



## MY REIKI EXPERIENCE: REIKI HEALING FROM BARBADOS TO ZIMBABWE



by *Patricia Harte, retired nurse*

My first encounter with the word "REIKI" was way back in the mid 1970's when I attended an exhibition for "Mind Body and Spirit" at Earls Court Exhibition Centre in London, UK. I was a student midwife at the time and was now looking forward to my next professional step which would compel me to look at public perceptions and beliefs about health. I knew that this exhibition would have given me insight into the mood of the public concerning personal health, since it was a time when alternative/complementary modalities in health care were increasing in popularity. I remember pausing at the Reiki stall and noticing how no-one was speaking, very soothing music was being played and persons administering the treatments seemed very calm. This made a lasting impression on me. I took a leaflet and made a mental note of Reiki.

More than twenty years later in 1998, when I had now relocated to Barbados, I saw an advertisement for Reiki Level One and decided that this was my opportunity to get a deeper knowledge of it.

I have since heard many testimonies of Reiki. My enthusiasm waxed and waned and I thought that it would be something that I would have more time for after retirement. When the opportunity arose I did Level Two training which equipped me to do distance treatments. In my professional practice as a nurse, one has to exercise care since clients may be seen as in an ethically subjective situation. However, there were times when I had offered Reiki to clients who were in distressing circumstances that produced physical symptoms. The result was always obvious calm.

The defining moments came for me within one month of retirement this year when I received news that a very close friend in Zimbabwe is ill with life threatening cancer. She was already having chemotherapy and had been in and out of hospital for care due to side effects of the treatment. I was quite shocked and became distressed with the burden of the knowledge that one of my best friends was so very ill. I immediately made arrangements to travel to Africa to see her.

As I began to calm down and prepare for travel, Reiki came to the fore. However my friend, who is a medical doctor, is somewhat skeptical about complementary/alternative therapies, although she had in the past admitted that she saw improvements in patients who had such therapies. I began to send Reiki, and informed her through another close friend. One week later I received word that the same time I commenced Reiki by distance was the first time for some weeks that she felt more comfortable and was able to get a good night's rest.

For me the most interesting occurrence was the sensation that I noticed in my hands both sending and hands on during the period that I spent with my dear friend. She received treatments daily, by distance as well as hands on. I would have loved to have been able to report a dramatic cure, maybe because of the emotional involvement and my western medical model of care that so values outcome control. In conclusion I have had to contemplate and accept the fact that no-one will be able to explain "the mechanism" of Reiki to me as one would explain the movement of fluid between cells in the body. That is the mystery that I shall have to accept while remaining engaged in the process of Reiki.

*"The Reiki practitioner who embraces all of Reiki's principles and conducts healings on a regular basis will most likely enjoy a more fulfilling life than he or she would otherwise enjoy.*

*Reiki can be integrated into all aspects of your daily life to assist you in meeting your goals and to help you deal with any problems that arise. You can call upon Reiki's stress reducing energies whenever you are confronted with episodes of anxiety, adversity, or affliction in your everyday life."*

*From The Everything Reiki Book by Phylameana lila Désy*

## PLANNING PERMISSION IN A HURRY: 40 WAYS I USE REIKI IN EVERYDAY LIFE



*Fran Cadogan, architect, MMS Guide and Reiki practitioner, reminds us of some of the practical ways in which we can use Reiki to treat pets and inanimate objects, heal situations (current and future) and simply make life easier.*

Certainly this list will stimulate you to remember that the gift of Reiki is always present with you. Use it!

### Reiki for the Self

1. Daily self-treatments.
2. Personal emergencies, e.g. a burn or cut.
3. For restful sleep when the mind has difficulty shutting off.

### Reiki for Plants and Objects

Place your Reiki hands on objects and add the symbols if you are a Level Two practitioner. I Reiki:

4. My cell phone when battery is low and I'm not home yet.
5. Food before and when cooking so it tastes better and is more nutritious energy-wise. (Beware that this works so well that guests eat so much that there are no leftovers! This actually happened to me when I cooked more than enough for two meals, plated up generously and still everyone wanted seconds for dinner and dessert!)
6. Glasses of water when they have an unpleasant after taste.
7. My car when parking it in a place that feels not so safe.
8. Doors and windows for added security and peace of mind.
9. Plants when I forget to water on time and so they flower more, longer, grow more lush, etc.
10. Cut flowers in a vase, fruits and vegetables so they last longer.
11. Bath water so I have a more relaxing experience.
12. Clothes to help lift stains along with the stain remover.
13. Gifts and cards before giving them away for the same reasons as with inanimate objects as well as wanting to give the gift in its highest state energetically.
14. Anything that is broken, damaged, in need of repair or not working properly or so that it works more efficiently. For example, my 12-year old car when it rattles! The straps of anything before they break so they hold on a bit longer. This works especially well with electrical appliances around the home like the washing machine, fridge, radios, CD players, DVD players, the disks themselves, blender, kettle etc. Simply rest your hand on the object from time to time. No set routine is necessary.
15. Inanimate objects so that there is generally more light in the things around me and/or to cleanse them, e.g. from walls,

- furniture and crockery to jewelry, crystals and incense.
16. Money and purse so that light passes on to whoever receives the money after me.
17. Camera batteries whilst on holiday and there's nowhere nearby to buy to new ones.

