7:00 pm, Venue TBA
- July 2 – Reiki and Meditation, 7:00 pm, Venue TBA
- August 6 – Public Reiki Information Session, 7:00 pm, Venue TBA
- Save the Dates!
  - Sunday, September 27 – Reiki Association’s Annual Retreat
  - October 22 - 25 – 7<sup>th</sup> Annual Caribbean Reiki Gathering, St. Lucia

*Celebrating 20 years 1995 – 2015!*

*We welcome contributions to Healing Hands from Reiki practitioners. Contributors in this edition: Sharon Hurley Hall, Verity Dawson, Eugene Holder, Michael Rudder, Jennifer Cruickshank and Heather Greaves. 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 YouTube: <http://www.youtube.com/BarbadosReiki>**

### NEW BOARD FOR 2015 – 2016

The Association elected a new board at its Annual General Meeting on February 5, 2015. President Sharon Hurley Hall; Vice-President, Sonia Johnson; and Treasurer, Eugene Holder were returned to their former posts. Pamella Rudder, former Secretary, became One-year Director. There are three new faces on the Board: Professor Emerita Hazel Simmons-McDonald (1) took over as Secretary, with Dr. Uma Gaur (2) serving as Two-Year Director and Delphi Walcott serving as One-year Director.



Best wishes for a productive year!