

Healing Hands

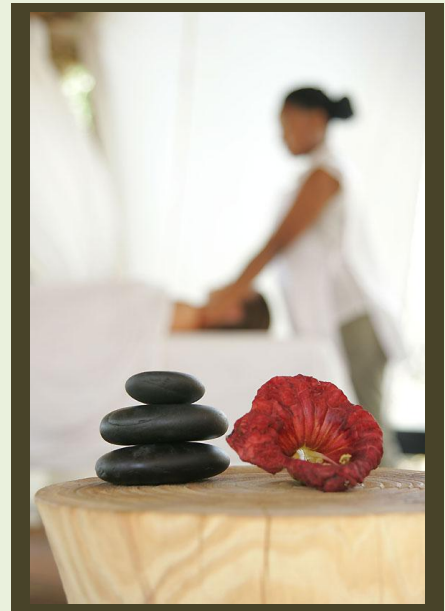
A NEWSLETTER OF THE BARBADOS REIKI ASSOCIATION



ASSOCIATION TO FORMALLY ADOPT CODE OF PRACTICE FOR PROFESSIONAL REIKI PRACTITIONERS AND MASTER TEACHERS

At its Annual General Meeting (AGM) on Thursday, February 7th, 2013, the Barbados Reiki Association is expected to formally adopt a Code of Practice for members registered as Professional Practitioners and Master Teachers. “Professional Practitioners members” are members of the Association who treat clients professionally for a fee. “Master Teacher members” are members of the Association who are qualified to teach, initiate or attune to Reiki. This initiative follows the adoption at the 2012 AGM of a Code of Ethics for members who treat family and friends privately.

President of the Association, Verity Dawson, explained that several years ago the Government of Barbados through the Ministry of Health undertook an initiative, which is still ongoing, to introduce standards for several healing modalities on the island, including chiropractic adjustment, acupuncture, reflexology and massage. “As we understand it, Government is seeking to promote Barbados as a Wellness Destination and the push to establish standards for health and wellness practitioners is intended to ensure that visitors will feel confident when using the services of practitioners of various healing arts and disciplines and that they are receiving professional, standardised, high quality services on the island,” she said.



The Association has been involved in this process, as a member of the Barbados Coalition of Service Industries (BCSI), an umbrella association which assists various groups, including associations representing health and wellness practitioners. “Within the Association, we have taken this initiative to safeguard Reiki practitioners in the island. We have investigated various national standards for the regulation of Reiki practice, in particular that of the United Kingdom (UK) Reiki Federation, where Reiki comes under strict government regulation. In moving to develop and adopt this Code of Practice, we are seeking to protect both clients and practitioners, as practitioners will be well aware of what is expected of them,” explained Verity.

“The Code of Practice we are proposing sets out simple guidelines for professional members’ conduct with clients and students, for Reiki treatments, relationships with other health professionals, professional development and teaching Reiki. It has been adapted from the Code of Ethics of the Reiki Association of Ireland and the Code of Ethics and Standards of Practice of the UK Reiki Federation. In registering as a member of the Association, Reiki practitioners are indicating their intention to adhere to the Association’s Code of Ethics and Code of Practice, which allows the Association a mechanism for self-regulation,” she added.

Click here to view the Association’s Code of Ethics: <http://www.barbadosreikiassociation.com/wp-content/uploads/2012/02/codeofethics2011.pdf>. The Association provides a list of Professional Practitioners and Master Teachers on its website: <http://www.barbadosreikiassociation.com/reiki-practitioners-master-teachers/>.

THE REIKI LADY TREATS HEART AND STROKE PATIENTS

“She’s coming, the Reiki Lady is coming, the Reiki Lady is here’. The news passes from patients in the reception area to those seated in the inner waiting area to the gym and on to the nurse in charge, so that by the time I reach inside the building, everyone is aware that the “Reiki Lady” has arrived and there is an excited rush to get on the nurse’s list for that day’s treatments.”