### Reiki at Work

18. Modem and wires when internet connection is slow.
19. Keyboard when keys are sticking and it's problematic.
20. Computer when it's playing up.
21. Drawings before submission for approval to the Town and Country Planning Office.
22. Current project, design process, document preparation etc. for myself and the design team especially when deadlines are looming.
23. Meetings at work and otherwise where they might be stressful or I might be nervous etc.
24. Job interviews for myself and others.
25. Classes or presentations ahead of time
26. Distance to self during lunch hour if I'm tired and have a long evening ahead or at the start of day if I know it's going to be long or heavy.

### Reiki for Pets, Family, Travelling and Other Situations

27. When travelling for a safe, restful journey and for my luggage to arrive with me!
28. For safe, unimpeded travel, easy parking etc. during my normal daily journeys to wherever I have to go, e.g. work, supermarket, etc.
29. For resolution of difficult situations on any level from personal to community or national levels, e.g. after a misunderstanding.
30. When there are hurricanes likely to impact the islands.
31. Crying or fussy babies when holding or meeting them especially for the first time. (It works a treat!)
32. As a top up for the general health of pets or whenever stroking or petting them, as well as their pet food and water so they get more energy from them.
33. At the time of transition of loved ones as it assists them in finding the light to make the shift.
34. For children of friends for their exams of all sorts, 11+, music, ballet etc.
35. Family reunions, gatherings of friends and parties.
36. New introductions of friends.
37. To help find mislaid items.
38. To help make decisions, whether they are major or simple, e.g. which of several supermarket choices to purchase.
39. I consciously do Reiki whenever I greet or hug someone.
40. Distant treatment to any part of body when I want to get "inside" to help heal from a micro level as well as general hands-on from a macro level. In this case, I need to know details about the problem and some visualization helps.

## UPCOMING EVENTS: SEPTEMBER – NOVEMBER 2012

- **September 23<sup>rd</sup>, 2012: World Reiki Wave**, members are invited to join in with The Natural Energy Centre and others around the world to send Reiki at 12:00 pm for 30 minutes to situations that need healing around the world. Contact Janice Chin-Worme at 429-1901.
- **September 26<sup>th</sup>, 2012: Heart and Stroke Foundation Patient Appreciation Day**, from 11:00 am to 6:00 pm at the Foundation's Headquarters. We will share Reiki healing at this event. Please contact Kathleen Hurley at [kathleenatsilks@yahoo.com](mailto:kathleenatsilks@yahoo.com) if you wish to volunteer.
- **September 27<sup>th</sup> – 30<sup>th</sup>, 2012: 4<sup>th</sup> Caribbean Reiki Gathering in Port of Spain** under the theme 'Reiki as a healing art and an aid to personal development'. For details visit <http://www.barbadosreikiassociation.com/fourth-caribbean-reiki-gathering/>
- **October 4<sup>th</sup>, 2012: Monthly Meeting, Sharing Session on Energy Healing and Crystals**. A presentation on crystal healing and how it may be integrated with Reiki
- **October 14<sup>th</sup>, 2012: 14<sup>th</sup> Complementary Health Day**, The St. Michael's School, 9:30 am to 5:30 pm
- **October 26<sup>th</sup>, 2012: American Embassy Health Fair**, 10:00 am – 2:00 pm. Please contact Kathleen Hurley at [kathleenatsilks@yahoo.com](mailto:kathleenatsilks@yahoo.com) if you wish to volunteer.
- **November 1<sup>st</sup>, 2012: Monthly Meeting, Open Forum Panel Discussion on Integrating Reiki in HealthCare in Barbados**

*Reiki grows stronger and stronger in Barbados in 2012!*

*We welcome contributions to Healing Hands from Reiki practitioners.  
Contributors in this edition: Patricia Harte, Fran Cadogan, Sonia Johnson, Kathleen Hurley*



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>**

### NEW FLYER ON REIKI IN MEDICINE

Take a look at the new brochure produced by the Medical Outreach Committee to be used in its activities.

<http://www.barbadosreikiassociation.com/wp-content/uploads/2012/09/medicalbrochurefinal.pdf> It includes links to lists of hospitals which use Reiki and to research articles on the use of Reiki in medicine.