The reaction was more muted, though still welcoming, the first time the Barbados Reiki Association visited the Heart and Stroke Foundation of Barbados in early 2012. The Association was presenting an introductory talk on Reiki to the Stroke Patients Group at one of their monthly meetings. Delivered by Kathleen Hurley, the talk was well received by the dozen or so patients who attended, and the mini-treatments which followed (given by a group of volunteers from the Association) were also welcomed.

The Foundation soon wanted to know how these treatments could happen more often. At the same time, Kathleen had long held a dream of doing service by sharing Reiki with the wider community in Barbados. And the Association had begun a Medical Outreach Committee with the same aim. All of these goals dovetailed nicely when Kathleen decided to offer Reiki treatments on a voluntary basis to the stroke patients who attend the gym at the Foundation every Tuesday and Thursday to do the exercises necessary for recovering their mobility.

Kathleen was elated when this opportunity to be of service presented itself. She started volunteering in October 2012 and soon found that her original plan of holding a two-hour Reiki session at the Foundation meant that some people were unable to get Reiki treatments. She therefore extended the time by an hour. “But if someone is still waiting at the end of the session, I’ll treat that person anyway, if I have time,” she says. “It’s such a pleasure to see the welcome on the faces of the patients when I arrive on Tuesday mornings in time to start work at 10 o’clock. It is even more heartening to see the glow on their faces after their treatment.”

As well as experiencing the joy and peace of sharing Reiki, Kathleen comments on some of the other personal benefits of the sessions: “Getting to know the individual patients and gaining their trust has been rewarding and hearing their stories, learning a bit about their families and their routines is very interesting.” She adds that it’s not just the patients who enjoy the Reiki treatments. “Several members of both the nursing and the administrative staff pop in for a treatment when they can to counteract tiredness and keep themselves going or because they are experiencing some kind of stress.” Kathleen hopes that eventually some patients and staff from the Foundation will decide to learn Reiki so they can give themselves daily self-treatments. “It’s one of the greatest gifts they can give themselves,” she adds.

Sharon Hurley Hall and Kathleen Hurley

HONOURING KATHLEEN

At the Barbados Reiki Association Social on December 6th, 2012, Board Member and Reiki Master Kathleen Hurley, was inducted into the Barbados Reiki Council of Elders, a body which Kathleen herself initiated as President of the Association in 2011 to honour outstanding members of the Reiki community for their contribution to Reiki.

Kathleen has been affiliated with Reiki since her mentor, Reiki Master Lynn Amour, came to Barbados to teach in 1995. She would regularly attend the informal support sessions held at one of the member's homes and thereafter has been part and parcel of the formation of the Association, having served on the Board in various capacities at an almost unbroken pace.

“This tribute was long overdue. Kathleen is always one of the first to initiate group healing sessions for unwell members; or to step in when something needs doing quickly. Her organisational skills are phenomenal and have been part of the success of the Association in moving along to establish itself as a viable healing complementary modality,” said current President, Verity Dawson. When accepting the induction plaque in December, Kathleen conveyed to the group that she would not know who she was without Reiki practice, as it was such a deeply integral part of her life. Perhaps Reiki in Barbados would not be the same without Kathleen.

Other members of the Council are: Janice Chin-Worme, Eugene Daniel, Verity Dawson, Hartley Forde, Sheila Leslie-John, Ina Pickering (now deceased) and Cynthia Wilson.

Verity Dawson



FIVE YEARS OF BARBADOS REIKI ONLINE *by Sharon Hurley Hall*



In June 2013, the Barbados Reiki Association will celebrate the fifth anniversary of having a presence online. Starting with a simple website, the Association's online points of contact also include a [Facebook page](#) (launched in August 2009), a [YouTube channel](#) (launched in March 2011) and a [Google+ page](#) (launched in February 2012). The site itself remains a hub for the Association's online interactions, and site updates include: meeting notices; photos of events; informational articles about Reiki and health and wellness topics; notices about Reiki classes; an events calendar; a professional practitioner listing; newsletter editions; and more. We also include updates on events important to the Caribbean Reiki community, such as the Caribbean Reiki gatherings.

Search Google for Reiki in Barbados and our website, Facebook page and YouTube channel are at the top of the listings, making it easy for anyone seeking information to get in touch with us – and they do. Over the years we have received multiple emails from people wanting to find out about meetings, to get in touch with a Reiki master for classes or to share news of an initiative related to Reiki or complementary health. As more people access the web from home, work and mobile devices, our visitor numbers have grown. In 2012 there were more than 2,400 unique visitors to our website. While a large number were from Barbados, there were also visitors from the US, India, the UK, Canada, the Philippines, South Africa, Trinidad, Nigeria and Australia. Many of those were looking for general information on Reiki, though the welcome speeches for various events were also popular.

Social Media and the Association

Social media has become a big driver of traffic to the site. With more than a billion users worldwide and probably around 100,000 in Barbados, it's no surprise that a lot of people found us on the web via our Facebook updates. With 159 fans (and counting) that gives us a potential reach of around 83,000 people. The top countries for Facebook interaction are Barbados, the US and the UK. All content published on the website is also uploaded to Facebook, and Facebook is also a key starting point for sharing event photo albums. Our most popular Facebook post ever accompanied the photo album for the 2012 Retreat: it was seen by 267 people.

Getting into Video

Our YouTube channel is small, but an essential part of creating an online presence. YouTube is the world's second largest search engine and video is an increasingly important information consumption tool for today's socially aware, mobile enabled audience. Our first videos went up about a year ago. One of them was an interview with Verity Dawson and others about the Complementary Health Day; the second was a presentation by Winthrop Wiltshire from the Grenada Reiki Gathering. We have continued to add to the channel when the opportunity arises, most recently an invitation to the 2012 CHD.

Next Steps?

What's next for the Barbados Reiki Association online? The web doesn't stand still and neither can we. Ideas for 2013 include: overhauling the look of the site (which hasn't changed in five years) to give it a more modern feel; getting a bit more active on Google+ which will feed into boosting our web and search engine presence even further; putting more video on our YouTube channel whenever we can. As part of this process, all members are welcome to [submit content](#) related to Reiki for publication on the website and via our social media channels.



ANNUAL GENERAL MEETING 2013

The Association's Annual General Meeting takes place on Thursday, February 7th, 2013 at 7:00 pm at the Assembly Hall at Harrison's College, Bridgetown, St. Michael. The meeting will hear the reports of the President and Treasurer.

The seven posts for the Board of Directors for the period February 2013 to January 2014 will be elected at the meeting. These are:

President
Vice President
Secretary
Treasurer
Two Directors for one year
One Director for two years

Please be reminded that only members in good financial standing may vote. The Treasurer will be available before the start of the meeting to accept the annual membership fee of BDS\$50.00. Refreshments will be served following the meeting.

All Reiki practitioners are invited to come out and join the Association!

We welcome contributions to Healing Hands from Reiki practitioners.

Contributors in this edition: Sharon Hurley Hall, Sonia Johnson, Kathleen Hurley, Verity Dawson



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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Email: barbadosreiki@hotmail.com

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

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

Why join the Barbados Reiki Association?

As a Reiki initiate, whether a practising professional or whether delivering Reiki to family and friends, it is important to have the support of an Association which is:

- 1. setting standards to safeguard your Reiki practice, utilising a Code of Ethics and Practice;**
- 2. educating members on current local initiatives as well as new resources;**
- 3. creating a pool of volunteers for ad hoc events;**
- 4. providing opportunities for members to inter-act and disseminate knowledge;**
- 5. inter-acting with other formal Reiki bodies in the Caribbean; and last, but not least**
- 6. providing opportunities for you to practice Reiki through group healings at monthly meetings (the first Thursday of any month).**